

Community Connection newsletter

9 June 2020
Edition 3

I really hope this newsletter reaches you in good health and you continue to be safe at home. This newsletter aims to keep us all connected and share information that might be helpful or interesting. This time, one of our People's Board members Huma has shared a blog about her personal experience of lockdown and we've got an important update from our Chair, Dr James Thomas on advice for people who are shielding.

If you've got ideas for information we can include in these updates, or want to share something about your own experiences during lockdown, please get in touch engage@bradford.nhs.uk

This week, [8-14 June is Carers Week](#), an important time to recognise the huge contribution that unpaid carers make and the additional pressure they may be under during the coronavirus outbreak. This year more than ever we need to raise the profile of unpaid carers and ensure they have better support. The latest ['Can You Hear Me?' Podcast](#) from West Yorkshire and Harrogate's Health and Care Partnership (WY&H) Black, Asian and Minority Ethnic (BAME) staff network focused on the experience of carers from BAME communities. It was also broadcast on Bradford's BCB Radio, and is well worth a listen.

It feels important to talk about the #BlackLivesMatter movement this week; we're seeing an outpouring of pain and hurt in response to shocking events in America and this has also shone a light on the devastating impact of racism in the UK. Bradford's landmarks were [lit up purple to honour George Floyd](#) and on social media we've seen strong commitment from local leaders to do more to understand and address racism. Personally, I'll be using my lockdown reading time to challenge my own perspectives and make my way through some of the [books on race, power and equality suggested by my colleague Sasha on twitter](#).

Take care,

Victoria Simmons
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Blog

Huma Malik, co-vice chair of The People's Board

How things have changed!

Day to day working is now all from home consisting of a lot of virtual meetings. The experience was strange at first but it feels so normal now. The virtual meetings have been a blessing and a nice form of social interaction with my team. Similarly, with the People's Board, we are now all meeting virtually too. It's nice to see friendly faces and keep our meetings going. The meetings are different but it's a nice way of checking in and updating each other. We also make sure we are updated with the correct local news that we can share with our networks (like this newsletter).

Working remotely has its challenges too, especially engaging with new groups of young people as the initial relationship building process is now very different due to other family members being in the background and there are more distractions in some cases. Being able to read body language and getting a sense of the room isn't always easy via a web cam or a telephone call.

Many things have changed but a lot of support has been in place too over the past few months. This has ranged from specialist care and help to friends and family just checking in or asking if we need things when they go shopping. It's been nice to remember and see all the support and people that are in your lives. Before lockdown, like many others, my life was fast paced, working all hours and cramming so much into my life. As things came to a halt, certain aspects of my life have slowed down too and it's been nice to relax and I mean relax without any pressures.

I think this period of change will definitely impact everyone in different ways but in very similar ways too. Change is a constant part of life we can always depend on being there. As things are constantly changing, sometimes it's just more prominent like a pandemic. Sometimes it's just subtle like a car driving by and by the time you've read to the end of this sentence, will have passed by, changing its location and view.

Huma Malik
Co-Vice Chair, The People's Board

News

Shielding advice from Bradford Experts:

The Government recently announced that shielded people can now go out for exercise and meet 1 person from another household provided they socially distance while doing so. However, Bradford health experts have joined forces to [urge shielded people to not put themselves at unnecessary risk](#).

NHS Test and Trace

The Government have launched a new [Test and Trace service](#) (28 May 2020) which means that those who have been in close contact with someone who tests positive for coronavirus (Covid-19) must isolate for 14 days, even if they have no symptoms. The infographic attached to the email shows how Test and Trace will work and the actions you should take if you have symptoms of coronavirus, as well as what to do if you've been in contact with someone who tests positive.

Childhood Immunisations

Despite the current Covid-19 pandemic, it is still important for babies and children to have their immunisations to stay well.

