

Prosper



Issue 108 March 2024

Welcome to March'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.

Prosper Champion Study Days



We had an amazing turn out at our Spring 2024 Champion Study Days. This time we decided to run these as half day events and held 6 days over the County in February and March 2024. We had a total of **109** staff who attended the events from **37** Residential Care & Nursing Homes.

The events this time had a focus on Fall's Prevention one of the main area's Prosper focuses on, by delivering an extended version of our Falls Skills Network. Attendee's were given some facts and figures about falls, followed by Falls Prosper tools and Quality Improvement Methodology we use with Prosper. The last part of the session attendees was given a number of everyday objects which could result in a resident falling. They were asked to state how this object could be the link to someone falling, but also what could be done to reduce the risk.

Did you know..... we have a number of Skills Networks Sessions focusing on the different area's of prosper, that we can deliver directly at your home! Just email Prosper@essex.gov.uk to find out more.

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
An Egg

Well done to all at **Howard Lodge and Glendale** who answered the riddle correctly

This month's riddle is...

**When it is Easter,
I go hopping around,
Leaving lots of eggs,
Which then need to
be found.**

Answer in next month's newsletter



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Embracing Nutrition & hydration week at Belmont Lodge

Belmont Lodge kicked off the week with a bang, hosting a special event filled with delicious treats and refreshing beverages to emphasize the importance of proper nutrition and hydration for their residents. From fresh fruit to fortified smoothies, jelly's, mousses, and delectable cakes, they made sure to offer a wide variety of options to cater to everyone's tastes and dietary needs.

Their tea trolley also made a special appearance, featuring items tailored for residents on modified diets, ensuring that everyone could enjoy a tasty and nutritious snack.

Their global tea morning was a fantastic success, bringing together their incredible community members, families, local councillor, Chigwell Residents Association (CRA), regional manager Zoe, and even a talented Frank Sinatra performer!



Cherrywood Grange

promoted a wonderful project for Nutrition and hydration week.

Sue Smith home manager told us "All the residents, relatives and staff received the event with warmth and admiration for what we do within our duty of care to enhance and promote the well-being of our residents, hydration, and nutrition. A special thanks goes to Becks and Ali who planned and organised the whole event.



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I'm a Carer, get me out of here!

Howard Lodge have just held a fun event based on the television show 'I'm a Celebrity, Get Me Out of Here'. Staff member Amanda Brewster explains "We held a 5-day event at Howard lodge called "I'm a carer get me out of here". Each day there were AM challenges and PM trials. Staff nominated either themselves or colleagues to participate to win treats for the hamlets.

The challenges allowed them if they won to go to our kiosk and try to win a treat by answering a question correctly. The trials in the afternoon ranged from physical trials to eating and drinking challenges.

The 5 days concluded with the last day being a carer cyclone where all 4 hamlets took part to win the ultimate 1st first prize. In the afternoon we had the final which was an eating challenge (with a range of ingredients I will leave to your imagination). The points were added up at the end of the final and the winning hamlet was Honeysuckle. Which won £50 to spend on whatever they wanted in addition to prosecco and treats for all. Relatives and friends of the residents joined us over the 5 days to cheer their Hamlets on. The feedback received from staff, residents, family, and friends was lovely and staff can't wait for the next one.



Calling all Care Workers!

Essex Adult Social Care have launched an Essex Care Worker Survey.

The experiences, challenges, and aspirations of our dedicated care workers matters to us. They help us to continue to understand what more we can do to support your workforce. We are therefore launching an **important survey** for those specifically providing direct care to adults in the county. Please forward to your care workers to complete.

To access the Survey, scan the QR Code Below



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The Essex Care Sector Awards 2024

We are delighted to announce the Essex Care Sector Awards: The Prospers, are back for 2024. Celebrating the best of care in Essex demonstrated through innovation, achievement, and outstanding contribution.

