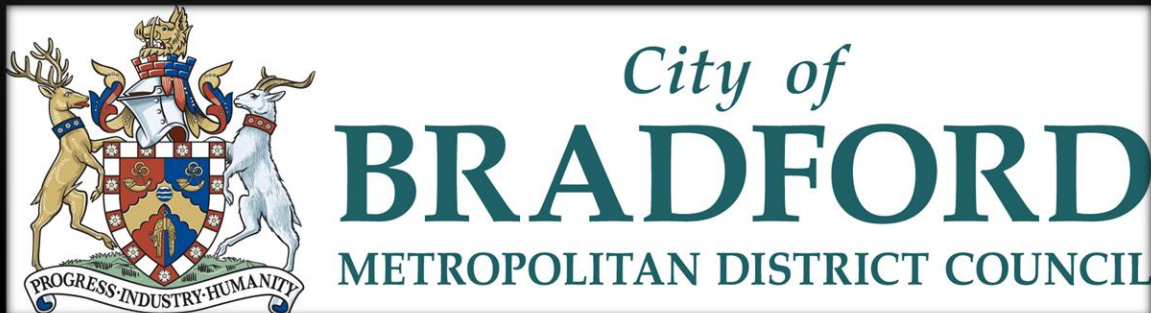


Early Help and Prevention Provider Forum

15th May 2024

City Hall & Online



<u>Agenda Item</u>	<u>Time</u>	<u>Lead/Speaker</u>
Arrival/Login	13:50 – 14:00	N/A
EHAP Update	14:00 – 14:10	Ben Oxlade-Parker
Commissioning Update	14:10 – 14:20	Tahira Parveen
Support Requests (CQC and Connect to Support)	14:20 – 14:30	Ben Oxlade-Parker
Living Well	14:30 – 14:50	Sharron McMahon
BREAK	14:50 – 15:00	N/A
Project/Service Sharing	15:00 – 15:40	Various
<ul style="list-style-type: none"> • CNet • Equality Together – Alternatives to Respite • Keighley Healthy Living • Action Point 		
Future Forums	15:40 – 15:50	Ben Oxlade-Parker
Close	16.00	N/A

Today's Agenda

Early Help and Prevention Overview

- ▶ Accessible Information
- ▶ Affordable Credit
- ▶ Alternatives to Respite
- ▶ Bradford Buddies
 - ▶ Older People
 - ▶ Learning Disabilities
- ▶ Capital Grants for Disabled Access
- ▶ Changing Place Toilets (DLUHC Supported)
- ▶ Connect to Support
- ▶ Database of Accessible Venues
- ▶ Equipment Service
- ▶ Healthwatch
- ▶ Local Community Support Grants
 - ▶ Older People
 - ▶ Learning Disability
 - ▶ Community of Interest
- ▶ Local Friendship Grants
 - ▶ Dementia
 - ▶ Sensory Impairment
- ▶ Multiple Agency Support Team
 - ▶ Substance Misuse
 - ▶ Mental Health
 - ▶ Frailty in Old Age
 - ▶ Social Prescribing
- ▶ Relationship and Sex Education
- ▶ VCS Infrastructure Support

Contract Team Update

- ▶ Early Help and Prevention Update – EHAP Strategy
- ▶ Monitoring Workbook – MS Forms
- ▶ Local Community Support Grants – Update
- ▶ Connect to Support – Directories

Commissioning Team Update

- ▶ Future Commissioning Plans
- ▶ Local Community Support Grants
- ▶ Local Friendship Grants
- ▶ Bradford Sensory Room

CQC – Local Authority Inspection

- ▶ Equality Diversity and Inclusion Data
- ▶ Positive Case Studies
- ▶ Sharing of awards/successes

Living Well Presentation

Public Health/Living Well Services & Resources

Sharron McMahon – Public Health Specialist



mylivingwell.co.uk
Making it easier to live a healthier, more active life



Public Health/Living Well Services & Resources

Sharron McMahon – Public Health Specialist



mylivingwell.co.uk
Making it easier to live a healthier, more active life



Public Health Investment - Contracts

ASC Contracts:

