

# Prosper



Issue 122 May 2025

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

## Welcome to the Team

I am sure you will help us give a big welcome to our 2 new Prosper Support Officers

### Theresa Lawrence

Theresa will be supporting homes in the South of Essex on their Prosper Journey. Theresa has 42 years' experience within social care, which included being a nurse in hospitals, managing care homes, and her most recent role was working on the other side of the Provider Quality Team completing PAMMS Audits



### Jamie Hepburn

Jamie will be supporting homes in the North of Essex on their Prosper Journey. Jamie has 32 years' experience within social care, that has included being a district nurse for the NHS, working within Domiciliary and extra Care settings, and was a Care Home Manager before joining the team.



## Residents Riddle?

Each month we will provide a riddle for residents to solve. Please email their answers to [prosper@essex.gov.uk](mailto:prosper@essex.gov.uk)

Answer to last month's riddle was of course:  
**Book**

Well done to all at **Cheviot, Parkview** who answered the riddle correctly.

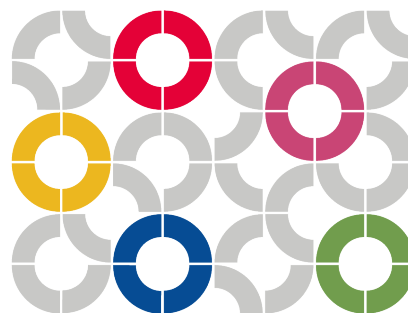
This month's riddle is...

**I rise each day  
with glowing light,  
Chasing away the  
dark of night.  
What am I?**

Answer in next month's newsletter



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## Essex Care Sector Awards The Prosper 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 Monday 9th June 2025 and closes 5pm 25th July 2025.

We have 15 Awards up for grabs this year, and 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/>

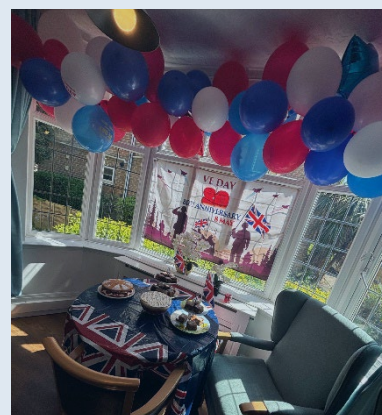
## VE DAY 2025

2025 marked the 80<sup>th</sup> Anniversary of VE Day on the 8<sup>th</sup> May.

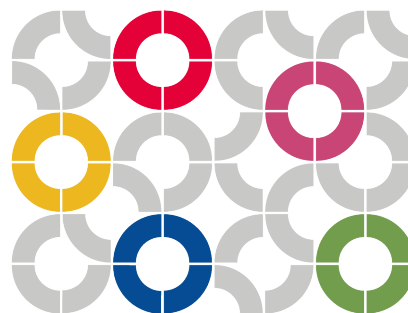
It has been lovely to see so many homes get involved and celebrate this special Occasion.

**Joseph Nursing Home** in Clacton spent the morning with their residents down at Clacton War Memorial for a special VE Day Service

And then treated their residents and families to an 1940's inspired Afternoon Tea, that included traditional sandwiches of fish paste and spam. Truffles, scones and went all out with the decorations!



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Residents from **Frank Foster**, Theydon Bois were delighted to attend a vibrant VE Day Street party, hosted by the local Baptist Church, where they enjoyed a joyful afternoon of celebration and community spirit.



The event featured an array of delicious food, spirited sing-alongs, and delightful entertainment. Resident Sophia shared that she had a great time, and Doreen was especially pleased to reconnect with some old friends.

Another resident, Maureen, reflected on her own wartime memories and was delighted to be part of the celebration. The celebration served as a poignant tribute to VE Day and a heartwarming reminder of the importance of community connections. The highlight of the day was the unmistakable community spirit that brought smiles to everyone's faces.

