



To submit any material for the bulletin, the deadline is 5pm the day before the next edition is due. Please ensure any information you consult is from a reliable source, including the NHS, or Public Health England.

Thursday 9th November 2023

KEY DATES FOR YOUR DIARY

Upcoming events can also be viewed in the **EVENTS CALENDAR** in the Provider Zone!

- Leading Change Improving Care (LCIC) programme – starting 7th November
- Building a Neurodiverse Friendly District – 9th November
- Dying matters coffee and catch up 10th November
- Stop the pressure week 13th – 17th November
- Induction to The credit union 16th November
- 'State of...' report – 18th November
- Bradford and District Care Homes Provider Forum - 22nd November
- Safeguarding Adults Carers Conference – 23rd November
- Carers ambassador induction – 29th November
- Positive leadership course – starting 11th December

PLEASE UPDATE THE CAPACITY TRACKER BY 14 OCTOBER

The Adult Social Care Information (Enforcement) Regulations 2022 were made law on 10 November 2022 after being debated in both Houses of Parliament and commenced in December 2022. As we have outlined in previous communications, financial penalties will normally be a last resort and most of the enforcement process will focus on what support we can give to help you meet the requirements of the Information Provisions.

Bradford Council also operates a "vacancy map" for care homes which is used by social workers making placements. The map is populated by the care home vacancy data on the Capacity Tracker. It is updated each Wednesday. Our ask is that you ensure your data is up to date **every Tuesday** to appear on the map. Data input by providers in this case is voluntary. If any provider does not have access to the Capacity Tracker or needs to refresh their log-in details, please contact the support desk at the Capacity Tracker directly.

Training is available (for free) on the Capacity Tracker website, should any provider need support or a refresher on using the system.

<https://capacitytracker.com>

ARE YOU READY TO LEAD THE CHANGE IN YOUR SERVICE AND THE NEW CQC SINGLE ASSESSMENT FRAMEWORK?

The **fully funded Leading Change Improving Care (LCIC)** programme is aimed at experienced **Registered Managers, Quality Leads, Clinical Leads and Registered Nurses** and can support your care service to **make and evidence improvements to CQC**.

The programme runs over 5 days (1 day per month, 9.30am to 4:15pm), with attendance required on each day, and it starts on 7th November.

The programme takes a practical look at how to influence and implement necessary changes to meet current and future challenges. It explores how to lead and manage change and provides tools and techniques to drive change and ultimately improve the quality of care delivered. There is a strong emphasis on mentoring and coaching and how to identify and nurture skills in other people to develop high performing teams and grow future talent.

The dates are: 07/11/23, 05/12/23, 16/01/24, 07/02/24 and 07/03/24 and it is being delivered by Leeds Leadership Academy at venues across Bradford District.

The programme is funded by the Skills for Care Workforce Development Fund (WDF) and BCA.

To reserve and book a place on the fully funded course, please email admin@bradfordcareassociation.org

Home Support Locality Contract Transfers – Payments Update.

With the commencement of the home support locality contract on 30th October 2023, you will note your current Payment Claim Forms (PCFs) will not reflect as of yet the new service users that have transferred to your organisation. We are undertaking this data update exercise as a priority and you will start seeing names appear on the PCFs in the coming weeks. Please bear with us during this data transfer phase on the systems as we need to ensure the systems reflect accurate information for each service user that has been transferred.

Thank you for your patience.

POSITIVE LEADERSHIP COURSE

The 2 day Leadership course is aimed at Team Leaders / Supervisors/ Care Coordinators / Senior Care Assistants and is offered FREE of charge to staff living in West Yorkshire who are 19 years old or above.

The course is funded by the West Yorkshire Learning Providers with Skills Connect monies.

The dates for the course will be the **11th and 12th of December, 9am – 4.30pm** at Hollins Hall, Shipley, and there are 18 spaces available with a maximum of 2 places per Social Care company.

To book a place, please complete the booking form using the following the link:
<https://forms.gle/jvqhrqQ261Cz27Dz9>
See poster for further information

SKILLS FOR CARE: RETAINING YOUR STAFF

The 'Understanding the reasons care workers move on and their future intentions' research report is now live. It also has some very useful headlines in it which are very relevant at present. This will be of particular interest to employers and stakeholders.