1. **Services for Unpaid Carers** (Carers Resource) – carers support
2. **REACH (Cellar Trust)** – support based on five ways to wellbeing
3. **Dementia post diagnostic support services** (Community Links)
4. **Bradford buddies** (Mencap for people with LD)/(Age UK for older people) –social connection
5. **Local friendship grants** - sensory/dementia (via CNET) – social connection/independence
6. **MIND Bradford service** - support for health and wellbeing/independence/social connection
7. **MIND Bradford Guideline** – Helpline service
8. **Employment project** (Cellar Trust) - support to access education/training/voluntary or paid work
9. **Older people's day activity grants** (via CNET) – support for social contact/improved wellbeing

Support and Information



Living Well Bradford District's Whole System Approach

Vision:

**Making it easier for everyone, everywhere, everyday
to live a healthy and active lifestyle**

Impact:

**The places and organisations in which we live, work, learn and
play make it easier for people of all ages to adopt healthier
behaviours and are better able to care for themselves**

LIVING WELL

THE LIVING WELL AIM:

Making it easier for everyone, everywhere, every day
to live healthier and more active lifestyles

PHYSICAL ENVIRONMENT

PHYSICAL ENVIRONMENT

Enabling behaviour change through facilitating physical changes to our environment that make it easier to live a healthier lifestyle

COMMUNITIES & ORGANISATIONS

COMMUNITIES & ORGANISATIONS

Enabling behaviour change through facilitating adjustments to policies and practices in schools, businesses and community settings that make it easier to live a healthier lifestyle

INDIVIDUALS & FAMILIES

INDIVIDUALS & FAMILIES

Enabling behaviour change through provision of accessible personalised support services that makes it easier to live a healthier lifestyle

SYSTEM ENABLERS

Communications & Social movement; Training Academy; Stakeholder Engagement; Collaboration; Governance, Evaluation & Research; Food Strategy & Physical Activity Strategy



Families

- Living Well Service includes:
 - Individual & family weight management Tiers 2 & 3,
 - Smoking cessation
 - BEEP exercise referral & BEEP RICs
- Breastfeeding Support
- Health Visiting Service

- Living Well Health & Care settings
- Living Well Takeaways
- Living Well Faith Settings
- Living Well Libraries
- Living Well Workplaces
- Living Well Communities
- Living Well Markets
- Living Well Schools & R
- Schools

Environment

- Active Travel & Social Prescribing
- School Streets
- Play Streets
- Highways
- Planning
- Parks

- Communications and social movement
- Living Well Training academy
- Strategic stakeholder engagement
- Governance, evaluation & research
- Food Strategy & Physical Activity Strategy

Living Well Website

- [Living Well Website](https://mylivingwell.co.uk/) - <https://mylivingwell.co.uk/>
- [Newsletter Sign Up](#) – Monthly newsletters

JOIN OUR NEWSLETTER AND STAY TUNED

Sign up for news and updates from Living Well

Sign up to our newsletter →

Living Well Advisors

FREE, friendly advice and non-judgemental support for people who may need a little extra help to start making lifestyle changes. They can help you decide where to start, or what to do next, offer motivation to keep you on track and signpost you to useful resources and services.

Call: 01274 438884

Call: 01274 437700

Email: hello@mylivingwell.co.uk Contact Form: <https://mylivingwell.co.uk/contact-us/>

**Would you like help
to quit smoking?**

Even if you've tried
to quit before, this
time...

