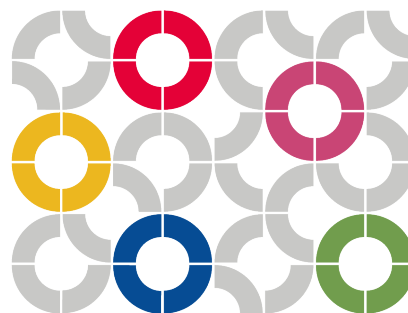


Prosper



Issue 126 September 2025

Welcome to September'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.

Prosper Open Day

Do you **P**romote the **S**afer **P**rovision of care for **E**very **R**esident?

Heard of Prosper but not sure what it is? New to the project and don't know where to start? Been on the project for some time and at a stalemate? Or just want a refresher?

The Prosper Team are holding a Prosper Open Day Event

23rd October 2025 10am to 4pm
Colchester United Football Club, United Way, Colchester, England, CO4 5UP

The aim of the event is for care homes to drop in throughout the day to learn more about Prosper and what we have to offer. There will be several stalls showing the different areas of Prosper and how it can help your care home in the prevention of falls, pressure ulcers and UTIs amongst other things. The Provider Quality team's Senior OT will be showcasing what they have to offer, as well as a fun quiz and the team on hand to answer any questions.

We will also be running different sessions throughout the day that you are welcome to attend.

10.30am to 11.30am - Quality Improvement Methodology

12pm to 1pm - SMART Aims and Driver Diagrams

2pm to 3pm – Plan Do Study Act Cycles

3.30pm to 4pm – Root Cause Analysis – 5 why's and a What

To book or find out more please email Prosper@essex.gov.uk

Provider Quality Innovation

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:

The Letter U

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

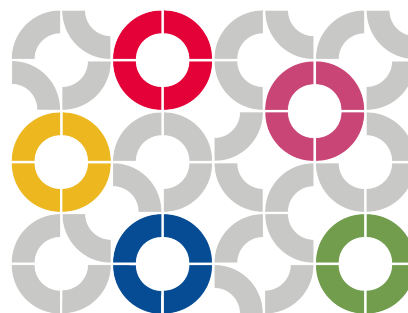
This month's riddle is...

I arrive when the days grow shorter and the weather gets cooler, but the trees put on a colourful show. What season am I?

Answer in next month's newsletter



Prosper



Issue 126 September 2025

Dancing for Dignity Month

Dancing for Dignity is the opportunity for you to have fun whilst actively supporting the Dignity in Care nationwide campaign.

You can hold an event anytime during October and the choice of activity is yours - it can be anything from holding a disco, dancing the Congo, or a wiggle in your wheelchair - it's up to you.

This year Dignity in Care are encouraging everyone to incorporate one dance into their Daily activities and are suggesting Agadoo Doing it for Dignity. They have chosen this because it can be accessible to all, you can do it sitting or standing, or indeed moving around, and if you only do it for a couple of minutes even the most unfit of us should be able to manage it.



Supporting Dancing for Dignity will:

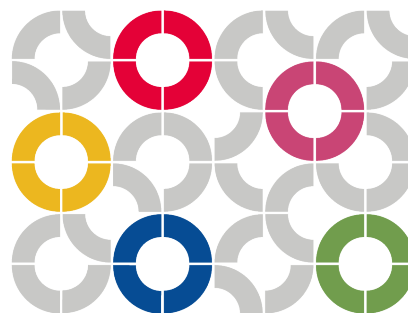
- Remind society that Dignity is everybody's business
- Raise awareness of the importance of Dignity in all walks of life and particularly in Care and Support settings.
- Give someone in your care an extra special day
- Be part of a national celebration and demonstrate solidarity for the Dignity campaign.
- Ensure with thought that everyone can get involved and have fun as well as demonstrating your commitment to Dignity.

Visit [Dancing for Dignity - Events - Dignity in Care](#) to find out more, including activity suggestions, posters, resource packs and more.

Remember to promote 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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Issue 126 September 2025

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](#)



CARE PROVIDER HUB

Not only can you find the accreditation criteria, this is where you can access our toolkit, but did you know there is also a lot more including:

Newsletters

Backdated Editions of the Prosper Newsletter
Quality Innovation Team Newsletter

Training and Events

Current training programmes for OP Residential Care Home
Event Tab where you can find and book training on offer from ECC.

To Access the hub please use the link below

[Quality Innovation Team](#) | [Provider Hub](#) | [Essex](#)
[Provider Hub](#) | [Provider Hub](#) | [Essex](#)

Congratulations to Dubrook House on their Silver Accreditation!

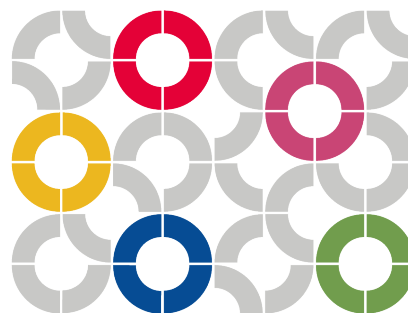
Dudbrook House has recently achieved their silver Prosper accreditation.

The home have done a great job embedding Prosper throughout the home. They have been looking at their data and setting smart aims for the different units in the home which staff work towards.

The home have also been completing driver diagrams to help the home meet their smart aims, and identifying the areas/things they can trial as PDSA's. As well as attending recent Prosper events like the Champion Study Days, to get staff more involved and aware of the project.

The home are now excited and focused on achieving their gold accreditation over the next 6 months and we can't wait to see what they achieve during this time.

