Welcome to the August edition of the Prosper newsletter, designed to keep you updated with the progress of the Prosper project.

Home of the Month

We are pleased to announce that our second home to get the title “Home of the Month” goes to Braintree Nursing Home for their innovative ideas around promoting Hydration/Nutrition.

The 2 PROSPER Champions at the home Kay and Sam have really embraced the ethos of PROSPER and have been having fun coming up with new and different ideas to ensure residents are getting their daily fluids, as well as enjoying drinks and treats they may not have had before. Their ideas have included:

- Being creative with jelly and filling different fruits including, strawberries, oranges and even watermelons.
- Smoothie Taster Mornings and making it more fun with Caribbean style names and drink umbrella’s to jazz things up.
- Angel Delight Ice Lollies, including ones that look like the Fab ice lollies complete with sprinkles.
- Banana Penguins complete with eyes and beaks and covered in chocolate for the little etc treat. On hot days they have frozen them to give that nice chilled effect.

Feedback from residents and relatives has been very positive and has empowered them to continue to make a difference for everyone at the home.

So I am sure you will all agree when we say a “Massive Well done” to both Sam and Kay for all the dedication and hard work they have put into the project so far.

Don’t forget to send us what you have been doing for a chance to be the next PROSPER Home of the Month

Did You Know

Thirst often disguises itself as hunger. If you think you’re hungry, especially if you’ve eaten within the past two hours, it may just be your body telling you you’re thirsty. Before you reach for a snack, drink a glass of water, wait 10 minutes, and reassess.
National Care Home Open Day

This year was held on 17th June and it was great to see so many fun activities and different events being held.

Firstly Brenalwood Care Home in Walton on the Naze pulled out all the stops and had a fun filled event that lasted throughout the day. The Morning/Lunchtime consisted of a BBQ, various stalls with games and prizes and even a mobile Farm. The Farm went down a treat with a variety of animals including a Cow, Shetland pony, alpaca, goats and even an albino Hedgehog for residents, staff and relatives to enjoy and even get to stroke or hold. But the fun didn’t stop there with the afternoon consisting of a Belly Dancing group coming in to put on a show for the residents to enjoy and even learn a few new moves, ready for the disco part of the evening to commence that saw everyone boogie into the night time.

Over at Brookes House in Brentwood there was a fun filled day full of games which included egg & spoon races, sack races, catch the rat, fitness tests for all different levels, quizzes and even live music which also included the premiere of their very own home Choir. The home also decided to use the event to open their new Memory Clinic where they work closely with the community and family members of residents living in the home. They aim to have the Memory Clinic open each Friday, and have designed activities to help stimulate the mind. Each activity has been specifically designed for the residents to ensure a person centred approach. Brookes house are very proud of their Staff who went the extra mile to ensure all residents and visitors enjoyed every aspect of the day.

Hydration Factsheet

To support your thirst for Hydration facts we have created a useful Hydration fact sheet.

Useful Website

https://www.nutrition.org.uk/
National Care Home Open Day Cont’d…

Lastly Mundy House decided to shake things up a bit by holding a Rock and Roll – “Grease” themed day on the 20\(^{th}\) June. All staff got involved and came to work dressed as their favourite character from the iconic movie, and spent the day singing and dancing away with the residents. There was also a karaoke machine set up for anyone who felt brave enough to give one of the Grease songs ago and see if they lived up to the Sandy and Danny standards. Manager Josi George stated: “Both Residents and Staff enjoyed the event and it was an excellent day for all of us”.

Relay with Care – Charity Walk

The event which took place between 1\(^{st}\) – 5\(^{th}\) August saw 36 care homes across Essex come together to hold a week long relay whereby residents, families and staff walked, wheeled or were driven to another care home to hand over the baton! The idea came from Gill Finch, manager of Marmora Residential home who wanted to do something to connect homes together, raise the profile of care homes in their communities and to raise money for charity in the process. The event was a great success and all involved really went the extra mile coming up with unique and fun ways of completing their section of the walk. Well done to all those who took part.

Next month’s edition will be dedicated to the walk, showcasing all of the great effort everyone involved put into the event.

Dates for you diaries

- World Alzheimer’s Day September 21\(^{st}\)
- World Arthritis Awareness Day October 12\(^{th}\)
- Wear it Pink In aid of Breast Cancer Awareness Month October 21\(^{st}\)
- World Diabetes Day November 14\(^{th}\)
- World COPD Day November 16\(^{th}\)
- National Stop Pressure Ulcer Day November 17\(^{th}\)

Useful Website

http://nhs.stopthepressure.co.uk/
Other News…

PROSPER Database is now live

The New PROSPER database has Launched! You should have or will be very shortly receiving an email with your personal link and instructions which will enable you to access the database. If you have any queries or need assistance with the new tool please contact Prosper@essex.gov.uk

Cohort 5

The month of August PROSPER will be welcoming 25 new homes onto the project. The Methodology training will be taking place over the coming weeks, and will be showcasing to the new providers all the amazing work and ideas you have been doing on the project so far, to help them get started on their PROSPER journey.

Champions Day

We are busy planning the next set of PROSPER champions days that will be taking place in September. We have been working hard on the format of the days to make them fun filled and educational for the attendees. Make sure to keep an eye out for emails sent from the PROSPER inbox with details of areas, venues and dates, so that you don’t miss out on these events as there will be limited spaces available.

Want to Feedback?

We want to hear your stories email Prosper@essex.gov.uk