**YOU CAN QUIT!
WE CAN HELP!**

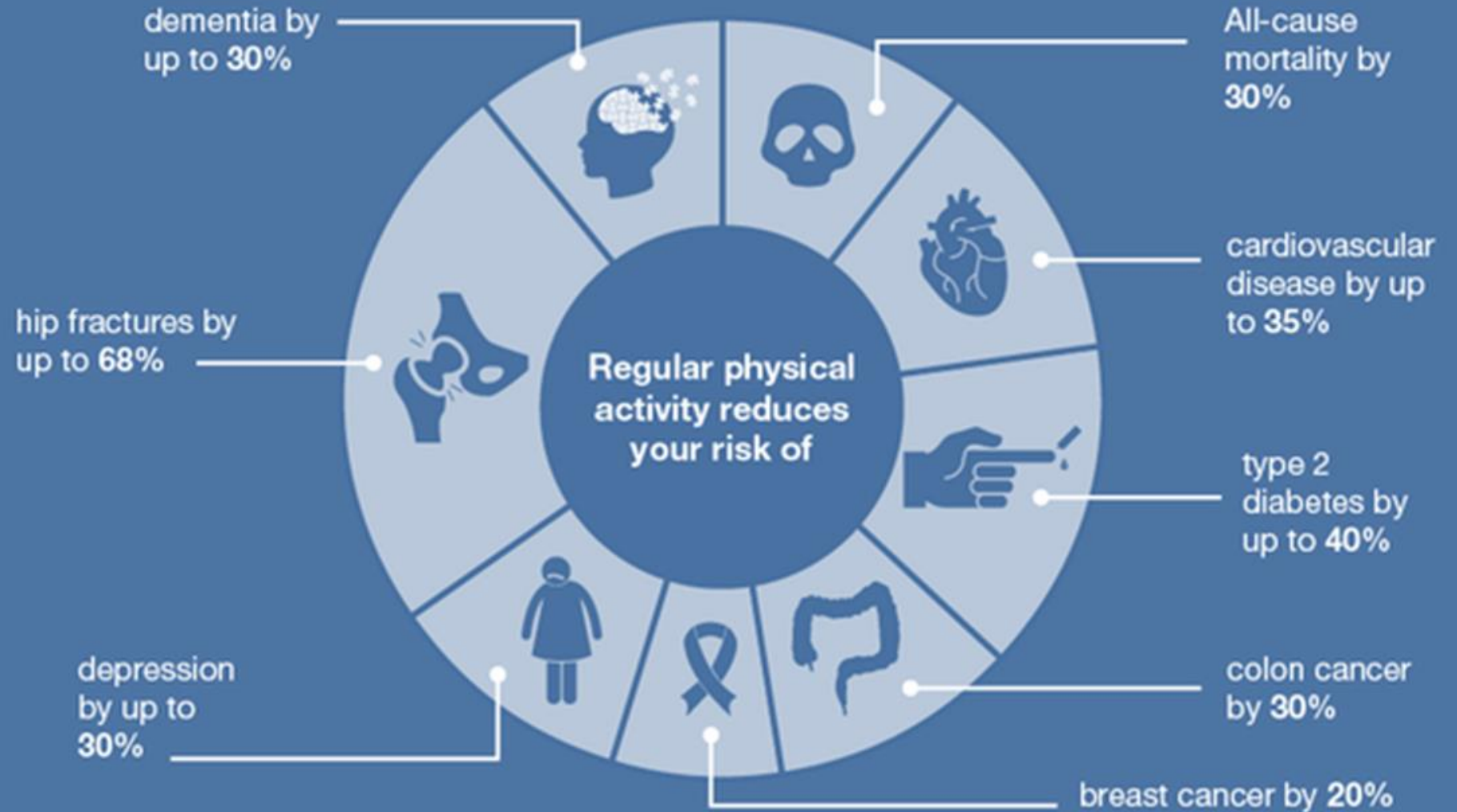


<https://youtu.be/ALTUMbDfZ0U>

<https://mylivingwell.co.uk/physical-activity/beep-bradford-encouraging-exercise-in-people/>

**Move
well-
reducing
sedentary
time**

What are the health benefits of physical activity?



