

Prosper

Issue Ninety Six March 2023



Welcome to March'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

We are delighted to announce that our Prosper Champions Study days are coming back for 2023 and will be taking place in May/June. Our Prosper Champion study days are fun filled days where staff can come and refresh their knowledge on different area's of care, as well as having some fun along the way. The dates and venues are as follows:

Mid – 11th May 2023 – The County Hotel, Chelmsford, CM1 2PZ

West – 18th May 2023 – Zinc Arts, Ongar, CM5 0AD

North – 23rd May 2023 – The Princess Theatre, Clacton, CO15 1SE

North – 25th May 2023 - The Princess Theatre, Clacton, CO15 1SE

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
- Falls and how to safely lift someone following a fall

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

An Onion

Well done to all at **Parkview** and **Madelayne Court**, who both answered the riddle correctly

This month's riddle is...

What kind of bow can't be tied?

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



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Nutrition and Hydration Week

13th – 19th March 2023

We have really enjoyed seeing what you have been up to, to celebrate and promote this year’s Nutrition and Hydration week.

The Lodge in Maldon shared with us “We enjoyed various activities and games all relating to hydration and Nutrition. We stocked up our hydration station with daily fruit platters which everyone enjoyed. We had milkshake Monday where everyone made their own, we had tasty Tuesday where we tried a range of different foods and drinks. We had an afternoon cream tea on the Wednesday, Thirsty Thursday where we enjoyed fun and games which involved shots of juice and Fun Friday where residents choose which activity to do, they chose to do baking and made homemade bread which was then enjoyed with jam and a cuppa.”



Howard Lodge shared with us the fun filled week of events they did and let us know how proud they were of all the staff efforts and how the residents really enjoyed the tastes and flavours they got to experience during the week and for really getting involved.



Runwood Care Homes

have introduced a variety of ‘fun with food’ activities across all their homes commencing in Nutrition and Hydration week. The interactive hydration games encourage greater fluid intake for residents by offering a wider variety of drinks in a fun way, examples of the games are ‘Guess the Drink Challenge’, ‘Name that drink’ and a ‘Dice Drinking Race Game’. These hydration Care Concepts are designed to maximise appeal, encourage greater fluid intake which in turn will help towards reducing UTI’s, pressure sores and falls for residents.



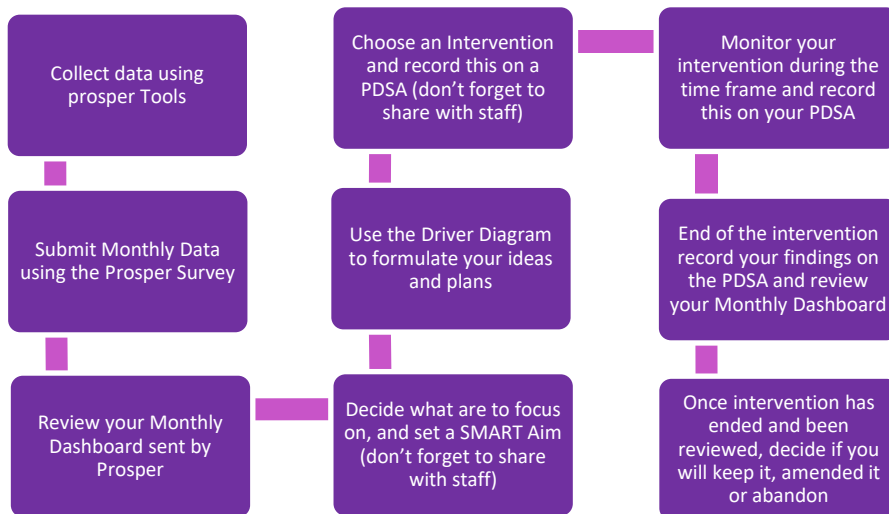
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PROSPER Workshops

The Prosper Team have been holding PROSPER workshops for homes who would like a refresher session about the PROSPER project. The sessions explore how the PROSPER methodology can work for your home, what tools are available to support you with your SMART aim and how recording your small acts of change can help with reflection. Follow up visits can help you keep focused and utilise tools and opportunities. All staff are welcome on these sessions, as we know the more people involved in PROSPER the more ideas and knowledge is shared and put into practise.



If you would like your support officer to visit your home and hold a PROSPER workshop.

