

[View this email in your browser](#)

## Self Care & Prevention Newsletter Edition 6 Autumn 2017

This is the sixth edition of a quarterly Self Care & Prevention newsletter to help colleagues in health, social care and the third sector keep up to date on developments in supporting people, carers and families to self care and be more in control of their health and wellbeing. Colleagues across all sectors can encourage people to have the confidence to self care where appropriate, helping to empower people so that in the future they can manage self-limiting conditions themselves or with advice from a pharmacist.

In this edition:

- Worth Connecting
- Start active, stay active
- Self Care Week
- Stoptober
- Self Management Events for People with Asthma or COPD
- Stroke Groups
- Top Tips for Keeping Well this Winter & Winter Flu Jabs
- Safeguarding Week
- Henry Training - Obesity Prevention
- Craven Weight Management Programme
- Enable2Behealthy - Free Sessions
- Rally Round



# Worth Connecting

## Who is Worth Connecting for ?

Anyone aged over 55 living in the Bradford District, including Airedale and Wharfedale, who would like to learn how to get online, communicate with their family, access services, do some shopping, book a holiday or Skype a friend

## What is Worth Connecting?

Worth connecting will enable older people to:

- gain IT skills to link up with friends, relatives and services
- become confident in using email, internet, Skype, Facebook, Twitter etc.
- benefit from the companionship and experience of a Digital Champion in their own home on a 1:1 basis
- get out of the home to meet new people through group sessions in various localities across the district
- improve their wellbeing and independent living

All home-based clients will receive an initial assessment by a Development Worker, which will then be followed up with a maximum of six weeks support from a DBS-checked, trained and supervised volunteer. There will be tailored support for older people where English is not the first language, helping them to access the service. There is no charge for the support and nothing is required to get started. Tablets are available on short term loan. We will provide equipment to connect to the internet and a fixed amount of data.

## Volunteers at Worth Connecting

We are always looking for enthusiastic volunteers to help older people to get online. We

are looking for people with basic computer skills such as the ability to use the internet, email, etc, and the confidence to pass on these skills. This help can be flexible for a few hours a month or more regularly for group work. Volunteers can help clients to connect to the internet and other online facilities, individually and at groups. Volunteers will have to be DBS checked and will receive a full induction and training, with continuous support from the whole team.

### **Contact Worth Connecting**

Email: [info@worthconnecting.org](mailto:info@worthconnecting.org)

Phone: Carers' Resource

01274 449660

OR

Age UK Bradford and District

01274 395144

Address: Unit 15, Park View Court,

St Paul's Road, Shipley

BD18 3DZ

[www.facebook.com/worthconnecting](http://www.facebook.com/worthconnecting)

The Carers' Resource is a charitable company limited by guarantee.

Registered charity No. 1049278 | Company registered in England No. 3054273

Registered office: 11 North Park Road, Harrogate HG1 5PD.

## **[Start active, stay active: infographics on physical activity](#)**

### **Department of Health**

These [infographics](#) outline the duration, frequency and type of physical activity required to achieve general health benefits for different age ranges. They relate to a report for the NHS, local authorities and other organisations designing services to promote physical activity.

## Physical activity for pregnant women

- Helps to control weight gain
- Helps reduce high blood pressure problems
- Helps to prevent diabetes of pregnancy
- Improves fitness
- Improves sleep
- Improves mood

**Not active?** Start gradually

**Already active?** Keep going

**Throughout pregnancy aim for at least 150 minutes of moderate intensity activity every week**

**Home** (Walking, Gardening, Household tasks)

**Out and about** (Cycling, Walking, Running)

**Leisure** (Swimming, Gym, Dancing)

Do muscle strengthening activities twice a week

Every activity counts, in bouts of at least 10 minutes

No evidence of harm

Listen to your body and adapt

Don't bump the bump

UK Chief Medical Officers Recommendations 2017: Physical Activity in Pregnancy. [bit.ly/startactiveinfo](http://bit.ly/startactiveinfo)

## Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

### Every movement counts

**Aim for at least 3 Hours across everyday**

PLAYGROUND, JUMP, CLIMB, MESSY PLAY, THROW/CATCH, SKIP, OBJECT PLAY, DANCE, GAMES, PLAY, TUMMY TIME, SWIM, WALK, SCOOT, BIKE

**Move more. Sit less. Play together**

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

## Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- DEVELOPS CO-ORDINATION
- STRENGTHENS MUSCLES & BONES
- IMPROVES SLEEP
- IMPROVES CONCENTRATION & LEARNING
- IMPROVES HEALTH & FITNESS
- MAKES YOU FEEL GOOD

### Be physically active

Spread activity throughout the day

**Aim for at least 60 minutes everyday**

All activities should make you breathe faster & feel warmer

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

Include muscle and bone strengthening activities 3 TIMES PER WEEK

**Sit less** (LOUNGING)

**Move more**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: [www.bit.ly/startactive](http://www.bit.ly/startactive)

## Physical activity benefits for adults and older adults

**REDUCES YOUR CHANCE OF:**

- Type II Diabetes -40%
- Cardiovascular Disease -35%
- Falls, Depression and Dementia -30%
- Joint and Back Pain -25%
- Cancers (Colon and Breast) -20%

### What should you do?

For a healthy heart and mind: **Be Active**

To keep your muscles, bones and joints strong: **Sit Less**

To reduce your chance of falls: **Build Strength** and **Improve Balance**

VIGOROUS: RUN, SPORT, STAIRS

MODERATE: WALK, CYCLE, SWIM

AVOID: TV, SOFA, COMPUTER

DO: GYM, DANCE, YOGA, TAI CHI, BOWLS

**MINUTES PER WEEK: 75 OR 150**

VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) OR MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK) OR A COMBINATION OF BOTH

**BREAK UP SITTING TIME**

**2 DAYS PER WEEK**

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

# Self Care Week 2017

Monday 13th November - Sunday 19th November



National Self Care Week is being held from Monday 13th - Sunday 19th November.

We want to make this year's Self Care Week even bigger and bigger than last year!

We plan to have activities and events across the patch to help to spread the Self Care & Prevention message far and wide so that everyone can do their best to look after their health and wellbeing.

If you would like to promote your service / organise an activity or event please email Mark Thornton at : [m.thornton@bradford.gov.uk](mailto:m.thornton@bradford.gov.uk)



Stoptober is back for 2017 and will continue to encourage smokers across England to make a quit attempt during October. Stoptober has driven almost 1 million quit attempts to date, with thousands more smokers likely to take part this autumn. Stoptober aims to help smokers quit the habit for 28 days by providing free,

specialist support. Research shows that smokers are four times more likely to quit successfully when using a combination of stop smoking medication and professional support, than if they attempt it alone, and those who stop smoking for 28 days are five times more likely to stop smoking for good.

Smoking remains the leading cause of preventable illness and premature death in England with smoking rates higher amongst those who already suffer from poorer health and other disadvantages.

By signing up to the campaign, smokers will receive personal guidance and quitting advice by text, email or via a smartphone app. They can also sign up for face-to-face support from a stop smoking advisor to keep them on track.

Stoptober is the perfect opportunity for smokers to take action to protect their health. It also presents an excellent opportunity for local action to encourage all smokers you come in contact with to take the challenge.

This year there are plenty of ways for partners to get involved with promotional material available to [Download](#)

To ensure they get the best chance of quitting **refer smokers to Bradford District Stop Smoking Service Tel: 01274 437700** or email [stopsmokingservice@bradford.gov.uk](mailto:stopsmokingservice@bradford.gov.uk)

For further information, local resources or to discuss any training needs for yourself or your team/s please contact Bradford District Stop Smoking Service 01274 437700





**Patient Self Management events  
For patients , carers and families living with  
Asthma or Chronic Obstructive Pulmonary Disease (COPD)**

**Monday 13th November**

The Learning Centre, Douglas Mill,  
Bowling Old Lane, Bradford BD5 7JR  
5.30pm—9.00pm (Buffet 5.30—6.00pm)

Or

**Tuesday 14th November**

Prolegis Suite, Carlisle Business Centre,  
60 Carlisle Road, Bradford, BD8 8BD  
12.30pm –4.00pm (Buffet 12.30—1.00pm)

**Do you (or someone in your family or someone you care for)  
live with Asthma or COPD?**

If the answer is “Yes” please come along to one of our  
Self Management Workshops for people living with Asthma or COPD

**Everyone is welcome!**

The workshops will provide practical advice on how you can manage  
your condition to keep as well as possible.

