

Prosper

Issue One Hundred July 2023



Welcome to July'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.



We can't quite believe that this month's edition of the prosper newsletter is our 100th edition, with our first edition making its debut in February 2015!

To celebrate this monumental achievement, we have published a celebratory edition that includes:

- Residents Riddle Competition
- Prosper Quiz
- Prosper Idea's from different newsletter editions!
- What Prosper has to offer?
- Team Profiles

So, make sure to get everyone in your home involved and we hope you enjoy reading this edition as much as we have making it!

We also want to take this opportunity to say a big thank you to each and everyone of you, for sending in your ideas and stories as without those we would not have been able to continue to produce the newsletter and be where we are today!

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 **Roads**

Well done to all **Parkview, Glendale and Freda Gunton Lodge** who answered the riddle correctly.

As you can see there is no Riddle on this page, but don't worry we have a whole page of riddles for you to tackle this month, with a chance of winning a prize! Continue reading to find out more!



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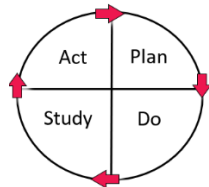
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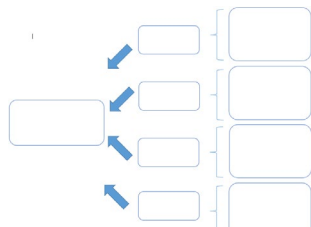
Prosper Quiz

To start off our celebratory edition we thought it was only fitting to do a prosper quiz, where there is a chance to win things like a Robotic Cat to some educational board games! All you must do is send the correct answers to all 20 questions to the Prosper Inbox by Friday 18th August! The answers and winners will be announced in the August edition of the newsletter, Good Luck!

1. What does the acronym **PROSPER** stand for?
2. What is the name of your allocated PROSPER support officer?
3. What do you need to do to receive Runtime dashboards?
4. What year did PROSPER commence as a project?
5. What three areas of harm does PROSPER focus on?
6. What does the 'A' in the acronym **SMART** stand for?
7. What is the diagram below a model of?



8. Name the PROSPER Team manager?
9. Name the half-day PROSPER Networking event held once a year for home managers and PROSPER leads?
10. What is the email address for PROSPER?
11. What is this a template for?



12. How many members of the ECC PROSPER Team are there?
13. Name one regular feature in a PROSPER Newsletter
14. How many questions are there on the PROSPER online monthly mapping survey?
15. Name two venues where PROSPER Champions Study Days have been held?

Team Member Related Questions

16. How many tattoos does Karen have?
17. Which team member has been gunged by Mr Blobby?
18. Which team member is the same age as Pleasurewood Hills (Lowestoft)?
19. Which two team members went to the same school as Ollie Murs and Louie Spence?
20. Which team member used to do Irish dancing?



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Homes Idea's/Initiatives

We would never have got to 100 editions of the prosper newsletter if it hadn't of been for all your amazing idea's/initiatives that you have shared with us over the years. So, we thought it would be a great idea to look back at these from all our previous issues!

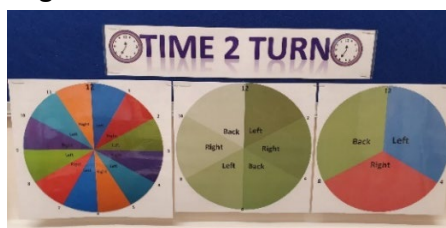
Prosper Boards

We have seen so many amazing versions of Prosper Boards that have been created in homes, to help promote PROSPER and get everyone in the home involved and able to visually see all the different tools prosper has to offer in one eye catching place! Below are just some of the amazing Prosper boards we have featured in previous issues.



Pressure Ulcer Prevention

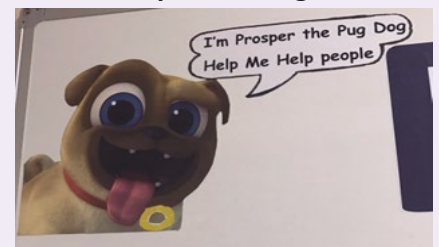
We have seen many homes adopt our wide range of tools to help combat pressure ulcer's from forming in your homes by using body maps to compact mirrors to look at hard to reach places to the multitude of React to Red resources. Some of you have gone that one step further and created new ways to reducing pressure ulcers including this amazing Time 2 Turn Chart for individual residents.



