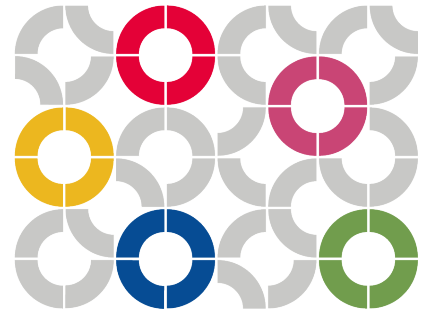


# Prosper



Issue 134 June 2026

**Welcome** to June'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.

## Champion Study Days

The Prosper team have been busy planning the Summer 2026 Champion study days, as always, the days will be interactive, educational and a great opportunity to connect with other homes on the project. Save the dates:

**16th June 2026, 10am to 3.30pm – Colchester Football Stadium**

**25th June 2026, 10am to 3.30pm – Harlow Hotel**

**7th July 2026, 10am to 3.30pm – Hylands House, Chelmsford**

**9th July 2026, 10am to 3.30pm – Princes Theatre, Clacton**

The agenda has been set and the following sessions will be taking place:

- Perspectives – seeing things differently
- Sensory & Trauma Informed approaches
- Nutrition and Hydration
- Alzheimer's Society – Lift the Lid

To book please email [Prosper@essex.gov.uk](mailto: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](mailto:prosper@essex.gov.uk)

Answer to last month's riddle was of course:  
**A Full Moon**

Well done to all at **Parkview and Longmead Court** who answered the riddle correctly.

This month's riddle is...

**I appear once in summer and twice in autumn, but never in winter.  
What am I?**

Answer in next month's newsletter



# Prosper



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## Essex Care Sector Awards The Prospers 2026 are back!

Celebrating the best of care in Essex demonstrated through innovation, achievement and outstanding contribution.

This is the 9th Annual Awards and is open to all providers who deliver a care service to Adults in Essex County Council's Local Authority Area. We welcome nominations from care staff, managers, seniors, relatives and the people you provide a service for!

The nomination window opens on the 1<sup>st</sup> June 2026 and closes 5pm 10<sup>th</sup> July 2026.

You can enter nominations for as many categories as you like.

Winners will be announced at the Award Ceremony, the evening of 2<sup>nd</sup> December 2026 at Chelmsford City Racecourse, Great Leighs.

The nomination form and award category criteria can be found at [Essex Care Sector Awards 2026: The Prospers | Provider Hub | Essex](#)



### There are 15 Award Categories featuring new Awards for 2026!

**Outstanding Care/Support Worker**

**Outstanding Care Sector Nurse**

**Unsung Hero**

**Outstanding Leadership**

**Team of the Year**

**Prosper Champion Award**

**Ageing Well for Adults with Disabilities**

**Provider Quality Mentoring (PQIM Programme)**

**Community Partnership**

**Dementia Care**

**Mental Health and Wellbeing**

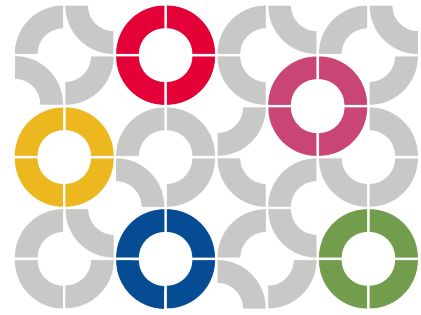
**Activities and Wellbeing**

**Rehabilitation and Reablement (Domiciliary)**

**Palliative Care**

**Equality Diversity and Inclusion**

# Prosper



Issue 134 June 2026

## Falls Prevention Training by Reeflex

We recently teamed up with Reef Cowell founder of Reeflex mind and motion to put on some physiotherapy informed falls prevention training for PROSPER homes.

We held 5 events around Essex, during May, which saw a total of 99 staff attend from 25 different homes. The half day training programme supported the PROSPER initiative by equipping care home staff with practical, physiotherapy informed knowledge and skills to reduce falls risk, maintain functional ability, and support safer movement in older adults living in care homes. The sessions focused on early identification of physical and cognitive decline, confident movement support, and embedding effective falls prevention strategies into everyday care practice.

