Welcome to the first 2017 edition of the Prosper Newsletter!
Happy New Year!

Festive competition

Thank you to all the homes who entered our festive competition, to come up with festive treats for people living in the home to enjoy over the Christmas period. After a difficult deliberation we finally decided that not 1 but 3 homes deserve the winning title!

And the winners are… Broomhills, Chalkney House and Quenby!

Both Broomhills and Quenby went for a delicious healthy Santa theme, with Broomhills making them out of Banana’s and Quenby making them out of Strawberries, and we most say they both look delicious.

Then we have the not so healthy but still tasty and unique entry of Santa Sleighs from Chalkney House.

These were used as the table centre piece at their Christmas meal.

A massive well done to all 3 homes on their inventiveness.

Don’t Miss Out

PROSPER Community of Practice

28th February 2017, Essex County Cricket Club, 10am to 13.30pm

The event is filling fast so if you haven’t yet book places or received invitation email for event. Please email Prosper@essex.gov.uk

The Community of Practice is aimed at Managers, Deputies and Senior’s.

DID YOU KNOW

GERT stands for GERonTological Test Suit.

This comes from the word Gerontology, which according to Wikipedia is the study of the social, cultural, psychological, cognitive, and biological aspects of aging.
Festive Fun around the County

Thank you to everyone who sent in their pictures from the festivities over the Christmas period. Below is a collage featuring all the amazing events, including real reindeers, pantomimes, singers, pub lunches, an almost life sized Nativity display, visits from Santa and even Santa’s grotto to name just a few.

A BIG Thank You to; Tallis House, Chalkney House, The Haven, Lime Court, Admirals Reach, Hatfield Peverel Lodge, St Marys Court/New Deanery, The Lodge and Corner House for sending in your pictures.

New Prosper Posters!

We have recently refreshed our PROSPER poster.

As well as making a new SMART Aim poster for you to display in the home

Please Email: Prosper@essex.gov.uk for your copies or ask Karen & Clare when they visit.
Nutrition Hydration Week
13th – 19th March 2017

As you can see Nutrition and Hydration week is fast approaching, and after the great ideas you came up with last year, we are looking forward to seeing what amazing activities/events you come up with this time.

Some of you may remember last year homes were asked to take part in a World Record attempt and below is an update from the Nutrition and Hydration week website:

“As you know we have been waiting for Guinness World Records to come back to us with an update for the World Record attempts. Sadly they have now notified us that they are unable to ratify the multi-site world record. Apparently you need to have an official Guinness World Record auditor to ratify the numbers if they are over 5,000 and whilst we know you all love a Tea Party we are not sure that anyone could have imagined that we would be presenting evidence for 10,632 tea parties. Whilst we are disappointed about not ‘officially’ breaking the GWR you can definitely be extremely proud of participating in the event, given that the previous world record stood at a mere 690 we believe that you are all ‘unofficial’ record breakers and thank everyone who took part.”

This year’s official Afternoon tea being celebrated around the world will be held on 15th March, for home that are interested in holding another tea party this year to help celebrate and support Nutrition and Hydration week.

If you will be having a tea party during Nutrition and Hydration Week 2017, please tweet photos to @NHWeek and use the hashtag #NHW2017.

Useful Website
https://nutritionandhydrationweek.co.uk/
A ‘HANDY’ Reminder

This is the season for all those nasty infections doing the rounds, and when someone is poorly with a virus or infection they are more likely to fall. Reminding everyone in the home of the importance of thorough handwashing can help reduce the spread of infection.

We have found this ‘handy’ poster from the World Health Organisation.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

Don’t Forget

Did you Wash them Well!

Research has shown the areas that are red, are the most frequently missed areas during routine hand washing

Useful Website

http://www.who.int/gpsc/clean_hands_protection/en/
IMPORTANT MESSAGE!

Old PROSPER Data Base used by cohorts 1-4

We would like to remind you that since April 2016 the old monthly mapping data tool, which was part of the original UCLP evaluation and run by Debi De Silva at the Evidence Centre, is no longer part of Prosper. As advised at the time, any data entered after April 2016 is done so at the homes own risk, we do not know what happens to this data, or how it is being used. Essex County Council does not endorse the use of this database and strongly advises you not to enter data on it.

The only tool for data collection endorsed by Prosper is our own Essex Insight data survey tool, the link will have been sent to you from an essex.gov.uk email address, if it has come from any other source it is not valid.

To send monthly data to the PROSPER project you should be inputting your data on the new ‘Essex Insight’ online monthly mapping tool for which you have all been sent your own personal hyperlink to your login page. If any of you would like your survey link to be sent to you again please email prosper@essex.gov.uk

If any home requires support inputting data onto our monthly mapping tool. Please email the address above.

Proper Champion Study Days 2017

We are pleased to announce our next PROSPER Champion Study Days;

20th April – Marconi Club, Chelmsford
25th April – Wat Tyler Country Park, Pitsea
27th April - Zinc Arts, Chipping Ongar
4th May – Tendring Education Centre, Clacton on Sea

Let us know of any specific topics you think should be included, Email Prosper@essex.gov.uk

Dignity Action Day

1st February 2017

Want to Feedback?

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

@ProsperHF

Don’t forget to Wear your badges with pride.