



## Newsletter

**13 September 2024**

Welcome to the Power of Communities newsletter. Our [Power of Communities Programme](#) works with the voluntary, community and social enterprise sectors (VCSE), acting as a catalyst for change, facilitating new opportunities for VCSE organisations to better engage in shaping services and decision making, and challenging the ways we work in health and care to ensure greater inclusivity and accessibility in commissioning and service provision within the West Yorkshire Health and Care Partnership.

If you have a question or comments about anything included in this newsletter, please get in touch with the team via email: [wyicb-wak.hpoc.program@nhs.net](mailto:wyicb-wak.hpoc.program@nhs.net)

### **Hearing the voice of the VCSE Sector and training offers**

*In this section we have a list of surveys, information requests or workshops that are happening across the West Yorkshire Health and Care Partnership and we want to ensure the voice of the VCSE sector and communities you support are fully represented*



### **NHS England's Acute Frailty Community of Practice**

**Date:** Tues 17 September, 11:30-12:30 (via Microsoft Teams)

**No sign up needed – [Click here to join on the day](#)**

NHS England have set up a national community of practice forum to support improve and deliver Acute Frailty Services open to all health and care partners.

The next session is going to focus on the interface with voluntary services and we are excited that Age UK will be joining us on the session.

There is no need to register, simply add the link above to your diary.



## Exploring the Impact of Racial Trauma: The Foundation



**Dates:** 17 Sept 2024, 09:30-16:30 at New Mill Victoria Rd, Saltaire, Shipley BD18 3LD  
20 Sept 2024, 09:30-16:30 at Scorex House, 1 Commercial Street, BD1 4AS  
30 Sept 2024, 09:30-16:30 at Scorex House, 1 Commercial Street, BD1 4AS

**Email** [wylhubstaffsupport@bdct.nhs.uk](mailto:wylhubstaffsupport@bdct.nhs.uk) to sign up

The West Yorkshire Mental Health and Wellbeing Hub supports staff and volunteers who are experiencing difficulties with their wellbeing at work. To provide further support, we are offering one off training sessions to staff and volunteers within West Yorkshire (NHS, local authorities and VCSE).

The training will be on racial trauma as we recognise this still exists today and can negatively impact a person's wellbeing. The training aims to develop your understanding of what racial trauma is and the impact this can have on individuals.

In order to support people who are affected by this, it is important to develop our understanding on racial trauma and the impact it may have had on ourselves. Witness people who are affected by racial trauma may have had an impact on you and may bring up difficult emotions.

The training highlights that there is not a 'right' way of reacting to racial trauma, but the first step is recognising it and learning about it – and in doing so be empowered to deal with racial trauma where you work. It will cover topics such as the importance of language, intersectionality, micro/macro-aggressions, racial trauma in the workplace and lived experience.

*The session will be delivered by Carlyn Boyce (Clinical Lead) and trained assistant psychologists.*

## Individual Coaching Skills Training

**Dates:** 18<sup>th</sup>, 25<sup>th</sup> September 2<sup>nd</sup>, 9<sup>th</sup> October 9.15-12.30

**Please email** [wylcb-bdc.wyh.mentalwellbeinghub@nhs.net](mailto:wylcb-bdc.wyh.mentalwellbeinghub@nhs.net)

**With:** Name, contact details, organisation and which course you are interested in.

Our sessions are open to all staff and volunteers and are designed to help participants improve their use of coaching skills in everyday conversations that matter.

Growing evidence suggests effective coaching skills contribute to personal well-being, innovation, care outcomes, teamworking and leadership effectiveness. In health and care it can enable more person-centred approaches that create ownership, engagement and meaningful accomplishment.



We know that currently the voluntary sector and staff from minority ethnic communities or global majority communities are underrepresented within coaching. We are particularly keen to receive applications from individuals that come from these sectors and backgrounds. As far as possible we plan to dedicate at least one learning cohort to be exclusively for people from a minority ethnic community for those that want a dedicated learning space. All other cohorts will be open to all. On enrolment, if you are from a minority ethnic background, please state your preference and we will try to accommodate your preference.

***Courses are on a first come basis and popular so please sign up as soon as possible***

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## **Living' La Vida Local: Wakefield District's Community Anchor Network Conference 2024**

**Date:** Weds 18 Sept, 09:30am-1pm

**Venue:** St Catherine's Community Centre, Wakefield

**[Click here to find out more and sign up](#)**



The Community Anchor Network (CAN) invites you to join them on Wednesday 18 September to:

- **Celebrate the work of CAN** to enable community-based organisations to be the best they can be
- **Reflect on the significant redevelopment of CAN** and what this looks like
- **Look to the future of CAN** as an integral part of the system to reduce health inequalities and empower residents in finding support for themselves

Community Anchors are trusted organisations that meet the needs of their local community, delivering activities, services and a host base for other groups and services such as a credit union and Citizens Advice. This means that local residents can easily access all sorts of support in one place – from tackling money concerns to finding friendship – and build confidence to continue this independently.