This training was designed to improve staff confidence, consistency, and decision making around falls prevention, by increasing awareness of early falls risk, safer movement support during daily care, and improved confidence when supporting residents following a fall.

The programme supported PROSPER's objectives by reinforcing preventative practice and reducing reliance on reactive falls management.



## Wing walking at 98!

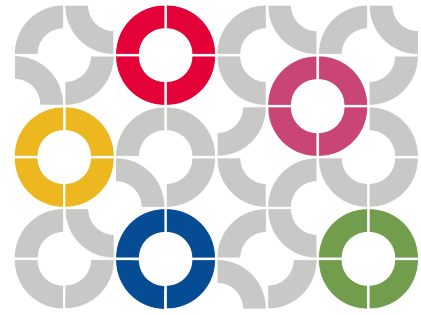


We are so pleased to share some fantastic news! Harry, a resident at Eastham care home, has completed his wing walk challenge in support of the Lennox Children's Cancer Fund, whilst also breaking a Guinness World Record on Saturday the 23rd of May.

Supported throughout by the charity, his physiotherapist Reef, from Reeflex and the dedicated Eastham team, Harry's determination and courage have inspired so many. Even more impressively, he has now raised over £7,800 for the Lennox Children's Cancer Fund.

Well done Harry!

# Prosper



Issue 134 June 2026

## Cherrywood Grange focus on Dysphagia

Sue Smith, Manager at Cherrywood Grange, told us about the homes recent SMART Aim.

As home manager & Deputy manager we have the responsibility of keeping everyone safe, after a meeting with the prosper champions, it was highlighted that they agreed more awareness training on IDDSI would benefit the team at Cherry Wood Grange.

### IDDSI – which stands for International Dysphagia Diet Standardisation Initiative

The manager and Deputy Manager went on to deliver two IDDSI awareness training sessions for the team in April focusing on the safe preparation and serving of texture-modified food and fluids for residents living with dysphagia. The training was well attended by staff from all departments.

Feedback from the team was positive, with staff reporting that the sessions were informative, practical, and enhanced their confidence in supporting residents at mealtimes. This is essential training, which supports the homes commitment to safe, dignified care and meeting compliance. More Sessions will be rolled out across the home, which will help them achieve their set SMART Aim.



## Did you Know

Swallowing involves the co-ordinated use of over 30 different muscles

Dysphagia is usually caused by an underlying condition such as stroke

Coughing and choking while eating is a symptom of dysphagia

Other symptoms can include:  
Bringing food back up, sometimes through the nose

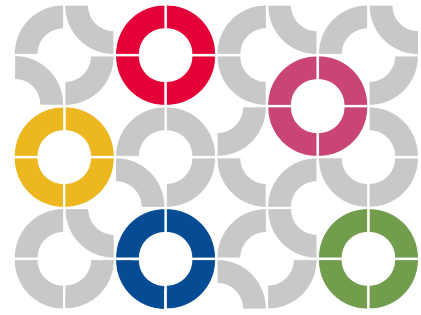
A feeling that food is stuck in your throat or chest

A gurgly, wet-sounding voice when eating or drinking

You may also drool and have problems chewing your food.

More information about IDDSI and Dysphagia can be found at  
<https://www.iddsi.org/>

# Prosper



Issue 134 June 2026

## Methodology Corner Driver Diagrams (continued)

In the last newsletter we introduced **Driver Diagrams** as a resource that can be used to look at all the processes that are essential to enable you to meet your **SMART Aim**. You can then decide what is already working well, and which processes you feel could be improved. This month I want to look more closely at **Primary** and **Secondary Drivers**.

Firstly, a **Driver Diagram** is best completed with a group of people conducting a 'brainstorm' session. You can use post it notes if you wish, or just have people shouting thoughts out. Either way a **Driver Diagram** template (in the PROSPER Toolkit) is an ideal way to record your thoughts.

