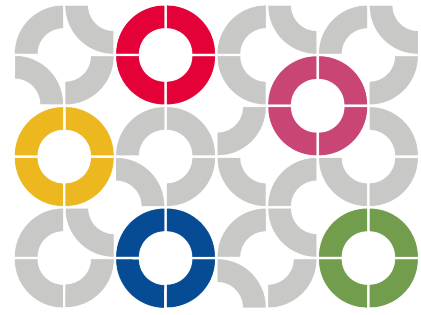


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Welcome to December 's edition of the PROSPER newsletter, designed to keep you updated with the progress of the PROSPER project.

Promoting Safer Provision of care for Every Resident.

Christmas Songs - Missing Word Game.

The Prosper team thought we would give you a little Christmas Spirit, by giving you this fun game to do with your residents. Fill in the missing word on each song.

- 1: May your days be merry and _____
- 2: I wish it could be Christmas _____
- 3: He sees you when you're _____
- 4: Have yourself a merry little Christmas, let your _____ be light
- 5: Oh, the weather outside is frightful, but the _____ is so delightful
- 6: Make my wish come true, all I want for Christmas is _____
- 7: I'm dreaming of a _____ Christmas
- 8: Rocking around the Christmas Tree, have a happy _____

Answers will be announced in the January 2024 Newsletter

Residents Riddle?

The answer to November's Riddle was

Dasher

Well done to everyone who got the answer right

As you can see there is not a new riddle this month, as we thought our Christmas Quiz would keep your brains occupied.

Not to worry Residents Riddle will of course be returning in the New Year!

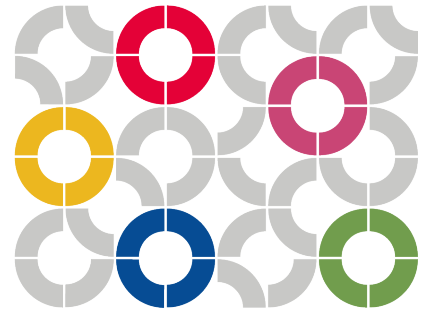
We would also like to take this opportunity to congratulate

Parkview

Who are undoubtedly our 'Riddle Masters' for 2023!!



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A Look back over Prosper 2023

As the end of 2023 is fast approaching, we thought this would be a great opportunity to look back at how you have come up with lots of innovative ways to have fun and continue to keep PROSPER up and running in your homes.

January 2023 St Marks shared with us their newly created visual Hydration board that was created by the home activity co-ordinator. This was created to help residents to see what drinks were on offer.



January also saw the Categories for the 2023 Essex Care Sector Awards announced including the Prosper Achievement Category, with the award ceremony taking place later in the year.



February 2023, we congratulated Parkview in Witham who were the first home to complete the Gemstone Challenge and received their Blue Diamond!

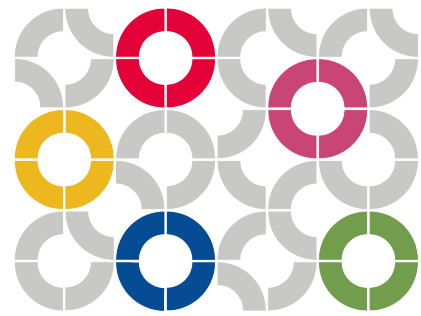


We also commended The Grange, Woodbury Court and Freda Gunton Lodge on their Progress in meeting the challenge.

March 2023, we shared what homes had been up to during Nutrition and Hydration week that took place on the 13th-19th March 2023

The lodge in Maldon enjoyed various activities and games that were focused on Hydration.

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Howard Lodge shared with us the fun filled week of events they conducted. And Runwood Homes introduced a fun with food activities across all their homes, in recognition of Nutrition and Hydration week.



St Marks sent in an article about how they had created a personalised checklist of the cups each resident likes to use, and what their preferred drink is, so any member of staff could use this during drink rounds.

Mundy House let us know that following on from attending the Namaste Care Course, they had set up their own Namaste Day Room at their home.



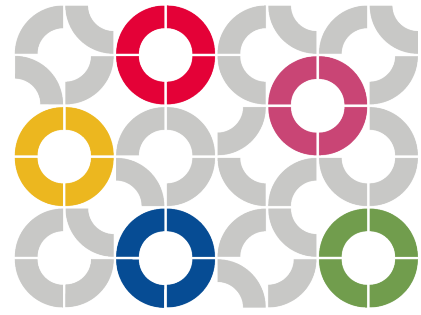
Limecourt also let us know they also had set up a quite/namaste day room at their home, with dim lights, calming music and lots of different sensory objects, where they take their residents to relax and offer hand and arm massages.