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## **Men's Mental Health Awareness - Train the Trainer**

**Dates:** Multiple dates from 23 Sept to 29 Nov

**[Click here to sign up via Eventbrite](#)**

The Men in Health project from the West Yorkshire Staff Mental Health and Wellbeing Hub in Partnership with Touchstone is pleased to launch the next phase of the project a train the trainer course.



The course is focused on raising awareness about men's mental health with the aim of gaining insights, tools, and resources to make a positive impact on men's wellbeing across staff working in any health and care role within the West Yorkshire Health and Care Partnership.

The sessions are 3 hours and there are 10 dates to choose from spread over 10 weeks.

***If you're interested in learning some skills to be a men's mental health champion, please sign up by [clicking here](#).***

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# Online Peer Support Group Sessions for Mental Health First Aiders, Staff Peer Practitioners, CrISSP Peer Practitioners & Wellbeing Champions

**Date:** 24 Sept, 3.30-4.30 pm

This peer support group was created by the West Yorkshire Mental Health and Wellbeing Hub for people who have been trained as mental health first aiders, wellbeing champions, and CrISSP practitioners. It's a non-judgmental space to share key learnings from our training and support each other in applying what we've learned and is open to anyone from the VCSE, health and care sectors across West Yorkshire.

**Before you register, please complete this [questionnaire](#).**

**Register your interest to join by emailing: [wycb-bdc.wyh.mentalwellbeinghub@nhs.net](mailto:wycb-bdc.wyh.mentalwellbeinghub@nhs.net).**

## Online Lunch and Learn Session – Amplifying Survivor Voices

**Date:** Thurs 30 Sept, 12-1pm (via MS Teams)

**[Click here to sign up via Eventbrite](#)**

Join RASAC Therapeutic Team to find out more about this important research, funded by NHSE



In the UK, more than 1 in 4 adult women, 1 in 18 adult men and 1 in 6 children have experienced rape or sexual abuse (ONS, 2023 and NSPCC 2011). These figures, however, likely underestimate the true extent of rape and sexual abuse in the UK, as many survivors do not disclose their experiences.

This RASAC study explores the experiences and perspectives of adult survivors of rape and sexual abuse in West Yorkshire who are living with complex trauma-related mental health needs and the insights of the professionals dedicated to supporting them. The session will highlight some critical areas for improvement in both statutory and VCSE support services and professional attitudes within our community.

***This session is relevant to anyone working in statutory services or the VCSE sector in West Yorkshire***

## Have your say on the Mass Transit Phase One: Route options consultation survey

**[Click here to find out more and complete the survey by 30 Sept](#)**

We're exploring Mass Transit options: new forms of transport, not currently used in West Yorkshire, that could transform our public transport network and make it even more accessible for everyone.

Our aim is to eventually connect the whole of West Yorkshire, but for phase one we are proposing two lines: The Leeds Line and the Bradford Line. During this consultation, we are asking for your feedback on route options for both lines. **Have your say by completing [our survey](#)!**



**If you would like some to come and talk to your organisation/community group about Mass Transit Phase One, please get in touch via [masstransit@westyorks-ca.gov.uk](mailto:masstransit@westyorks-ca.gov.uk)**

## Good conversations training Free webinar for the VCSE workforce

**Various dates between Sept-Dec 2024**

**[Click here to find out more and sign up](#)**

Build the confidence, knowledge and skills required to 'Make Every Contact Count' (MECC) and to support people to take better care of their health and wellbeing. These sessions will:

- Enable you to reflect on and share opportunistic conversations
- Reflect on what you do well, what skills make for a good conversation, and challenges / opportunities
- Review skills like being person-centred; collaborative; using open questions, active listening, focussing on strengths, and helpful summaries; and working within the 3As model (Ask-Advise-Assist)
- Introduce resources that support good conversations, including basic advice and signposting
- With its strong emphasis on core communication skills, the course also provides excellent foundation-level training for staff who plan to engage the health of their community.

**Courses are online, highly interactive and last 1.5 hours. You can find the dates, timings and registration links to all webinars here:**

**[Good conversations training – Free webinar for the VCSE workforce \(yhphnetwork.co.uk\)](https://yhphnetwork.co.uk)**



## #TellTracy about Policing and Crime

Consultation on the new Police and Crime Plan has now begun and will run until **Oct 2024**. We want to ensure that as many people and organisations as possible are able to provide feedback during this consultation, so we have a range of different ways your organisation can be involved and share your views with us, either online, in person, at events, or over the phone.

**You can find more information about the consultation and how we can engage with you on our website [here](#).**



## Health Anchors Learning Network: Anchor Exchange Connect and Learn Open Sessions

At the [Health Anchors Learning Network](#) (HALN), we support people to reduce inequalities and improve health outcomes by becoming effective anchor organisations. As a learning network, we know how important it is to provide spaces for people to come together, share ideas and collectively problem solve to support anchor practice. That's why we are hosting a new peer learning opportunity - join us for an upcoming 'Anchor Exchange' session. Offering a space for reflection, peer learning and discussion, these sessions are designed to support HALN participants to explore common themes, share ideas and overcome challenges in their work in creating effective anchor organisations.

