

For more information on the Council's current position, in respect of Covid 19 please use this website: [CLICK HERE](#)  
Please ensure any information you consult is from a reliable source, including the NHS, or Public Health England.

# PROVIDER BULLETIN

Tuesday 22 June 2021

## CARE HOME VISITING SUPPORTING INFORMATION

Please find attached in the [Provider Zone](#) updated supporting guidance for visiting to and from a care home in preparation for the changes as of Monday 21 June 2021.

### YHPHN

Yorkshire and Humber  
Public Health Network

## WEBINARS - RESPONDING TO VACCINE HESITANCY/BUILDING VACCINE CONFIDENCE

NE&Y&H Partnership  
Webinar(s)/Workshop(s) offer for partners: Responding to Vaccine Hesitancy/Building Vaccine Confidence – **various dates available.**

Each workshop can cater for 30 people and lasts for 2 hours, dates are available from the June to July. You may choose from any of the available dates.

[Click here](#) for further information and booking links.

## EU SETTLEMENT SCHEME WORKSHOPS

With two weeks to go until the 30 June 2021 deadline for EU Settlement Scheme (EUSS) applications, the Home Office is hosting a number of workshops covering:

- Who needs to apply
- What Settled/Pre-Settled Status is
- Late applications
- Right to Work Checks
- Support for EU Nationals
- Q&A

### SIGN-UP

- <https://www.eventbrite.co.uk/e/eu-settlement-scheme-and-the-end-of-the-grace-period-on-the-30-june-2021-tickets-159796480575> (23 June, 1:10 – 4:00pm)
- <https://www.eventbrite.co.uk/e/eu-settlement-scheme-and-the-end-of-the-grace-period-on-the-30-june-2021-tickets-159797423395> (25 June, 1:00 – 2:00pm)
- <https://www.eventbrite.co.uk/e/eu-settlement-scheme-and-the-end-of-the-grace-period-on-the-30-june-2021-tickets-159800450449> (29 June, 9:30 – 10:30am)
- <https://www.eventbrite.co.uk/e/eu-settlement-scheme-and-the-end-of-the-grace-period-on-the-30-june-2021-tickets-159800538713> (30 June, 1:00-2:00pm)

Latest information on transition:

<https://www.gov.uk/transition>

## What is the PCWBS COVID Rehab Program?

The PCWBS is a specialist multidisciplinary team of health professionals who work in collaboration with GPs. Our specialisms include CFS/ME; Persistent Physical Symptoms Standard or Intensive Therapy and **COVID rehab**. We work holistically, in a way tailored to suit your individual needs.

- ◆ Clinical Psychology
- ◆ Occupational Therapy
- ◆ Physiotherapy
- ◆ Dietetics
- ◆ Personal Support Navigator
- ◆ Speech & Language Therapy
- ◆ Links to existing community services
- ◆ Counselling

To find out more about our individual assessment and treatment with members of the team, see contact details overleaf.

## I want to find out more...

For more information, please contact us, by email or letter.

**Email:** [primarycarewellbeing-service@bdct.nhs.uk](mailto:primarycarewellbeing-service@bdct.nhs.uk)

If you want to be contacted by phone, please leave a number for a member of the team to contact you on.

**Write:**

**Unit 1-3 Legrams Terrace  
BRADFORD  
BD7 1LN**

### PALS

The Care Trust employs PALS officers who can liaise on your behalf if you have any concerns and don't wish to raise them directly with staff. They can also support you if you wish to make a complaint or provide positive feed-back about your care or treatment to staff.

**(Patient Advice and Liaison Service) -  
01274 408600**

# Recovering from COVID-19 Support for staff

## Primary Care Wellbeing Service



## Have you suffered from COVID-19?

**Do you still experience excessive tiredness or muscle weakness? Are you feeling stressed over not being able to do what you used to do?**

You may suffer from what the media has termed 'Long COVID'. This term has been used to describe symptoms lasting longer than expected. These symptoms can include but are not limited to:

- ◆ Breathlessness/ shortness of breath
- ◆ Extreme tiredness or fatigue
- ◆ Problems with memory and concentration or "brain fog"
- ◆ Difficulty sleeping
- ◆ Joint pain
- ◆ Depression & anxiety
- ◆ Stomach problems & loss of appetite
- ◆ Altered voice quality, communication difficulties, swallowing issues.

## What is the PCWBS offering to help with 'Long COVID'?

Our **7-week Recovering from COVID Course** could help you stay on track and optimise your recovery. **The course is for ALL social health and care staff working across Bradford District, Airedale & Craven. This includes all trust staff, council and care home staff.**

## How is the course delivered and who is it delivered by?

The course is delivered **virtually** in the comfort of your own home or office over

**Microsoft Teams (free to download)** lead by a Multidisciplinary team consisting of a Psychologist, Physiotherapist, Occupational Therapist, Dietitian and Personal Support Navigator.

## How can I enroll on the course and when is the start date?

If you would like to register for the course, contact the team via [primarycarewellbeing-service@bdct.nhs.uk](mailto:primarycarewellbeing-service@bdct.nhs.uk). Please note that by doing so you are **automatically consenting** to receiving email updates about the service. A **good internet connection** will be required to complete the course.

## Course dates

**Wednesdays 1-2 pm**

**-30<sup>th</sup> June to 11th of August 2021  
-18th of August to 29th of September 2021**

**Please contact the team for further dates.**

## Covid course overview

**Understanding COVID19** and post-viral fatigue.

**Importance of sleep** and how to improve it.

Sleep hygiene and strategies.

