



Essex County Council
Adult Social Care



Essex Care Sector Awards

The Prospers 2025



We are delighted to host the eighth Essex Care Sector Awards 'The Prospers', a celebration of innovative practice and outstanding achievement across the care sector and we hope you have enjoyed the evening.

The Essex Care Sector Awards showcases the hard work and dedication carried out in the care sector throughout Essex. This years awards had a record breaking number of nominations and all the finalists impressed our judges with the high standard of nominations.

Thank you for all your hard work and the difference you make to peoples lives.

Award Categories

Outstanding Carer/Support Worker

Outstanding Care Sector Nurse

Unsung Hero

Outstanding Leadership

Team of the Year

PROSPER Award

Ageing Well for Adults with Disabilities

Dementia Care

Activities and Wellbeing

Palliative Care

Mental Health & Wellbeing

Community Partnership

Equality, Diversity & Inclusion

Digital Impact & Technology

Climate Action: Towards Net Zero

Outstanding Carer/Support Worker Award

This category recognises an individual who consistently provides good quality care, compassion, creativity, dedication and has a willingness to learn new skills and go the extra mile.



Lorriet Kadenhe, Estuary Housing Association Care & Support

Lorriet made a profound difference to the life of one of the individuals she supports. They were self-neglecting in all areas of their life and disengaged with life outside of their immediate surroundings, but with this outstanding support workers patience, creativity and kindness, Lorriet was able to connect with this person in ways that others hadn't been able to achieve. Over a 10-month period they encouraged, supported and motivated the individual to such an extent that they decorated their flat, got up, washed and dressed every day and even started to socialise outside of their flat. This outstanding support worker has worked hard and consistently cared with compassion, developing and using an impressive range of skills and always wondering what more they could do.

The judges stated Lorriet had supported such positive changes, which had clearly been life changing for the individual they supported and demonstrated relationship-based practice at its best.



Cristina Elvena, Parkview
James Ramos, Filcare



Dawn Lovett, Acorn Villages
Leah Clark, Silvana Court

Outstanding Care Sector Nurse

This award recognises and celebrates nurses employed in Nursing Homes, who go above and beyond their everyday roles to provide excellent care, leadership, and inspiration to their colleagues and residents. An individual who strives to be a role model for others whilst achieving the highest standard in their area of clinical practice and making a significant contribution to the quality of care received by Residents.



Lisa Stokes

Lisa has over 37 years of dedicated nursing practice, she stands as a beacon of excellence and inspiration. Her unwavering commitment to high-quality care is evident in everything she does.

She has a natural instinct to go above and beyond without being asked, without seeking praise, and without ever compromising on the quality of care. She does not just treat conditions; she cares for the whole person, nurturing physical, emotional, and spiritual wellbeing.

What really stood out to the Judges was her organisation of a memory evening for her end-of-life residents and their families, providing a meaningful opportunity to share memories and stories. This holistic and heartfelt approach creates a dignified and special farewell, exemplifying compassionate and person-centred care.

The judges stated Lisa's exceptional efforts truly deserve recognition, and believe she is highly deserving of this award.



Monica Chelbowska, Amber Health Care

Unsung Hero

This category recognises the outstanding contribution made by our Unsung Heroes, the person behind the scenes who works tirelessly, consistently demonstrating great dedication. They may not be as publicly recognised as others but greatly contributes to the smooth running of the service. This award is split into two categories one for staff members and one for volunteers.

★ Winner of Unsung Hero Volunteer

Linda Mack

Linda is the Care Homes Resident Ambassador, she undertakes her role with pride and welcomes new residents, helping them to settle in. She offers refreshments to visitors and regularly assists with small tasks such as hoovering and tidying. Her understanding of daily operations is remarkable, and Linda has become a trusted and reassuring presence within the community.

This remarkable person describes the staff and residents as being “like a big family” and often says, “I’m living my best life now.”

