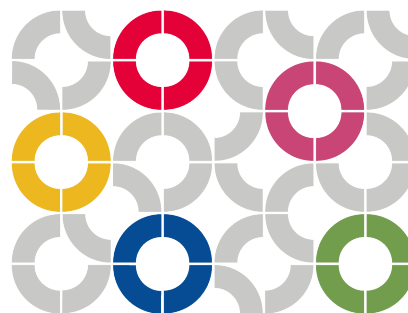


Prosper



Issue 130 January 2026

Welcome to January'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 Quiz

In December we gave you this game to do with your residents over the festive period. Well done to all the homes who took part. Below are the answers.

Question 1: True or false – there were 4 ghosts in Charles Dickens' a Christmas Carol? - **TRUE**

Question 2: True or false – there were 250 gifts given in total in the '12 days of Christmas'? - **FALSE**

Question 3: True or false – If you're born on Christmas day, your star sign is a Sagittarius? - **FALSE**

Question 4: True or false – The King's speech is traditionally aired at 3pm on Christmas Day? - **TRUE**

Question 5: True or false – Santa traditionally wore a white suit until Coca Cola changed it too red? - **FALSE**

Question 6: True or false – According to tradition your Christmas decorations should be down by New Year's Day? - **FALSE**

Question 7: True or false – A camel is said to have carried Mary on its way to Bethlehem? - **FALSE**

Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to

prosper@essex.gov.uk

This month's riddle is...

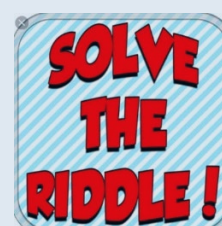
I am a protector who sits on a bridge. Only one person can see through me, while others cannot. What am I?

Answer in next month's newsletter.

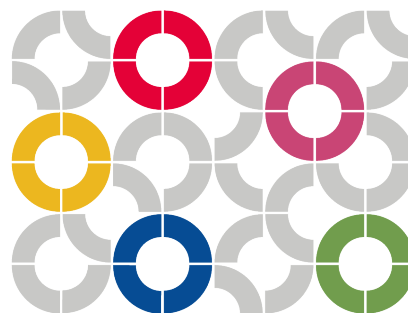
We are looking forward to seeing who will be crowned the

Riddle Master 2026!

So, make sure to send us your riddle answers every month!



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Dignity Action Month

February is National Dignity Action Month, which gives everyone the opportunity to contribute to upholding people's rights to dignity and provide a truly memorable day for people receiving care.

The theme this year is Three Little Deeds

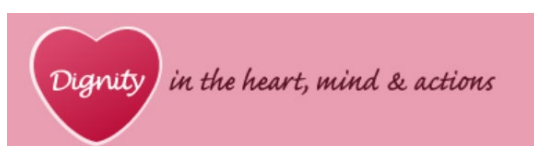
As well as organising activities we also encourage you to think of **Three Little Deeds** that would change the lives of those with whom you come into contact.

It's about using our **Heads, Hearts and Hands** to make Dignity come alive for those with whom we interact.

Your little deeds could be as simple as:

- **Greet everyone with a smile**
We all know how important a smile can be in making us feel valued and acknowledged. It's a **little deed** but can have an enormous impact.
- **Say thank you**
Again saying thank you to someone is a little deed that can make such a difference to their feelings of value
- **Stop and listen**
Take time out to really listen to someone. You may be busy but your little deed is to make them feel valued and special.

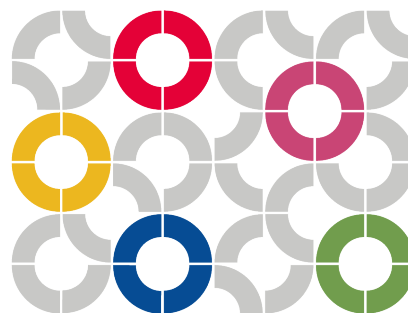
To find resources and more information to help you with planning events to help promote Dignity Action month please visit [Activity suggestions - Dignity Action Month - Events - Dignity in Care](#)



Do you pledge to follow the 10 Dignity do's?

1. Have a zero tolerance of all forms of abuse
2. Support people with the same respect you would want for yourself or a member of your family
3. Treat each person as an individual by offering a personalised service
4. Enable people to maintain the maximum possible level of independence, choice and control
5. Listen and support people to express their needs and wants
6. Respect people's right to privacy
7. Ensure people feel able to complain without fear of retribution
8. Engage with family members and carers as care partners
9. Assist people to maintain confidence and positive self-esteem
10. Act to alleviate people's loneliness and isolation.

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Nutrition and Hydration Week

16th – 22nd March 2026

Nutrition and Hydration week's mission is:

To create a global movement that will focus energy, activity and engagement on nutrition and hydration as a fundamental element of maintaining the health and well-being for our global community.

