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

Champions Days

September kicked off with our Prosper Champion Study days which was attended by 93 care staff representing 29 different homes in Essex.

First up was the NORTH Champions day, held at the Tendring Education Centre, with workshops on Falls, Pressure Ulcers, Nutrition/Hydration, Dementia and our new GERT suit experience.

As well as serious learning, Champions had some fun whilst they tried their hand at making the new PROSPER craze of frozen banana penguins!

Champions also experienced the effects of being in an ageing body, with the new Gert Suit which simulates loss of strength, joint stiffness and several different eye conditions.

We had tremendous support and help from the local Health professionals. A BIG thank you to Rebecca Edwards and Nikki Potts from ACE, and Tess Henry from HR Healthcare.

Feedback

“I have gained useful information, relevant to my role. All the information given will be used in my work”

“How older people must feel when they get old and to be more patient”

“The GERT experience was the most influential on me”

“How to make a frozen banana penguin which I will take back and do with the residents”

“Have a better understanding, and refreshed my knowledge”
Champions Day continued......

Our Second Event was held in the WEST at the Zinc Arts Centre in Ongar and again hosted a variety of workshops throughout the day.

We started the event testing the knowledge of our Champions with a PROSPER quiz, which got brains thinking and even some laughs at the answers given. After the quiz the champions were split into groups to go off and attend the different workshops.

Champions got the chance to really get involved in the sessions and had their knowledge tested by playing NHS England’s Nutrition Hydration game and Stop the pressure game, as well as making nutritional smoothies and the Prosper Frozen Banana Penguins made an appearance too!

Thank you to Julie Malone and Michelle Proctor from SEPT who have now run workshops at all the champions’ days we have held in West Essex.
Champions Day continued……

The Last of our 3 events was held in MID at the Baptist Church in Chelmsford. The event hosted a fun filled day with refresher Workshops and discussions to get all involved.

First up after again testing our champions knowledge with the PROSPER quiz, there was a good discussion amongst the group about idea’s the homes had been trialling around the 4 areas PROSPER covers, but also about Dementia Activities to get residents more engaged.

There were examples of Fiddle Mitts and blankets which are good for reducing anxiety, and discussion on Sensory replica Kitten and Dogs which can be used to help relax residents. Great Christmas present ideas for families!

Google ‘sensory cats for Dementia Patients’ to get a range of suppliers

The Hydration station gave champions information on the water content of different parts of the body, as well as interesting nutritional facts about bananas, cue Banana Penguins!

The pressure ulcer workshop used some fascinating models of the different grades of pressure ulcers and where pressure ulcers are most likely to develop.

A BIG Thank you to Linda Williams, TVN at Provide for the sessions.

A number of homes have been asking about the nutrition and Hydration game, part of the hydration station. A free online version of the game is available at http://www.thenutritiongame.com/#/Online_Game

Useful Website

https://www.findsignage.co.uk/

This website hosts a range of different Dementia Friendly products including Crockery and Toilet Seats to name but a few. So make sure to check them out.

Did You Know

The brain is made up of 73% water which is why we get confused when dehydrated
Sharing Great Ideas......
Desserts from Days gone by

Why not take your residents back to the good old days and serve up a tasty desert like Gooseberry fool this tea time, or swap the gooseberries for Rhubarb or raspberries we've put the recipe below for you.

Thanks to Lee at Elizabeth House for the suggestion.

Gooseberry Fool

- 250g gooseberry topped and tailed
- 3 tbsp caster sugar
- 200g Greek yogurt
- 1-2 tbsp icing sugar
- 1 tsp vanilla extract
- 200ml double cream

1. Put the gooseberries and sugar in a pan with a splash of water. Heat gently, stir, then bring to a simmer and cook until the fruit starts to burst. Squash the gooseberries with a potato masher or fork until pulpy. Cool then chill until cold in the fridge.
2. Put the yoghurt in a bowl and beat with the icing sugar and vanilla until smooth. Gently whisk in the cream (it will thicken as you whisk so don’t overdo it). Ripple through the gooseberry pulp then spoon into pretty glasses or bowls to serve.

PROSPER Database is now live

The New PROSPER database has Launched! You should have all received an email with your personal link and instructions which will enable you to access the database. Please send use your individual codes in case you miss place them. If you haven’t received your link, have any queries or need assitance with the new tool please contact Prosper@essex.gov.uk.