<https://www.skillsforcare.org.uk/resources/documents/Recruitment-support/Retaining-your-staff/Understanding-the-reasons-care-workers-move-on-and-their-future-intentions.pdf>

CAREERS AMBASSADORS INDUCTION

Date: Wednesday 29th November 2023

Time: 9.15am-11.30am

Location- Sovereign Lecture Theatre, Field House; Bradford Teaching Hospitals NHS Foundation Trust

Aimed at: Health and social care staff who are interested in signing up as careers ambassador , to go and then speak to young people about their roles .

More info- Please contact Safina on : 07870484682 or

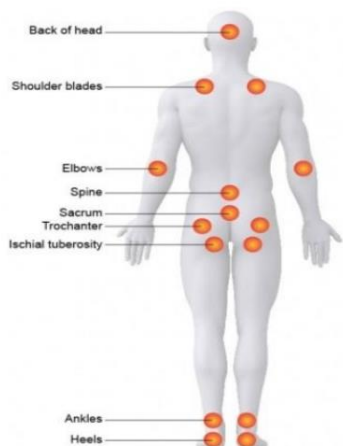
careers.ambassadors@bthft.nhs.uk

CARE HOME PROVIDER FORUM

You are invited to join the Bradford and District Care Homes Provider Forum on Wednesday 22nd November between 2pm and 4pm, via Microsoft Teams.

Please save the date and look out for the full agenda, which will be shared nearer the time.

[The meeting can be accessed by clicking here.](#) Alternatively, please email Alicia.Mornin@bradford.gov.uk if you would like to be sent the calendar invite.



Join BDOFT Tissue Viability Team in the

National

STOP THE PRESSURE WEEK

13th-17th November.

LET'S STOP THE PRESSURE TOGETHER!

Top Tips

Assess Risk – Use a validated tool to assess the risk of pressure ulcers for each resident in the home. Once at risk residents are identified, commence a plan of care to reflect prevention.

Skin Inspection - Check and document residents skin twice a day. Making sure to document all bony prominences.

Surface – Review regularly at risk patients mattresses and cushions and escalate any concerns.

Keep Moving - Regular position changes are one of the best ways of preventing pressure damage. Make sure to commence a repositioning schedule for those residents identified as at risk of pressure damage and clearly document how often and in what way they need repositioning.

Incontinence – Keep the skin clean and dry from urine, faeces, sweat and wound leakage.

Nutrition – Ensure residents consume a healthy, well balanced, nutritious diet. Be aware, elderly people struggle to absorb calories so may require food fortifying and supplements.

Giving Information – Communicate effectively and provide information to residents, their families and other staff/teams.

#StopThe
Pressure

LIVING WELL NEWSLETTER

Our Living Well service and resources aim to make it easier for everyone in Bradford District to live healthier more active lives.

People can sign up to get newsletter on offers, events, resources and information for people living in Bradford district.

You can you also sign up for information to help workplaces look after the wellbeing of their staff.

[City of Bradford Metropolitan District Council - Sign up for Living Well updates \(govdelivery.com\)](#)



IAN BREWER

EDI Community Development Lead

JOIN US FOR A

An Introduction to the Credit Union Online Webinar. This webinar is for all care providers and will take place on 16th November from 1:30 - 2:30pm via MS Teams.



16TH NOV



1:30 - 2:30PM



MS TEAMS JOINING DETAILS

Meeting ID: 383 051 059 34

Passcode: ESMRrH

TOPIC OF DISCUSSION

- *Introductions*
- *About the Credit Union*
- *Credit Unions Products & Services*
- *Supporting all Care Providers and their staff by providing Financial Tools*
- *Next steps*

JOIN US

Email admin@bradfordcareassociation.org to receive a calendar invite

BCA October Newsletter

Newsletter - <https://sway.office.com/a7Vrc7562uYCEm9S?ref=Link>

To make the newsletter easier to read, we have split the monthly Newsletter into 5 sections:

- Upcoming dates for your diary
- BCA Annual Conference 2023
- YHCAA Conference 2023
- Westminster Hall in the Palace of Westminster
- An update from our partners

You can go directly to a section of interest by clicking on the small grey square with white lines, in the bottom right of your screen.