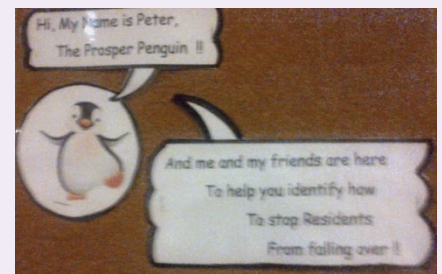
Mascot's

Homes created Mascot's to help them promote prosper in their homes including:

Prosper the Pug



Peter the Prosper Penguin

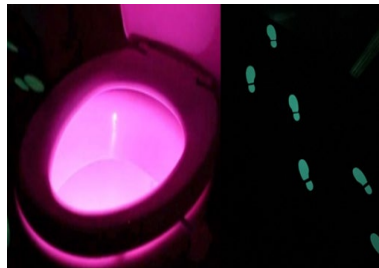


With his tagline **Remember Safe Feet Are....." Happy Feet"**

Polly the Prosper Parrot



All these Mascot's have helped the homes bring a fun and different way to get everyone involved in the project!

[illegible]

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Hydration

Hydration is a very big part of Prosper with Hydration being Key in helping to prevent all three harms; falls, pressure ulcers and UTI's. This has been far the most received/shared initiative you guys have done to help you on your Prosper Journey in your homes.

From getting involved with national events like the yearly Nutrition/Hydration week to Celebrating St Patricks day with a hydration twist, you guys have all really got involved and made these events special for your residents.



To jazzing up your Tea Trolleys, making dedicated visually pleasing Hydration Stations, to Jelly Champion's and handmade drink choice boards, Tasting Afternoon's, homemade ice cream vans, to fun and exciting Hydration games the idea's we have seen over the years have been amazing, and continue to come in thick and fast from homes fully established with Prosper to completely new homes on the project!



Fun with Food

The last thing we are looking back at, is how you have had fun with food over the years from

Jelly being put into fruit skins like Watermelon and Oranges.



Frozen Banana Penguins

Keeping residents cool during the summer months.



Festive healthy food

Making Christmas more fun and nutritious for residents



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Resident's Riddle Competition

It is time to get your residents involved and solve these riddles, with a chance to win an activity pack for all to enjoy at the home. All you must do is email Prosper@essex.gov.uk with as many answers to the riddles as possible. Winners will be announced in next month's edition of the newsletter!

1. I'm a liquid but I'm not water, I'm sticky but I'm not glue, I'm sweet but I'm not melted chocolate, I'm found in a comb but I'm not hair, I'm created by an insect but I'm not a web.
2. What is black when you buy it, Red when you use it, And grey when you throw it away?
3. I have holes on the top and bottom, I have holes on my left and on my right. And I have holes in the middle, yet I still hold water. What am I?
4. I'm light as a feather, Yet the strongest man. You can't hold me for more than 5 minutes. What am I?
5. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
6. The more you take, the more you leave behind. What am I?
7. They come at night without being called and are lost in the day without being stolen. What are they?
8. I bring music wherever I go. I keep things very cold; I have wheels. People give my driver money, and he gives them treats. What am I?
9. I jump when I walk and sit when I stand- what am I?
10. What building has the most stories?

11. What has a spine, but no bones?

12. What goes up and down but never moves?

13. What falls but never gets hurt?

14. What can fill a room but takes up no space?

15. The More of this there is, the less you see. What is it?

16. What begins with an "e" and only contains one letter?

17. I have a bed but never sleep. I have a mouth but never speak.

18. What has many Keys, but can't open a single door?



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Team Profiles

We thought the most fitting way to end this special edition of the Newsletter was to introduce you to the PROSPER OP team. So, without further ado.

Lesley Cruickshank **Innovation Manager**

Years Service 17 Years

Interesting Fact used to edit the trailers for the Royal Opera House.



Rod Manning **Provider Quality Officer**

Years Service 16 Years

Interesting Fact massive Norwich City fan, having been a season ticket holder at Carrow Road since 1995



Imelda Minns **Provider Quality Officer**

Years Service 28 Years

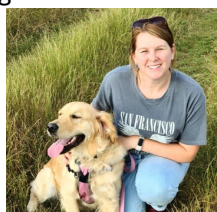
Interesting Fact Did Irish dancing and danced at Wembley for Prince (now King) Charles



Sarah Cadge **Provider Quality Officer**

Years Service 15 Years

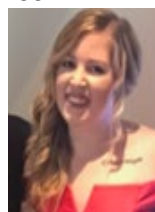
Interesting Fact Is training her puppy Bee to become a therapy dog.



Karen Williams **Provider Quality Officer**

Years Service 15 Years

Interesting Fact Collects Classic Cars, and currently restoring an Audi 100



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

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 you badge
with pride**

