

Prosper



Issue 107 February 2024

Welcome to February'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 is 10!



On the 1st 2024 Prosper turned 10!

So we felt what better way to look back over the last 10 years, than holding a celebratory Community of Practice for everyone to get involved in helping us celebrate this amazing achievement, without your support and work through these years we wouldn't of got to this special milestone.

Date and Venue:

Thursday 18th April 2024

Colchester Football Stadium, United Way, CO4 5UP

Time: 9.30am to 2pm

The event will be a fun filled morning, of looking back at PROSPER over the years with lots of idea's demonstrating the versatility of our resources, guest speakers sharing their experience of prosper and much more. To end we have organised a hot lunch and cakes for all to enjoy and there will be a bag of Prosper goodies to take away with you.

To book your spaces please email Prosper@essex.gov.uk

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
A Feather

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

This month's riddle is...

What has to be broken before you can use it?

Answer in next month's newsletter



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Spring Champion Study Days 2024

our Spring Prosper Champion Study's Days are in full swing, they have been taking place over February and we have some dates still to come in March 2024.

This year we have decided to trial the events as half day sessions and the focus is on Falls prevention, one of our main area's on prosper.

To book places please email Prosper@essex.gov.uk with the session date and names attending.

Dates and venues:

Mid Essex – Chelmsford: Hyland's House, London Rd, Writtle, Chelmsford CM2 8WQ

Date Thursday 7th March, 9.15am to 1:00pm

South Essex – Basildon: Wat Tyler Centre, Pitsea, Basildon, SS16 4UH

Date Thursday 14th March, 9.15am to 1:00pm

Even though these events are half day sessions we will be providing refreshments including cakes and pastries!



DACHA Study Survey

DACHA Study is about
Developing research
resources **And** minimum
data set for **Care Homes'**
Adoption

DACHA AIMS

To establish what data is
needed to be in place to
support research, service
development and uptake of
innovation in care homes.

We have been asked as a
Local Authority to circulate
through our networks a link
to their survey as part of the
DACHA consultation. Link to
the survey:

[DACHA Survey -
Minimum Data Set
\(jisc.ac.uk\)](https://www.jisc.ac.uk/dacha-survey)

To find out more about
DACHA

Visit their page below.

[DACHA Study](https://www.jisc.ac.uk/dacha-study)

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Nutrition and Hydration Week

11th – 17th March 2024

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 loads 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



Provider Quality Innovation

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 suppertime

Wednesday - Global Afternoon Tea

Thursday – Thirsty Thursday

Friday – Fruity Friday

Saturday - Smoothie Saturday

Sunday - Sundae Sunday



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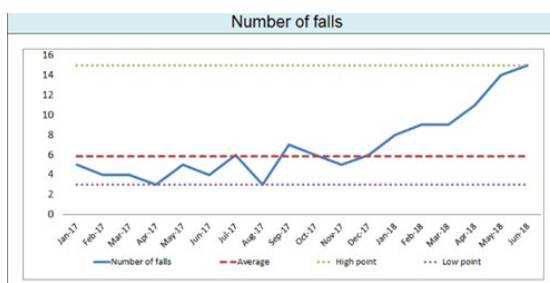
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Manning's Methodology Corner

Using Dashboards to set SMART aims

In January's Newsletter I encouraged care homes to engage with PROSPER methodology. An ideal place to commence this would be to use your Runtime dashboard to create a **SMART** aim.

Our Runtime Dashboards are deliberately designed to clearly show patterns and trends developing. For example, the dashboard below quite strikingly shows an upward trend in the numbers of falls occurring each month from Nov 17 onwards.



In this instance it would be prudent to set a **SMART** aim to attempt to turn the curve around, so it becomes a downward trend. Probably you would want to be somewhere near the number of falls each month during the early part of 2017. So a sensible **SMART** aim would be, **By end of 2018 falls to be no more than six per month.**

If this feels too big as a target in one go, you could split it into steps by initially setting the following **SMART** aim, **By end of September 2018 falls to be no more than 10 per month**

You could then review your progress at the end of September, and consider whether your interventions appear to be working, or whether you may need to try a different approach to reducing the number of falls occurring.

Provider Quality Innovation

Skills Networks

During our current ongoing series of PROSPER Champions Study Days, we are dedicating the entire sessions to using PROSPER Methodology to achieve a reduction in falls occurring in your care home.

These sessions cover the complete methodology process from start to end, including data submission, using dashboards to set **SMART** aims (see left), using **Driver Diagrams** to come up with ideas for change, and conducting **Plan, Do, Study Act** cycles and reviewing progress. As well as demonstrating some of the PROSPER Tools and resources that can be used to support your improvement work.

We have developed these types of sessions for all three areas of PROSPER, Falls, UTIs and Pressure Ulcers. Further details email Prosper@essex.gov.uk

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Poetry Corner

Please find below a special poem to celebrate Prosper's 10 years, that has been created by Sue Smith, Manager at Cherry Wood Grange.

Prosper 10th Anniversary Poem

Congratulations Prosper on your 10th anniversary, lets celebrate your achievements & SUCCESS, it's without a doubt that we all agree, you really are the BEST!

Continuously providing us with training, champion days and awards throughout the YEARS! Bringing us together with quality standards and excellent IDEAS!

Rod's mapping and methodology and collaboration between the teams and the services we PROVIDE, shows we have improved which feels us with PRIDE! Preventing hospital admissions, reducing accidents & UTI's all with the support of using the Prosper tools and their GUIDES!

Prosper leading by example and sharing plans and resources with us ALL, has truly made a difference, we can all stand TALL! Collecting our data and analysing our trends and THEMES, explaining the percentages and what it actually MEANS!

Paying us visits and spending time with our TEAMS, sharing Prosper's focus and listening to our journey and our DREAMS!

We all have the same goals and values, we want to provide the highest quality in all we DO, caring for our residents & Staff all achieved with the help from YOU!

So thank you Prosper for your leadership, support, commitment and CARE, it's a great partnership, and such a comfort knowing you are THERE!!

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