

**Welcome** to August'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 Champions Study Days Autumn 2022

We are currently in the process of organising our autumn 2022 Prosper Champion study days.

During the recent Prosper Community of practice some of the feedback we received from you, was about the area's where the champion study days are held, and how this can cause issues with you being able to send staff to attend the days due to distance etc. We have taken your feedback on board and have decided to complete a **SMART AIM** and conduct a **Plan Do Study Act** (PDSA)

**SMART AIM** – To increase the average of attendance over the complete series of Champion Study Days.

**PLAN** - To organise 5 champion study days instead of 4 throughout the county. To try and reduce the amount of traveling required by attendees, and to also see if this attracts homes that don't normally attend by slightly adjusting where we hold the events, and are going to trial the following areas:

- Clacton on Sea
- Colchester
- Maldon
- Ongar
- Basildon

Once the venues and dates have been confirmed, invites will be sent out via the prosper inbox, so keep your eyes peeled for them to arrive.

## 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 the **Light**

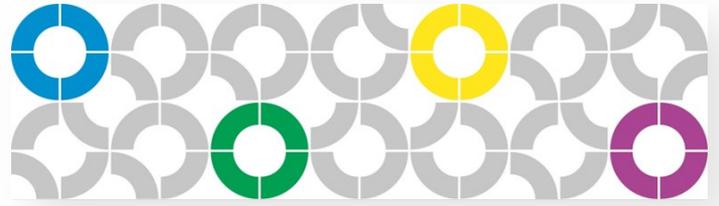
Well done to **Madelayne Court**, who got the answer right

This month's riddle is...

## What goes up but never comes down?

Answer in next month's newsletter, with of course a new riddle for your residents to solve





## Mundy House Walking Club

On a recent visit to Mundy House care home in Basildon, the home manager, Josi George told me about a walking club that had been formed at the home.

He explained that this all began because they had a resident who was very reluctant to leave their room and one afternoon a staff member persuaded this resident to walk around the home with her. Following this the staff member started regularly going to this resident and taking them for a walk around the home. After a few days other residents saw this happening and asked if they could join in too.

At the time of the visit Josi informed me that there were then five residents regularly taking a daily walk around the home. Furthermore this 'walking group' had now also got into the habit of sitting together and having a hot drink and piece of cake following their 'afternoon walk'.



## Personalised Roles

At a recent prosper visit with Freda Gunton Lodge. The Prosper champions advised a resident had recently taken up the position of Prosper Resident Champion at the home, and their roles include deciding what drinks and snacks will be available over weekends. The resident will go out with one of the staff to buy the drinks and snacks and will also help deliver these around the home to the other residents.

The resident also has a role watering all the plants in the gardens daily. This came about after the resident felt helpless just sitting around and not having anything to do. This role now gives him a purpose, and he loves watering the plants daily.

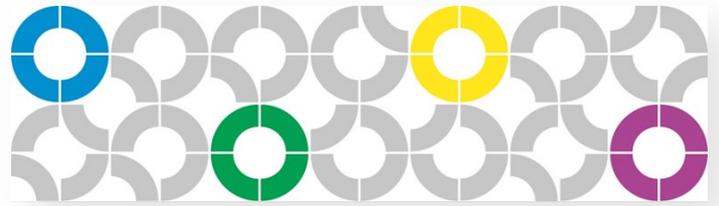
## Gemstone Challenge for Residential Care Homes

Both these stories from the homes are great examples of different ways your home could work towards achieving certain gems, as part of the Gemstone Challenge. The Gemstone challenge is now available, and is aimed to help prevent deconditioning, which is the loss of physical, psychological, and functional ability, whilst having some fun at the same time. It is something the whole Service can get involved in.

If you would like a Gemstone Challenge activity pack, please email [Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk) and we will look at getting the pack to you ASAP!

Don't forget to send us lots of pictures of you completing the challenge so we can share these in the newsletter.





## Hydration Boosters

With the weather still being very warm, we thought it would be nice to look back at some ideas PROSPER homes come up with to help boost hydration. These have included things like jelly melons, mocktails, hydration snakes and ladders, frozen banana penguins, self-serve drinks fridges and Hydration stations to name a few.

Why not get your thinking caps on and make hydration fun! Involve residents in creating colourful drink reminder posters and notice boards, hydration trollies or adapting a game to include hydration such as Snakes and Ladders, snap etc. Or you could even get a resident to become a hydration champion for your home.



It's also worth remembering residents diagnosed with Dementia may think they have to pay for drinks, try putting signs up saying Free, help yourself or pour your own, also encourage relatives to give their loved one a drink from the hydration station when they visit.