You will receive advice about Top Tips for managing your condition and  
learn what resources are available.

There will be the opportunity to network with other people living with  
these conditions and share good practice

The event is free and a light buffet is provided.

Please either let Reception staff at your GP Practice staff know that  
you plan to attend

or

email [kate.farrar@bradford.nhs.uk](mailto:kate.farrar@bradford.nhs.uk) or phone : 01274 237367



*Bradford City Clinical Commissioning Group  
Bradford Districts Clinical Commissioning Group*

## Bradford Breathing Better - Self Management Events for people living with Asthma and COPD



There are 100,000 strokes in the UK each year with 1 in 4 happening to somebody of working age or younger. Different Strokes aims to promote independent stroke recovery and help these younger stroke survivors reclaim their lives.

Different Strokes is run by younger stroke survivors for younger stroke survivors. We have personal experience of the realities of life after stroke.

We recognise that the Different Strokes community of younger stroke survivors and family members are the experts in stroke recovery and rehabilitation with first-hand knowledge of the issues and challenges facing families after stroke.

We have a network of over 40 exercise and support groups across the UK. Each group is run by a volunteer-coordinator. Many of our coordinators are stroke survivors themselves.

You can find local support groups on our website <http://differentstrokes.co.uk/what-we-do/find-a-support-group/>

You can obtain further information by contacting our information line on 0345 1307172 .

Details of local groups in Bradford, Leeds and Wakefield are shown below.



## Have you been affected by a stroke?



**"A great place to meet people who know what you're going through"**

**Robert, 40, Stroke Survivor**

Different Strokes are a UK charity providing active, self-help and mutual support to working age and younger stroke survivors.

We are inviting stroke survivors, their family and friends to join us at our monthly meetings for younger stroke survivors in the Bradford area.

## You are invited to come along....

We meet on the second Monday of every month  
between 10.30 am and 1:00 pm.

Alhambra Theatre  
Morley St.  
Bradford  
BD7 1AJ

**Refreshments are available & venue is accesible**



### For more information:

Geoff Render- Regional Co-ordinator  
Email: [Geoff.Render@differentstrokes.co.uk](mailto:Geoff.Render@differentstrokes.co.uk)  
Phone: 0345 130 71 72

## Have you been affected by a stroke?



**"A great place to meet  
people who know what  
you're going through"**

**Robert, 40, Stroke Survivor**

Different Strokes are a UK charity providing active, self-help and mutual support to working age and younger stroke survivors.

We are inviting stroke survivors, their family, friends to come along to our weekly meetings in Leeds.

The meetings are a great way to meet other younger stroke survivors, get active and share experiences.

## Please come along ...

### We meet every Friday

1pm - 2pm - Social & Group activities

2pm - 3pm - Gym

### Meet at:

Armley today Sports Centre, Carr Crofts, Leeds, LS12 3HB



**Please let us know if you would like to come along...**

Email: [Leedscentral@differentstrokes.co.uk](mailto:Leedscentral@differentstrokes.co.uk)

Phone: 0345 130 71 72

## Have you been affected by a stroke?



**"A great place to meet people who know what you're going through"**

**Robert, 40, Stroke Survivor**

Different Strokes are a UK charity providing active, self-help and mutual support to working age and younger stroke survivors.

We are inviting stroke survivors, their family and friends to join us at our monthly meetings for younger stroke survivors in the Wakefield area.