<https://mylivingwell.co.uk/eating-well/manage-your-weight/>

To get this
offer you must:

Be 18 years or over

Live in Bradford district

Have a BMI of
25 or more



**Looking for support
to lose weight?**

**Choose
your way**

**12
Weeks
100%
FREE**

T&Cs APPLY SEE WEBSITE
FOR DETAILS

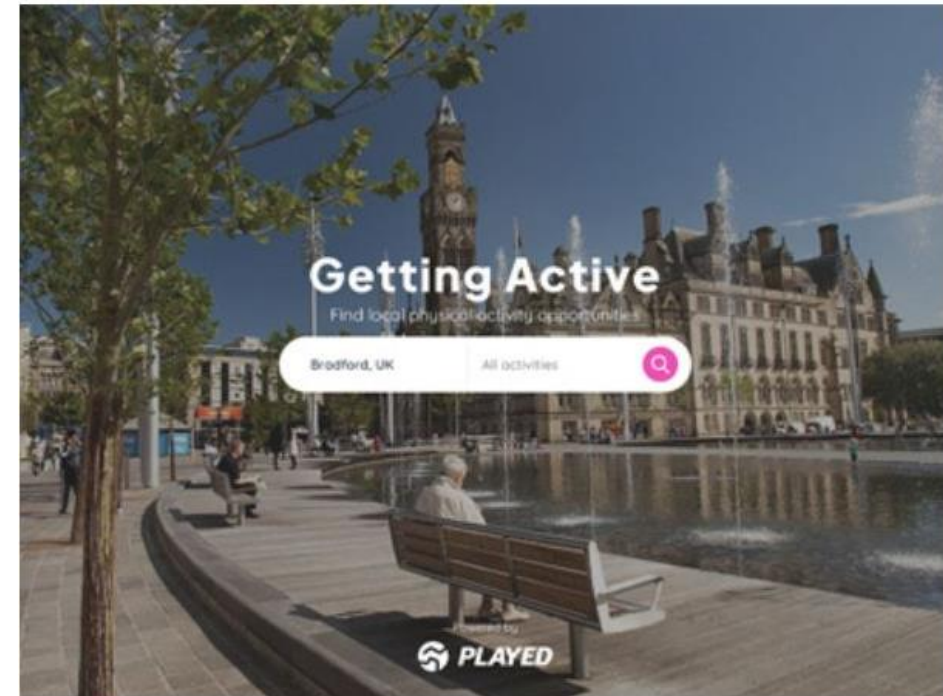
WW

*Slimming
WORLD*
know you're amazing

E-Mail The Service



- [Bradford physical activity portal](#)



Social Prescribing

Living Well Campaigns

Living Well Campaigns

- [Campaigns webpage](#)
- [20 Minute Movement](#)
- [Swap Well to Eat Well](#)
- [You can quit, we can help](#)
- [Grow Well to Eat Well](#)
- [Living Well youtube channel](#)



Our campaigns are aimed at people living and working in Bradford district. We want to make it easier for everyone to live healthier, more active lives and our innovative campaigns are designed to show people how to get started and find local support.

You can find details of our past and present campaigns below. More campaigns will regularly be added, covering different topics and you can be the first to hear about them by signing up for our newsletter at the bottom of this page.

Other Public Health provision

- NHS Health Checks
- Drugs and alcohol support
- Sexual Health services

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION. VOICE AND PRACTICE

MHFA England
INSTRUCTOR
MEMBER



Living Well Making Every Contact
Count (MECC)

Learning Across the District

Enter keyword here

Topic

Audience

Long Covid and Mental Health Support Policy Brief

This policy briefing was produced draws on 80 interviews conducted between November 2021 - March 2022 with people living with self-identified Long COVID symptoms. This is part of the qualitative workstream of the UCL CONVALESCENCE Long COVID project, which focuses on the lived experience and support for people with Long COVID from varied socio-demographical and geographical backgrounds.

