



Welcome to the May 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.

Platinum Jubilee 70

You may or may not have seen the amazing resources and activities that are on the NAPPA Site to help you get ready to celebrate the Queens Jubilee weekend which is taking place between Thursday 2nd June to Sunday 5th June.

The pack has an array of things to help create an amazing celebration including:

- Make your own Bunting
- Keeping Hydrated – Fruity Flowers
- How to host a Virtual Afternoon Tea
- Word search
- How to Waltz – step by step guide
- Conversation Starters



And so much more! Don't forget to send us lots of pictures and stories about how your home celebrated.

To access the resources either click on the links below or email Prosper@essex.gov.uk

<https://napa-activities.co.uk/get-involved/the-queens-platinum-jubilee>

[NAPA Jubilee Resource 2022.pdf \(mcusercontent.com\)](https://napa-activities.co.uk/wp-content/uploads/2022/03/The-Big-Platinum-Jubilee-Bonus-Resource-Pack.pdf)

<https://napa-activities.co.uk/wp-content/uploads/2022/03/The-Big-Platinum-Jubilee-Bonus-Resource-Pack.pdf>

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 **Library**

We had lots of responses this month and a Well done goes to **Madelayne Court and Hill House** for answering it correctly.

This month's riddle is...

**She's the head of a hive
On a chessboard she is seen
She's in a deck of cards
Which means that she is a....**

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





Care home residents cut ribbon at opening of new Dunelm store in Basildon

Thrilled residents, Shirley, Dot, Christel, George and Robert from Woodbury Court were delighted to be invited to Dunelm's official opening on the 28th of April.

Shirley had the honour of cutting the ribbon and all the residents had the opportunity to explore the store and were kindly gifted a voucher to spend as well as a bag of goodies to take home.



The residents loved being some of the store's first customers and being able to browse the vast selection of items on offer.



The team at Woodbury Court were very excited that their residents were invited to take part in such a special day within the community. The invite highlights the strong relationship Woodbury Court has with its community, and how much the community values their involvement in such events.

Woodbury Court Home Manager, Mel Oliver, comments: "We were honoured that the team at Dunelm thought of us to open their new store in Basildon. The residents were so thrilled and enjoyed the morning celebrations and excitement. The team and I are very much looking forward to taking residents to Dunelm for more shopping trips in the future and our residents will love telling the story of how they attended the opening and cut the ribbon too!"

After an exciting opening, residents continued the celebrations with a trip down to Southend seafront, enjoying arcade games, ice cream and the sea views!

Jubilation!

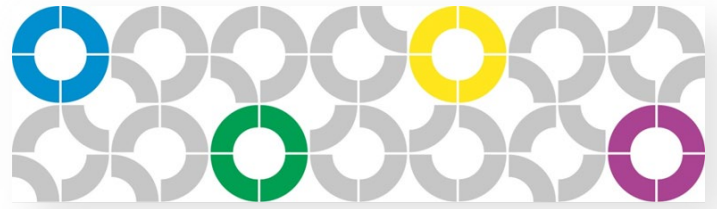
The Quality Innovation Team invites care homes to access the online variety show 'Jubilation' with Amanda Waring, as part of their celebrations for the Queen's Platinum Jubilee. The show will be available to access anytime between 19th May 2022 and 10th June 2022.

The password to gain access is – queen



[Jubilation with Amanda Waring](#)

Jubilation! Amanda Waring presents an online event for care homes to celebrate the jubilee. Get your flags out, a tea or something stronger and go on a journey through time together. Enjoy a tapestry of poetry, songs, speeches, history, jokes and memories that take us through a whistle stop tour of The Queens life and our own experiences of the music, movies, fads and fashions of the last ninety years. There will be performers of stage and screen joining Amanda to help us remember and celebrate this Jubilee.



Celebrating Nurses at Cherry Wood Grange

Cherry Wood Grange used International Nurses Day on 12th May to recognise and celebrate the work of the nurses at the home.

All the nurses received a golden award trophy and Certificate, with a trolley decorated with bunting, balloons, and flowers, distributing cupcakes and drinks for the nursing floor with a message of thanks from management and everyone at Carebase.



Home manager Sue Smith said, "I am so proud of all the team at Cherry Wood Grange and so pleased that recognition is given to all of the staff and especially to the fantastic nurses on National Nurses Day".

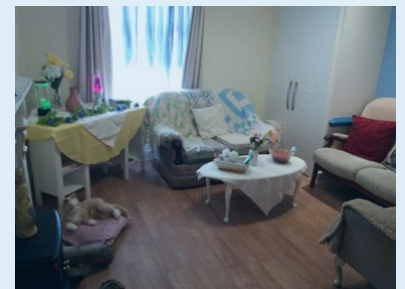


Namaste Room at Howard Lodge

Following attendance at one of the Namaste Care for Advanced Dementia courses in March of this year, senior staff at Howard Lodge have been busy creating a 'Namaste Room', at their care home with lots of sensory experiences.



The intention is to hold regular Namaste sessions, but it is also felt that the space will be useful at other times too, particularly for residents at the home who have become very agitated.