Please contact prosper@essex.gov.uk

Are you using the PROSPER tools to support your interventions?

Safety Crosses

SAFETY CROSS/CALENDAR						FALLS SAFETY CALENDAR												
<ul style="list-style-type: none"> ■ No Falls ■ New resident with history of falls ■ Falls 						1	2	3	4	5	6	7	8	9	10	11	12	
13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
												Year						
												Month						

PDSA's



The PROSPER toolkit has lots of different tools, posters and even a guide around the methodology we use and it can be found on the care provider hub

<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper/>

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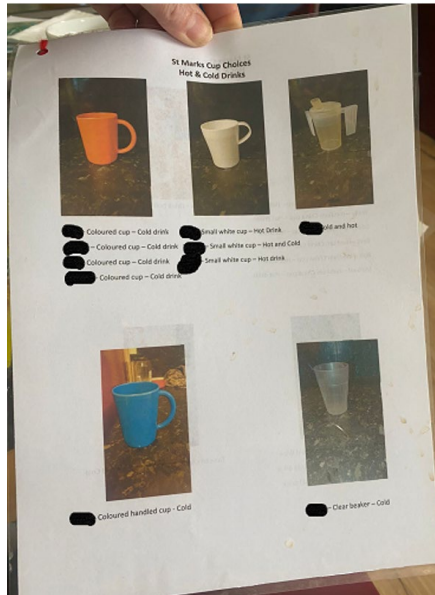


Personalised drinks and cups

Following on from the hydration Skills Network session, **St Marks care home** in Clacton have been busy putting some ideas into practice.

The staff spent time to ask each resident which cup, mug or glass they preferred drinking from, encouraging them to try different mugs & cups to see which one they felt most comfortable holding. With this knowledge they then photographed each cup and put each resident's name under it with a note about which drink they preferred in the cup and attached a laminated copy to the drinks trolley.

This has encouraged hydration and independence for residents and enabled all staff to offer the preferred drink in the correct cup.

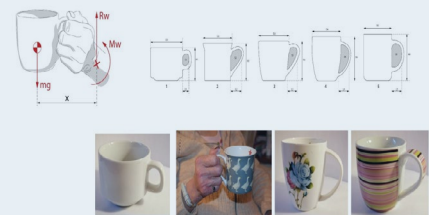


For more information on how to personalise hydration, the I-hydrate booklet has a lot of helpful information and useful tools to support with hydration and can be found here [The I-Hydrate Project \(uwl.ac.uk\)](http://The I-Hydrate Project (uwl.ac.uk))

Are you using the right cup?

Within the I-Hydrate pack they have a section about different cups and how there are a variety of shaped handles and weights which can impact on how much people drink.

The correct cup can encourage independence, as it means people can hold the cup and give themselves a drink when they want to, which will help increase hydration and give the person a sense of self-worth.



What size handles do the cups in your home have? Are they the correct size for your residents? Do you have a range of different style cups?

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Namaste at Mundy House

Following attendance at a Namaste awareness day in November 2022, Home manager Josi George and Team Leader Natasha Dark have converted a lounge at Mundy House into a 'Namaste Room' where residents can relax and be pampered with soothing music, chocolates, hot and cold drinks and even offered a bit of wine where desired.

The Namaste room contains, an aroma therapy diffuser, essential oils, calming lamp, soothing music, foot spa, foot massager, fiddle muffs, fiddle boards, candles, bubbles, fairy lights and various hand creams etc. all for pampering and relaxation.



Initially priority will be given to residents who may be agitated and require extra reassurance, but all residents will be able to experience 'Namaste' at Mundy House once Josi and Natasha are happy the room is working well. Furthermore, eventually staff members will be able to benefit from the experience too.

Home manager Josi George said "The introduction of the 'Namaste' project has given us more one-to-one time and a place of relaxation for our residents. Despite only having just got the project up and running, we have been able to see the profound effect this has had on our residents. Something so simple as soaking their feet, a cup of tea or just a smile has lifted their moods. After a recent session, one of our residents said, "I feel alive again." There are no words to express how it feels to hear them say that".

Following on from attending the Namaste Care training **Limecourt** in Harwich have set up a quiet room away from the hustle and bustle of the home, with dimmed lighting, light music, and sensory objects. They have different themes including water and woodland. Residents can choose an oil/ scent of their choice and enjoy a light hand and arm massage.



