



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 1<sup>st</sup> August 2024**

## **KEY DATES FOR YOUR DIARY**

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

- Health Literacy Awareness Session – Monday 12<sup>th</sup> August

If you are aware of any upcoming events and would like to advertise on the Event Calendar, please visit [HERE](#) and post an entry.

## **HEALTH LITERACY AWARENESS SESSIONS**

In Bradford it is estimated that 52 per cent of adults aged 16 to 65 years have low levels of health literacy. If numbers are included, that figure rises to 70 per cent with low levels of health literacy and numeracy. Low health literacy can result in poorer health outcomes.

This literacy awareness session will explain how to improve people's understanding and use of health information and support people to make more informed decisions about their healthcare. It will be led by Bradford District Care NHS Foundation Trust NHS Library team

The session will explore the impact of low levels of health literacy and also signpost to helpful resources to enable staff to learn easy-to-use techniques to improve communication, supporting the understanding of the people they treat and care for. As a result, patients, families and carers will be able to make better health and wellbeing choices.

This interactive one-hour awareness session will be delivered via MS Teams. Please use the links below to select a date and register for that session.

- [Monday 12 August \(11.00-12.00\)](#)
- [Tuesday 15 October \(11.00-12.00\)](#)

# Connect to Support Bradford District

Connect to Support provides information on Adult Social Care within the Bradford District through the Guide to Adult Social Care.

The website also has information on local groups and activities (Community Directory) and care providers (Social Care Directory).



*Use your smartphone to scan the QR code below and be sent to the homepage for Connect to Support.*



**SCAN ME**



## WEEK 3, ARTICLE 3: LIVING WELL ALCOHOL AWARENESS

Living Well would like to make people aware of **DrinkCoach**, an online quiz designed to help people make informed decisions about alcohol. The aim is for people to recognise and think about drinking, to understand alcohol harm and the role that it plays in our lives. Alcohol is all around us. It's promoted as we watch our favourite sports, advertised as we travel to work, and placed in our favourite films. It's time for alcohol to take less of a leading role.

It's a free, quick and confidential quiz that takes just two minutes. You can work out how risky your drinking is, get personalised advice online and find out where you can get support if you need it in Bradford district.

[Try the DrinkCoach quiz](#)

Visit the Living Well website to learn more about all of the support services available. Let's work together towards a healthier Bradford!

[Living Well Alcohol Awareness](#)

## SOUTH ASIAN HERITAGE MONTH (18 JULY – 17 AUG)

Last week was the start of South Asian Heritage Month, a time to commemorate, mark and celebrate South Asian cultures, histories and communities. Mind in Bradford have created a landing page with [stories shared in blogs and videos](#) as well as recommendations on how you can experience South Asian culture through film, TV, recipes and books. Check it out or follow them on [social media \(LinkedIn\)](#) for regular updates through the month.

## MENU OF POEMS FOR AIREDALE HOSPITAL – GET CREATIVE

In celebration of National Poetry Day on Thursday 3 October, we want to send a 'Menu of Poems' to patients staying on the wards of Airedale. The theme is Acts of Kindness to tie in with our ongoing AOK campaign in a bid to brighten up people's days.

So why not get involved, we're accepting submissions until midnight Thursday 29 August and you can send these through to [anhsft.charity@nhs.net](mailto:anhsft.charity@nhs.net). Poems are to be capped at 25 lines so we can include as many as possible. Get your creative caps on and have fun with it!

# **V**olunteering

BRADFORD

"An inclusive volunteering service"

## **Volunteer Support Coordinator**

**(Inclusive Volunteering) – 18 hours per week/ 3 days**

**Salary scale 8 SPC point 20**

**£30,296 (actual £15,148) + 5 % pension**

**Fixed term – 3 years – subject to future funding**

A key role in the delivery of Volunteering Bradford's inclusive volunteering service, enabling people with additional support needs (learning disabilities, mental health problems/physical or sensory impairments) who are often isolated and socially excluded, to take full advantage of the opportunities offered through volunteering.

- Recruit, train and manage a team of volunteer support assistants.
- Experience of working/volunteering with people with additional support needs and previous experience of voluntary / community work is desirable.

**\* All disabled applicants who meet the essential criteria will be offered an interview.**

**This post is subject to an enhanced DBS disclosure.**

**Closing date for applications Friday 23<sup>rd</sup> August 2024**

To request an application pack please email [info@volunteeringbradford.org](mailto:info@volunteeringbradford.org)

If you have any queries regarding the nature of this post contact Steve Blackman

on 07904953864/ [steve@volunteeringbradford.org](mailto:steve@volunteeringbradford.org)

**Interviews Friday 30<sup>th</sup> August 2024**



Registered Charity 1085218  
Registered Co. 4133566

## DSPT CYBER SECURITY SURVEY

Over the last few years our system has rolled out at scale a range of digital technologies and it is important for us to understand your views and opinions on how this has impacted on your work. We are particularly keen to understand cyber security in your workplace.

Better Security, Better Care North East and Yorkshire (NHS England), in collaboration with Health Innovation North East North Cumbria (HI NENC), care associations, ADASS, and local authorities, are keen to gain a rapid insight into what we need to look at more closely in order to give us confidence that the digital solutions implemented are:

- helpful
- where more needs to be done, and
- where there are gaps in existing provision.

We have developed a survey to gain this insight and would appreciate your participation. The survey should take only 5-8 minutes of your time to complete.

**To access the survey go to <https://www.smartsurvey.co.uk/s/R54MCN/>**

The final deadline for responses is Friday 9th August 2024.

Please distribute this survey widely across your teams as we are looking to get responses from individuals rather than care settings.

Any data collected will be stored securely and anonymised, before any analysis or onward sharing.

We are very grateful for your support and look forward to receiving your feedback.

## NEW WEST YORKSHIRE DIGITAL PLATFORM FOR UNPAID CARERS

West Yorkshire Health and Care Partnership has teamed up with Carers UK to provide a new digital platform for unpaid carers in West Yorkshire for free. Having the right information at the right time can make a significant difference to carers and those they look after. Developed with the specialist knowledge of national charity Carers UK combined with place-based information, the Digital Resource for Carers provides carers with a wealth of practical, financial and emotional support. The platform hosts a range of carefully curated resources, e-learning modules, hands-on guides and tools to help carers manage their caring responsibilities and look after themselves.

[Create your free account and access the resources](#). To register use free access code: **WESTYORKS**

## BCA NEWSLETTER - JUNE EDITION

This month's BCA newsletter has a focus on workforce & training. To make the newsletter easier to read, we have split the monthly Newsletter into 5 sections:

- Upcoming BCA Events
- National Workforce Update
- Regional Workforce Update
- Local Workforce Update
- 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.

**Newsletter** - <https://sway.cloud.microsoft/PJaEIAJUDyrrN6mS?ref=Link>