



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.

Essex Care Sector Awards 2022 Prosper Champion of Champions Winners

Those shortlisted for the Prosper Champions of Champions award attended the awards ceremony on the **8th July 2022** at **Cressing Temple Barns**, where afternoon tea and bubbles were served before the winners were announced.



There were two nominations for the Prosper Champions of Champions award which the judges felt really stood out above all the others and couldn't decide an overall winner but instead awarded two Winners. The first **Winner** is **Shammy Dube**, from Howard Lodge who has constantly sustained the use of the Prosper methodology throughout the pandemic despite some tough and difficult times. Her office has an array of Smart Aim posters, PDSA worksheets and her monthly dashboards which show great improvements in all 3 areas of focus

Our Second **Winner** is **Sam Potter** from The Lodge who has been a PROSPER champion since 2015 and her innovative and creative work has had a positive impact on empowering staff and reducing the incidence of UTI's for residents in the home.

We would also like to congratulate the Prosper team at **Mundy House** who received a Highly Commended, and **Dale Gould** and **Pepa Georgieva** from Edensor who received a Commended in this category! Congratulations to you all.

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 **Ice Cream Van**

Well done to all those who entered.

This month's riddle is...

**Without me where would you be?
I am not your eyes, but I help you see.
What am I?**

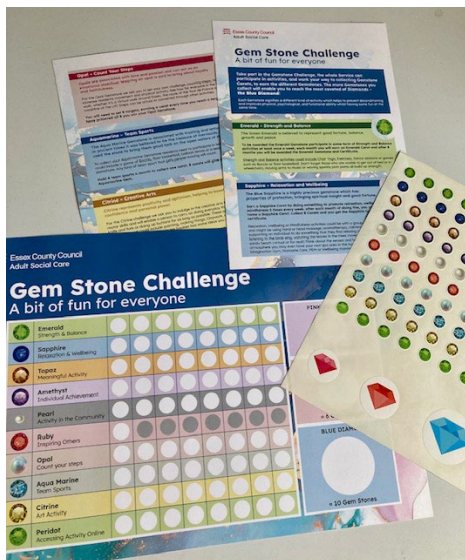
Answer in next month's newsletter, with of course a new riddle for your residents to solve





Gemstone Challenge for Residential Care Homes

We are pleased to announce our Gemstone challenge is now available. This challenge helps to 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.



Each Gemstone represents a series of activities with milestones to be achieved, once you have completed each milestone you will be awarded the Gemstone certificate. With 10 different Gemstones in total to collect there are plenty of ways for everyone to get involved! The more Gemstones you collect will enable your home to eventually reach the most coveted of Diamonds – the Blue Diamond!

If you would like a Gemstone Challenge pack for your home to get involved, then please email Prosper@essex.gov.uk and we will look at getting the pack to you ASAP!

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



Did you Know?

Meaningful activity is fundamental to the health and wellbeing of the individual accessing care and support?

It can help to improve physical fitness, improve mood, and help to combat depression and anxiety, combat loneliness, improve the quality of sleep and even reduce falls



How to find meaningful activities for your resident...

By knowing your resident, ask them what they would like to do/ what did they enjoy? What means something to them?

Ask family and friends what they spent their time doing before they came into your home?

Find the activity that captures their spark!



Hydration Ideas

Samantha Potter from The Lodge Care Home, winner of PROSPER Champion of Champion's at the Essex Care Sector Awards, has some fantastic ideas for boosting hydration keeping residents cool and hydrated over the summer months.

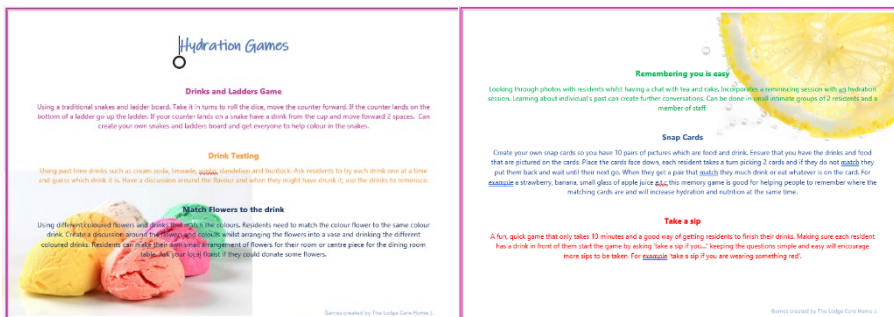
Drinks and Ladders Game

Using a traditional snakes and ladder board. Take it in turns to roll the dice, move the counter forward. If the counter lands on the bottom of a ladder go up the ladder. If your counter lands on a snake have a drink from the cup and move forward 2 spaces. You can create your own snakes and ladders board and get everyone to help colour in the snakes.

