



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 4 May 2023**

## KEY DATES FOR YOUR DIARY

Upcoming events can also be viewed in the [EVENTS CALENDAR](#) in the Provider Zone!

- Equality Together Coronation Celebration – 6<sup>th</sup> May
- Closing date for the home support tender - 9<sup>th</sup> May
- International Nurses Day celebrations - Friday 12 May
- National LDA awards 30<sup>th</sup> June (Nomination closing date 12<sup>th</sup> May)
- Next menopause awareness session 24<sup>th</sup> May

## MSIF STARTERS AND LEAVERS

The Council needs to collect data of the number of new recruits and leavers in care services in Bradford for April 2023 as a condition on the Market Sustainability and Improvement Fund. Please can all adult social care providers complete this short, 2 question, survey by **Thursday 18<sup>th</sup> May**: <https://online1.snapsurveys.com/MSIF>

## IMMEDICARE TIMETABLE FOR MAY

The Immedicare training schedule for May 2023 can be found using this [LINK](#)

## CAPACITY TRACKER TRAINING DATES

Follow this [LINK](#) to view the training dates for May and June

## UNDERSTANDING PAIN

The Rethinking Pain team are delighted to invite you to attend our Understanding Pain sessions!

Follow this [LINK](#) for more information and the session timetable

## NEW WEST YORKSHIRE ADVANCE CARE PLANNING AND BEREAVEMENT RESOURCE

New West Yorkshire Advance Care Planning and Bereavement Resource toolkit includes support for carers with advanced care planning discussions. The toolkit is available here: [Advance Care Planning and Bereavement Toolkit :: West Yorkshire Health & Care Partnership](#) ([wypartnership.co.uk](http://wypartnership.co.uk))



Inclusion North will share an important news story and tell you about their own work here every two weeks.

### **Cost of living crisis and food**

The cost of buying food keeps on going up. Here are some tips on what to do when you go shopping for food to save money.



- Plan your meals for a few days or the week and check your cupboards and freezer to see if you already have any of the items for your meal plan. This saves you buying things you don't need.



- Write a shopping list of the things you do not have in your cupboards or freezer.
- Check in your supermarket for special offers on items on your list.
- Think about what you can put in your freezer at home like frozen vegetables. This can save you from wasting food as you use it as you need it.



### **Finding it hard to buy food**

Local areas have foodbanks that might help you when you have no food and no money to buy food.

citizens  
advice



Citizen's Advice has a helpline that can tell you where you can get help if you have no food or money. You can phone 0808 2082138.

You can telephone them Mondays to Fridays 9am to 5pm.



You can also search the internet with **Foodbanks near me** to find your local foodbank.



The BBC News have a section on their website called useful tips for saving money. They have some £1 meal recipes for all different kinds of meals.



## Wellbeing tips

Make some plans for the bank holidays that are happening on the 1<sup>st</sup> May and the Kings coronation weekend on 8<sup>th</sup> May.



Try cooking something new with the £1 meal recipes from the BBC News website. There are meals for 6 so invite some friends and try something new together.



Go for a walk in the park and look out for the bluebells. They will be starting to bloom which is a lovely sign of the warmer months ahead of us.

# A WEEKEND OF FREE FUN ACTIVITIES!

Sat 13th May  
Sun 14th May

#20MinMove

WHAT COULD  
YOU DO?



Yorkshire Moving

Find the activity that suits you

Search location



Visit the Living Well website to find activities near you:

[mylivingwell.co.uk](http://mylivingwell.co.uk)



To view the 20 minute movement activities weekend planner follow this [LINK](#)

# Maternal Mental Health Awareness Week

1-7 May 2023

First Response  
24/7 crisis  
support line:

0800 952 1181

Bradford District and Craven  
Health and Care Partnership



To view the MMHAW toolkit follow this [LINK](#)

# Tissue Viability Training

**Supporting Residential Care Homes: for care staff provided by Molnlycke Health Care**  
**Support integrated working with District Nursing teams and care staff to promote patient outcomes.**

**Virtual training is accessible to all Care Homes and supporting District Nursing/Community Teams via Microsoft Teams.**

## **1<sup>st</sup> Dressings for Skin Tears**

1st dressing training supports in upskilling carers to deliver first aid to care home residents who present with a new skin tear; help your residents get the right care at the right time.

The training covers skin integrity, anatomy and physiology, best practice guidance for skin tear management and the 1<sup>st</sup> dressings protocol.

The skin tear protocol and supporting documentation will be supplied at the home manager's request – on completion of staff training.

Best practice under ISTAP guidance  
Dressing provision and replenishment is supplied by your District Nursing Team, with use monitored for audit purposes.

