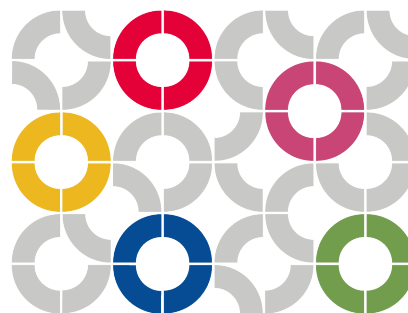


Prosper



Issue 121 April 2025

Welcome to April's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.
Promoting **S**afer **P**rovision of care for **E**very **R**esident.

Essex Care Sector Awards The Prospers 2025 are back!

Celebrating the best of care in Essex demonstrated through innovation, achievement and outstanding contribution.

This is the 8th Annual Awards and is open to all providers who deliver a care service to Adults in Essex County Council's Local Authority Area. We welcome nominations from care staff, managers, seniors, relatives and the people you provide a service for!

The nomination window opens on the 9th June 2025 and closes 5pm 25th July 2025.

You can enter nominations for as many categories as you like.

Winners will be announced at the Award Ceremony, the evening of 3rd December 2025 at Chelmsford City Racecourse, Great Leighs.

The nomination form and award category criteria can be found at <https://www.essexproviderhub.org/quality/quality-innovation-team/essex-care-sector-awards-2025/>



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:
Rainbow

Well done to all at **Glendale** who answered the riddle correctly.

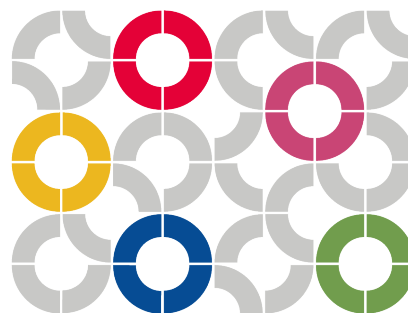
This month's riddle is...

What has words, but never speaks?

Answer in next month's newsletter



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Champion Study Days 2025

Our Prosper Champion Study Days are back for 2025!

This round of champions days will be focusing on;

- Ecoli, Catheter Care and UTI's – delivered by the IPC teams from your area.
- Oral Healthcare – CQC expectations, assessments, how to support someone with Oral Health and the equipment to help you – delivered by Community Dental Services
- Simple Root Cause Analysis tools to help identify why something may have happened to inform your PDSA cycles.

Dates and Venues are as follows:

West

Thursday 5th June 2024, 10am to 2pm
The Harlow Hotel, Southern Way CM18 7BA

North

Tuesday 10th June 2024, 10am to 2pm
Colchester Football Stadium, United Way, Colchester CO4 5UP

Mid

Thursday 12th June 2024, 10am to 2pm
Hamptons Sport & Leisure, Tydemans, Chelmsford, Essex, CM2 9FH

To book places email prosper@essex.gov.uk



Prosper Skills Network Sessions

Did you know we have several different Skills

Network Sessions we can either deliver face to face or virtually for your home.

These bitesize sessions focus on different subject matters that the Prosper Project covers and are aimed to help build/refresh skills and knowledge to staff on these areas.

The sessions we have on offer are:

Falls

Nutrition and Hydration

Pressure Ulcers

UTI's

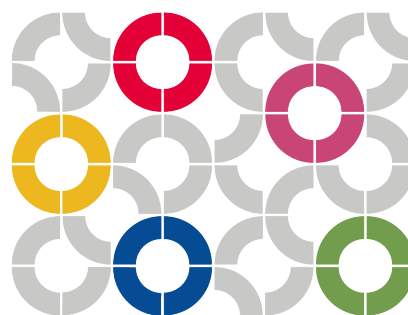
Oral Healthcare

If you would like to book the skills networks for your home, please

Please contact

prosper@essex.gov.uk

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Nutrition & Hydration Week at Belmont Lodge

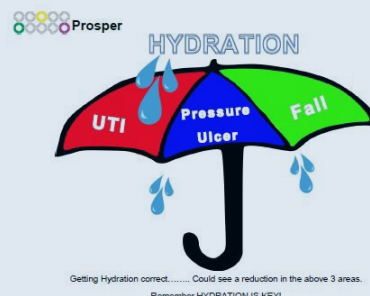


Dawn, activity lead at Belmont Lodge told us how they'd promoted Nutrition & Hydration week (17th – 23rd march) in the home by having some 'Smoothie time Fun'. "We had a fruity blast making smoothies with our amazing residents! They picked their favourite fruits and got to work peeling and chopping. We blended up bananas with ice cream, and whipped in some blueberries and strawberries with crushed ice" It looks like they had a great time making and enjoying their smoothies.