Most recently, Linda has taken it upon herself to support a cause very close to her heart, the local Dogs Trust. Through collecting donations throughout the home and the community it is thanks to her determination and kindness that there is now an impressive amount of food, blankets, and supplies for the puppies and dogs waiting to be rehomed.

The care home said Linda represents quiet strength, unwavering courage, and the incredible power of human resilience. Her journey reminds us that it is never too late to reclaim your life.

★ Highly Commended

Carole Darby

Patricia Beadsmore

Unsung Hero Staff

★ Winner of Unsung Hero Staff

Leah Clark, Silvana Court

Leah is a passionate young carer who the judges said was such an inspiration. She goes above and beyond to ensure care home residents live a full and active life, breaking boundaries to prove that disability, medical conditions and age does not limit you!

This unsung hero gives up her own time to take residents to the theatre, swimming and even ice skating, accompanied by her young son who is a regular visitor to the home.

As a key worker to someone who was end of life and wanted to go to the beach one last time, Leah brought the beach to their room. The attention to detail was outstanding, making it as real as possible so they could smell and feel the beach, with real seaweed, shells sand, candy floss and fish and chips. There were many examples of how this Unsung Hero is a remarkable asset to the care home,

★ Highly Commended

Linda Purdy, Cheviots Nursing Home

Kath Wright, Right at Home Colchester & Braintree

★ Commended

Michael Howe, Old Shenfield Place

Outstanding Leadership Award

This category recognises an individual who has provided great leadership and support, is able to communicate well, acknowledges and encourages staff to make a positive contribution to the service and has had a positive impact on the recruitment and retention of staff and is an inspiration to the staff team.



Deborah Savva, Manager, Spring Lodge

Deborah has not only upheld the home's long-standing values but elevated them through innovation, compassion, and strategic vision. She has made it her mission to build trust from day one, involving the team in every decision, welcoming their voice and truly listening. Her leadership is collaborative, empowering and refreshingly transparent. With Deborah's guidance the team hasn't just adapted they have flourished.

Leading by example she has built deeply caring relationships with every individual in the home, ensuring care plans are not only clinically sound but emotionally attuned to each resident's unique needs. Her connection with residents is truly special especially with those living with dementia. Staff stated she has deepened their collective understanding of the complexities and emotional needs that come with this condition, and we have seen the difference in the care we now provide.



Hannah Fitcher, Springfields

Clare Hatcher, The Lodge, Maldon



Girlee Abad, Filcare

Erin Ruck, Runwood Homes Ltd

Team of the Year

This category celebrates a team of people for their outstanding contribution to care services. A team who has gelled together and worked as one to deliver the best outcomes for the people they provide a service to. They have demonstrated outstanding commitment and are open and innovative in their approach.



The Kitchen Team at Alexandra House

The Kitchen team embodies the true spirit of a team, working diligently and compassionately behind the scenes in the care home kitchen, ensuring residents receive not just nourishments, but comfort, dignity and a sense of home.

What truly sets this team apart is their resident-centred approach. The head chef is often seen interacting with residents during mealtimes, getting residents feedback and making sure their preferences are met. He is also known as one of the resident's favourite entertainers – bringing joy through music, conversations, and meaningful engagement.

The kitchen team is also deeply embedded in the life of the home, participating in fundraisers, wellbeing walks, car wash events, and special celebrations like birthdays, and community events.

The team play a part in the induction process of any new member of staff in the home, they will have one to one allocated time with the team where they discuss the home expectations around food serving and nutritional needs of each resident.

This team doesn't just cook meals, they create moments of joy, security, and healing. For many of the residents, mealtime can be one of the few constants in their lives, and the kitchen team goes above and beyond to make those times feel safe and familiar.



The Community Services Team, Headway Essex

Wellbeing Team, Loganberry Lodge

PROSPER Award

This Award is open only to care homes who are on the Prosper project, which uses quality improvement methodology for the prevention of falls, pressure ulcers and UTI's. This award recognises those care homes who have made a significant impact on resident's quality of life by using the Prosper methodology and tools to drive change in their home.