The Criteria for each award and the nomination form can be found on the Care provider hub:

<https://www.essexproviderhub.org/quality/quality-innovation-team/essex-care-sector-awards-2024/>

The nomination window will open on Monday 3rd June 2024 and close at 5pm Friday 2nd August 2024. All nominations must be emailed to theprosper@essex.gov.uk

The Award Categories are:

1. Team of the Year
2. Outstanding Leadership
3. Outstanding Carer/Support Worker
4. Unsung Hero
5. Prosper Home of the Year
6. Dementia Care
7. Outstanding Care Sector Nurse
8. Intergenerational – All Age Friendly Award
9. Equality, Diversity & Inclusion
10. Climate Action: Towards Net Zero
11. Community Partnership and Collaboration
12. Empowering Workforce
13. Activities & Wellbeing
14. Palliative Care
15. Ageing Well for Adults with Disabilities

Those shortlisted will be invited to the Awards Ceremony the evening of 4th December 2024, at the Chelmsford City Racecourse

Provider Quality Innovation

RideLondon-Essex 2024

The 3-day cycling event returns to the county. This year's events take place on the following days:

Friday 24 May 2024 - Saffron Walden to Colchester

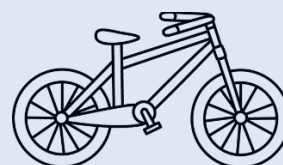
Saturday 25 May 2024 - Maldon to Maldon (circular route)

Sunday 26 May 2024 - Districts of Epping Forest, Uttlesford and Chelmsford

As in previous years there will be road closures and travel disruption on these days affecting areas of the county.

Make sure you are aware of the routes and road closure times so you can plan ahead.

See our Provider Hub [RideLondon-Essex 2024 pages](#) for more information about each day's events.



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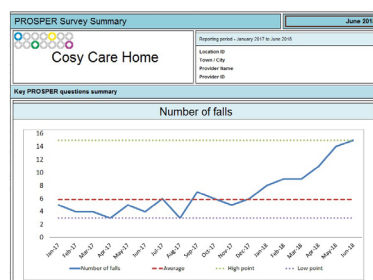


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Manning's Methodology Corner

Being Creative with SMART Aims

When looking at your PROPER Runtime dashboard there is often a clear upward trend evident, so consequently relatively easy to set an appropriate **SMART** aim (see below).



However, sometimes there may not be an obvious area to set a **SMART** Aim, if data is 'settled' or on a downward trend anyway. In these instances you need to be creative with setting a **SMART** Aim. Firstly, you do not always need to set a **SMART** Aim to represent an improvement. It is sometimes appropriate to set a **SMART** Aim to maintain your current position. This would be particularly appropriate if you had been trying some changes via **Plan, Do, Study, Act** cycles, and noted a reduction in your data. Consequently, you may now want to consolidate and embed the new systems into your processes. Whilst maintaining your current data level. Or you could go a bit further and set a **SMART** aim that 'X' amount of months in the following six will be lower than your current level.

Or you could try a 'Calendar Month' or '100 Day' Challenge, where you attempt to complete that period with 'no Newly Acquired Pressure Ulcers' or 'No New UTIs'. You could perhaps create a display poster to chart the progress of the challenge.

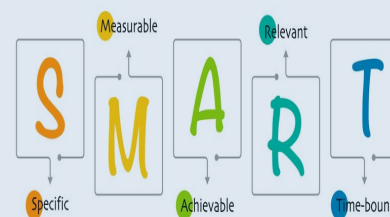
Remember that a **SMART** Aim should be stretching, but also achievable.

Provider Quality Innovation

Set your SMART Aim First

Sometimes when we conduct Methodology workshops, we may display a dashboard (set of data) and ask the attendees to set an appropriate **SMART** for that data set. In these instances, it is common for those in attendance to start straight away to come up with changes they could try to bring about a reduction in the data.

However, you should set the **SMART** Aim first, using you past data to ensure it is both realistic and achievable. Only then do you start to think of ideas for change.



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Poetry Corner

Please find below a poem written by Sue Smith, Manager at Cherry Wood Grange.

Nutrition and Hydration

At Cherry Wood it was our ambition to promote nutrition and hydration, the first steps we took was asking residents for their decision!

We promoted healthy eating and the importance of nutritional meals, snacks and treats, we explained a healthy balance from our head down to our feet!

A full English breakfast or a choice of cereals, yoghurt, fruit and toast, and it was a healthy option that our residents chose the most!

Flavoured milkshakes and fruit placed in ice cubes that were pleasing to the eye, presented bright and pretty it made the residents want to try!

We provide a healthy choice at lunchtime and dinner time too, and a selection of sugar free cake to share with all of you!

This was more than just a project as we want to promote healthy eating for evermore, and make sure our residents are enjoying their food, there's plenty to explore!

We all shared our favourite recipes and what we like to eat and cook and with all the photos that were taken we now have a nutrition and hydration book!

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