With the main aim of the week being about promoting the following areas:

- The 10 Key Characteristics for Good Nutritional Care
- Protected Mealtimes
- Nutrition Advocates for each health or social care setting
- The minimum standards for good nutrition in the respective settings
- Highlighting Good Nutrition and Hydration Practices
- Continued Education for professionals on good nutrition and hydration
- Plus, we would like everyone to hold a Global Tea Party event on the Wednesday of Nutrition and Hydration Week

The week is also about sharing and learning from other ideas in the industry; do not re-invent, share, learn, develop, and share it again. Saving you time, improving the nutritional care you provide and improving the well-being of those you are caring to.

If you want to get involved in Nutrition and Hydration week they have lots of idea's, posters, and other resources available on [N&H Week | Nutrition and Hydration Week](#)

Don't forget to send us pictures and stories of your week, so we can feature them in next month's edition Prosper@essex.gov.uk



Ideas for events and activities during N&H Week

Daily Theme ideas

Monday – Big Breakfast – the most important meal of the day

Tuesday – Snacky Tuesday – the value of snacks between meals and at supptime

Wednesday - Global Afternoon Tea

Thursday – Thirsty Thursday

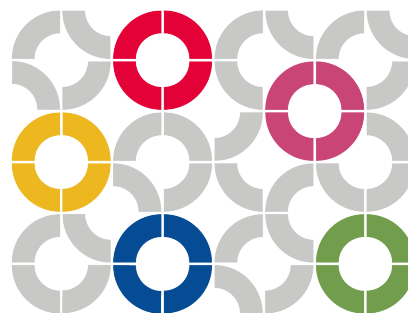
Friday – Fruity Friday

Saturday - Smoothie Saturday

Sunday - Sundae Sunday



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Frank Foster House Awarded Veteran Friendly Framework Accreditation



Congratulations to all at Frank Foster House who recently received their Veteran Friendly Framework Accreditation. Nicolas, Home Manager at Frank Foster House, shared his pride in the team's accomplishment, saying:

"This is a fantastic achievement for everyone at Frank Foster House. Our staff have worked with dedication and compassion to ensure we provide the highest level of support for veterans in our care. We are honoured to be the first Runwood home to achieve the VFF and will continue standing with our veterans — yesterday, today and always."

The accreditation was made possible thanks to the involvement of staff across all departments, the veterans living in the home and the home's Veteran Champions, who all played a key role in supporting the initiative.

Achieving the VFF ensures that veterans living at Frank Foster House experience an environment that recognises their service, understands their needs and ensures care is delivered with dignity, compassion and respect. It also strengthens the home's links to the wider veteran community, fostering ongoing support and collaboration.

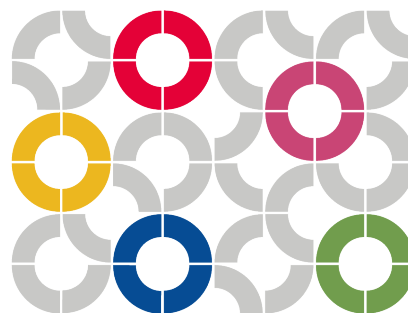
Well Done to all!



The VFF is a programme open to all care homes nationally to recognise and support the veterans that they care for. Many non-military care homes have unidentified veterans within their care, who miss out on recognition, support & signposting to a wide range of statutory and charitable services to support their individual needs because of not being identified. A veteran is anyone who has served for 1 day including National Service. The programme has been recognised as good practice by CQC. This **free of cost** programme is looking at supporting all care homes to become veteran aware and receive recognition for its work through its VFF accreditation. To find out more see

[Veteran Friendly Framework](#)

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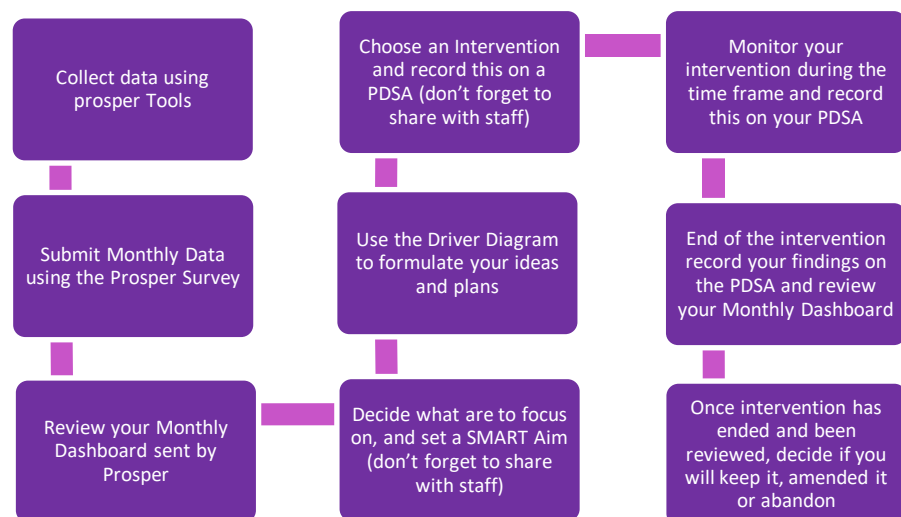


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PROSPER Workshops

Feel like you need a refresher on Prosper or are Looking at restarting Prosper in your home in 2026?