Winner

Cheviot Nursing Home

The Prosper team at Cheviot Nursing Home clearly demonstrated their team's commitment to quality improvement and how the Prosper methodology is embedded in their daily practice. With the use of data, SMART Aims, Driver Diagrams and Root Cause Analysis they have created a culture of continuous improvement which has gone beyond the key focus areas of Prosper. They have implemented a vast array of interventions to help improve Residents quality of life, increasing hydration, improved Oral Healthcare, zero pressure ulcers and a reduction in falls. The nomination clearly evidenced the outcomes for residents.



Highly Commended

Mundy House

Freda Gunton Lodge



Commended

Larchwood

Easthams

Cherry Wood Grange

Ageing Well for Adults with Disabilities

This award recognises a team who have demonstrated a proactive and person-centred approach to supporting individuals with a learning disability who have been identified as ageing.



Winner

The Family Team at Civicare East Ltd

The Family Team recognise the challenges an ageing population of people with disabilities faces. With age related conditions like dementia, which progresses at a faster rate, osteoporosis and diabetes, they have tailored their services and support to be appropriate for those with learning disabilities who may have co-morbidities and experiencing age-related changes, such as coping with the death of parents, social isolation and loneliness. They have focused on maintaining independence, promoting physical and mental well-being, and ensuring access to appropriate support services.

They use sensory boxes which staff take to people's homes to help them with reminiscence, sensory processing and development, maintaining fine motor skills, and cognitive abilities. They encourage physical activity, promoting regular exercise and movement which is tailored to individual capabilities, to maintain physical health and reduce the risk of secondary conditions. Civicare East's Family team employ a hydration champion, provide access to mental health support, including counselling, therapy, and support groups and have created their own 'First and Then Board' to support with routines and managing transitions. All employees are Dignity Champions and Dementia Friends and support individuals to create Life Story books and have discussions on End of life Care wishes. They have implemented national drivers and utilised the Ageing Well Toolkit with evidence of applying learning to practice.

The Judges stated it was clear to see how this organisation provides a holistic approach to care and how they manage health needs of an aging population of people with disabilities.

Dementia Care

This award recognises the provider who has demonstrated a proactive and person-centred approach to supporting individuals living with Dementia and is able to evidence a good understanding of the challenges they face and how they have improved their wellbeing.



Winner

Frank Foster House

Frank Foster House has demonstrated their commitment to Dementia care is not just about providing support but about transforming lives with compassion, innovation, and a deep commitment to person-centred care. The judges stated the warmth came through in the nomination. They have implemented Namaste Care, a holistic, sensory-based approach that brings comfort, dignity, and connection to residents living with advanced dementia. They have embraced technology to enrich daily life, using digital life storybooks, reminiscence apps and personalised music playlists, these innovations have reawakened memories, boosted mood, and increased daily engagement for many residents. They have reconnected residents with the wider community, introduced intergenerational programs with local schools, nurseries, and community groups. Through their life history work they have reignited old hobbies and restored lost confidence, enabling one resident to go swimming again, she not only swam again but beamed with pride and joy, sharing that she felt "like her old self again."

There were many testimonies from relatives remarking on how their loved ones were now thriving, enjoying life and the interactions in the care home.



Highly Commended

Mundy House



Commended

St Marks

Activities and Wellbeing

The Activities and Wellbeing award recognises the provider, individual or team who have taken a proactive approach to improving individual's wellbeing regularly through meaningful activities that are person centred. Creating an environment where individuals are engaged, stimulated, and fulfilled.



Winner One

Jayvin Causapin, The Oaks

Jayvin Causapin is a creative and innovative individual who takes the time to truly get to know the Residents, listening carefully to their stories, preferences, and wishes, and then using this insight to create meaningful experiences for residents, families and staff.