BRADFORD AND DISTRICT CARE HOMES PROVIDER FORUM

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Please save the date and look out for the full agenda, which will be shared nearer the time.

The meeting can be accessed by clicking here. Alternatively, please contact commissioninginbox@bradford.gov.uk if you would like to be sent the calendar invite.

New Living Well Stop Smoking Campaign:

*YOU CAN QUIT!
WE CAN HELP!*



You can download the toolkit HERE:

[Toolkits - Living Well \(mylivingwell.co.uk\)](https://mylivingwell.co.uk)

FAQs REGARDING CONTINUING HEALTHCARE

As the Bradford Fair Cost of Care and Bradford care review 2024/25 is currently in progress, the NHS West Yorkshire Integrated Care Board thought it would be a timely reminder to provide key information from the National Framework for NHS Continuing Healthcare and NHS-funded Nursing Care, in relation to commissioning and provision of services.

To download the FAQs, please click [HERE](#).



GREEN
DOCTOR



WARM HOMES HEALTHY PEOPLE

- ✓ Do you want to **stay warm** and **save money** on energy bills?
- ✓ Do you need advice on **nutrition** and **health**?
- ✓ Do you need help with **debt issues**?

Contact us about the FREE Warm Homes Healthy People service

FREEPHONE: 0113 238 0601

www.groundwork.org.uk/projects/warm-homes-healthy-people



you must live in the Bradford District Council area.



Bradford District and Craven
Health and Care Partnership



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

WARM HOMES HEALTHY PEOPLE OFFERS YOU:

+ Information and advice on

- Grants and discounts
- Using your heating system and controls efficiently
- Dealing and help with debt
- Benefits
- Energy checks to help reduce bills

+ Free help towards

- Repairs to existing systems
- Food and warm packs
- Emergency heating

+ We can install

- Draught proofing
- LED light bulbs
- Reflective radiator panels
- Pipe lagging
- And more

To find out more or make a referral, visit

www.groundwork.org.uk/projects/warm-homes-healthy-people

FREEPHONE: 0113 238 0601

www.groundwork.org.uk/greendoctor

 @GroundworkYorks

 @TheGreenDoctors

 @GroundworkYorkshire

 @groundworkyorkshire

 @Groundwork In The North

 @Groundwork Yorkshire



MIXED ABILITY SPORT IN BRADFORD, CRAVEN AND CALDERDALE



Creating a sense of belonging,
keeping fit and improving mental health
regardless of age, fitness or ability.

IMAS  INTERNATIONAL
MIXED ABILITY
SPORTS

FIND OUT MORE ABOUT MIXED ABILITY

-  mixedabilitiesports.org
-  contact@mixedabilitiesports.org
-  @IMAS_Sport4All
-  @imas_sport4all
-  Mixed Ability Sport



IMAS  INTERNATIONAL
MIXED ABILITY
SPORTS

WHAT IS MIXED ABILITY?

Mixed Ability activities include people facing a whole range of barriers to participation, including physical and learning disabilities, mental and physical health conditions, age related impairments, low confidence or other personal circumstances. Mixed Ability coaches, teams and classes give everyone the opportunity to fulfil their potential and feel a sense of belonging.

"I never thought I would get back playing sport, but Mixed Ability has given me that chance again."

- Ciara Ahern
Ballincollig Trailblazers



NON-CONTACT BOXING

Unorthodox, non-contact Boxing skills and fitness, punch bags and pads but not each other.

- 🕒 **Age 7-16 yrs:** Tues 5-6pm
Open age (7 yrs+): Tues 6.30-7.30pm
- 📍 Heaton Tennis and Squash Club, Off Gynn Lane, B99 5PH
- 💰 First session **FREE**, then...
£6 over 18's, £5 under 18's
- 📞 Call **Sarah** on **07769 359612**
- ✉ **info@unorthobox.co.uk**
- 🌐 **www.unorthobox.co.uk**
- 📺 Equipment is provided. All abilities welcome.
Also available in Leeds – contact Unorthobox for details.