In this policy brief, increasingly prevalent mental health challenges are highlighted that face Long COVID communities in the UK. It aims to identify gaps in current policy provision to inform Long COVID care and support in a more holistic manner, as well as to reduce NHS and public health expenses.

[Visit Website](#)

Leading Well for Staff Health and Wellbeing in the NHS

The Covid 19 pandemic placed unprecedented pressures on the health and social care workforce and is now compounding longstanding inequalities and challenges among staff. The role of a manager and leader in protecting, supporting and promoting the health and wellbeing of staff has, therefore, never been more necessary and urgent.

This free, online, three-week course, provided by Futurelearn, helps you to develop your understanding of your own health and wellbeing and learn to better lead and support your colleagues, team and organisation.

[Visit Website](#)

Trauma Informed Practice Training

FREE training on the Tier 1 Trauma informed Practice framework is available online or in person in Bradford district.

Expert speakers will guide you through the framework, equipping you with the necessary skills to provide trauma-informed care. This event is perfect for healthcare professionals, social workers, educators, and anyone interested in trauma-informed care. Following completion of the training, you will receive a CPD certificate.

[Online Training Sessions](#)

[In Person Training Sessions](#)

<https://mylivingwell.co.uk/academy/>

What Next?

What would help you?

Break Time

Refreshments & Networking

Project/Service Sharing

- Cnet – Local Friendship Grants
- Equality Together – Alternatives to Respite (*Slides included*)
- Keighley Healthy Living (*Slides included*)
- Action Point – Groups/Services

CNet

Please see video on YouTube for their update.

Alternatives to Respite



HoliBreak+

Presentation by
Joyce Anderson, Project Co-Ordinator,
Debra Bennett – Project Worker,





HOLIBREAK+
ALTERNATIVE TO RESPITE



Challenging
Disabling Barriers

HoliBreak+

Presentation by

Joyce Anderson, Project Co-Ordinator,

Debra Bennett – Project Worker,



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

Who is HoliBreak+ For?

- Any disabled person or carer in receipt of a personal budget with an element of respite built in
- Any disabled person in receipt of an NHS Continuing Care Budget
- Or any disabled person or carer that are self-funding

What We Do

- Following first contact from the client, if needed, we will refer the carer or disabled person to the Independent Advice Hub for an assessment by Adult Social Services, we also signpost them to other organisations e.g. Carer's Resource if they are not already known to them.
- If a person qualifies for a personal budget or NHS budget, Social Workers can refer the service user back to AtR for help with finding the bespoke holiday they need.
- We have a website holibreakplus.org.uk, which is updated regularly, with accessible holiday accommodation in the UK and abroad both for the carer and the disabled person, with a direct link to the accommodation.
- We research the accommodation to ensure we give the correct information bespoke to the individual.

Examples of comparisons:

- 1 night in May in an accessible bedroom at the Rudding Park Hotel, Harrogate = £294 for 2 people. LA contribution £107.87 for 1 person with a Physical Disability, which is a difference of £186.13 more to the client.
NO CARE.
- 2 nights in October in an accessible bedroom at the Coniston Hotel, Yorkshire Dales = £298 for 2 people. LA contribution £215.74 for 1 person with a Physical Disability, which is a difference of £82.26 more to the client.
NO CARE.

More Comparisons:

- 7 nights at Sandpipers, Southport at the end of January = £613 per person. LA contribution £755.09 for 1 person with a Physical Disability, which is a difference of £142.09 less for the client. CARE FROM £37 - £205 PER DAY.
- 14 nights at the Bond Hotel, Blackpool in June = £1330 per person. LA contribution £1510 for 1 person with a Physical Disability, which is a difference of £180 less for the LA. CARE CAN BE PROVIDED FROM OUTSIDE CARE AGENCIES.

Examples of Activities:

- **Afternoon at the Light Cinema** £7.99 pp.
- **Dementia Friendly showing** monthly £5 for Disabled Person, carer free, free lunch and refreshments.
- **Pizza and film at the Light Cinema**, £15.99 per person.
- **Odeon Cinema Thornbury**, £9.95 per person. Disabled person AND carer £9.95.

