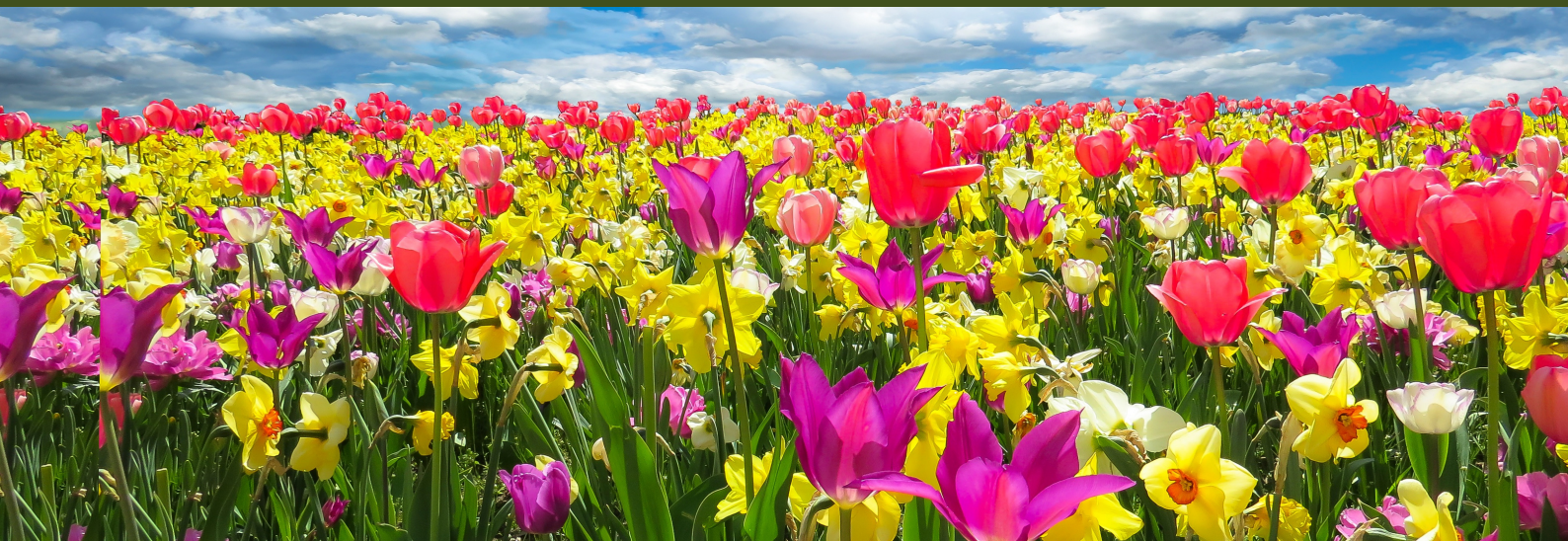


S10 COMMUNITY PARTNERSHIP



Newsletter Spring 2021



HELLO FROM THE HALE BEFRIENDERS...

Happy Spring everyone! We hope you are all keeping safe and well and finding things to keep yourselves occupied. As we begin to come out of lockdown we hope to start seeing you more in person once again. We have been holding regular zoom groups with our Knit and Natter group and started a new Thursday morning Quiz and Bingo group now that Knit and Natter is full. We have also started an online Book Club – contact us if you'd like to join. We held 6 zoom groups between Christmas and new year for people that wanted to access the sessions.

HALE befrienders have had a busy year – we have received 63 referrals from GPs in the S10 CP area, sign posting on 25 people, matching 48 and making 23 deliveries before Christmas. Across all areas of HALE we made 123 drop offs before Christmas for those most isolated people. We have made 14 referrals in to Worth Connecting who support people to learn how to use smart phones, tablets or laptops and helps them access things like Zoom so that they can take part in online activities.

If you would like to find out more about the HALE befriending service, either as a volunteer or a client, please call Lesley on 07508 336115 or Senta on 07508 336319

"HELLO" FROM YOUR LIVING WELL CHAMPION

Bradford South 10 Community Partnership Living Well Champion
– Anita Pearson

Since starting in post in January it has been a busy time co-ordinating my role as Living Well Champion for South 10 communities, introducing myself to groups and organisations, and helping to play a part in the Covid-19 vaccine take up in our South 10 partnership areas.



Working alongside my colleagues at HALE and the S10 Leadership Team we are in the process of circulating information and statistics about the vaccines with resources to help group leaders, community members and peer discussion assist in cascading these facts.

As we move into the summer months and the lessening of social restrictions my plans will be to continue to help surgeries in any way I can with the vaccine uptake, plus it will give me opportunity to be out and about, meeting the groups and organisations around South 10 including taking the HALE bus around our areas from July to October with Living Well and Community Health Promotion messages alongside Engagement Worker Amreen Younis. For example, Dementia Friendly awareness, childhood immunisations, cancer screening and any promotions from Public Health such as their current campaign, The 20 Minute Movement.