COMBAT CLUB

CHILDREN ONLY

Children aged 7-16 1hour of Mixed Ability non contact boxing followed by 1 hour of archery. Segregated groups.

- 🕒 Saturday 4-6.30pm
- 📍 Faith Cave, 2 Ingleby Rd, Bradford BD7 2AT
- 💰 £20 per month
- 📞 Call or Text **07869 578162**
- 👕 Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.
- ✉ **Nalette@sunnah-sports.com**



To find out more, visit www.mixedabilitiesports.org

MIXED ABILITY KICKBOXING

Suitable for all abilities. Non-contact and contact sessions to suit participant needs. We will support you along your journey.

- 🕒 **Junior 7-12 yrs:** Sat 1-2pm & 2-3pm
Teens: Tues 7-8.30pm, Thurs 7-8.30pm & Sat 1-2pm
- 📍 Physical Impact Kickboxing Academy, 182 Harris Street, BD1 5JA
- 💰 **FREE** trial session. Monthly fee
- 📞 Call **Shab** on **07400 016416**
- ✉ **physicalimpactkickboxing@hotmail.com**
- 🌐 **www.physicalimpactkickboxing.com**
- 📺 Find us on facebook and instagram
- 📍 3 locations across BFD call for further details. Other classes and PT session available.



MIXED ABILITY CRICKET

Adults with disabilities playing alongside and with members of the cricket club, staff, volunteers and personal assistants.

- 🕒 Weekly throughout **July and August**
- 📍 Baildon Cricket Club, Heygate Ln, Baildon, Shipley BD17 6RS
- 💰 **Free**
- 📞 Contact **Lou** on **07583247118**
- ✉ **Louise.Richardson@unitedresponse.org.uk**



IMAS – Changing the world through Mixed Ability

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- ✉ **Louise.Richardson@unitedresponse.org.uk**



IMAS – Changing the world through Mixed Ability

MIXED ABILITY RUGBY

Mixed Ability Rugby with the Bumble Bees. Inclusive rugby for all abilities. Coaching is energetic and enjoyable.

- 🕒 **Training:** Sat 11am-12.30pm
Matches: Once a month on Weekends
- 📍 Baildon Rugby Club or Bradford & Bingley Rugby Club
- 💰 £10 annual membership
- 📞 Call or Text **07850 602096**
- ✉ **phil.wilson@whiterose rugby.com**
- 🌐 **www.bumblestrugby.com**
- 📺 No experience required – all abilities welcome. Matches on weekends and additional touch rugby sessions.



MIXED ABILITY GOLF

Be active and make new friends in the beautiful surroundings of the Bingley St Ives club.

- 🕒 Alternate Wednesdays 4.30-6.30pm
- 📍 Bingley St Ives Golf Club, Harden, BD16 1AT
- 💰 £2.50 per session
- 📞 Call **Alan** on **07359 003287** or **Graham** on **07855 009540**
- ✉ **alanthorner@yarnconsult.co.uk**
- 📺 Equipment is provided. All abilities welcome.
- 📺 **Facebook:** IMAS Golf at Bingley St Ives



IMAS – Changing the world through Mixed Ability

MIXED ABILITY BOWLS

Learn to play with our welcoming team and experienced coach Ken. Gentle exercise for all abilities.

- 🕒 Mon 10.30am-12 noon
Playing Season April to September
- 📍 Myrtle Park, Bingley, BD16 1HJ, Behind the Lid on main street
- 🚌 662 bus
- 💰 £15 per person, per season
- 📞 Call **Ken** on **07891 632699**
- ✉ **kpollard2008@hotmail.co.uk**
- 📺 Please wear trainers or flat soled shoes.



MIXED ABILITY TAI CHI

Discover Tai Chi. Experienced instructors take into account your mobility and access needs.