Immunisations protect children from many serious illnesses. To make sure that your baby/child is properly protected it is important that they still get their immunisations on time where possible. Health experts strongly advise that you make and keep your children's immunisation appointments as planned. As long as your family is well and not displaying symptoms of coronavirus (Covid-19) or other illness, it is extremely important that you arrange for your immunisation appointment when prompted by your GP or health visitor.

It is safe for you to attend your GP practice for an appointment if you have been asked to do so. The clinician doing the immunisation(s) will be wearing appropriate personal protective equipment (PPE) which may include a mask, gloves and an apron.

Please share the video recorded by Dr Kirsty King, GP and clinical lead for children's health - https://www.youtube.com/watch?v=UJ_NhjNsA6E

For more information from Bradford health visitors on immunisation and child health, [visit the Better Lives, Healthy Futures website](#).

Breast screening and health online

Colleagues at Bradford Hospital's Breast Unit are working in different ways and would like to share that they can offer online sessions using Zoom. If anyone would like a session, please get in touch. They can share pictures and show people how to check their breasts as well as having lots of time for questions and answers. The team are using a free Zoom account so the sessions are 40 minutes long (though they can do longer). Follow them on [Facebook](#) for more details.

West Yorkshire devolution deal

[Take part in the consultation](#)

In March 2020, leaders of the five West Yorkshire councils secured a £1.8billion devolution deal with government. This will see a historic transfer of powers and investment from central government to our region.

The deal means decisions across key areas will be taken in West Yorkshire by people who know and understand the region. Key areas include: better transport, skills, the economy and tackling the climate emergency.

People are invited to have their say by taking part in the consultation which is open until 19 July 2020. [You can find out more and take part in the consultation on the West Yorkshire Combined Authority website](#).

Tell us about your experiences of health and care during the Covid-19 pandemic

Healthwatch Bradford and District has launched a survey to understand how the coronavirus outbreak has affected people's experiences of healthcare. Working with West Yorkshire and Harrogate partners, this nationally coordinated project aims to find out how medical and social care services have been affected and how any changes have impacted on people's health.

Results from this survey will be reported through Grassroots on a regular basis, over the coming months, so that the CCG can gain an overview of people's experiences and share with providers and partners. The local insight will also feed into national and West Yorkshire and Harrogate reports through the Healthwatch network. If you have used healthcare services throughout the pandemic, you can complete the online survey which can be found on the [Healthwatch website](#). If you would prefer to speak to someone to fill out the survey, phone 0300 5610 987.

Our local response

More than 2,000 key workers tested for coronavirus at 'top performing' Bradford site

A coronavirus staff-testing site in Keighley has so far tested more than 2,000 health and social care staff from across Bradford district and Craven. Half of these tests have been given to staff who work in care homes across the region.

The drive-through facility, based at Marley Fields Sports Centre, has proved an important way to support frontline workers with minimum travelling. Having launched in mid-April, testing at the site is now available for to all frontline health and care staff in Bradford district and Craven, including those working in care homes. It also tests police and fire service teams.

The site, which is classed as a satellite service, is now one of the top three performing services of its kind in the country, and carries out more tests than any other satellite site in West Yorkshire.

Broadway, Bradford introduces changes in coronavirus response

The Broadway Shopping Centre, Bradford, is gearing up for the 'new normal' with new measures as part of its Covid-19 response. The Centre, which is currently only open for essential retailers, has introduced a number of changes including the introduction of 'customer protocols', social distancing signage and a one-way system. A helpful infographic is attached to the email.