A Reason to Smile

At a recent Runwood Homes’ regional managers’ meeting, the home managers from Blackthorns, Evelyn May House, Kathryn Court, Tallis House, Broomhills, Eastham, Leatherland Lodge and Loganberry Lodge, along with their Region Operational Director, Nikki Totton, had a chat about how to improve spontaneous and meaningful engagement with residents both on one to one and groups.

In the end they decided it would be best to convey this message in the form of a poem and would like to share it with the rest of us too.

A REASON TO SMILE

Don't let "Tools Down" be the thing to give you a frown.
 Stop the clock and have some fun, stop your work, it will still get done.
 Happy times are here again, you don't know where or know when.
 "Forget Me Not" – to you it may mean nothing, but for me it really is something....
 Reading newspapers or a chat, it's simple!! Not much!! As little as that.
 Always remember to greet me with a smile,
 it costs nothing to go that extra mile.
 It is time to make a change, engage, Let's all sing from the same hymn page
 Keep me active, be it mind or body. Crosswords, exercise or even a small toddy....
 If we lead our teams to follow the above
 Our residents will be happy and we will all feel and see the love.
 Nothing is too big or too small
 Together we can always overcome it all.

Runwood Homes Managers of Region 7 – April 22

Oral Healthcare Training Webinars

Community Dental Service are providing two Oral Health training webinars via Microsoft Teams in June, for any professionals working in Essex with vulnerable adults. Staff do not need to book on or confirm attendance, just attend the webinar via a link on the below dates

Tuesday 21st June
10am to 12pm

Wednesday 22nd June
13.30pm to 15.30pm

An email invite has been sent out. If you have not received this and have staff that you would like to attend, then please email Prosper@essex.gov.uk and we will make sure the links are sent to you directly.

Did You Know?



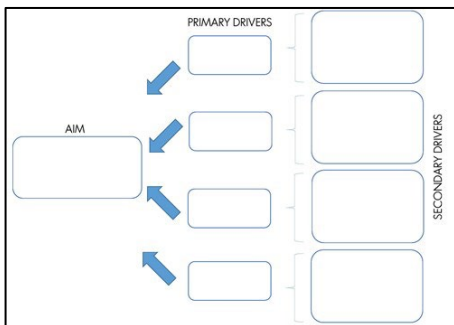


Manning's Methodology Corner Driver Diagrams

In the two previous newsletters I have spoken about setting **SMART Aims**, and how you can be creative doing so.

So, what next? You may ask. How do you decide what needs to change to achieve your **SMART aim**? A good tool to help with this is a **Driver Diagram**.

A good starting point in the process of creating 'Driver Diagrams' is to have a brainstorm session with your staff to decide on the factors that need to be in place to meet your target. Once the brainstorm is complete, all the factors should be grouped into 'Primary Drivers' and 'Secondary Drivers'.



A **'Primary Driver'** should be an essential factor that needs to be addressed to meet your aim.

A **'Secondary Driver'** should be a factor that feeds into a 'Primary Driver' being in place.

For example if your SMART aim is to achieve a 30% reduction in falls by end of 2022, you may decide that to achieve this goal it would be essential to have a clean and tidy, 'clutter free' environment; this would be a 'Primary Driver'. You may then decide that to achieve this you need to reinforce the importance of tidying everything away after use in the communal lounge and regularly checking the condition of flooring around the home, these would be 'Secondary Drivers'.

This may initially sound complicated but give it a go with a group of staff. You may be surprised how quickly the 'Driver Diagram' fills up.

Your PROSPER Support Officer is always willing to support you with this.

Creating Driver Diagrams

At PROSPER we would always recommend using a diverse range of your work force to create a **Driver Diagram**, so whilst your care staff will need to be involved, you may be surprised at the input of other staff groups such as domestic, admin, and maintenance staff. These staff groups will be looking at issues from a different perspective to care staff.

When creating a **Driver Diagram** it is tempting to just focus on the things you feel are not working well. However initially you should include everything that needs to be in place to achieve a **SMART Aim**.

It is only after you have completed your **Driver Diagram** should you start looking at the list of secondary drivers. You may feel that many of the secondary drivers are working well anyway, but there will be some that could be improved, and these are the ones to change.



Poetry Corner

Reflection

By Sue Smith, Home Manager at Cherry Wood Grange

As I walk along the SEASHORE, I seem to see more than BEFORE! ❤️

On reflection my mind is like the SUN, flickering in daylight and by night-time I'm DONE! ❤️

The sea views go on for miles and MILES, these remind me of your SMILES! ❤️

The seagulls flying against the breeze & WAVES, catching fish within the HAZE! ❤️

The sand is so soft and golden beneath my FEET; I LOVE this beach where we like to MEET! ❤️

Picnics, laughter, games and CHATTER, a day of freedom we're nothing will MATTER! ❤️

Release your stress and free your MIND, remember to be thoughtful and always be KIND! ❤️

Yet, whilst kind to others, also be kind to YOURSELF, your life is important and so is your HEALTH! ❤️



Do you have a talented poet/s amongst your team or residents who like to pen a poem, we'd love to feature their work so please email them to: Prosper@essex.gov.uk

NEW CARE PROVIDER HUB

Essex County Council has recently launched their new Essex Provider Hub, which will be replacing the care provider hub on the Living Well Essex Website.

You can find all our Prosper information and toolkit along with events and newsletters on the new hub.

To Access the new 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 your badge with pride!