- 🕒 Daily classes, various times
- 📍 Various locations in the Aire Valley
- 💰 £8 per class
- 📞 Call **Phil** or **Helen** on **07528 959091**
- 🌐 **www.discovertaichi.uk**
- 📺 **facebook.com/discovertaichi**
- 📺 Call to discuss the best class for you



To find out more, visit www.mixedabilitiesports.org

MIXED ABILITY ARCHERY

Segregated session for women and men

- 🕒 Tues 6-7pm (women), 7-8pm (men)
- 📍 Faith Cave, 2 Ingleby Rd, Bradford BD7 2AT
- 💰 £2 per session
- 📞 Call or Text **07869 578162**
- 👕 Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.
- ✉ **Nalette@sunnah-sports.com**



MIXED ABILITY FENCING

Mixed ability fencing for women and girls aged 12+

- 🕒 Thursdays 7.30-8.30pm
- 📍 Faith Cave, 2 Ingleby Rd, Bradford BD7 2AT
- 💰 £2 per person
- 📞 Call or Text **07869 578162**
- 👕 Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.
- ✉ **Nalette@sunnah-sports.com**



IMAS – Changing the world through Mixed Ability

ACTIVITIES IN THE CRAVEN DISTRICT

MIXED ABILITY MULTI ACTIVITY

From crafting to club nights and baking to board games. Emphasis on fun, friendships and community connection.

- 🕒 Various times and locations across Craven
- 📞 Contact **Katie** on **07746523647**
- ✉ **exclusivelyinclusive@gmail.com**
- 🌐 **facebook.com/exclusivelyinclusivecraven**



MIXED ABILITY KIN-BALL

Fun and supportive sessions for all abilities

- 🕒 Various times and locations across Craven
- 💰 £2 per session
- 📞 Contact **Katie** on **07746523647**
- ✉ **exclusivelyinclusive@gmail.com**
- 👕 Please wear comfortable clothing and trainers



IMAS – Changing the world through Mixed Ability

MIXED ABILITY TENNIS

GIRLS ONLY

Children's Mixed Ability Tennis Academy (age 6-16). Teaching racket and ball skills to progress from beginner to competition.

- 🕒 Sunday 10-11.30am
- 📍 Lister Park Tennis Courts, Bradford BD9 4NS
- 💰 £1 session
- 📞 Call or Text **07869 578162**
- 👕 Please wear sports clothes and Trainers. Equipment is provided. All abilities welcome.
- ✉ **Nalette@sunnah-sports.com**



MIXED ABILITY LEVEL UP

Movement for Health. Led by qualified personal trainers we let your interests guide our fun sessions. Sessions can include boxing, weights, yoga, clubbercise and gym equipment. Ages 8+

- 🕒 Thursdays 5pm
- 📍 Pinnacle Performance First Floor, City Exchange, 1 Nelson St, Bradford BD1 5AX
- 💰 £25 for 10 sessions
- 📞 Contact **Lucy** on **07547 799826**
- ✉ **summatcreative@gmail.com**
- 👕 Wear clothes you can move in and comfy trainers.



To find out more, visit www.mixedabilitiesports.org

MIXED ABILITY ROWING

Mixed Ability Rowing at Bradford Amateur Rowing Club (BARC). Learn to row in a friendly environment.

- 🕒 Rowing weekly or alternate Sun 11am-12noon. Possible extra land fitness sessions during the week
- 📍 End of Coach Rd, Lower Baildon, Riverside, BD17 5SP
- 🚌 626 Bus
- 💰 Concessions available. Annual membership.
- ✉ **adrianjuliefosterian@gmail.com**
- 📺 The club is currently oversubscribed please contact for further details on how to register on our waiting list.



WALKING GROUP

AGE 16+ ONLY

Walks for all abilities; each route has a more challenging route and an accessible route, led by experienced walk leaders.

- 🕒 Last Friday of the month
- 📍 Starting from Skills Kitchen, Saltaire
- 💰 **FREE**
- 📞 Contact **Lucy** on **07547 799826**
- ✉ **summatcreative@gmail.com**
- 👕 We can provide walking boots and waterproofs.



IMAS – Changing the world through Mixed Ability



*DYING MATTERS COFFEE & CATCH UP
FOR PEOPLE WITH LEARNING
DISABILITIES AND THOSE THAT
SUPPORT THEM*

Please feel free to attend our coffee and catch up to support improving conversations about death and dying for and with people with learning disabilities.

Following on from the Dying Matters event these sessions are new, we are testing out what people need or want.