## You are invited to come along....

**We meet on the first Monday of every month at 10.30am**

The Denhale Active Recreation Centre.  
20A Denhale Avenue,  
Wakefield  
WF2 9EF

**Refreshments will be provided & venue is accesible**



### **For more information:**

Geoff Render- Regional Co-ordinator  
**Email:** [geoff.render@differentstrokes.co.uk](mailto:geoff.render@differentstrokes.co.uk)  
**Phone:** 07434 958024

# Keeping Well This Winter

For top tips about looking after your health and well being this winter, visit to NHS Choices website section on [Winter Health](#)

The NHS Choices section on [Winter Health](#) is packed with advice about how to keep healthy and fit and ways to banish winter tiredness.

## **Stay Well this winter - getting the flu vaccination**

Will you be getting your flu jab this winter?

As the flu season approaches one way to stay well this winter is to get the flu jab. Many people dismiss flu as 'just a bad cold', but in reality it is much more serious than that and can lead to severe complications especially if you are in one of the recognised 'at risk' groups who are offered the flu vaccination for free each year.

The free flu vaccination is available to people aged 65 and over, those with eligible long term medical conditions (including those suffering from heart, lung, liver, kidney, spleen or neurological diseases, diabetes, stroke, a lowered immune system or a Body Mass Index over 40), pregnant women, and children aged from 2 to 8 years old.

Most of these people will be invited to attend a flu clinic by their GP, or may be offered the vaccination when attending the GP for a routine appointment. If this is not convenient those aged 65 or over, pregnant women and those with eligible long term conditions can also get the vaccination free of charge from most high street pharmacies. Children aged 2 and 3 will also be invited to attend the GP surgery for their flu nasal spray with children aged 4 to 8 years being given the nasal spray at nursery or school.

It's also worth remembering that the flu vaccination doesn't work as well with older people, so if you are a carer of an older person or if you work in health or social care you should get the flu vaccination to help prevent the spread of flu to others who may be more vulnerable than you. Most employers in these areas offer their staff the flu jab for free either through their Employee Health and Wellbeing department or as part of a voucher scheme with local pharmacies.

Getting the flu vaccination is just one way to stay healthy over winter; further

information on protecting yourself and your loved ones can be found on the NHS Choices website and at [www.nhs.uk/staywell/](http://www.nhs.uk/staywell/)

# October 2017

## #BradfordSafeguardingWeek



## SAFEGUARDING WEEK 2017

Safeguarding Week – It's Everybody's Business

Safeguarding Week is an annual week of events coordinated by the Bradford Safeguarding Children Board in collaboration with Adults Services, Domestic Abuse Partnership, Health and our other multi-agency partners.

The key purpose of the week is to provide a range of learning and development opportunities for staff and volunteers working in the sectors of safeguarding adults, domestic abuse and safeguarding children.

Safeguarding Week 2017 will run from Monday 9th to Friday 13th October 2017.

The 2017 programme is now live and can be accessed via the link below. Any flyers with extra details for events will also be listed here and added as and when received.

[Safeguarding Week 2017 Programme](#)



## HENRY Training and Group Programmes

HENRY training and Group Programmes are delivered across the Bradford District in partnership with Bradford Council. HENRY is the UK's leading charity dedicated to protecting babies and young children from the health and emotional consequences of obesity, throughout childhood and beyond. It is an innovative and thriving organisation that is transforming traditional approaches to obesity prevention through successful intervention at the start of life.

### Core Training

This 2-day training is for health and early years practitioners who wish to develop their skills in supporting parents, carers and their children who are at risk of obesity. The course adopts a holistic approach. It brings together information about food and activity, parenting skills and a practical framework for supporting behaviour change and how to approach these topics with parents in a sensitive and effective manner

Research has shown that brief HENRY training resulted in:

- increased practitioner confidence to tackle complex and sensitive lifestyle issues
- long-term changes to practice, with practitioners continuing to use the knowledge and skills gained many years after they completed their HENRY training
- improved child and family outcomes

### A Healthy Start in Childcare

This one day training will enable those who work directly with children under 5 to develop their knowledge, skills and confidence in ensuring that children have the

best start in life. The training enables staff to develop their knowledge about healthy meals, snacks and portion sizes for young children in line with current Public Health, NICE and WHO guidelines and to understand the value of active play.

