Welcome to the November edition of the Prosper newsletter, designed to keep you updated with the progress of the Prosper project. The Month of November sees the 6th cohort of homes join us on the project.

Prospers New Arrival

We are pleased to announce that our PROSPER lead Sarah Perry gave birth to a beautiful baby boy named Frederick (Freddie) on Thursday 3rd November 2016. As you can see Sarah has already got little Freddie on board and involved in promoting the project, and we must say he looks just adorable wearing his PROSPER lanyard with pride.

Halloween

It has been great to see so many homes getting involved in Halloween and going all out in making the day a fun filled event for their residents.

First up we have Penny Pot who held a spooky themed Halloween party, where the residents enjoyed fun activities including ‘spooky’ bingo, scary looking finger food, and also gave sweets to the local kids who were out trick or treating.

Over at the Haven the residents got an opportunity to help carve the pumpkins that were used as decorations for their Halloween Tea Party. Staff and residents dressed up in spooky attire for the day, and had a number of different activities happening throughout, including the very popular and traditional apple bobbing game.

Save The Date

#Essexdementiaday

Friday 20th January 2017

The aim for the day is to showcase the commitment across Essex to raise awareness of dementia, develop dementia friendly communities and work together to transform the lives of people living with dementia.

Some ideas of events that could be held at your home:

- Hold a dementia friends session
- Hold a “wear blue day” to raise awareness or signify the commitment to the day
- Hold a Dementia friendly Tea Party
- Make Fiddle mitts and aprons!
Art of the Possible

This Year’s Art of the Possible Festival hosted by Essex County Council, 14th-23rd of October, had the theme of sharing ideas for innovation and creativity across all areas of the council.

The PROSPER/Innovation Team were asked to hold an event on 19th October, and used the theme “it’s not rocket science” to demonstrate just how a small act of change can make such a big difference. The guests who attended the event were treated to a number of amazing stalls that included: The fantastic Mad Hatters Tea Party hosted by Cunningham House, complete with melon teapot and fruit pizza to name just a few treats.

A Hydration station that included the legendary banana penguins! Some tasty and nutritious Smoothies, hosted by the Juice Bar, Chelmsford. The Prosper Stall show casing all your hard work that has taken place on the project. We also had the very dedicated Champions from Boars Tye, Ryan Wickes who showcased his amazing Operation NUTti training pack.

Care By Us, Domiciliary Care Agency introduced ‘Gladys’ their blow up doll! Gladys is used as part of their training for catheter and stoma care, and shared many of the creative approaches they adopt to support those they care for in the community.

The ever popular Gert Suit experience, as well as a Fall’s prevention stall run by Rebecca Edwards from Ace, with a vintage car themed personalised walking frame on display. There was our work with the Alzheimer’s society Dementia Friends that has helped link up homes with the Scouts as part of the Million Hands Project. We would like to say a big THANK You to everyone who was involved in making the event as successful as it was.
Festive Competition time

Christmas is fast approaching and after the big craze PROSPER has had around the banana penguins, the team have been busy investigating unique and fun ways of promoting hydration/nutrition over the festive period.

Cue Festive Santa Banana’s! As well as finding these imaginative and tasty looking treats, we have also found a Christmas tree made entirely out of fruit, as well as fruity twist on the traditional candy canes!

So now here is what we are asking…

We would love to see you recreate or even come up with some innovative festive ideas to do around hydration/nutrition. These could be as part of an activity with residents or even something a little different to serve at your Christmas parties. It doesn’t have to be just food; we would love to see Christmas themed Mocktails or milkshakes to! All you have to do is send Prosper@essex.gov.uk plenty of pictures and also a paragraph explaining how it was made possible i.e you had a very enthusiastic chef who couldn’t wait to get stuck in and release their artistic flare!

The Winner will be announced in the January edition of the newsletter, and will consist of being the front page article, as well as scooping their home the “Home of the month Title”. So all that is left to say is get your creative thinking caps on, good luck and we can’t wait to see what you come up with!

Did You Know

Thirst Pains are real…

Yes, we have hunger pains, but did you know that we also have thirst pains? Often we can’t rely on a dry mouth to tell us that we need more H2O. Chronic Joint pain, headaches and gastric ulcers can often spell Dehydration. Water is needed to carry acidic waste away from cells in our body and if they aren’t then our nerves interpret the acidic waste as pain.

Interesting fact

To keep that smile lovely. Good hydration can help reduce cavities and tooth decay. Water helps produce saliva, which keeps your mouth and teeth clean.
Great British Care Awards

We were pleased to hear 2 Prosper homes have been shortlisted for different Awards at the annual regional Great British Care Awards being held on November 29th.

We would like to wish both Quenby and Corner House, and any other homes that have been shortlisted for an Award, all the best and fingers crossed for you! Don’t forget to send us pictures from the event and more importantly if you WIN! GOOD LUCK!

PROSPER Database

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 us your individual codes in case you miss place them. If you haven’t received your link, have any queries or need assistance with the new tool please contact Prosper@essex.gov.uk

Essex County Council Gift of Care Campaign

Essex County Council has launched its ‘Gift of Care’ campaign which includes a social media, print, press and radio campaign aimed at signposting local people to free recruitment events in their local area. Local residents will have the opportunity to meet care organisations who are actively recruiting in Essex. Employers attending the recruitment events will be available to provide information on current and future job opportunities and 1:1 information and advice on working within the care sector.

Do you know someone who has a kind and caring nature? Perhaps you know someone who has previously provided care in either a personal or professional capacity. Perhaps you know someone that would like a part-time job or would like to earn extra money? If so, please invite them to register via www.essexgiftofcare.org.uk

Social Media #giftofcare Facebook: Gift for Care

Want to Feedback?
We want to hear your stories
e-mail
Prosper@essex.gov.uk

We are now on FACEBOOK!

You can find us on Twitter under:
@ProsperHF

Don’t forget to Wear your badges with pride.