They are open to anyone with a learning disability, family members or paid carers who might be working with people with learning disabilities. They will be a safe, informal space where people can share thoughts, talk and learn from each other.

The next session is:

Friday 10th November, 10 am – 12 at Marie Curie Hospice, Maudsley St, Bradford, BD3 9LE

Come and find out about the LippyPeople, and take part in conversations, games and refreshments [Home.LMySite \(lippypeople.org\)](http://Home.LMySite(lippypeople.org))

Please contact Sandeep on Sandeep.kaur@bdct.nhs.uk or 01274 497121 to say you will be attending. We can then let you know if there are any changes to the planned time table.

INFLUENZA PACK

Please use the following links to access each part of the pack:

- 1) [Outbreak Poster](#)
- 2) [Visitor Poster](#)
- 3) [Flu Testing Instructions](#)
- 4) [Flu Testing Form](#)

Smiling for life

Oral Health training for Care Homes

The Bradford Community Dental Service's Oral Health Improvement team is delighted to invite you to take part in the FREE Smiling for life, oral health training for care home staff. This training is being offered to care homes within West Yorkshire.

Smiling for life programme

Mouth care is a CQC requirement that must be carried out in care homes. To support care homes meeting the requirements the Smiling for life training programme will:

Provide each nominated Oral Health Champion (preferably care home manager or deputy) with training resources and knowledge to cascade the training to their colleagues and help to implement national guidance to meet CQC requirements.



If you would like to take part in our free training Oral Health programme, please email

elisha.mistry@bdct.nhs.uk

You CAN quit – We CAN help!

Living Well launches new campaign to help smokers quit for good!

Living Well are launching a new campaign to help smokers in Bradford district to quit for good and would really like your help to spread these messages far and wide.

Smoking is the leading cause of preventable death globally and quitting is the single best thing a smoker can do to improve their health, reducing the risks of heart attack, stroke, coronary heart disease and cancer.

We know it isn't easy, but with help from our free service, we want smokers to know that even if they have tried before, this time they can quit, and we can help!

We have created a toolkit of resources that you can share on your channels. It's easy to download the resources you would like to use, please visit: <https://mylivingwell.co.uk/resources/toolkits/> Just click view files and select the items you want to download.

We also have produced a series of six short films that feature local health care professionals and people who have successfully quit using our service, along with a film explaining exactly what people can expect from the service when they decide to start their quit journey.

GP Dr Katherine Hickman

<https://youtu.be/HDT-nk1jVwI>

Dr Tom Pettinger Consultant in Obstetrics & Gynaecology and Lucy Downing Maternity Support Worker at Bradford Royal Infirmary

<https://youtu.be/3Dbd8leP07g>

Maryam Imran Dental Officer at Bradford Community Dental Service

https://youtu.be/_CH87KCNSDY

Mohammed Shaffett (successfully quit with help from the Living Well stop smoking service)

<https://youtu.be/8VrQQMcVEMk>

Shafiq Ahmed (successfully quit with help from the Living Well stop smoking service)

<https://youtu.be/nsAVYollP0Q>

Living Well Stop Smoking Service film:

English: <https://youtu.be/42eENe7SK-0?si=HAT3j-Zdc60AQDj6>

Czech: <https://youtu.be/-COFQGA5IE0>

Urdu: <https://youtu.be/fBINyrY3Hf0>

Polish: <https://youtu.be/rm6qeLE-85s>

Romany: To follow soon

SAFEGUARDING ADULTS CARERS CONFERENCE

Thursday
23 Nov
9.30am - 4.30pm

Hosted at **Margaret McMillan Towers, Princes Way, Bradford, BD1 1NN**

Adults Safeguarding Week 2023

Learning from Safeguarding Adult Reviews and Domestic Homicide Reviews

**Carers and
professionals
that work
with carers
welcome.**

Guest Speakers

9.30am - 1pm

- Carers Resource
- Making Space
- Forbes Solicitors
- Safeguarding Team from Bradford Council
- Admiral Nurses from the British Legion



BRADFORD
SAFEGUARDING
ADULTS BOARD

+ Stalls 2pm-4.30pm: Featuring various agencies from across the Bradford District that work closely with carers and professionals.