More Activities:

- **Afternoon tea**, Great Victoria Hotel Bradford, £20 per person.
- **Afternoon tea**, any Morrisons, £12.00 for 2 people.
- **Spa day**, Titanic Spa, Huddersfield Relax and Dine day, £99 per person.
- **Spa day**, Park Hotel, Gomersal, Fire and Ice Spa Experience, 4 or 5 hours £65 per person. Feel Fab Friday £99.

More Activities:

- **Shipley Bowling**, £5 per game, off peak.
- **Bradford Bowling**, £6.90 per game, Registered Disabled and Carers £3.40 per game.
- **All Bradford Museums and parks are free to enter eg:**
Cartwright Hall, Cliffe Castle, Bradford Industrial Museum, Bolling Hall

EXAMPLES OF HOLIDAY ACCOMMODATION:

- Willow Cottage, Truro



- Villa Hua Hin, Thailand



More Holiday Accommodation:

- Pumping Station Holidays, UK



- Nautical Rose, Florida



Case Study

A client with Cerebral Palsy approached HoliBreak+ he was in receipt of a Personal Budget but received only 7 hours care a week. He hadn't been re-assessed for some years. He was encouraged by the team to contact the Independent Advice Hub again and ask for a re-assessment.

Due to the re-assessment, he was referred to the NHS and was awarded an NHS Continuing Care package of 90 hours care a week and 6 weeks respite per year. The outcome for the client is a far better quality of life than previously.

Trips & Activities

As well as breaks/holidays, we also offer information on local attractions and organised activities. We occasionally receive funding to offer carers and disabled people a day trip, which can take away the stress of organising a full day out and about.

Some recent trips and events we have arranged.

- In January 2024, after gaining funding, we took carers and their disabled child/children to see Cinderella at the Alhambra.
- In January 2024 we had our last of three lunch clubs at the Raggalds, Queensbury. Participants enjoyed a 2-course lunch, a singer, a game of bingo and play your cards right.

Trips and Activities cont....

- In March we held a Spring Eggstravaganza Event here at Manningham Mills. Around 70 people attended and enjoyed a delicious individual afternoon tea, which was followed by a fabulous live singer who had people swaying in their seats or dancing. Information was available throughout the day on all our services at Equality Together.
- In April during the Easter school holidays, we had a day visit to Cannon Hall Farm in Barnsley for Carers and their disabled child. Everyone had a fun time learning about all the farm animals and seeing lambs that had just been born, there is also a mammal and reptile house, tractor train rides and 7 play areas, 2 of which have just been built and are suitable for all abilities.

Raggalds, December and January



Spring Eggstravaganza March 2024



Cannon Hall Farm April 2024



OUR CONTACT INFORMATION

For more information and to speak to a member of our friendly team please contact:



01274 594173 (option 5)
07538 324062



holibreakplus@equalitytogether.org.uk



holibreakplus.org.uk



HolibreakPlus



@HolibreakPlus



Q's & A's

THANK YOU 😊

Keighley Healthy Living



Local Community Support Grant Funding



Your local
community
centre,
supporting you
to improve
your health
and wellbeing.



Local Community Support Grant Funding



Your local
community
centre,
supporting you
to improve
your health
and wellbeing.

What we Aim to Achieve

Reduce loneliness

Build a stronger Community

Develop skills

Improve wellbeing

Encourage lifestyle change

Reduce health inequalities

Give people the potential to thrive and the ability to cope!

Local Community Support Grant Funding

Connecting Communities

Conversation Café, Games Café

Living Well

Seated Yoga, Cookery, Walk & Talk

Supported by:



Connecting Communities

Connecting Communities



4 Comments, feedback and suggestions

KHL has helped
ME with my social
skills and made
me more
confident.