The home has also created forms that reviews and tracks the outcomes for individuals, to see if it is making a difference to them and if any changes need to be made.

They also used the prosper methodology of Driver Diagrams and Plan Do Study Act (PDSA) as part of the planning to create the namaste care day room.

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A Royal Visit

On 7th March there was a very special visit to Colchester Library, The King and The Queen Consort attended to hear about ECC's Essex Year of Reading campaign, which aims to improve pupils' reading skills and the Dementia intergenerational work. The Intergenerational work creates opportunities for young and older people living with Dementia to enjoy the wellbeing benefits of connecting across generations.

The Queen Consort was presented a book of poetry published by the Provider Quality Innovation team, called **'That's the story So Far'**.

The book is written by Joan Vincente who lives with Dementia in Howard Lodge Care home. Joan has been writing all her life and is a regular storyteller to children in her home and local community.



Joan was delighted to meet King Charles III, The Queen Consort as well as Children's author Dermot O'Leary and Royal photographer Arthur Edwards. What a truly amazing day for Joan and all involved in this valuable project.

Joan's book is available to read on the Essex Year of Reading app which can be downloaded from the App Store.

Prosper Window Stickers

The Prosper window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident. There are 4 levels which can be awarded, each level has a set of criteria which will need to be evidenced before a home is awarded that level. Each home will soon receive their level 1 white stickers, via their Prosper support officer.

If your home is interested in applying for a level award or want to find out more about the criteria and gain access to the application form, please visit:

[Prosper Window Stickers | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)



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Manning's Methodology Corner Prosper Runtime Dashboards

In the first two newsletters of 2023 I have been suggesting homes who have maybe lost some focus with their PROSPER improvement work may like to re-focus as a kind of New Year's resolution. In today's column I want to take a more detailed look at one of the PROSPER tools/resources, the Runtime Dashboard.

It is possible that there is a misconception with submitting monthly data to us, and some homes may feel that we are requesting this to 'keep a check' on them. This is not true, and all that happens with the data is that we convert it to 'easy to understand' runtime dashboards, which can be used by the home as a basis for conducting any improvement projects.

The data submitted on the online PROSPER monthly surveys is not sent anywhere else. If we did want to use any data for any other work stream or initiative, we would either anonymise it, or ask the home's permission to use it.

Some homes decide to display their PROSPER dashboards, often with an explanation of how they are using it for quality improvement. But more importantly we suggest that a runtime dashboard can be used by staff at the home as a basis for any improvement initiative. By looking for patterns and trends developing. Particularly any upward trends in falls UTIs and/or pressure ulcers. If an upward trend is detected, a SMART aim can be set, and ideas implemented to try and turn the upward trend around into a downward trend.

Your allocated PROSPER Support Officer is there to support you with understanding your runtime dashboard and using it as a quality improvement resource.

PROSPER Dashboard Survey

Thank you to everyone who has already reponed to the PROSPER dashboard survey.

There have been some interesting comments made.

However, the survey is still open for those who would still like to complete.

We are particularly keen to hear from any home that does not currently submit monthly data but would be interested in doing so.

To complete the survey, use the following link:

<https://forms.office.com/e/yZSwzU6VYx>

There is no intention to stop this service. This survey is merely to ensure the service continues to be beneficial to our PROSPER homes

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Poetry Corner

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

‘Happy springtime’

Clocks went forward and the nights become light! I look out of my window to a beautiful sight!

Rolling hills and trees turning green! It really is a stunning scene!

Birds flying overhead, flowers blooming in the summer bed!

Fish splashing in the pond nearby, the clouds fluffy in the deep blue sky!

The breeze blowing giving a breath of fresh air! Children playing everywhere!

Laughter and happiness the atmospheres great!
Wildlife in abundance as it’s time to mate!

Lambs bouncing as the farmers count their sheep!
While pigs laze around in the mud and full asleep!

I absolutely love this time of year! It’s full of harmony and it makes me cheer!

So embrace in the season and take it all in, close your eyes as the church bells ring!

Happy springtime everyone, I hope you all have lots of fun!
spring is the start of our summer’s birth!



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
[Provider Hub | Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)

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?

Email: Prosper@essex.gov.uk

Don’t forget to wear your badge with pride