The last article in March was a special one indeed where we reported about the King and Queen's visit to Colchester Library to learn about the Essex Year or reading campaign, and also that Joan Vincente a resident at Howard Lodge was invited to attend and meet the King and Queen following on from the success on the Poetry book she wrote and that the Provider Quality Innovation Team published on her behalf.



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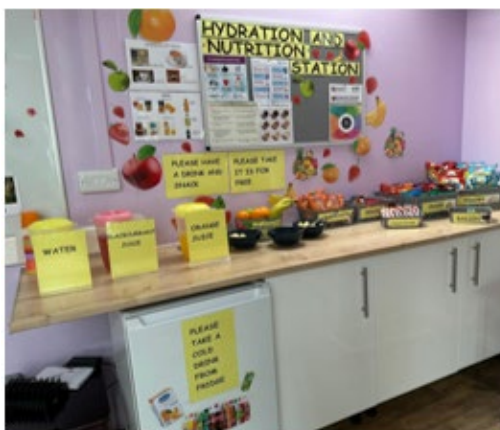


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April 2023 Southminster Residential home shared the fun they had during the easter period. Residents had been busy creating knitted easter eggs for the easter bunny to hang on trees around Southminster, and they were also visited by the easter bunny and were given chocolate as a thank you for all their hard work.



Edensor Nursing Home told us about a hydration station they had created using the Montessori Approach. Using yellow Labelling and signs that said help yourself to a drink or snack etc.



The Lodge Care Home told us about their New 10 minute Game to help increase hydration, which was called Take a Sip, and was a twist on the classic Simon says game. Where the residents had to take a sip of drink every time they answered yes to questions.

May 2023 was the coronation of King Charles III and we received some articles from homes to show us how they celebrated this momentous occasion.

Belmont Lodge had a fabulous day celebrating with a Garden Party



Winsford House went all out with decorating the home for the special event, and even created a beautiful Coronation cake for all the residents to enjoy.



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Winsford House also told us about one of their residents who would be celebrating their 3rd Coronation and started to reminisce about her past that included her telling staff about how her mother helped make Queen Elizabeth II's Wedding dress, and how she was later invited to the Queens Coronation that she attended with all her family.

Dudbrook Hall held a Bollywood event with some of their new staff, including a delicious Indian food Spread for everyone to enjoy and plenty of Bollywood Dancing.



Cherrywood Grange shared how they celebrated National Nurse's Day 2023. Which included a celebration event with cakes, and drinks for everyone to enjoy, the nurses at the home were given a gift of appreciation from the home.



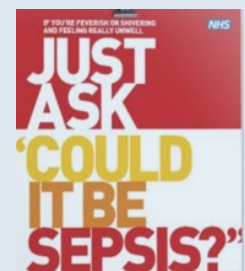
June 2023, was the Prosper Champion Day Special which featured articles about the different sessions that took place at the six Champion days which included:

Prosper Pictionary

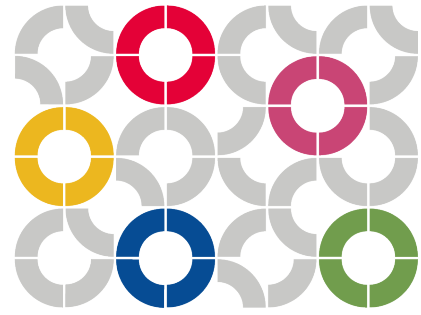
Personal Care

Sepsis Awareness

Supporting a fallen resident



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July 2023 was a very special month as it marked 100 editions of the Prosper newsletter. The edition was filled with lots of different articles that include not one but two competitions in the form of a PROSPER quiz and a residential riddle competition, where homes could be in with a chance of winning different goodies.

We also wrote an article looking back at prosper initiatives we have showcased in the newsletter over the years, and these were put into different categories, including:

Prosper Boards

Pressure Ulcer Prevention

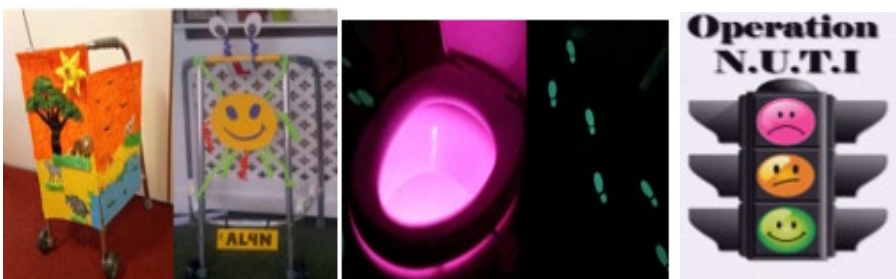
Mascots

Falls Prevention

Poster's

UTI Prevention

Hydration and Having Fun with Food



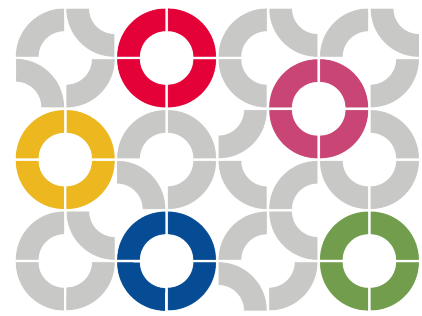
It was great to look back at all the amazing idea's care homes have come up with over the years.