Match Flowers to the drink

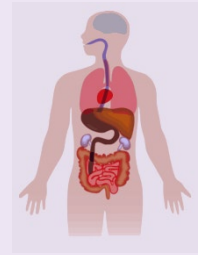
Using different coloured flowers and drinks that match the colours. Residents need to match the colour flower to the same colour drink. Create a discussion around the flowers and colours whilst arranging the flowers into a vase and drinking the different coloured drinks. Residents can make their own small arrangement of flowers for their room or centre piece for the dining room table. Ask your local florist if they could donate some flowers.

Email Prosper@essex.gov.uk to receive the full list of Sam's hydration games and let us know what you do to keep residents hydrated.



Did you know?

70% of the human body is made up of water.



Blood is more than 90% water, helping deliver oxygen around the body.



Drinking water can help reduce joint pain.



Remember Hydration is Key!



Manning's Methodology Corner

Plan, Do, Study Act Cycles

In recent Newsletters I have been discussing creating Driver Diagrams to provide ideas for change. In the next few editions, I will discuss **Plan, Do, Study, Act (PDSA)** Cycles. But first I want to give a few general tips for conducting **PDSA** Cycles.

1: Know the outcome you are hoping to achieve – Generally any **PDSA** cycle will be linked to your current **SMART** aim, but even if it is not, do have an idea of what you want the change to achieve, otherwise you will just be conducting a **PDSA** for the sake of it.

2: Do not overstretch yourself – In other words it is perfectly acceptable to be conducting a **PDSA** cycle for a small initiative. Maybe in just a small section of your home or with one resident.

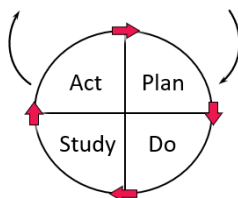
3: Make sure everyone is aware of any tasks allocated to them – This should be recorded in the **Do** box of the worksheet, so everyone involved is fully aware of what is expected of them.

4: Regularly review progress during the duration of the **PDSA** Cycle

5: Have an end date – At the start of the **PDSA** cycle decide a date when the cycle will end, and the initiative will be reviewed. Do not let **PDSA** cycles just drift along with no review, or just 'fizzle' out.

6: Do not be afraid to 'tweak' your initiative and conduct a fresh PDSA cycle

– Far too often if an initiative is not instantly successful, the previous situation is reverted to. However, often with a slight 'tweak' the initiative could work well and be an improvement. This is the point of using **PDSA** cycles to trial new initiatives.



PDSA Worksheets

Whenever a home is conducting a **PDSA** Cycle to test a change, we always recommend that they complete a **PDSA** Worksheet to record and evidence the improvement work they have been doing.

There are several reasons we recommend this:

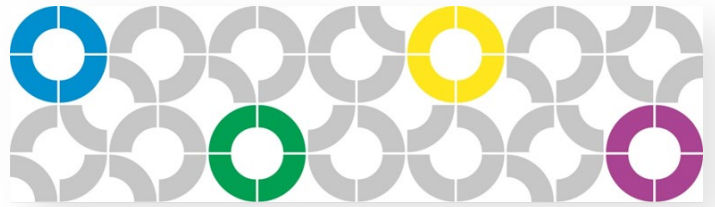
Firstly, you are creating a resource for your home that can be looked back at in the future.

Secondly, you are creating evidence of continual improvement at the home, which can be used for this purpose at inspections and monitoring visits.

Additionally on a more personal level, if you are taking a leading role with a **PDSA** Cycle, a copy of a completed worksheet would be a useful addition for your Personal Development folder.

Blank worksheet can be downloaded

<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>



Dying is easy, it's living that's hard

'Poem by Sylvia Reeve,
Resident at Quenby Residential Home

I stand at the window, watch the world go by, there's not that much to see,
Seasons that change, Winter and Spring, They're all much alike to me

I came to this ward in the late nineteen thirties, at least that is what I've been told,
I can't really remember, it seems a long time, I must be growing quite old

Why did I come here? I can't tell you that much, I lived all alone, no one kept in touch,
I've a sister somewhere, a brother and nieces, but they said on my own I just went to pieces

The nurses and staff have been good to me, I've never been a man that would roam,
Where would I go to? Who'd want to know? You see this place is my home.

The people who care for me do all they can, they never say "leave him he's just an old man!"
They let me help in their duties like setting the table, I make beds, clear the dishes, do what I am able.

I have seen changes take place since I came long ago, the walls painted grey,
The woodwork all brown, The ceiling was flaking, and bits were falling down.

We've got pictures and plants now, walls painted beige, bright curtains at the windows,
and a bird in the cage, But the biggest change of all is a box called a T.V

The news that they show don't appeal much to me, fighting and striking man against man,
If that's the outside world, I'll stay where I am!

Once I remember on Christmas day, I has visitors to see me, but they soon went away,
they didn't come anymore I never had another, but sometimes I wonder have I still got a brother.

And at Christmas and Birthdays you'd think they would remember, they told me my birthday is sometime in September.
I don't think it cost much to send a card,

**You see, dying is easy,
It's the living that's hard!**

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

Don't forget to wear you badge with pride