PROSPER workshops are a great session for homes who would like a refresher 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

Prosper Accreditation

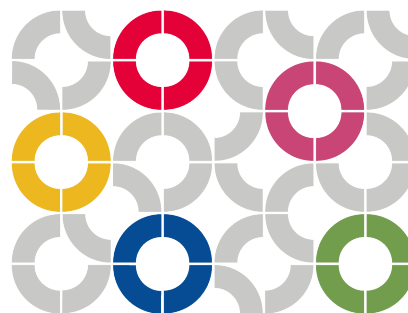
The Prosper accreditation window stickers are a mark of achievement and demonstrates a home's level of commitment to promoting the safer provision of care for every resident.

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 when starting on Prosper receives 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 Accreditation | Provider Hub | Essex](#)



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Methodology Corner

Using PROSPER Methodology

January is always seen as a time to 'take stock' and make resolutions and intentions for the coming year. If your home has been intending to engage with PROSPER methodology now would be an ideal time to 'bite the bullet' and give it a go. Our Team of PROSPER support officers would be delighted to support you with this.

We know a high number of homes consistently and regularly submit monthly data to us via their online monthly mapping surveys, and consequently receive updated runtime dashboards, which suggests they feel there is some benefit in seeing their data in line graph form. If any of these homes would like to discuss how these dashboards can be used in conjunction with other PROSPER tools and resources as part of continual improvement, email Proper@essex.gov.uk and you will be contacted by your allocated PROSPER support officer, who will offer support.

Remember that PROSPER methodology is all about looking for patterns and trends developing, and putting structure to any improvement projects you implement, making it far more likely that there will be a positive outcome from your project. Additionally, by continually submitting monthly data, and using tools such as safety crosses, 24 hours falls clock, etc. you can constantly monitor your homes performance, and detect upturns in falls, UTIs and pressure ulcers early, and implement improvement plans before they become a major issue.

Full details of PROSPER Methodology can be found using the following link: <https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-methodology/>

Monthly Data Surveys Updates

January is also the time when last year's pages are removed, and new pages for the coming year are added to the online PROSPER Monthly data surveys.

This involves taking the surveys offline for a short time and working through a routine of 'deleting and adding' pages and questions. This routine is incredibly repetitive, and it can be easy on occasions to miss a stage in error.

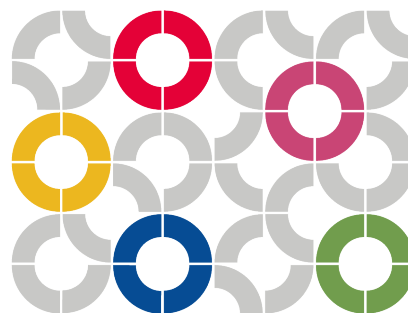
Consequently, once again we are asking you to be 'our eyes' with these surveys over the coming months, and if something does not seem correct, please either phone one of the PROSPER

Team, or email

Prosper@esex.gov.uk

Most of these issues can be rectified easily when we know about them.

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Poetry Corner

by Sue Smith, Manager at Cherry Wood Grange

Managers List!!

I have a list of things I have to DO! so I have another list to help me THROUGH! I've an open-door policy, yes that's TRUE! so, a busy office for me and YOU!

Phone calls, booking appointment and pencilling in DATES! Completing audits and checking residents WEIGHTS! Signing off payroll and going through the ACCOUNTS! Including the Pleo and adding up AMOUNTS!

Rota management, menus to PRINT! where's my glasses, I'm starting to SQUINT! Covering annual leave and keeping everyone SAFE!

Relatives to see with no time to WASTE!

Morning handover is running LATE! as we couldn't let the breakfast WAIT! Supervisions and appraisals TOO! in between radar that we need to DO!

Activities happening and you're invited to ATTEND! letters to sign off and to SEND! Demands are coming in from all AROUND! Juggling all your balls but standing your GROUND!

Authorisation needed for an emergency SPEND! will my list ever END! Meeting with the catering TEAM discussing meals, desserts & CLOTTED CREAM!

There's a show round planned at half past 3 phew, take a deep breath and make sure you're FREE!

The ward round is ready, and the staff are on HAND, no time to bury your head in the SAND!

Ambulance arrives as Bert's had a FALL! paramedics confirm no injuries at ALL! Sigh of relief that Bert's OKAY! thank you God you've made my DAY! Me and my Deputy are doing are BEST! ongoing chores with no time to REST! I look at my list and nothings been DONE!

I'll add this list to tomorrow's ONE!

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