Welcome to the “relay for care” special edition PROSPER Newsletter.

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. Residents were warmly greeted by the staff and residents at each receiving home, having a cup of tea and slice of cake before waving off the next group of residents on their leg of the relay.

Money was raised for McMillan Cancer Support, Kings College London Cancer Research who undertake a lot of research in Care homes and Clic Sargent which supports children and their families within their own homes when a child suffers with any form of cancer.

Useful Website
http://petsastherapy.org/about-us/

Did You Know?
Recent studies have shown exercise may improve memory and slow down mental decline. Engaging in physical activities can improve self-esteem and mood, which in turn encourages more social engagement that may also contribute to wellbeing.
Top Tip!

Natural food smells can be great for encouraging appetite – what about a coffee machine or toaster in the dining room?

Did You Know?

Research has found that card games like Snap, Solitaire, cribbage etc, can benefit residents who have suffered a stroke. Get oversized cards for those with poor eye sight.
GERT suits Training has launched!

The Prosper team have been funded by Health Education England to roll out a new innovative experiential learning session involving something called a GERT suit.

The GERT is an age simulation suit that gives the person wearing it the experience of the physical effects of aging; fatigue, stiffness of joints, eye conditions, muffled hearing and tinnitus.

Look out for details of when this experience will be coming to you.
Interesting Fact

Activities can provide a routine for the day, which can in turn improve sleeping at night.

If a loved one sits in a chair all day and does not participate in any type of activity, it’s likely they will fall asleep several times throughout the day.

This dozing off can interrupt good sleep patterns, since the person has received some of their sleep during the daytime naps.

Providing activities, and ones that engage and have meaning for the individual, will likely help them engage more and will help minimize napping during the day, which in turn should encourage a better night of sleep instead.
Think Kidney Care Home Resources
Prosper has been working with NHS England on their Think Kidney resource pack for care homes.

Some of you may already have tested it at the Prosper Champion Study Days.

The pack includes a training kit which will take you through all you need to know about Acute Kidney Injury and how you can help identify vital signs.

Resources can be downloaded from the Think Kidney website
www.thinkkidneys.nhs.uk/aki/resources/care-homes/

We have a small number of Think Kidney Campaign posters, if you would like some email: Prosper@Essex.gov.uk
Did You Know

Some people with dementia experience quite dramatic changes in how things taste for them.

Trying out different flavours (even things they didn’t like before) can have surprising results!

Home of the Month

Don’t forget to send us what you have been doing for a chance to be the next PROSPER Home of the Month
A HUGE Well Done! to everyone that took part in the Relay and it really does look like fun was had by all involved.

We have been advised that the TOTAL of money raised stands at:

£1,000!

This is truly an amazing achievement, and we will make sure that the final total is sent out, as soon as all monies have been collected!

Lastly the event wouldn’t have run so smoothly without the Dedication from Both Nadia and Kirsty from Marmora. So well done to both of the girls for their hard work!