**Optimising your diet**

Overview of research and meal suggestions to optimise energy levels and overall health.

**Activity management**

Pacing and grading. Learning how to optimise energy through regular rest periods.

**Movement & energy conservation**

Learning about the impact of physical movement including exercise, dysfunctional breathing and how to progress.

**Stress management**

Learning about the body's stress response and how to calm it down with evidence based techniques.

**Voice, Communication & Swallow Issues**

Information, advice and strategies

**What next?: planning for the future**

Managing setbacks, signposting for continued support.

## FOR THE ATTENTION OF MANAGERS AND STAFF IN CARE HOMES, EXTRA CARE AND SUPPORTED LIVING SETTINGS

You may be aware that the North East, like many other regions in England, is experiencing an increase in cases of Covid-19.

This may be causing concern for yourself and colleagues, residents, service users and family members, especially given the vulnerability of people in your setting.

Whilst cases in care settings remain at a low level we are starting to see a small increase across the region and anticipate that this will continue, especially given the impact of new variants of Covid-19.

**The system of controls that you all have in place to prevent Covid-19, alongside the vaccination of those who need to have one or both injections, is essential to help prevent cases of Covid-19 and ensure that where cases do occur wider transmission can be prevented.**

All staff have been working so hard to keep everyone safe for a long time and no doubt everyone is exhausted but continuing all the hard work yourself and colleagues have been doing is the best way to keep everyone safe.

**Infection Prevention and Control – everyone must continue to follow the required measures for safe living, working and visiting in care settings. This includes the correct use of PPE, cleaning and hand hygiene.**

**Vaccination – if staff and residents have not received their 1<sup>st</sup> or 2<sup>nd</sup> vaccine continue to encourage them to do so, as this helps to protect them and others.**

**Testing – the testing requirements in place for staff, residents, visitors and visiting professionals must still be followed.**

**Visiting (in and out) – ensure awareness and compliance with current visiting guidance**

Please continue to report any cases of Covid-19 to the North East Health Protection Team on Telephone: 0300 303 8596. Staff will provide advice and support and advise on any requirements for outbreak testing.

You can also continue to contact your local Council for any ongoing advice and support needed on a day to day basis, including queries on national guidance.



**Capacity Tracker**  
*Insight for Care*



**NHS**

**CARE**



For further information, support or a demonstration please contact us:

☎ 0191 301 1300

✉ [necsu.capacitytracker@nhs.net](mailto:necsu.capacitytracker@nhs.net)

🌐 [carehomes.necsu.nhs.uk](http://carehomes.necsu.nhs.uk)

📘 @CapacityTracker 🐦

# Drop in vaccination clinic

**Wednesdays 16, 23 & 30 June 4pm to 7.30pm  
AND Saturdays 12 and 26 June 10am – 4pm**  
Whetley Medical Centre, 2 Saplin St, Manningham, BD8 9DW



For anyone aged 25 and over, carers or frontline health and social care staff, as well as those aged 16+ who are clinically vulnerable.

First and second doses.

If you know someone who is eligible for the COVID-19 vaccine, please encourage them to come to the vaccination clinic.

**Supporting COVID-19 vaccine uptake across our communities**

## **ALTURA LEARNING - LEARNING MANAGEMENT SYSTEM AND COURSE DEMO - BRADFORD**

As requested a demo session that can be viewed 'on demand' has been recorded. Ideally please still register for the live sessions, but this should help those who can't.

The link to view the demo is [HERE](#)



## **INFECTION PREVENTION AND CONTROL - NEW RESOURCES FROM THE DHSC: EVERY ACTION COUNTS**

The Department of Health and Social Care (DHSC) has adapted the 'Every Action Counts' suite of resources to support adult social care providers achieve excellence in infection prevention and control. The resources include posters, digital key cards and hints and tips, supporting compliance and awareness, leadership, morale and wellbeing, training and operational interventions.

For more information, click [HERE](#)



## FREE ACCREDITED TRAINING COURSES AND AWARD-WINNING LEARNING MANAGEMENT SYSTEM FOR ALL BRADFORD CARE PROVIDERS!

If you are a CQC registered care provider operating within the Bradford Metropolitan District, you now qualify for a FREE 12 months subscription to 10 high quality online accredited courses and an award winning learning management system, for your whole team, through Altura Learning, a CPD accredited Skills for Care Centre of Excellence training provider.

Courses include various mandatory topics; for example, Infection Control, Hydration and Nutrition, First Aid, Equality and Diversity, Moving and Handling and many more...

As part of this offer, you will also benefit from FREE online courses created by the Council and the Bradford Care Association.

**If you are interested, sign up now! It's quick and easy to register**

Simply visit [www.alturalearning.co.uk/initiative/free-courses-for-bradford-care-providers](http://www.alturalearning.co.uk/initiative/free-courses-for-bradford-care-providers) to register your interest and the team at Altura Learning will do the rest.



**DON'T WAIT,  
VACCINATE!**



# THE BIG VACCINATION WEEKEND

OVER 18s WALK IN COVID VACCINATIONS

SATURDAY & SUNDAY  
26/27 JUNE 9AM - 5PM

## SITE 1

Silsden Medical Practice  
Elliott Street  
Silsden  
BD20 0DG

## SITE 2

Community Rooms  
Emily Street Mosque  
Keighley  
BD21 3EG

PLEASE REMEMBER TO WEAR SUNSCREEN,  
BRING WATER & WEAR A HAT... OR UMBRELLA!

BOTH SITES OFFERING BOTH PFIZER & AZ



**modality  
partnership**  
A Commitment to Care