Changes to funeral regulations

Mourners are being asked to ensure they continue to observe strict social distancing when new rules at Bradford funerals come into effect from Monday, June 8. From that time up to a total of 20 mourners can attend each funeral either at the crematoria or at graveside burials. Only 10 mourners will be allowed to enter the crematorium building with 10 more allowed outside who will be able to listen to the service through speakers. The regulations are designed to prevent the spread of

Coronavirus (Covid 19) and to keep mourners, funeral directors and crematorium staff safe. All mourners, whether at the graveside or at the crematoria, are reminded that they must ensure social distancing at all times and remain at least two metres away from everyone else attending from another household. Furniture inside the crematoria buildings has been arranged so that mourners remain distanced and cleaning between services can be carried out successfully. Guidance from Public Health England restricts mourner numbers at funerals to members of the person's household and close family members or, if none of these are available, to close friends. It is hoped that the increase in the number of mourners allowed will lead to fewer bereaved families having to make the difficult choice of which family members are able to attend the funeral.

Keep updated

To get regular updates from Bradford Council direct to your inbox, please sign up to their Stay Connected newsletter <https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/>

Advice and information for Craven residents is regularly updated at: <https://www.cravenc.gov.uk/coronavirus-advice-and-information/coronavirus-advice-and-information-for-residents/>

Wellbeing

Celebrating in lockdown

Our Muslim colleagues show us how...

Take a few minutes to watch a heart-warming video of CCG colleagues celebrating Eid – the end of Ramadan. It's great to see how you can still connect with loved ones, and cook up a treat, all whilst staying at home and staying safe. [You can watch the video via YouTube here](#)

<https://www.youtube.com/watch?v=E6EmzWmlQOY&feature=youtu.be>

Free gardening advice

If you're having a go at growing flowers, fruit or vegetables, or just want to know what to do about your grass, try Candide which is a free app that helps gardeners find inspiration and knowledge. It can help with what to plant in your garden, clearing a vegetable patch, the best plants for bees or, if indoors, where best to put your houseplants.

There is a host of articles and news as well as a forum to ask for advice, share <https://www.deliciousmagazine.co.uk/what-to-plant-in-june/>

Caring for Carers

Local charity Carers Resource has lots of great advice and information to help carers look after themselves and during carers week there are lots of online events to take part in – including mindfulness sessions, coffee mornings and dance classes, all from the comfort of home. Find out more at <https://www.carersresource.org/carers-week/>

West Yorkshire & Harrogate Health and Care Partnership have a newly formed [health and wellbeing offer](#) that brings together a substantial range of resources to support the wellbeing of everybody working in the health and care sector, **including volunteers and unpaid carers**. They are drawing your attention to 3 particularly important aspects of wellbeing; time to talk, staying resilient and looking ahead.

Feel good news round up

Airedale Hospital launches 50 for 50 charity challenge

Come up with some '50 for 50' ideas to help celebrate their 50th anniversary

Airedale Hospital is asking people to come up with some fantastic '50 for 50' ideas to get involved to help celebrate their 50th anniversary which takes place on 5 July 2020. The hospital opened its doors to its first patients 50 years ago on that day in 1970 as 12 ambulances brought the 60 patients from Keighley Victoria Hospital.

The 50th anniversary celebrations the hospital had planned will be different due to coronavirus. That's why they have come up with a 50 for 50 challenge so anyone can take part from home. The trust has shared lots of ideas for inspiration on their website on what you can do: learn 50 new spellings? Walk 50 miles? Read 50 books? Bake 50 buns?

[For more information about '50 for 50' and how you can take part, visit the Airedale Hospital website.](#)

Thank you to volunteers across Bradford District and Craven

Volunteers week saw some great news coverage of the fantastic work being done by local people during the coronavirus crisis, here are just some of the stories:

<https://www.wyhpartnership.co.uk/news-and-blog/news/partnership-pays-tribute-vital-role-volunteering-part-national-volunteer-week>

<https://www.thetelegraphandargus.co.uk/news/18499894.shingley-charity-relaunches-befriending-scheme-thanks-new-grant/>

<https://www.thetelegraphandargus.co.uk/news/18502184.amazing-army-bradford-volunteers-stepped-help-citys-vulnerable-covid-19-crisis/>

Feedback

We hope you enjoyed this newsletter, we'd love to hear what you think and any ideas for improvements - please email: engage@bradford.nhs.uk