[Click here at 1.30pm to join any of the Virtual Sessions below:](#)

Available on 12<sup>th</sup> May and 26<sup>th</sup> May 2023

## CELEBRATING INTERNATIONAL NURSES DAY

We think it's vital to shine a spotlight on nurses and nursing associates working in social care to recognise the hugely important role that they play in the lives of people who draw on care and support. To do this, we'll be celebrating International Nurses Day on 12 May and we'll be posting on our social media channels from 8 May. Join in the conversation using #WeAreSocialCareNursing and #IND2023. As part of our International Nurses Day celebrations, we're hosting a face-to-face event for the North East and Yorkshire region on **Friday 12 May, 10:00-14:30, Hilton York.**

The event is specifically for registered nurses and nursing associates working in a social model of care. This is a fantastic opportunity to connect with other nurses in your region, share good practice and contribute to professional discussion and debate, as well as taking the time to recognise the contribution you make. The event will be attended by Deborah Sturdy, the Chief Nurse for Adult Social Care, who is keen to hear your views.

[Find out more and book your place](#)

## TENDER LIVE - REIMAGINING HOME SUPPORT FOR THE BRADFORD DISTRICT

The tender opportunity for Home Support in the Bradford District is now live under a new YORtender project, with reference no 65088 and title 'Reimagining Home Support for the Bradford District'.

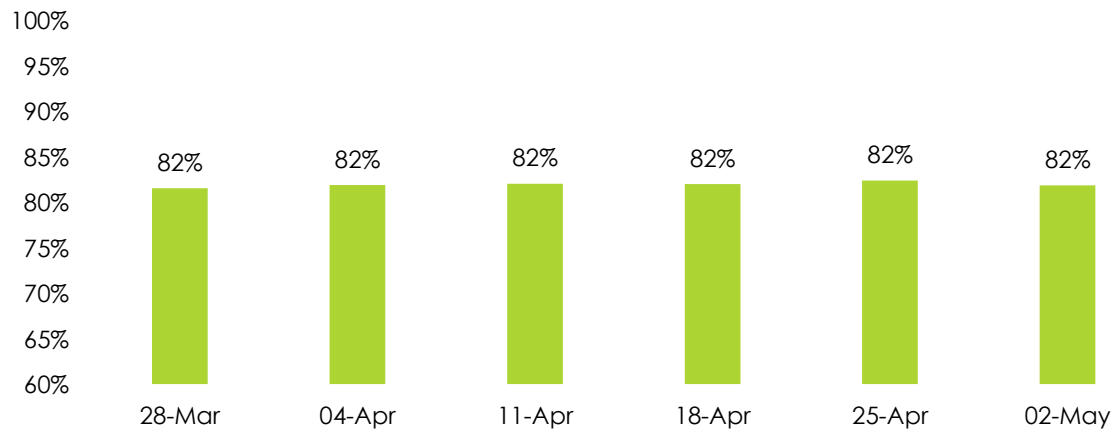
To access the tender you will need to search for and register an interest in the new project on YORtender. You can access the live opportunity at [Public quote/tender -Reimagining Home Support for the Bradford District \(eu-supply.com\)](#) or by searching for Home Support under the link marked CTM Published Tenders.

The closing date for this tender is **9<sup>th</sup> May 2023.**

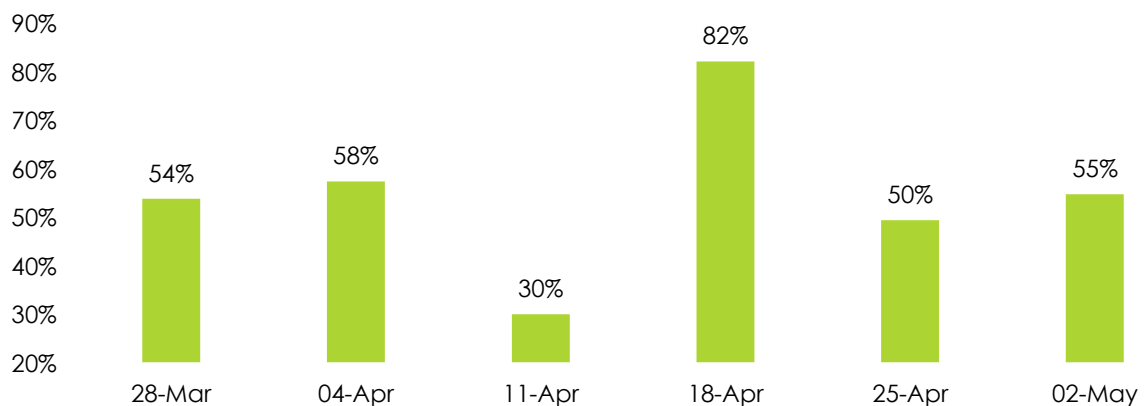
# BRADFORD CARE HOMES WEEKLY UPDATE

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, NESCC Capacity Tracker. Bradford

Outbreaks, HPT