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Issue 126 September 2025

Residents Help to create Prosper Board

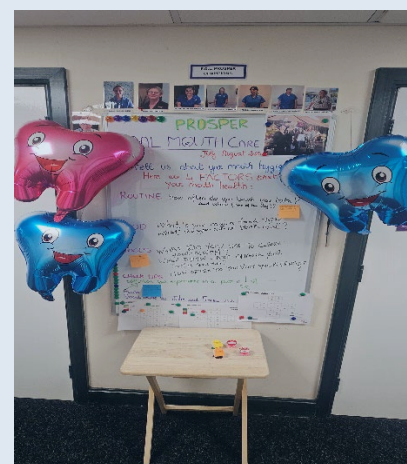
Freda Gunton Lodge told us how a couple of their residents helped create their latest prosper board.

John (Resident) played a valuable role in supporting the introduction of the new Prosper Board which focused on oral mouth care. Prosper Champion Teresa invited both John and Andrew to be part of the project, helping to make the board engaging and informative for staff and residents alike. John and Teresa worked closely together to gather useful information, with John focusing especially on simple, practical tips that staff could easily understand and apply. This helped ensure everyone could take part in improving oral health across the home. Together, they decided to highlight four key factors that affect mouth care. To encourage staff involvement, they added questions to the board and invited others to contribute their own thoughts and queries. John actively helped with writing and setting up the board, showing great enthusiasm and teamwork. Andrew, one of the other residents, was also involved after finding the project interesting. He enjoyed helping John and was keen to support the initiative, showing how oral health can be a shared responsibility and a topic that brings people together.

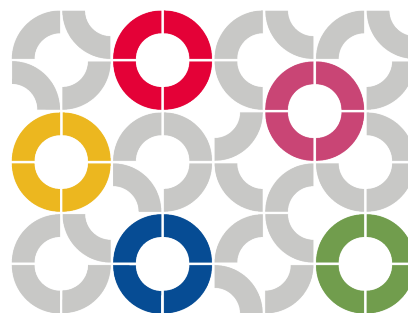
John expressed how proud and satisfied he felt to be part of this meaningful project. Being involved gave him a strong sense of purpose and achievement, and he takes great pride in knowing his efforts are helping others. It's something that motivates him every day—knowing that his contribution makes a real difference in the home and encourages others to take oral health seriously.

Overall, John's contribution helped make the Prosper Board a more inclusive and engaging tool for promoting better oral care. His efforts supported staff learning and encouraged wider participation, helping to build a stronger culture of awareness and support throughout the home.

Provider Quality Innovation



Prosper



Issue 126 September 2025

Manning's Methodology

Using Quality Improvement Methodology is Simple

One of the biggest challenges we face in our PROSPER Team is convincing people that, despite its name, Quality Improvement Methodology is actually very straightforward and simple.

Whenever something new is tried, you are almost certainly subconsciously going through the stages of a **PDSA** cycle. This could be something as simple as traveling to a new location.

Prior to the journey you will most probably decide your route and what time you will leave (**Plan**). You would then make the journey at your planned time (**Do**). During the journey you will be thinking about how long it has taken, areas it may be better to avoid, etc. (**Study**). If you had to make the journey again would you take the same route? Travel at a similar time? Use the same mode of transport? (**Act**)

We are often told that unfortunately a home has not had time to do any 'PROSPER work', but are then told about some new initiative, e.g. Highlighting residents at higher risk of falls and supplying new equipment for them, that has been introduced at the home. We then point out this is 'PROSPER work' and what is actual happening is a **Plan, Do, Study, Act** cycle is being conducted.

At PROSPER what we are trying to do is make sure that firstly, improvement initiatives are introduced in a structured manner in the areas they are needed, and secondly that you are evidencing the good work you are doing.

Stages of PROSPER Methodology

Collecting and Analysing Data

- By using your Runtime dashboards you are making sure your energies are being channelled on the areas that would benefit from improvement.

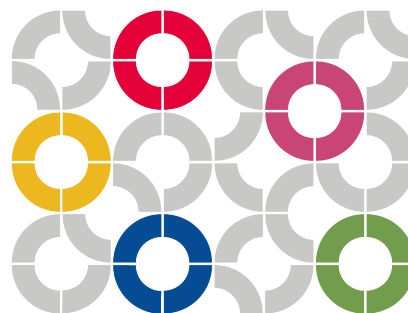
Setting a SMART aim – By doing this everyone will know what the home is trying to achieve.

Create a Driver Diagram – This is a structured way of conducting a 'Brainstorm' session. Allowing everyone to have some input, and to decide which initiatives to trial.

Conduct a PDSA cycle – This structures a trial and ensures everyone knows what is expected of them. It also allows for the initiative to be reviewed and maybe 'tweaked' at the end of the cycle. It also provides evidence to CQC of what you have tried.

Continually review and repeat the above process.

Prosper



Issue 126 September 2025

Poetry Corner

My Care Home Poem

by Sue Smith, Manager of Cherry Wood Grange

My care home is full of kindness and FUN,
such loving staff looking after my MUM

They offer choice in all that they DO,
robust updates in the care plans TOO

Healthy meals and snacks served all DAY,
ensuring good nutrition all the WAY

A selection of activities & entertainment during the DAY,
respecting time for rest & PLAY

Assisting with dignity when supporting with CARE,
offering the salon for nails & HAIR

A friendly atmosphere, with a great team AROUND,
laughter is a common SOUND

Companionship and company THROUGHOUT,
resulting in happiness without a DOUBT

Living life to the full, but not just for MUM
this truly stands for EVERYONE

Thank you to Team Cherry Wood with all my HEART
you make every one welcome right from the START

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