He spends hours researching a wide range of activities and has an incredible gift of turning an ordinary day into something memorable and uplifting. From a conversation with a resident about memories of holidays in France he created a French themed day, dressed up as a French chef, brought in a crepe maker, and spent the afternoon cooking crepes with the residents, whilst recounting shared memories of France. He also gets staff involved and one sunny day with a mischievous plan, recruited residents to ambush staff in the garden with water balloons much to the residents delight!

Jayvin's nomination really shone through with the many examples of personalised activities and ability to create wonderful experiences on a small budget.



Winner Two

The Bungalow

The Bungalow have developed a wide range of community collaborations which are tailored to individual interests and hobbies. These are not just outings or experiences, but an affirmation of the individual's identity and time has clearly been taken to seek out opportunities that promote the individuals mental wellbeing giving them a sense of belonging in the community.

A powerful example is the support they secured for two residents who love swimming and physical activity. When one of the residents' parents could no longer afford the gym membership, one of the staff members took the initiative to approach the gym directly. Through thoughtful discussion and advocacy, they were able to obtain community sponsorship, granting the resident free and unlimited access to gym and swimming facilities.

The judges also highlighted the monthly "Wow!" event which is something residents can count down to and get excited about. These have ranged from wrestling matches and live theatre to The Elf performance and upcoming ABBA Voyage concert. These moments are planned with great care and passion and are often inspired by residents' suggestions, input from family members, or simply the staff teams creative thinking.

The Judges stated there was lots of evidence of individual tailoring and going the extra mile to help people realise dreams and enjoy activities of interest and passion.

 Highly Commended

Edensor Care Centre

 Commended

Dawn Harrison, Belmont Lodge

Angela Hawkins, Paternoster

Palliative Care

This award recognises an individual or service who provide a high-quality, person centred approach to palliative care, which optimises quality of life and recognises how choices made by the person being cared for and their family are central to the service and care that is delivered. Providing care, support, and comfort to those in the last year and last days of life.

 Winner

Cheviot Nursing Home

Cheviot Nursing Home's approach to end-of-life care is not just about care and comfort but one that honours legacy, advocates for dignity, and makes sure no final moment is lost to silence. This home is accredited with the Gold Standards Framework for End-of-Life care and the judges stated their nomination demonstrated a real commitment to individualised care and wishes, supporting with complex issues such as mobility and equipment and the determination to provide a good quality of life until the end. They identified what was most important to the individual and made it happen, they weren't just an individual with a terminal diagnosis — they were someone who still had dreams, wishes and wanted to be immersed in laughter, connection, and community.

The care did not stop once they had passed, it was extended to the family with a memorial tea where Staff and family share memories. Their Children were given a Memory Bear made from a favourite jumper and their name lives on in the homes Memory Garden, where a daffodil blooms each spring.

Families receive a "Remember Me" Bag when a loved one dies — filled with forget-me-not seeds, bereavement resources, and a message of continued care from the home: "Grief doesn't end with death, and neither does our support."

 Highly Commended

Mundy House

Dudbrook House

Mental Health & Wellbeing

This award recognises a provider, organisation or individual who invests in the Mental Health and Wellbeing of their staff, clients, families and communities. An organisation or individual who has made a positive impact on supporting others who struggle with their mental health. Who values and encourages an open and positive culture to mental health and puts the wellbeing of others first.



Winner

Joseph Nursing Home

Joseph Nursing Home have put Mental Health at the heart of everything they do, recognising that mental health is as important as physical health. Their commitment to supporting the mental health of their staff and residents also extends to the families of residents and has been reflected in the real-life stories of those they support: from helping a lonely husband reunite with his wife in their care home, supporting him through his own ill health and struggles, to supporting a staff member through physical and emotional challenges, making adaptations to support their wellbeing, and welcoming back a nurse after a life-changing stroke with compassion, playing a key role in their recovery and successful reintegration into the workplace. Joseph Nursing Home shows they don't just talk about wellbeing, they live it every day.