Keeping your residents Hydrated

With the summer months approaching it is really important to keep your residents and yourselves well hydrated. Remember that good hydration can help protect residents from falls, urinary tract infections and pressure ulcers.

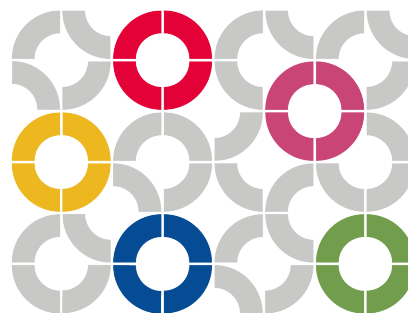


If you would like some ideas on how to boost hydration and some fun games you could try please see our Prosper toolkit at

[Prosper Toolkits | Provider Hub | Essex](#)



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Manning's Methodology Corner

And it's goodnight from me.....

So after talking about it for ages, it is finally time for me to pack away my laptop and head off into retirement. Consequently, this will be my final 'Manning's Methodology Corner' column.

I do realise that quality improvement methodology does not lend itself to scintillating reading, but I hope these articles have helped some of you who have attempted to engage with PROSPER methodology.

I would like to thank everyone from the care homes that I have worked with for the support they have given PROSPER, I have met some truly wonderful, caring people whilst working on this programme of work.

For those of you who are now breathing a sigh of relief, thinking at least I won't have to worry about Rod 'nagging' me for my monthly data anymore, rest assured my successor will be in touch soon 😊

I wish you all the best for the future.



Provider Quality Innovation

Congratulations Eastham

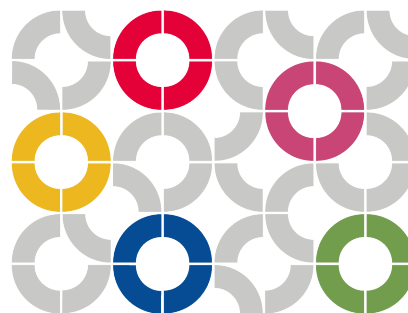
This month we would like to congratulate Eastham on being awarded their PROSPER Silver Accreditation.

Eastham were awarded their Bronze Accreditation in 2024, and staff there have continued to strive for continual improvement by implementing further falls prevention initiatives using the **Plan, Do, Study, Act** cycle method for monitoring everything they try.

Home manager Carolyn is already planning what more will be needed for the home to apply for a Gold Accreditation in the future.



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Farewell we will miss you

Our Prosper Support Officer, Rod Manning is sadly leaving us and is retiring! Rod has been with Prosper since 2017 and has played a pivotal role in helping us shape Prosper into what it is today.

Rod will be very much missed by us all in the Prosper team and I'm sure by the homes he has supported over the years, we wish him all the best in the future and we hope he enjoys his well-earned retirement.

Poetry Corner

Retirement poem for Rod

I have to say, I was pretty honoured to be asked by **Lesley Cruickshank** Provider Quality Innovation Manager to write a poem for Rod's retirement. Sue Smith Manager, Cherrywood Grange

Rod is retiring I'm sure you all **KNOW**; it's going to be so sad to see him **GO!**

We called him the methodology **KING** collecting tons of data, not missing a **THING!**

Paying visits to homes and sharing **ADVICE**, so understanding, caring and **NICE!**

Always having your best interest at **HEART**, showing us how to complete the 'Smart Aims' **CHART!**

Rod really drove the Prosper **DREAM** sharing good practice with a successful **TEAM!**

Wanting to help reduce hospital **ADMISSIONS**, supporting us all with tough **DECISIONS!**

Rod helping our Prosper leaders all the **WAY**, listening to champions and what they had to **SAY!**

So all that's left for us to **SAY** is enjoy your retirement Rod and put your laptop **AWAY!**

Go and have fun in all that you **DO**, you'll never be forgotten as Prosper will always live on in **YOU!**

Provider Quality Innovation

Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

Don't forget to wear your badge with pride!



Prosper Contact

Would you like a prosper support visit, or can't find something you are looking for on the provider hub then email

Prosper@essex.gov.uk