Don't forget we also have lots of handy tools and posters that can help with hydration on the Essex Provider Hub [Provider Hub](https://www.essexproviderhub.org) | [Provider Hub | Essex \(essexproviderhub.org\)](https://www.essexproviderhub.org)

## Did you Know

**Around 20% of our daily fluid intake comes from food!**

**2 Pineapple Rings contain 70ml of fluid**



**1 Slice of Melon has 140ml of fluid**



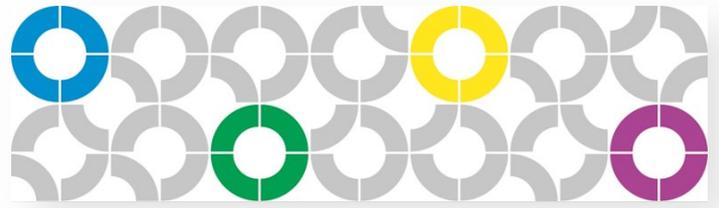
**4 Florets of Broccoli gives 75ml of fluid**



**1 Tomato has 80ml of fluid**



**2 Tablespoons of Cottage Cheese is 60ml of fluid**



## Manning's Methodology Corner Plan, Do, Study Act Cycles

Last month I listed some tips for conducting **Plan, Do, Study Act (PDSA)** Cycles. Like lots of aspects PROSPER Methodology these often get shortened to the acronym **PDSA**, and consequently some people feel they are more complicated than they really are.

Today I want to demonstrate that all of us use **PDSA** cycles all the time in everyday life without realising we are doing so.

For example, if you were going to make a trip to somewhere you had never been before, you would probably go through a process something like this.

**Plan** – A few years ago you would probably have got your Road Atlas out to plan your route, but nowadays most people would probably use 'Google Maps' to look at various routes and approximate time the journey will take. Additionally, you would probably make sure you had got everything together that you needed for the trip, and that you had enough fuel in your car.

**Do** – On the day you would allow yourself enough time and make the journey.

**Study** – Whilst you were traveling you would be thinking about the route, and traffic conditions. Whilst taking account of the actual time taken and any issues that arose. Did you arrive on time?

**Act** – If you had to make the journey again would you do the same? Would you need to allow more time? Would an alternative, maybe slightly longer, route be less stressful? Or would you decide that you would rather use a different mode of transport? Alternatively, you may feel you never want to make that journey ever again.

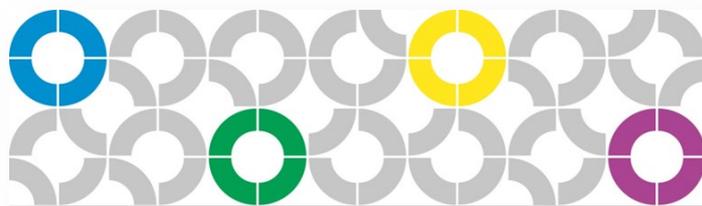
## PDSAs in PROSPER Methodology

On the left I have attempted to use an everyday example of how we all go through the process of using **PDSA** cycles without realising we are doing so.

The same process needs to be used in conjunction with other aspects of PROSPER methodology. You may have used your Runtime Dashboard to set a **SMART** aim and created a **Driver Diagram**. You may then have selected something from the list of 'Secondary Driver' that you wanted to try and change to support achieving your **SMART** aim.



You then need to go through the **PDSA** process. **Plan** thoroughly how you intend to implement the change. **Do** the change (this may initially be with just a small section of your home). **Study** the effects of the change (both positive and negative). **Act** on your findings.



## Dementia Crept in!

'Poem by Sue Smith,  
Manager at Cherrywood Grange

Brain shrinking, Instructions sinking!  
Mind racing lost and tracing!

Memories fading, fear replacing,  
words with no feeling, sentence without meaning!

Can't quite get what's going on,  
I'm so scared and I know something is wrong!

Needing your help in all that's to be done,  
are you my brother or my son?

I can't remember I can't think straight,  
is that my dinner served on that red plate?

Help me, guide me show me how it's done!  
I can't do my buttons up and I'm all undone!

Where are my glasses I feel in despair,  
I look a mess, look at my hair!

All in a muddle, I'm not quite right,  
thank goodness for my cares  
who'll help me tonight!

Followed by days rolled into one,  
life's not the same,  
I used to have fun!

Dementia crept in and took my  
soul, please  
keep your good memories of me,  
& don't ever let go!



## 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 \(essexproviderhub.org\)](https://www.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](mailto:Prosper@essex.gov.uk)

## Don't forget to wear you badge with pride