To end the special edition newsletter, there was an article introducing the Prosper OP Team. Which included how many years each member had been in Essex County Council and an interesting fact about each member.

August 2023 the prosper team decided to use this as an opportunity to re-introduce some of the existing initiatives prosper has to offer including a range of Prosper Skill Network sessions we can deliver, and a reminder about the Prosper Toolkit with some of the tools and resources available.

We also introduced a new line on the falls Prosper Dashboard, which shows how many residents have fallen, as we felt this would be beneficial for the homes to have when analysing the Prosper Dashboard every month!

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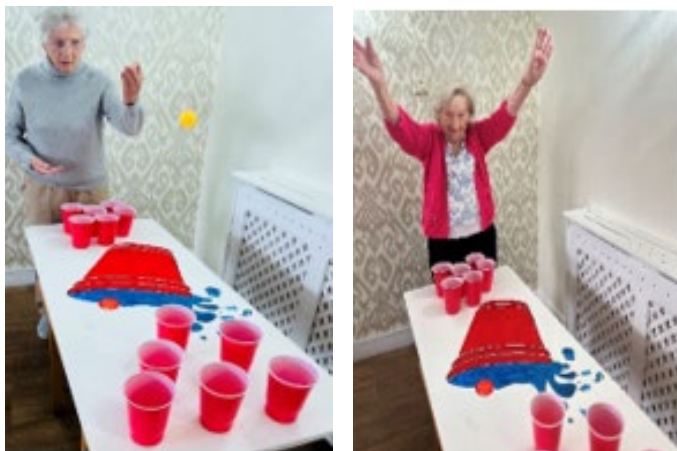
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September 2023 we received an article from the Manager at the Grange who wanted to highlight their amazing Nutrition/Hydration Champion at the home, who works above and beyond looking for different ways to increase this at the home. Including coming up with fun ideas like a special breakfast that include things like crepes, smoothies etc.



In September we also announced the Winners for both the Prosper and Resident Riddle competitions we held as part of our 100th Edition celebration.

October 2023 Belmont Lodge shared how they had been having fun with Hydration, by introducing Lounge Games with a twist, and they sent us some lovely photos of residents playing Fruit Pong.



Hatfield Peverel Lodge had recently started their prosper Journey and created a Prosper Board to help with staff engagement.

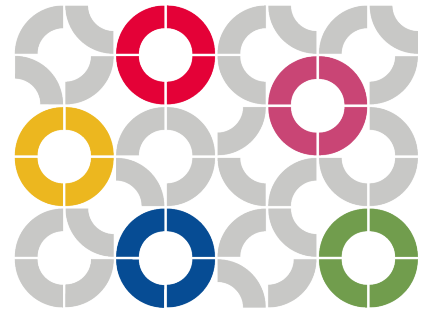


November 2023 Glendale shared their new monthly walking aid audit which they created to help keep a check on their residents walking aids, as these are important items of equipment.

WALKING AIDS MONTHLY AUDIT			
IS THE RESIDENTS NAME ON WALKING AID? ID NUMBER AND LOCATION OF AID	IS THE FRAME CLEAN TO EXPECTED STANDARD?	ARE ALL BOLTS/SCREWS IN TIGHTLY?	ARE THERE ANY PARTS WHICH EXT RISKING SKIN TEARS?
ARE ALL RUBBER FEET (FERRULES) APPROPRIATE AND SAFE TO USE? ARE THEY WORN & NEED CHANGING?	DO THE HANDLES HAVE RUBBER GRIPS IN PLACE WHICH ARE APPROPRIATELY FITTED AND SAFE FOR USE?	DOES THE WALKING AID APPEAR AN APPROPRIATE FIT FOR THE RESIDENT?	DO YOU NEED TO WITHDRAW FR USE?

Following on from the Community of Practice Event feedback, Manning's Methodology Corner featured an article on how to access the Prosper section and toolkits on the Essex Provider Hub

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Festive wishes



As this is our last newsletter of 2023, from all of us in the Prosper Team we would like to thank you for all your hard work over the year and we have enjoyed meeting you at our training and events.

We wish you a very Happy festive season and New Year and look forward to working with you all in 2024, which is a very special year for us celebrating Prosper's 10 Year Anniversary!

Lesley, Rod, Imelda, Sarah, Karen

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