**These sessions are free to join, and open to anyone who is interested in or working to develop the impact of their anchor organisation.** Sign up today by clicking the links below!

- [Wednesday, 9 October 2024, 12.30 – 1:30pm](#)
- [Monday, 25 November 2024, 12.30 – 1:30pm](#)
- [Wednesday, 8 January 2025, 12.30 – 1:30pm](#)

## Office for Health Improvement and Disparities' North East and Yorkshire Menopause Webinars

Menopause marks the end of reproductive years for women/people who menstruate, affecting half of the population.



Office for Health Improvement & Disparities

We are holding a free two-part webinar series which is part of the work of OHID North East and Yorkshire and partners from the NHS, voluntary and community sector and academia. We aim to build knowledge, understanding and confidence about menopause and showcase examples of good practice from the North and beyond.

**Webinar 1 (Weds 16 Oct, 10:30 - 12:00):** The first webinar will introduce the clinical aspects of menopause including a case study of how somebody may interact with the health system and recommendations for improvement. We'll hear from two local examples of community-based approaches to supporting people through menopause and finish with a panel discussion including menopause champions and people with lived experience. [Please book your place here](#)

**Webinar 2 (Weds 23 Oct, 10:30 - 12:00):** Webinar 2 will focus on menopause in the workplace. We'll hear about positive approaches in different workplaces, legal routes for challenging menopause-related discrimination and the role of informal menopause networks. Please book your place [here](#).

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## West Yorkshire Personalised Care's Community of Practice: Caring for a patient with complex issues

**Date:** 24 Oct, 2-4pm (Online)

**Click here to register by Fri 27 Sept, midday:** <https://forms.office.com/e/cewFStTanX?origin=lprLink>

We are excited to invite you to our next Community of Practice (CoP), which will focus on caring for patients with complex needs, including those who are terminally ill, vulnerable (such as the homeless), or involved with the criminal justice system. This CoP is a fantastic opportunity to:

- Discuss and share strategies for supporting your patients.
- Learn from the experiences of others.
- Reflect on your own wellbeing and self-care practices.

To register for this event, please complete the registration form and short questionnaire. Can all questionnaires be returned by mid-day Fri 27 Sept.

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## Carbon Literacy Training

**Date:** 14 November 2024 (email [emma.clarke@bdct.nhs.uk](mailto:emma.clarke@bdct.nhs.uk) to sign up)

We are pleased to continue to offer FREE Carbon Literacy training to anyone within West Yorkshire Health and Care Partnership. Before attending you'll need to complete [three hours of self-directed learning available on the NHS e-learning for healthcare hub](#). If you do not have an NHS email address, [please get in touch](#).

Find out more about Carbon Literacy and Greener NHS via the [NHS e-learning for healthcare hub](#). Once you've completed the e-learning you can take part in a 3-hour MS Teams workshop focusing on actions that you can implement as well as learn from others.

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## Funding opportunities for VCSE Sector

In this section we have a list of funding opportunities available via the West Yorkshire Health and Care Partnership and wider



## WISHH Community Partnership Small Grants for Shipley, Windhill & Wrose, Baildon or Idle and Thackley

**Closing date:** 30 September

**Contact for more information & an application pack:** Maca Yunge ([macarena.yg@haleproject.org.uk](mailto:macarena.yg@haleproject.org.uk))

The WISHH Community Partnership have recently opened their latest small grants funding round. They have £20,000 to allocate in grants of a minimum of £500.

They are looking for projects based or operating in Shipley, Windhill & Wrose, Baildon or Idle and Thackley that align with their priorities to tackle and reduce health inequalities. These priorities are:

- *resilience and recovery within our communities* (more specifically, promoting kind and friendly communities, attracting and retaining volunteers and reducing social isolation in young adults)
- *reducing and preventing cardiovascular and respiratory conditions* (promoting a healthy lifestyle – physical activity, healthy eating, weight management, etc.).

**Please contact Maca Yunge ([macarena.yg@haleproject.org.uk](mailto:macarena.yg@haleproject.org.uk))**

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## DaizyBell Homes CIO Housing Service Manager

**Starting salary:** £37,336 SPC 29 + annual enhancements

**Contract:** permanent

**Hours:** 35 hours per week, (evening and occasional weekend work)

**Location:** BRC&SASS offices in Bradford, with some remote working

**Closing date:** 03 Oct, 9am

**[Click here to find out more and how to apply](#)**

We would love to hear from you if you believe that every woman deserves a safe and decent home in which they can reach their full potential and if you have the knowledge, skills and experience to support the staff, CEO, Trustees and ultimately the women on their tenancy journey. We are especially keen to hear from high impact individuals that have the determination to make a significant and sustained contribution.

This role will manage residential properties, support vulnerable tenants escaping domestic and sexual violence and abuse to maintain tenancies and live independently and support and supervision to housing and DA service workers via case work review and performance management alongside providing day to day leadership.