Admiral Nurses | Housing Support | Forbes Solicitors | Carers Resource | Making Space
Carers Service | Incommunities Bradford | Local Authority Safeguarding Team

BOOK NOW

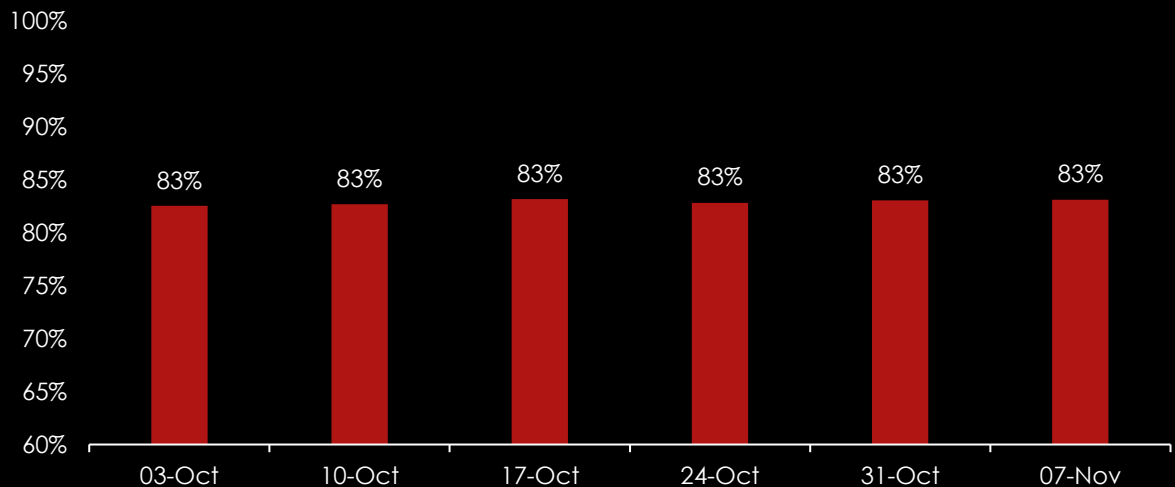


alternatively, email safeguardingtraining@bradford.gov.uk

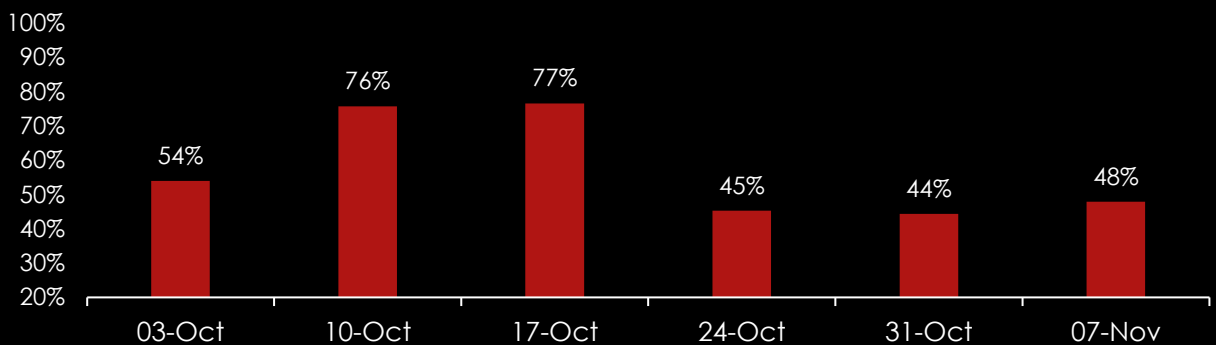
BRADFORD CARE HOMES WEEKLY UPDATE

Please find the data below on Care Homes in the Bradford District for your information. The following data has been provided by the Council's Senior Management Team in the Contract and Commissioning Team.

Bradford Care Home Occupancy Rate



Bradford Care Home Completed Tracker in last 7 days



Data Sources:

Weekly Deaths, Office National Statistics.

Covid Infections, Occupancy and Tracker, NESC Capacity Tracker. Bradford

Outbreaks, HPT