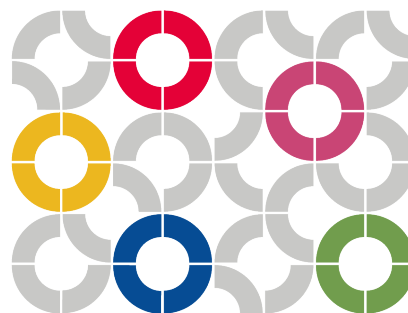


Dawn, activity coordinator at **Belmont Lodge** also shared with us their VE Day celebrations saying "What a day to remember! We just wrapped up our fantastic VE Day 80th anniversary street party and it was a blast! From a live singer belting out classics to the Royal British Legion Band getting everyone in the mood, we had it all! Plus, we had 15 amazing RAF cadets joining us, and our local councillor even cut the ribbon to celebrate us becoming a Veteran-Friendly Care Home!

Everyone enjoyed some delicious traditional pie, mash, and fish and chips while petting ponies and sharing laughs with our community.



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## Loganberry Lodge Achieves Gold

Over the Last 18 months/2 years Deputy Manager Oana has worked hard to embed Prosper at Loganberry Lodge, and has finally been awarded the Gold Prosper Accreditation.

Prosper has become part of her day to day work at the home, and she has truly implemented every aspect of the QI Methodology by looking at her monthly dashboards to help set the homes SMART AIM, to completing Driver Diagrams, and running PDSA cycles, as well as throwing in some root cause analysis to make sure all bases are covered.

She holds monthly prosper meetings with all staff including domestic, kitchen and Maintenance who are engaged in the project and advising what the current aim is, and how they are working to achieve it, and even got some dedicated Prosper Champions on board who each cover a different area of Prosper.

Oana stated in her submission **“Thanks to the continued guidance of our Support Officer and the enthusiasm of our staff, PROSPER remains a core part of our culture at Loganberry Lodge — driving teamwork, innovation, and positive outcomes for everyone who lives and works here”**

I am sure you will all congratulate Oana and Loganberry Lodge on achieving their Gold, and look forward to seeing what the home will continue to achieve in the foreseeable.



Provider Quality Innovation

## Silver Awarded to Freda Gunton Lodge

The homes dedicated Prosper Champions were really excited to be awarded their Prosper Silver Accreditation this month.

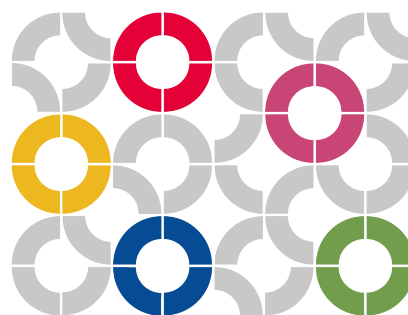
The Champions have really got prosper up and running in the home and have been doing really well introducing the methodology and other aspects of prosper in the last 12 months.

The champions are now empowered and excited to work towards achieving their gold accreditation over the next 6 months. Well Done on achieving your Silver and we look forward to receiving your Gold accreditation in the future.





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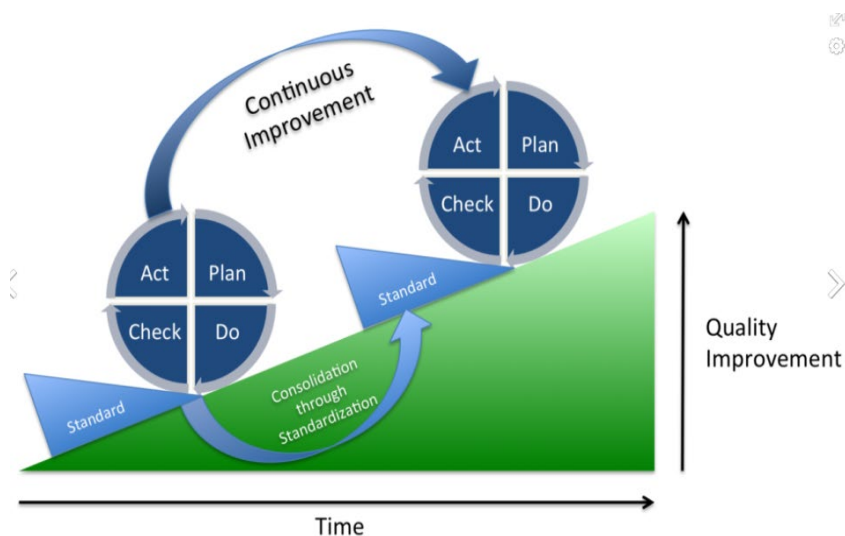
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## May be gone but not forgotten Manning's Methodology lives on!