Connecting Communities



4 Comments, feedback and suggestions

This group is lovely I feel very included and I have met new friends it is a great part of my weekly routine and I look forward to it

Connecting Communities



4 Comments, feedback and suggestions

I want KHL to go up
years to years.
And I find a ~~the~~
Place where I can do
my pottery. I love meet
the people here in KHL.
I will keep coming here
again all the time.
I used to cry, but I stop crying
after I came here. I enjoy KHL a

If you wish to continue your feedback, ^{lot}
please turn over.

Thank you!

Connecting Communities



4 Comments, feedback and suggestions

Games cafe is a great chance to meet local people and learn more about the local area. meet new friends and help get me out of the house into the community.

my down time

Connecting Communities



4 Comments, feedback and suggestions

I love coming to games club I have met new friends and learned new things everyone is so friendly and welcoming I can be myself and enjoy my day here.

Connecting Communities



Connecting Communities



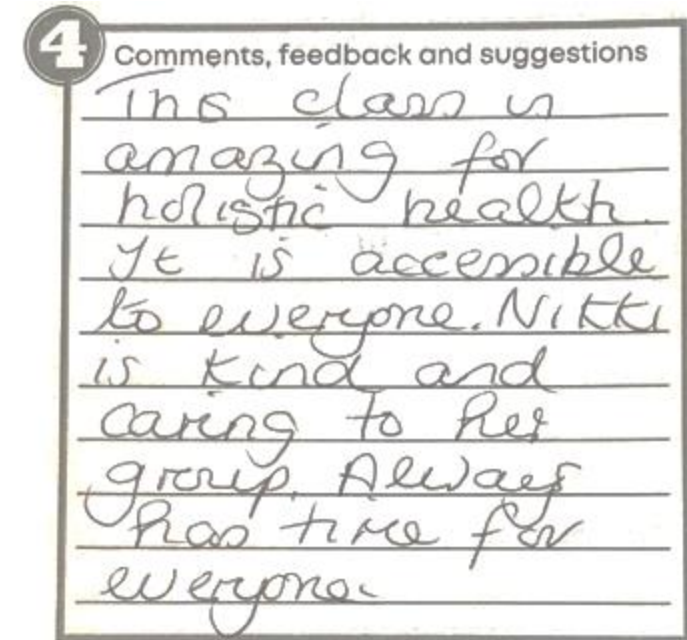
Living Well

Living Well



4 Comments, feedback and suggestions
*ATTENDING 'YOGA', 'RE-THINKING
PAIN' & KHL'S 'STRENGTH EXERCISE
CLASSES' HAS GREATLY ASSISTED
WITH MENTAL & PHYSICAL ISSUES.
THE FACILITATORS ARE ALL
EXCELLENT AND ALWAYS READY
TO OFFER APPROPRIATE ADVICE.
THE SOCIAL CONNECTIONS HAVE
PROVED INVALUABLE TO SOMEONE
STRUGGLING WITH SELF-WORTH.*

Living Well



Living Well



4 Comments, feedback and suggestions

Enjoy meeting other people on the social side and making mixed conversation with friends as I live alone

Living Well



4 Comments, feedback and suggestions

I really liked
this section and
it helped me a lot
in certain ways
like cooking
improved - my
confidence - and
my social activity
improved.
Thanks.

Our Impact

Over a 12-month period:

- **94%** had made a positive change to their lifestyle
- **88%** said their confidence had increased
- **77%** said their mental health has improved
- **50%** said that their physical health has improved

Thank you!

Any questions?



01535 677177



admin@khl.org.uk



13 Scott Street, Keighley, BD21 2JH



www.khl.org.uk

Action Point Keighley

Action Point

Action Point is a community based support service (Formerly known as Keighley & District Volunteer Centre). We are a registered charity that has been working since 2001.

Community Support Services



Action Point

Action Point is a community based support service (Formerly known as Keighley & District Volunteer Centre). We are a registered charity that has been working since 2001.

