

## Car Show at Silvana Court

**Silvana Court** had an amazing and unusual activity for not just their residents, but relatives and staff recently by arranging a car show at their home. There were 22 different types of sports cars with a wide range from classical to new, catering for everyone's tastes.

They also had music and refreshments on the go to give it that car show vibe, and everyone who was involved had a fantastic time, which I am sure you will be able to see from the pictures below.



## Hydration at Parkview

**Parkview** in Witham are always looking at different ways to keep their residents nice and hydrated, and sent us this picture of their drinks trolley recently, as you can see it had different juices and lots of different types of fruit for the residents to try. Don't forget fruit it a great source of fluid for those residents who may not like to drink too much!

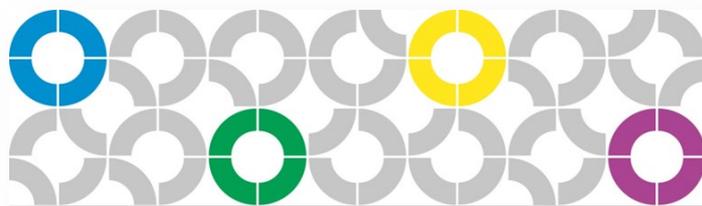


## Prosper Notice Boards and Infection Control

A handy reminder if your home has a Prosper notice board; To comply with Infection Prevention Control measures make sure any documents, posters etc are either laminated, in poly pockets or in a protective display case, this will ensure everything can be effectively cleaned and wiped down regularly. When putting things up on displays or around the home, please do not use Sellotape as this can impede effective cleaning, with germs and bacteria getting stuck on the edges and behind the tape.

## Pressure Ulcer Safeguarding Protocols

to find out more please visit: <https://www.gov.uk/government/publications/pressure-ulcers-safeguarding-adults-protocol>



## Silvana Court's Poem

It wouldn't be right to end this month's edition any other way, another amazing poem written by the Manager at Silvana Court Sue Smith, who read this poem at the sing your heart out sing-concert for Runwood Homes

### Sing your heart out

- Sing your heart out together with us! ❤️
- We love to sing from morning to dusk! ❤️
- Altogether are songs mean so much more! ❤️
- Singing our hearts out, with songs galore! ❤️
- We all love music it makes us feel so alive! ❤️
- we can rock and roll and do the jive! ❤️
- Singing out loud and using our voices! ❤️
- Sharing songs and our choices! ❤️
- One for all, and all for one! ❤️
- Singing together is just great fun! ❤️
- Let's raise the roof singing songs we like! ❤️
- Singing so loud we don't need a mic! ❤️
- Runwood homes united and being one big team! ❤️
- Singing together will be such a dream! ❤️



<https://www.livingwellessex.org/care-provider-information-hub/>

## Done Something New and Exciting?

Do you have a top tip, an amazing new idea to share or an event that is different to any other and would like it published in the newsletter?

Email:

[Prosper@essex.gov.uk](mailto:Prosper@essex.gov.uk)

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