

Prosper

Issue Ninety Eight May 2023



Welcome to May's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.
Promoting Safer Provision of care for Every Resident.

Prosper Champion Study Day's

Our Prosper Champions Study days 2023 are in full swing and we have already held 4 out of our 6 events that are taking place around the county. The Prosper Champion study days are fun filled days where staff can come and refresh their knowledge on different areas of care, as well as having some fun along the way.

We have some good news! We still have spaces available at our 2 remaining days, so if your staff came back all enthusiastic and you wished you had sent more, then why not book some spaces on one of the below:

South – 15th June 2023 – Wat Tyler, Pitsea, SS16 4UH

North – 21st June 2023 – Colchester football Stadium, CO4 5UP

Agenda for the days include:

- **Prosper Pictionary – Ice Breaker**
- **Sepsis Awareness**
- **Personal Care – Including Demonstration**
- **Supporting someone who has fallen – including practical element using 4 different types of equipment (Mangar elk, Manager Camel, Raizer Chair and MacGyver Approach – Use what's at Hand)**

If you would like to book spaces, please email Prosper@essex.gov.uk with the names of attendee's and which date/venue you want to attend.

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to prosper@essex.gov.uk

Answer to last month's riddle was of course the
Piano

Well done to all **Parkview** who answered the riddle correctly

This month's riddle is...

What has hands, but can't clap?

Answer in next month's newsletter, with of course a new riddle for your residents to solve



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King's Coronation Celebrations

It has been lovely to see how some of you celebrated the Coronation of our new Monarch King Charles III

Belmont Lodge Shared they enjoyed a fabulous day with a garden party with all our residents, families, friends, loved ones and our amazing team. We enjoyed lots of food and drinks, raffle, and a fantastic performance by Shaun from Singit events.



Winsford House went all out with decorating their home in red, white, and blue balloons and flags to celebrate the day, and even had an amazing Coronation cake made for all the residents and staff to enjoy.



Coronation Reminiscing

The Manager at Winsford House also shared a story about one of her residents Iris Rickards who would be celebrating her 3rd

Coronation! Previously celebrating the coronation of King George VI and her late Majesty Queen Elizabeth II. With the coronation coming up, Iris started to reminisce about her life at the time of the other coronations and shared with the manager about how her mother helped make her majesty the Queen's wedding dress and was then later invited to the Queen's coronation where they all went and celebrated as a family. Below is a picture of Iris enjoying the King's Coronation



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Dudbrook Meets Bollywood

For a long time, Maria, activity coordinator at Dudbrook Hall, has been trying to have Bollywood dancers come into the home for a demonstration. However, for one reason or another Maria has been unable to make it happen, so a group of recently recruited staff at the home offered to 'Bollywood dance' for the residents, their families, and other staff. To make a complete event, Maria also laid on an Indian themed spread.



Staff member Lauren Bullock said, "It was thoroughly enjoyed by everyone, and they all looked fantastic".

Dudbrook meets Finley and Hugo

Dudbrook Hall has also recently been visited by alpacas Finley and Hugo, who came all the way from Berkshire to visit the home. As Finley and Hugo are house trained, they were able to visit all residents, even those in their own room. Where residents were able to feed the alpacas from a bag of carrots.

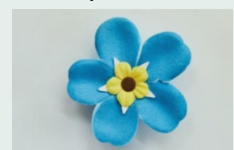


Woodbury Court prepare for Dementia Action Week

Woodbury Court Wellbeing Lead, Jordan has made preparation for 'Dementia Action Week' by compiling an agenda of activities for the week, and then creating a dedicated display board.



Deputy manager, Lorraine Degville, informed us the idea is to fill the board with photos of each event as the week progresses, creating a wonderful display of the entire week's programme. We look forward to seeing the completed board.



