

## Living Well Event – Resource Pack

Thursday 25<sup>th</sup> March 1pm – 3pm

Time	Activity	Lead	Notes
13:00 – 13:02	Introduction	<b>Louise Bestwick</b>	<ol style="list-style-type: none"> <li>1. <a href="#">Full Living Well Event Zoom Recording</a></li> </ol> <p><b>Purpose of Meeting:</b>            To reconnect Health + Social Care Professionals and colleges.            To explore the support Providers have.            To make support and training available to the whole Care Sector.            To keep Providers up to date with what’s to come for the Care Sector.</p>
13:02 – 13:14	Tissue Viability	<p><b>Claire Webb (Tissue Viability Lead)</b></p> <p>claire.webb@bdct.nhs.uk</p> <p>“We can sign off competencies from staff wishing to be champions when they have attended the online training or accessed the pre-recorded training. Champions when signed off receive a certificate from ourselves and are then able to train other members of staff/sign off their competencies”</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Tissue Viability Slides</a></li> <li>2. <a href="#">Pressure - React to Red Training Online Sessions</a></li> <li>3. <a href="#">React to Red Video Training</a></li> <li>4. <a href="#">React to Red Trailer</a></li> <li>5. <a href="#">Bitesize Training – Offered Weekly</a></li> <li>6. <a href="#">Skin Care Training</a></li> <li>7. For extra support care homes and care agencies can contact the team via email: <a href="mailto:pressureulcerteam@bdct.nhs.uk">pressureulcerteam@bdct.nhs.uk</a> (This could be for face to face training for staff, for advice around pressure ulcer prevention/equipment etc., if staff are struggling with a particular aspect of pressure ulcer prevention/offloading/equipment etc).</li> </ol>

13:14 – 13:55	Deconditioning Falls Prevention and Frailty	<p><b>Jane Flynn (Medical Therapy Team)</b></p> <p>jane.flynn@anhst.nhs.uk</p> <p><b>Andrew Phillips</b></p> <p>andrew.phillips@anhst.nhs.uk</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. 4 Structed Training Packages – To come out soon when finalised.</li> <li>3. IST Training Booklets – To come out soon when finalised.</li> <li>4. <a href="#">Geriatric Medicine: A selection of Top Tips to get you started</a></li> <li>5. <a href="#">Opinions &amp; ideas in NHS Dumfries and Galloway</a></li> <li>6. <a href="#">Extra Video Resources</a></li> <li>7. <a href="#">Contact Details</a></li> </ol>
13:55 – 14:12	Nutritional Priorities in Older Adults	<p><b>Laura Rowe (Dietetics Manager)</b></p> <p>laura.Rowe9@nhs.net</p> <p><b>Lucy Greveson (SuperRota Dietitian)</b></p> <p>lucy.greveson@nhs.net</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. <a href="#">Eat Well Guide</a></li> </ol>
14:12 – 14:19	Vitamin D supplements for Care Home	<p><b>Susan Sheridan (Medicines Optimisation Dietitian)</b></p> <p>susan.sheridan@bradford.nhs.uk</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. <a href="#">Guide</a></li> <li>3. <b>What happens at the end of the free 4-month supply of vitamin D liquid drops?</b> A further supply of 10 micrograms/400 IU of vitamin D supplements including vitamin D liquid drops for residents should be provided by care homes and <b>will not be provided by the NHS</b>. This is in line with regulation 14 (Part A) of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 which states that “The nutritional and hydration needs of service users must be met”. In addition to provision of nutritious meals, this includes providing food supplements such as vitamin D where necessary.</li> <li>4. <a href="#">CQC – Meeting Nutritional and Hydration Needs</a></li> </ol>

<p>14:19 – 14:45</p>	<p>Long Covid</p>	<p><b>Dr Suzanne Heywood-Everett (Consultant Clinical Psychologist &amp; Clinical Lead Primary Care Wellbeing Service)</b></p> <p>Suzanne.Heywood- Everett@bdct.nhs.uk</p> <p><b>Dr Sari Harenwall (Clinical Psychologist &amp; COVID Rehab Clinical Lead for staff)</b></p> <p>sari.harenwall@bdct.nhs.uk</p> <p>Team email: primarycarewellbeingservice@ bdct.nhs.uk</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. <a href="#">What is Long Covid Video</a></li> <li>3. <a href="#">What is it like to have Long Covid Video</a></li> <li>4. <a href="#">Covid 19 – Rapid Guideline – Managing Long Covid</a></li> <li>5. <a href="#">Supporting Covid Recovery</a></li> <li>6. <a href="#">7 week Course?</a></li> <li>7. <a href="#">BMJ Blog</a></li> </ol>
<p>14:45 – 14:47</p>	<p>Activities Co- ordinator group</p>		<ol style="list-style-type: none"> <li>1. WhatsApp group where you can share ideas, resources, materials, network and other ways to support Social Care</li> <li>2. Text 07807799456 or email <a href="mailto:admin@bradfordcareassociation.org">admin@bradfordcareassociation.org</a> with you name, number and organisation to join the Activities Co-ordinator Group WhatsApp</li> </ol>
<p>14:47 – 14:55</p>	<p>Mental Health + Well Being Training</p>	<p><b>Heather Tattersall (Director of Services – Quality &amp; Improvement)</b></p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. <a href="#">Job Retention</a></li> <li>3. <a href="#">Self-referral access to talking therapies for residents of Bradford and AWC</a></li> </ol>

		<p>heather.tattersall@thecellartrust.org</p> <p><b>For more information contact:</b> Stephen.whiting@thecellartrust.org</p>	<ol style="list-style-type: none"> <li>4. <a href="#">A directory of all of our mental wellbeing services across the District</a></li> <li>5. <a href="#">Mental Wellbeing services</a></li> <li>6. <a href="#">Mental Wellbeing Services</a></li> <li>7. <a href="#">Cellar Trust Training Courses</a></li> </ol>
14:55 – 15:00	Health + Wellbeing Boost Week for Staff (Bradford + Craven)	<p><b>Maureen Goddard (Registered Occupational Psychologist, OD Consultant, Coach and Workforce/HR Specialist Specialist in Test Use (RQTU).</b></p> <p>maureen@pinnacleperformancedevelopment.co.uk</p>	<ol style="list-style-type: none"> <li>1. <a href="#">Presentation Slides</a></li> <li>2. Boost week for staff: 7<sup>th</sup> – 14<sup>th</sup> April 2021</li> <li>3. Focusing on 4 Areas: Eat well, think well, sleep well, feel well.</li> <li>4. Series of events (Virtual)</li> <li>5. Info to follow on the Provider Bulletin</li> </ol>