I am looking forward to getting to know the South 10 patch and the people in our district and I hope that I can play a part in the development and delivery of local initiatives for Living Well promotion between our statutory services, local groups and the wider community.

I would also encourage people to check out the mylivingwell.co.uk website which has some fabulous toolkits available to download.

You can contact me on 07810 166574 or email: anita.pearson@thebridgeproject.org.uk



COMMUNITY ACTION ON DEMENTIA

The Wrose Dementia Friendly Community Group was established in July 2019 after much research across the district and consultation with GP Practices in order to provide complementary social support to the current clinical provision, addressing the needs of the community with the ambition of delivering 'By The Community For The Community'.

Under the direction of an elected Steering Group, the group was established to fulfil the following aims for people living with dementia and their carers to:

- increase awareness and understanding of dementia and the difficulties faced by residents living with dementia and their carers
- encourage the provision of services and adaptations within the community, to enable residents living with dementia to live a fuller, safer, satisfying, inclusive life within their community
- develop and deliver twice monthly support sessions to stimulate the interest and involvement of people living with dementia in the Wrose community and to provide carers with support and guidance
- support and guide carers of residents living with dementia to utilise the agencies and facilities available to them and enable them to share experiences with fellow carers, so that they do not become isolated
- provide and signpost to services and activities which encourage people living with dementia to participate more fully and confidently within their community
- enhance the collaboration between GP Practices, other health providers and religious, social and commercial organisations within the community, so that a more holistic approach is taken in the care and wellbeing of residents and their carers

Recognising that carers needed as much support as the person they were caring for, and as it became clear that they needed immediate support and guidance, we decided that raising community awareness should initially be a background activity. Consequently, we began support sessions in September 2019, designed to provide interest, stimulation and enjoyment to both parties.

Before we began, we sought assistance and guidance from specialist groups, including Alzheimer's Society and The Memory Tree. We found the approach followed by The Memory Tree of 'Time Together, Time Apart' was far more cognisant of the different needs of both the person living with dementia and their carer and so these principles were adopted. Visits were made to view the approach and delivery of support and initial training was provided to our volunteers.



In 'Time Together' all members (people living with dementia, carers and volunteers) congregate together & participate in a variety of short activities to entertain and stimulate, whilst maintaining attention and interest. These include quizzes, games, music, singing and dancing. For the 'Time Apart' segment, volunteers team up with the members with dementia and participate in a reminiscence session, based on a theme appropriate to the time of year and local interest, involving arts, crafts, singing and telling stories. Separately during this session, the carers gather together with volunteer facilitators to share experiences, address problems and support each other.

The group maintains close contact with The Memory Tree to discuss opportunities and ensure alignment, but the service is now fully provided by sixteen local volunteers.

Raising Community Awareness

The intent has been to visit health and wellbeing, community, church and commercial organisations to highlight the presence of people living with dementia in their community and explain changes they could make within their establishments to encourage such residents to continue to feel at ease and play a fuller part in the community. In addition, many locations have agreed to display promotional material to provide a better understanding to their clients/customers. Some have also agreed to sponsor aspects of the initiative. This activity has been restricted due to the covid pandemic, but it will be resumed as soon as it is safe to do so.



Overcoming Social Restrictions

Despite the pandemic, a comprehensive risk assessment was undertaken and reviewed with the Council's Environmental Health Team so that the support sessions could continue to be delivered for significant periods, under clearly defined constraints. Guidance and advice have been sought from the Council on a regular basis to ensure continued compliance. Although this meant a reduction in the number of members permitted to attend each session, it did provide the continuity of the fortnightly meetings that residents with dementia and their carers crave, having lost most of their regular face-to-face contacts.

Plans For The Future

Although run entirely by volunteers from the community, some funds have been required for the hiring of premises and the purchase of materials and refreshments. Some initial funding has been obtained to cover the more expensive elements and local sponsors, along with donations from participants and members of the community, have covered the costs of refreshments and inexpensive materials, but it is becoming more difficult to identify funding organisations to cover the cost of room hire.

For the sessions to be sustainable, it will require not only the continued passionate and energetic engagement of the community volunteers, but also a reliable funding stream.

Efforts and advice are now being provided to replicate the initiative in other communities within the Bradford South 10 Community Partnership area where the interest in, and demand for, this service have been identified. As at Wrose, our approach is to confirm what services are currently being provided in the community and then to consult with the carers and residents with dementia to gain a clear, reliable picture of their interests and values.

The services will then be developed, implemented and delivered by local volunteers for their fellow residents, in order to impress the sense of ownership and responsibility within the community.