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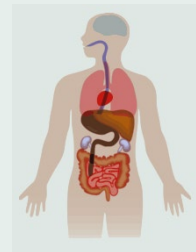
Celebrating International Nurses Day at Cherry Wood Grange

Once again, this year Cherry Wood Grange used International Nurses Day to show their appreciation of the team of nurses at the home. Last year Home Manager Sue Smith told us how proud she was of the team and arranged for all nurses to be presented with a golden trophy and certificate. This year all nurses were given a gift, whilst drinks, cakes and other treats were available throughout the day for everyone to enjoy in recognition and appreciation of the nurse team at Cherry Wood Grange.



Did you know?

70% of the human body is made up of water.



Blood is more than 90% water, helping deliver oxygen around the body.



Drinking water can help reduce joint pain.



Remember Hydration is Key!

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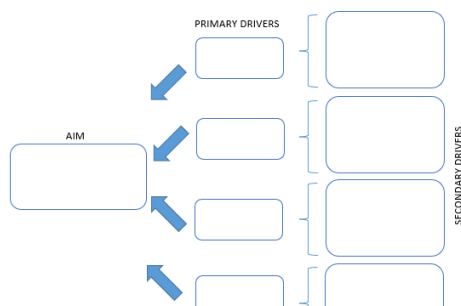
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Manning's Methodology Corner

What changes will help us achieve a SMART Aim?

Last month I spoke about using your runtime dashboard to set a **SMART aim**. The next stage once you have done this is to decide what changes you could implement that will support you in achieving that **SMART aim**. At **PROSPER** we encourage the use of **Driver Diagrams** to think about what is required to be providing a high level of care.



The simplest way to think of a **Driver Diagram** is a tool to record your ideas in a structured manner. They work extremely well when conducting a 'brainstorm' with a group of staff, where people are shouting things out 'thick and fast'.

Always start with your **SMART aim** in the left-hand box. The middle column (Primary Drivers) list all the categories that need to be in place to give you the best chance of achieve your **SMART aim**. So, for example if you are trying to reduce falls some of your Primary Drivers may be environment, risk assessments, care plans, equipment etc.

The right-hand column (Secondary Drivers) is then used to list all the individual elements that feed into your Primary Drivers. So Secondary Drivers for Environment would be things like lighting, flooring, tidiness, access etc. Whilst for risk assessments some secondary drivers may be up to date, regularly reviewed, person-centred, easy to navigate etc.

Record everything that is thought of, not just the areas that it is felt needs improving.

Tips for completing a Driver Diagram

Do not be constrained by the number of boxes required. The example template on the left is on an A4 page; however, some **Driver Diagrams** may only require one or two Primary Drivers, whilst others may be up in double figures. As you start to list Secondary Drivers, you may well find that some overlap with more than one Primary Driver.

If there is a group of people shouting things out, there are no silly or wrong suggestions, give some thought as to where it may fit on the **Driver Diagram**. Additionally, try and involve a range of staff from the care home. A maintenance person or a cleaning may be looking at a situation from a different viewpoint to a member of care staff, so consequently may come up with some different ideas. The ideas for small change will come from the list of secondary drivers.

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Poem Corner

Please find below Sue Smith Manager at Cherrywood Grange latest poem.

The King's coronation Poem.

Rejoice and celebrate the coronation of our KING! let's pray & SING
hallelujah as the Westminster Abbey bells RING!

King Charles now takes his place upon the THRONE with his wife
Queen Camilla so he is not ALONE!

Dear King, lead with your head as well as your HEART, reflect on the
Monarchs that lead from the START!

You must Stand righteous, and you must stand TALL as you are the
chosen royal and with us ALL

Born at Buckingham Palace, November 1948, from that day forward
you become heir and so GREAT

Age 3 when your mother become Queen in 1952, follow in her
footsteps and be faithful and TRUE

King of the United Kingdom and the Commonwealth, we all send you
our best wishes and good HEALTH

Wishing success in all that you DO

God save the King and the Queen TOO



CARE

PROVIDER HUB

You can find all our Prosper
information and toolkit
along with events and
newsletters
on the Care provider hub.

To Access the hub
Please visit the link or scan
the QR Code
<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-methodology/>



Email:

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**Don't forget to
wear you badge
with pride**