#### HENRY Group Programme

This 8 week programme is for parents and carers of babies and young children (aged 0-5 years) to give them the tools and skills they need to provide a healthy family lifestyle. The programme covers these themes over 8 two hour sessions and provides everything they need to help get their child off to a great start:

- Parenting confidence
- Physical activity for under 5s
- Portions and how to work out portion sizes
- Family lifestyle habits
- Enjoying life as a family
- Tips for managing behaviour, such as “fussy” eating

#### Further Information

For further information or to access training contact Kate Gledhill on 01274 435387 or email [henry@bradford.gov.uk](mailto:henry@bradford.gov.uk)

If you would like further information regarding training and programmes in the Better Start Bradford area, contact Nicola Charnock on 07709 640454 or email [nicola.charnock@henry.org.uk](mailto:nicola.charnock@henry.org.uk)

#### Watch our videos

HENRY in Bradford [youtu.be/7ck0yfRysx8](https://youtu.be/7ck0yfRysx8)

Healthy Eating Right from the Start

<https://www.youtube.com/watch?v=7ck0yfRysx8&feature=youtu.be>



# HEALTHY LIFESTYLES



**CRAVEN  
LEISURE**

**New Class  
Starting Soon  
Apply Now**



## FREE

12 Week Weight  
Management Programme



Nutritional  
Advice



Exercise



Weight  
Management

If you are over 18 with a BMI of 25 or more and are looking for help with losing weight, join our free programme.

To sign up, complete the online application form on our website [www.cravenc.gov.uk/healthy](http://www.cravenc.gov.uk/healthy) Also, see our website for details of where our classes take place.

**Apply now as we can't start a new class until we have enough people to sign up!**

Call 01756 792805 or visit  
[www.craven-leisure.co.uk](http://www.craven-leisure.co.uk)



**CRAVEN  
LEISURE**



## [Enable2BeHealthy – free sessions](#)

Enable 2 are now in their new premises (Westend Mill, 152 Sunbridge Road, Bradford, BD1 2HA). They have recently setup a new health and wellbeing programme. It's a 10 week programme of diet and exercise for people with a BMI over 25, with a focus on reducing blood sugar levels and preventing diabetes.

The next programme starts on 6 September, 5.15pm and lasts for 10 weeks. The sessions are free for participants and open to staff at the CCGs. If you want to book a place, please email Helen Hoyle, [Helen.Hoyle@enable2.com](mailto:Helen.Hoyle@enable2.com)

## **What is Rally Round?**

Rally round is an online service which allows friends, family, neighbours and care staff to work together more easily when looking after a loved one or service user.

The new online service has been launched in Bradford to help people stay in their homes for longer, improve health and wellbeing and reduce isolation. This is also linked to New Deal and our People Can campaign.

Rally Round allows a network to be created around a person with care needs. Anything that the person needs help with can be listed as a task. Then, trusted friends, family members, neighbours or staff involved in their care can see this, discuss it, agree to take the task on and let everyone know when it has been done.

It is a voluntary-based neighbourhood support service and is free to use.

It works on desktop computers, laptops, tablets and mobile phones and a daily or weekly email provides a useful reminder of what people have agreed to do.

Lyn Sowray, Assistant Director of Adult and Community Services - Operational Services, said: "Rally Round is an exciting new service which has been designed to support people to maintain independence and improve their health. The online system is easy to use and can be securely accessed at any time to make life easier and safer."

To find out more visit <https://www.rallyroundme.com/bradford> where you can watch the video, or join the site. If you would like to talk to your clients or services users about Rally Round, for more information please contact Mike Halliday, Commissioning Officer in Adult and Community Services: email [mike.halliday@bradford.gov.uk](mailto:mike.halliday@bradford.gov.uk), or phone 01274 43 1931.

If you have any information to share or have ideas of what you would like to see included in future editions please email : [kate.farrar@bradford.nhs.uk](mailto:kate.farrar@bradford.nhs.uk)

---

*Copyright © 2017 NHS Bradford Districts and Bradford City CCGs, All rights reserved.*

[unsubscribe from this list](#) [update subscription preferences](#)

The MailChimp logo is displayed in a white, cursive font within a dark grey rounded rectangular box.