With your support, this will increase the probability of the services being sustained and developed in accordance with the needs and interests of your community.

If you are interested in learning more about the programme, or in volunteering to provide support within your community for a few hours each month, please contact David Barrett via email: davidbarrett@talktalk.net



WOMEN & GIRLS LIVING WELL

An NHS health promotion project that takes the Healthy Living message into the community is looking for community groups in the South 10 Community Partnership areas who would like to host a Well Woman event.

Julie and Sadie from the Pennine Breast Screening Unit have many years of experience as trained mammographers, but also offer information sessions for women and girls to live well by promoting a healthy lifestyle, including healthy eating, exercise, and the 5 Ways to Wellbeing.

If you are interested in your group holding a FREE Well Woman & Health Promotion event at your venue, or in your local area, please contact:

Health Promotion Specialists

Julie Hodgins 07717 817224

Sadie Greenwood 07966 133267

or email bth.pennineHP@nhs.net

Facebook/Twitter/Instagram @PennineBSU

or contact:

South 10 Living Well Champion

Anita Pearson 07810 166574

or email anita.pearson@thebridgeproject.org.uk

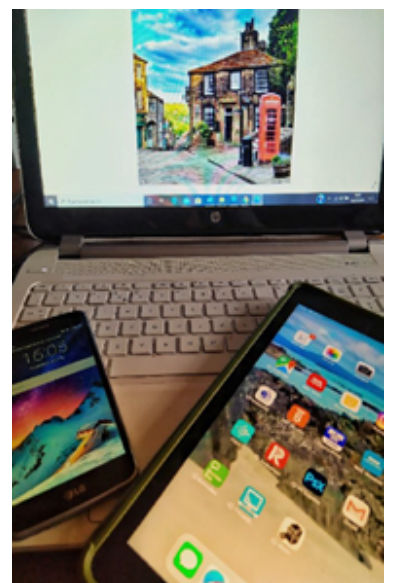


GET ONLINE WITH THE WORTH CONNECTING PROGRAMME IN THE BRADFORD DISTRICT

From late June, Worth Connecting will be setting up free small, safe group sessions in a number of locations in the Bradford District, including Keighley and Wharfedale.

People over 55 can benefit so much from being connected to the internet in terms of being able to gather information, connect with friends and family and access services in a convenient way.

If you, or someone you know, want to be able to use a digital device, we can help. We may also be able to lend tablets and the means to access the internet.



For more information on these FREE sessions, please call **01274 449660** or email info@worthconnecting.org

WHAT'S HAPPENING IN BRADFORD

All activities here are subject to change especially as lockdown restrictions change.



Bradford District Care
NHS Foundation Trust

Champions Show The Way

Chill and Chat: Chill and chat with a friendly bunch of people. Mondays 10.00am – 11.00am

Creative Writing: You only need a desire to write and pen and paper. Wednesdays 12.30pm – 2.00pm

The Feelgood Group: A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques. Thursdays 10.30 – 11.30 am

Ghap Shap (Chit Chat) Every Wednesday 12.30-1.30pm Virtual Ladies Only Chill and Chat group with an Asian twist!

Monthly Coffee Morning: The second Tuesday of each month 10.30am till 12.00pm

Staying Well During Uncertainty: The second and fourth Wednesday each month 10.30am till 12.00pm. This is a virtual Ladies Only Group

All Meet Virtually via Microsoft teams. For more info email: Champions@bdct.nhs.uk



Online Dance Sessions

We've partnered with Yorkshire Dance to offer carers the opportunity to get active and Dance On! Online dance sessions are available to carers across the area. (We can help you get online).

Sessions are weekly on Wednesdays 11:00- 11:45 and suitable for all experience levels.

For more information and to sign up contact Catherine Knight cknight@carersresource.org
Other Virtual Sessions include: How to be more organised/How to get a good night's sleep/Music and relaxation/ Quiz & chat. For information and to book a place contact: groupworkers@carersresource.org or ring 01274 449660 and ask for Kauser or Melanie.

Virtual LGBTQI Carer Support and Social group: first Thursday of each month – 6pm to 7.30pm
Sessions will include and open discussion on LGBTQI caring in Bradford, getting support and social planning. The session will be hold on Google meet or other platform. To register your interest email contact: gwilliams@carersresource.org or ring 01274 449660 and ask for Gavin Williams.

West Yorkshire
Living Well with Dementia



Lots of zoom groups and activities.

Please contact:

candk.servicesealzheimerers.org.uk
or **01422 352789** for further information



Online yoga Relieve tension, improve mindfulness, improve overall wellbeing and health, calm the mind, get into shape. 24-week programme. Start date to be confirmed, Tutor: Aishah Mazeena Zaki. 07760362626
meridiancentre@hotmail.co.uk