Community Support Services

Our Services:

- Supported Volunteering Project
- Leisure Link
- Care Link
- Silver Links
- 2nd Time Around Charity Shop/ Workshop
- School Uniform Swap Shop
- Boogie Nights

Supported Volunteering Project

"My mental health wasn't great after lockdown, but SVP helped me get out and volunteer."

Established back in 2005, this is a service for adults with a learning disability. We work to support people to develop the skills and confidence to volunteer independently in their local community.

Why Volunteer?

- Learn new skills
- Make new friends
- Build your confidence
- Help others
- Be part of a team

"I am confident and independent with volunteering"

"Volunteering has helped me stay out of trouble, I feel a lot better"

"I am happy volunteering because I can help other people"

"I like volunteering, as it gives me skills/builds independence".



Leisure Link

Leisure Link is a social and recreational group for adults with learning disabilities. It is known as a fun and friendly social group offering choice of activities and day trips. This runs every Monday and Friday, hosted at our centre on Temple Row. Our main aim is to support people to take part in a wide range of fun activities.



CareLink

“I’d be completely lost without Carelink. You make me feel really happy and I feel much better when you’ve been. You’re on the phone whenever I call, even if I don’t see you. I’ve never had any help like I get off you. I’ve been spoilt. I can’t imagine getting this help from anywhere else. You can’t do enough for me. You make me feel better even when I’m not. I’d be stuck here, not seeing anybody.”

Carelink is a service which provides befriending and support service for people who are isolated or lonely. It is a free service thanks to Lottery Reaching Communities fund and Bradford Council fund the service. Our support includes providing companionship during a face-to-face visit or a telephone call. This scheme is for adults living in Keighley, and in need of companionship & support.

People can be isolated for various reasons such as:

- Loss of confidence/mobility
- Following a stay in hospital
- Bereavement

“I have suffered badly with depression for years and you unwind me and make me feel a lot better. You do a lot for me and I trust you with things I wouldn’t trust anyone else with.”

Silver Links



Silver links is a paid for social day group for older people, in which meals & refreshments, transport and activities are included. This social group is based at Action point, Temple row on every Wednesdays & Thursdays. A free taster session is available, to see if the service accommodates service user's likings.

**“The Staff are
lovely to get on
with”**

“I enjoy the company”

**“I like all the
activities”**

**“Everyone is
friendly and
helpful”**

2nd Time Around Charity Shop/Workshop

- 2nd Time Around is a project managed by Action Point Community Services. It is our very own charity shop which provides volunteer placements for adults with a learning disability, in order to enable them to develop skills for employment and everyday life. Volunteers gain skills, confidence and work experience alongside benefiting volunteers the income goes directly to supporting and developing services that meet the needs of people from our local community.
- Workshop is an approved supplier through the council for adults who are not ready to volunteer independently, meaning they require 1-1 support. In order to develop retail skills, from customer services to merchandising.

School Uniform Swap Shop

“Great help for families that struggle with the cost of uniforms”.

- Here are our numbers for summer 2023:
- Footfall - 2005
- Number of people donating (in the shop) - 438
- Number of schools directly involved - 11
- Number of items given away - 2518
- The feedback we have received has been amazing and everyone who has accessed this service has said how much it has helped.
 - so THANK YOU to everyone who made this happen!

“Would definitely recommend, helps struggling families out. In my opinion it should be an every year thing, this could help so many people. The staff are nice and friendly, they helped me and I didn’t feel judged as some places look at you and judge. Thank you so much!”

Boogie Nights

- Boogie nights is our fabulous fortnightly disco, providing a safe environment for adults with learning disabilities and extra support needs to let their hair down. As well as dancing there are many other activities service users tend to join within, such as pool. It is a service in which all staff volunteer to host, service users enjoy it as they can have a party in a safe environment.



Future Forums

- ▶ Planning for September/October
- ▶ Hot Topics for inclusion?
- ▶ Should we split between client groups? Or all together again?

Close

Thank you for joining us today.