Commended

Jackie Casey, Civicare East Ltd

Community Partnership and Collaboration

This category aims to recognise a provider who has worked in partnership with the community and/or other organisations, such as Health and social care to achieve the best outcomes for individual(s), integrating their service into the local community or adopting initiatives that encourage intergenerational interactions or support the wider Health and Social Care system.



Winner for Domiciliary Care

The Key Player Team, Home Instead Braintree

The Key Player team spends a lot of time and effort in organising events and collaborating with the wider community to educate the public about Dementia, they partnered with Land Security who manage the Braintree Village shopping complex to organise a 3 day event, enlisting a wide range of organisations from the Alzheimer Society, Carers first, Solicitors and Friends of Braintree hospital to name but a few, who were there to help support and educate the public about Dementia.

On another occasion they arranged for the Virtual Dementia Tour bus to be accessed by the public and other community partners. They have worked with Braintree District Council to organise an 'Age Well' Fair canvassing for local pharmacies, podiatrists and health food shops to attend.

They are founder members of the Halstead Dementia Community, and they developed a What and Where guide which lists activities and groups that would appeal to the retired and elderly in the community.

The judges felt their dedication to supporting the community, people with Dementia, their families and carers was admirable.



Winner for Residential Care

Cherry Wood Grange

Cherry Wood Grange has created a vast array of opportunities for residents to engage with the wider community, making the Care home a valued part of that community.

They created the Forget-me-Not Café which now welcomes visitors from local care homes, schools, churches, community organisations, and volunteers of all ages, creating a rich tapestry of intergenerational interaction and mutual care. One resident said attending the café was like the old days, chatting with neighbours over tea.

As well as inviting the community into the care home they have partnered with Castledon School and the Aspire community Café which residents regularly attend and are served by students with additional needs. This experience provides meaningful interaction and learning for both groups. The home said “the Aspire Café is such a special place. Watching the students grow in confidence while our residents beam with joy is simply priceless.”

Residents attend services and community events at several local churches and in return, church members attend the Forget Me Not Café, creating two-way spiritual and social enrichment.

With Book clubs, the Gents Pub Club and Beach School Explorers the Judges said there were many opportunities created for community partnership.



Highly Commended

St Michaels Care Homes – Howard Lodge & Dudbrook House



Commended

Joseph Nursing Home Mundy House

Equality, Diversity & Inclusion

The Equality, Diversity and Inclusion Award, celebrates an organisation who promotes the values and demonstrates a commitment to the spirit of equality, diversity and inclusion, through behaviour, positive interaction, leadership, and exceptional efforts to promote an inclusive environment for all.



Winner

Loganberry Lodge

Loganberry Lodge is a model of inclusivity, they have created a Multicultural Prayer Room available for residents, staff and visitors. Menus, feedback forms and service user guides are translated into different languages and staff work with families to create personalised communication cards for residents with limited English. The home has LGBTQI+ champions and one resident, who had previously experienced discrimination in another home, was supported gently and sensitively. LGBTQ+ staff offered one-to-one conversations, and awareness was raised at residents’ meetings. This helped him feel safe enough to come out and have his partner visit openly. He expressed deep gratitude for this acceptance before his passing.

The home enabled an Italian resident, who was a retired Michelin-starred chef, to work alongside kitchen staff to help shape the menu. With support from head office, they even organised a fine dining experience with professional chefs for him and fellow residents to enjoy.

The judges said this was an excellent submission with all areas of Equality, Diversity and Inclusion covered, including both staff and residents.



Highly Commended

Civicare East Ltd Mundy House

Digital Impact & Technology

This award recognises providers who have embraced new technologies and used digital solutions to keep the people they provide a service to safe and well. Connecting workforces, individual(s) or strengthening relationships with partner organisation through technological and digital solutions, which could be aimed at prevention, maintaining independence, improving wellbeing, early identification of deterioration or making improvements in how the service is run.