**Primary Drivers** are processes or factors that are essential in giving you the best possible chance of achieving your **SMART Aim**. Whilst **Secondary Drivers** are individual factors that lead into the processes or factors in your **Primary Driver** column.

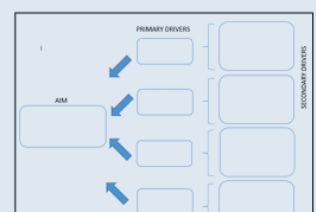
For example, if your **SMART Aim** was about Falls reduction, you may feel a good environment is essential, so this would be a **Primary Driver**. Then the individual factors that lead to a good environment, flooring, lighting, lay out of furniture, tidiness, etc. would all be **Secondary Drivers**. Or you may feel it is essential to have good, effective Risk Assessments in place (**Primary Driver**). So the Risk Assessments would need to be personalised, up to date, accessible, easy to understand, etc. (**Secondary Driver**).

This can sound a bit complicated, but give it a go, you may be surprised at how effective it is. And remember our **PROSPER** support officers are always happy to come to your care home and support you with completing a **Driver Diagram**.

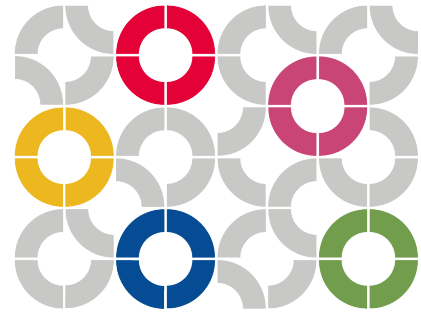
## PROSPER Toolkit Driver Diagrams

If you find yourself completely stuck, there are completed **Driver Diagrams** in the online **PROSPER Toolkit** (<https://www.essexproviderhub.org/quality/quality-innovation-team/prosper/prosper-toolkits/>) for all three areas (falls, UTIs and Pressure Ulcers).

However, I would encourage you to try from scratch first using a blank template. This will enable your completed **Driver Diagram** to be more relevant for your own home and its circumstances. Additionally, by creating a completely new **Driver Diagram** there is always the potential to come up with new ideas.



# Prosper



Issue 134 June 2026

## Poetry Corner

Written by Sue Smith, Manager at Cherry Wood Grange

### IDDSI

When meals need to change, to keep residents **SAFE**, we don't just blend down, we put fortify in **PLACE!**

IDDSI Levels 3 to 7, we know them of by **HEART**, but counting calories and protein, that's the clever **PART!**

It's not just 'mush' upon a **PLATE**, It's Level 4 Smooth, and it's looking GREAT! with butter, cream, and protein SHAKES, we pack each **MEAL** with what it **TAKES!**

For Ken on Level 5, mince & moist to help him **THRIVE!** we add milk powder, cheese, and **EGG**, he's now gaining weight, and pleasing his wife, Meg!

Pam on Level 6, soft & bite-sized **TOO**, she needs extra nourishment and Pam loves a **STEW!**

Jo our Deputy manager shouts out, 'Fortify, don't just **MODIFY!**' and the kitchen team give a contented **SIGH!**

So why does it matter? Let us make it **CLEAR**, weight loss brings risks we don't want that happening **HERE!**

Pressure ulcers, falls, and infections **TOO**, all stopped by a meal that are safe & tasty through & **THROUGH!**

So, if it's pureed, or minced, or **SOFT**, we lift the protein & nutrition levels **ALOFT!**

IDDSI keeps our residents safe to chew and **SWALLOW**, Fortified keeps strength up and smiles to **FOLLOW!**

So, here's to the chefs, carers, nurses, Jo, and **SUE**, who makes sure that we all follow IDDSI levels, honest and **TRUE**

Because at Cherry Wood Grange, we all **UNDERSTAND**, that keeping are residents safe & nutritionally strong – is our **MASTER PLAN!**

## 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](mailto:Prosper@essex.gov.uk)