### Plan Do Study Act Cycles

We have featured **Plan Do Study Act** cycles a number of times in 'Manning's Methodology Corner', and explained how small tests of changed can be conducted and measured using the model on the right. Additionally we have used 'Mr Potato Head' and 'Skittles' at numerous Study Days and Quality Improvement Methodology sessions, to demonstrate how **PDSA** cycles should be conducted.

However, to ensure continual improvement, **PDSA** needs to be a continuous and ongoing process. So for example, if you have conducted a **PDSA** cycle to reduce UTIs, and your data demonstrates a reduction, that then becomes your standard, and you can then consider conducting a new **PDSA** cycle to reduce UTIs further (see diagram below), continuing to repeat this process, until no further improvement is possible.



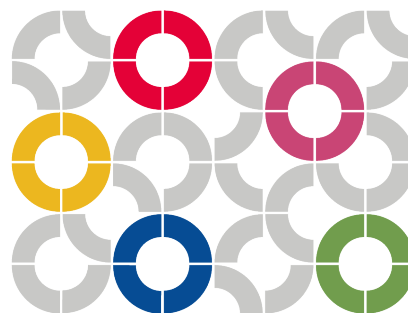
It would be prudent and sensible to pause after each **PDSA** cycle and improvement, to ensure the improvement is sustainable, and to embed any new practices fully into your processes. Once you have done this you are ready to begin your next **PDSA** cycle.

Do not forget to make a record of the **PDSA** cycles you conduct, even if they are unsuccessful.

Completed worksheets can always be referred to during future projects, and additionally provide very good evidence of continual improvement.

WORKSHEET: PDSA Progress Sheet	
This sheet is for you to use to record your progress as you complete your PDSA plan - this worksheet is designed for you to evidence what you have done and what you have tried	
Complete this part when you have identified which driver aim you are focusing on	
PLAN (What are you going to try and how?)	
Complete this part as you carry out your plan. Keep notes on what happens	
DO (getting on with it)	
Complete this part after you have finished your testing and observations, having gathered your data and reflected on what happened. Include expected and unexpected results.	
STUDY (did the plan work or not?)	
Record what you will use from this plan or what you will do differently next time?	
ACT (are you going to do it again or will you change anything?)	
Home	<div>Insert Date:</div> <div>End Date:</div>

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## Poetry Corner

Many of you will know that Sue Smith has been writing poems monthly for Prosper newsletter. Just recently her lifestyles, Bex & Ali surprised Sue with a poem booklet they had made up of her poems including many Prosper poems She has written over the years.

They arranged a Cherry Wood Garden party where Sue read her poems to their lovely residents and did a book signing and gave out copies to residents, staff and relatives. What a lovely idea and now Sue will be able to look back at her poems in years to come.

### International Nurses Day

#### Poem by Sue Smith

It's international nurses' day so let's give a big CHEER to our dedicated nurses that work hard year after YEAR!

Caring with kindness and compassion and leading the WAY, healing & saving lives every DAY!

Working long hours and providing palliative CARE, comforting our patients when they're feeling DESPAIR!

Nurses providing TLC in all that they DO, it's more than a job it's a lifestyle TOO!

So, remember the nurses that work day and NIGHT, ensuring they get everything just RIGHT!

Rest assured your loved ones are cared for with GRACE, with nurses keeping up with the demanding PACE!



## 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](mailto:Prosper@essex.gov.uk)