Mundy House

Mundy House has a strong mix of technologies implemented across the home that supports residents' health and wellbeing. Their use of Digital Listener devices has helped bridge communication gaps between residents and their loved ones. Digital monitoring of vital health stats, using the Whzan technology, acts as early detection, supporting the GP surgery and ensuring residents get early intervention at the first signs of being unwell. Medication Management has been streamlined with direct digital access to the surgery reducing medication wastage and preventing delays in obtaining prescriptions.

Residents are supported with a whole host of digital devices such as tablets, mobile phones, laptops and audio equipment all of which help residents to maintain relationships, independence and joy in their daily lives. Residents can have Alexa set up in their rooms to give them easy access to music, weather updates, audiobooks, jokes, prayers and direct calls to family members. Digital Activities are freely available with the use of extra-large screen Rainbow Tablets that have games, puzzles, music, drawing and virtual instruments.

The home has installed a digital parking system to ensure space for the people who matter the most such as family members or visiting professionals and they have even created their own You Tube Channel which now has over 300 subscribers.



Millard House

Climate Action: Towards Net Zero

This award recognises an organisation who has a proactive approach to supporting action to stop Climate change. Using innovative initiatives to help Essex to become net zero by 2050, making climate change sustainable by reducing carbon in care settings and environments.



Lambwood Heights

Lambwood Heights have created an established climate culture by intertwining sustainability within their company values, they have a designated 'Green Committee' who meet quarterly to arrange green activities and plan initiatives and have won the Green World Award 3 years in a row, they have maintained their focus and increased efforts to continue to achieve the highest level of sustainability in the sector. With a Green mark Level 3 certification, the highest level available and certified as a Carbon Neutral Business 4 years running, they are proudly establishing themselves as front runners in the social care sector.

In 2024 they took time out from their busy roles to plant over one thousand trees as part of the Essex Forest Initiative and staff members use the TREEKLY app, so that mangrove trees can get planted for each step count they achieve.

As well as their many green initiatives which range from zero landfill to 100% recycled carbon neutral toilet tissue, they hold educational talks in the home about biodiversity and the eco-system with their Bee Talk Day.



Mundy House



Calm Futures Ltd

A bit about us

The Provider Quality Innovation Team looks at themes and trends across the care sector to identify common areas where care services may be experiencing difficulties or find it challenging to meet quality standards and whole system issues.

We look to find innovative ways to provide support, using best practice examples, linking with national initiatives and working in partnership with care providers, Integrated Care Boards, CQC, Community Health providers, local colleges, charities, and voluntary organisations.

Our programme of work includes:

- PROSPER for Older People in Residential homes/nursing care. Using Quality Improvement Methodology in the prevention of falls, pressure ulcers and UTI's
- Ageing Well for Adults with Disabilities
- My Home Life Leadership programme for Residential, Domiciliary care services and Nurses working in Care Homes.
- Domiciliary Care training programme
- Dementia Initiatives – Montessori for Dementia and Ageing, Virtual Dementia Tour, Person Centred Dementia Care, Namaste Care for Advanced Dementia, Dementia Carousel experiential training.
- End of Life care
- Find Your Active Workshops and chair-based exercises
- Continuous Professional Development for Nurses working in Care Homes

Climate Pledge

The Provider Quality Innovation Team have been working hard this year to reduce their individual and team climate impact. Here's a few changes we have made to this year's Essex Care Sector Awards to reduce the carbon footprint.

- The trophies are made from sustainably sourced wood manufactured in the UK and sourced by a local company.
- Our balloon decorations are made from 100% natural latex and are 100% biodegradable, filled with air.
- Catering has been sourced from a local company, we have omitted high carbon producing meats such as lamb and pork from the menu.
- We continue to have a Climate Action: Towards Net Zero award category to raise awareness and encourage others to make small changes to reduce their carbon footprint.



Essex County Council Adult Social Care

This information is issued by:
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