



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 15th August 2024

KEY DATES FOR YOUR DIARY

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

- Springbank's Passport to Summer – 18th August
- Springbank Schools Out for Summer: Play Sessions – 23rd August
 - EHAP Forum – Wednesday 28th August
- Craven Nursing Home's 2024 Summer Fete – 31st August
- Employment Law Updates Webinars – Citation - 22 August, 27 August, 4 September

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

BEAT THE HEAT

As we are experiencing warm temperatures and the occasional heat wave over the Summer period we wanted to remind you that there's some links to useful resources around hydration within the Provider Handbooks under the 'Beat the Heat' section. The handbooks can be accessed via the [Connect to Support website](#).

You can also find out further information around preventing dehydration, heat exhaustion and heat stroke for those who are most at risk on the [Government website](#).

IPC UPDATE

Please use this [LINK](#) to read the latest IPC update which includes information on where to obtain free Covid-19 swab kits.

LEARNING DISABILITY AND AUTISM TRAINING – JOINT STATEMENT AND GUIDANCE FOR ALL BRADFORD DISTRICT AND CRAVEN ADULT SOCIAL CARE PROVIDERS

To read the joint statement, please click [HERE](#).

LIVING WELL A TO Z OF ACTIVITIES

Living Well wants to encourage people who aren't currently active, or maybe struggle to do the recommended amount of activity, to try using a new A to Z of ideas to get them moving more and feel the benefits to their health and wellbeing.

Being active doesn't have to be all about organised sport and gyms. We would like people to [Join the 20 Minute Movement](#) and use the [new A to Z](#) to find activities in Bradford district.

The A to Z offers lots of ideas to help people get started and most of them are completely free and suitable for all ages!

You can help!

Please [download a toolkit of resources](#) to let people know about the A to Z using your newsletters, websites and social media channels. If you need any other resources, or would like to receive the toolkit via WeTransfer, please contact us to discuss your requirements communications@mylivingwell.co.uk

EHAP FORUM FOR EHAP PROVIDERS AND VCS COLLEAGUES

Our next EHAP Forum has been arranged for the 28th August 2024, from 13:00 to 16:00, at City Hall.

Due to our agenda, **this will be an in-person only meeting**, we will have up to hundred (100) spaces available but will require people to book.

To book a space, please complete the form here:

<https://forms.office.com/e/T8Ed2XWMbL>

The agenda for this forum is as follows:

- Contract Team Update
- Commissioning Team Update
- Local Community Support Grants 2025
- Tender and Grant Bidding Support

Week 4, Article 4:

Bradford Encouraging Exercise in People (BEEP)

BEEP is a completely free physical activity referral service that encourages people who are currently inactive to become more active, with a full 52-week support programme.

Regular physical activity can reduce the risk of heart disease and stroke and can help to control or reduce the chance of people developing high blood pressure. It can help to control or reduce diabetes and also improves mobility.

It's also a great way for people living with long term health conditions to increase their physical activity levels and improve their physical health and mental wellbeing.

[Watch a short film about BEEP](#)

Being physically active can also help to reduce pain and it decreases anxiety, stress and depression, improves self-esteem, confidence and independence. It can also help people to meet new friends!

To join the BEEP programme you need to:

- Live in Bradford district
- Be 16 years or older
- Be currently inactive
- Have a long term medical or mental health condition and/or a BMI above 25

People can ask at their local GP practice for a referral to the BEEP service. A GP, nurse or any other health care professional can complete a referral form for the service.

BEEP offers a range of free and discounted exercise options. This could be joining a gym with a tailored programme created, or find a walking group nearby, home exercise or something completely different. The BEEP team of trained advisors can help find activities and sessions that suit everyone, to help people become more active safely.

[Bradford Encouraging Exercise in People \(BEEP\)](#)

BLUE LIGHT CARD (BLC) ELIGIBILITY

People working in Adult Social Care can gain access to the Blue Light Card which will gain them access to a number of discounts of popular brands (Starbucks, KFC, Boohoo, Apple, Vue cinemas etc.). One partnership is Esso, where members can claim an Esso pre-payment card that can save users up to 6p per litre upon filling up their car. Membership to the BLC costs £5 for 2 years' worth of access.

For more information, please click [HERE](#).

SHARE YOUR VIEWS ON EYE CARE WITH NHS ENGLAND

We're trying to gather as many experiences as possible from people who've used NHS eye care services recently. Healthy vision is something many of us take for granted – until there's a problem.

It's important to check your eyesight regularly and, if there is a problem, be able to access the support you need. With over 600,000 people waiting for specialist NHS eye care, we know that getting the care you need isn't always simple. Take a few minutes to share your feedback with us today. Every response we get will help shape eye care services and improve people's care.

ATTENTION DAY ACTIVITIES (DAPL) PROVIDERS! **SKILLING STAFF TO DELIVER INDEPENDENT TRAVEL TRAINING**

As part of the Active Travel Social Prescribing project, we would like to offer all Day Activities Providers the opportunity to attend the "Skills for Teaching Independent Travel Training" 2- day course on October 10th – October 11th 2024.

Attendees will attain the accredited Level 2 Certificate to deliver Independent Travel Training. This is relevant to those organisations which are interested in delivering this service.

The training is free but subject to agreement to deliver some post-training outcomes.

To arrange a place for yourself or your staff member(s), please click [HERE](#) and complete the form.

All enquiries to:

Jaspreet Kullar Active Travel Social Prescribing Officer
M: 07890 971328 E: Jaspreet.Kullar@bradford.gov.uk

REVIEW OF DELIVERY PLANS FOR LEARNING DISABILITIES AND NEURODIVERSITY SERVICES

We are currently in the process of reviewing our delivery plans for Learning Disabilities and Neurodiversity Services across the Bradford District and Craven and have organised some drop-in sessions to share these plans. Come along to one of our face to face or online sessions to share your views and tell us what you think. To find out more or if you have any questions please email: samina.khan@bdct.nhs.uk

Neurodiversity sessions

Friday 13 Sept, 10.30 – 12.30pm

Keighley Civic Centre, North Street, Keighley, BD21 3RZ

Friday 13 Sept via MS Teams 6.30-7.30pm

Team link: <https://bit.ly/3Agoobj>

Monday 16 Sept, 10.30 – 12.30pm

Banqueting Suite, City Hall, Bradford, BD1 1HY

Learning disability sessions

Monday 9 Sept, 1.00 - 3.00pm

Keighley Healthy Living, 13 Scott Street, Keighley, BD21 2JH

Monday 9 Sept via MS Teams 6.30-7.30pm

Teams Link: <https://bit.ly/4fqMeRY>

Monday 16 Sept, 1.00 – 3.00pm

Banqueting Suite, City Hall, Bradford, BD1 1HY

UPCOMING CAREERS FAIRS

Date	Time	Venue	Audience	Cost of Stall	Further info
30/08/24	10.00-14.00	Broadway Shopping Centre	School/College Leavers/Job Seekers	Free	Contact angela@bradfordcareassociation.org for further information
04/09/24	10:00-14:00	Victoria Hotel	All	£395+VAT	Click here for further information
24/09/24	10:00-14:00	Bradford City Stadium	Women Into Work Jobs Fair	£50	Lottie.roberts@smartworks.org.uk Tel: 07742 883646
25/09/24	10:30-14:30	University of Bradford	Students looking for p/t work	Free	Careers fairs – Current students – University of Bradford careers@bradford.ac.uk
06/11/24	10:30-14:30	University of Bradford	Graduates	Free	Careers fairs – Current students – University of Bradford careers@bradford.ac.uk

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