

## NEXT 10 DAYS - KEY DATES FOR YOUR DIARY

- **Wednesday 17 November 12:30 – 13:30 – BCA AGM**
- **Wednesday 17 November 13:30 – 16:00 – BCA Quality Workshop**
- **Friday 19 November – Infection Control and Testing Fund application deadline**

No key dates within the next 10 days, but upcoming events can also be viewed in the '[EVENTS CALENDAR](#)' within the Provider Zone.

### CASTRAINING OFFERING LIFELONG LEARNING OPPORTUNITIES IN WEST YORKSHIRE

Developing yourself and your colleagues, is an important priority, in these changing and challenging times.

CAS Training are pleased to be able to offer a range of over 30 fully funded, Level 2 distance learning courses, free of charge (subject to terms and conditions).

Learners can sign up and complete their chosen course in the comfort of their own home, fitting in with home / work demands.

For more information, see attached document in the [Provider Zone](#).

### REMINDER! REGISTERED MANAGERS OF THE LEADING MENTAL WELLBEING TOGETHER SESSIONS

Anyone who wishes to do LMWT should send their name, email address and job title to :

[bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net)

The sessions are currently scheduled for:

- November 16<sup>th</sup> 18<sup>th</sup>
- December 7<sup>th</sup> 9<sup>th</sup> 15<sup>th</sup> 16<sup>th</sup>



Brightening Minds Training



# WINTER + — is — + COMING

## BUT SOCIAL CARE WILL CARRY ON...



### Quality Workshop Agenda:

- Iain MacBeath - Working together to manage winter pressures across the health and care sector
- Q+A with CQC inspectors - Compliance + regulations over the winter period
- Introduction to BCA/BMDC Winter Planning Assessment Tool
- Local and national resources to support providers with challenging workforce issues & emotional wellbeing
- BCA useful resources

### AGM Guest Speakers:

- Iain Macbeath (Strategic Director, Health and Wellbeing)
- Helen Hurst (Chief Officer, NHS Bradford District and Craven CCG)

WEDNESDAY 17th NOV

AGM - 12:30 - 13:30

Quality Workshop -  
13:30 - 16:00

**REMINDER**

EVENT BOOKING



[Click here to get your FREE TICKET from EventBrite.](#)

If having any problems booking your place please email [admin@bradfordcareassociation.org](mailto:admin@bradfordcareassociation.org)



**Capacity Tracker**  
*Insight for Care*

## **OUT OF HOURS ADMISSIONS - 22 NOVEMBER 2021**

As part of winter resilience measures, it is essential for Health and Social Care discharge teams to understand not only where a vacancy is located but whether the setting is able to accept 'out of hours' admissions (outside of a 9am-5pm window).

This information is currently located on the Provider details page however it is acknowledged that the ability for a setting to take out of hours admissions may change regularly therefore, to assist providers being able to maintain the appropriate status we are re-locating the field to the daily Business Continuity update page in the 'Costs and Vacancies' section and also reflecting the changes in the bulk update template.

The ability to accept out of hours admissions will be added to the vacancy search facility as a supplementary, search criteria available to those looking to identify vacancies, therefore providers are asked to review the status following the system change on 22 November 2021 and make sure that it is updated if/when the status changes.

Approximately 20 percent of active provider settings have set their status to being able to accept out of hours admissions for ease we will continue to reflect this status when we make the initial change however, we respectfully ask that all providers review and where necessary update the status this provides confidence to discharge teams that the status reflects the current position.

## **PERSONALISATION IN BLACK, ASIAN AND ETHNIC MINORITY COMMUNITIES. BOOK NOW FOR WEBINAR ON 2 DECEMBER 12PM-1PM**

[Register now for your free place](#)

This webinar aims to raise the profile and understanding of what good personalised care and support looks like for people from Black, Asian and ethnic minority communities, featuring organisations in TLAP's recent report. Participants will discuss what they are proud of, what barriers they face and how they are tackling them as well as what they have learnt.

## HOW TO MAKE HEALTHY HABITS STICK - HEALTHY HABITS SUPPORT GROUP

If you have ever tried to start a new 'Health Kick', Self-Care Routine, Exercise Plan or Diet you will know that often our Willpower falters within the first week and our good intentions quickly fall by the way side.

Starting on **Wednesday November 17th** we will be running a 6-week program. Using the latest knowledge on **Habits Transformation** we will help you to transform your habits to make yourself feel just that little bit better.

We will run a live group **every Wednesday at 1.30 - 2.30** for 6 weeks. If you are not able to attend the live webinar, sign up anyway and we will send you short videos to follow each week, the presentation from each week and homework to follow. If you miss the first week, do not worry, you can join us at any point throughout the program.

### ***You will learn:***

- How your Wellbeing can be improved using simple habit formation techniques.
- Why bad habits are easily formed in times of stress and how to break them.
- Why Willpower alone will not help you to change your habits.

### ***We will help you to:***

- Focus on making small achievable changes.
- Break down change into manageable chunks.
- Understand your habits like never before.

### ***You will:***

- Pick your own habit to break.
- Pick your own habit to start.
- Be supported as part of a group.
- Be given short manageable chunks of information to work with.
- Be able to do this course and catch up even if you have no time.

If you are an emotional eater or need to exercise or are crippled by procrastination or are addicted to social media / your inbox or feel overwhelmed by schedule or you can't sleep, then this course is for you.

Click on the link below to come and join us. Or pass this link to someone who you think it could help!

<http://bookwhen.com/Halsa-NHSBradford>