



Newsletter

20 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

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



Individual Coaching Skills Training

Dates: 25th September and 2nd, 9th October 9.15-12.30

Please email wyicb-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

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 becoming a men's mental health champion, please sign up by [clicking here](#).

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.

Cultural Competence and Mental Health Inequalities training, and Mental Health First Aid (MHFA) – LAST CHANCE FOR FREE TRAINING



Day 1 (Cultural Competence): Tuesday 24 September 2024, 9.30 - 13.30

Day 2 (Mental Health First Aid): Tuesday 1 October 2024, 09.30 - 16.30

Day 3: Wednesday 2 October 2024, 09.30 - 16.30

[Click here to sign up](#)

We are excited to announce a partnership between Forum Central and West Yorkshire Health and Wellbeing Hub, aimed at supporting VCSE Workforce in accessing MHFA (MHFAider) Training. In addition, we will be offering a ½ day training session in Cultural Competency and Mental Health Inequalities. This training will explore the various examples of mental health in our diverse workforce, taking an intersectional and culturally competent approach that is inclusive and trauma informed.

These sessions are open to all Employees, Volunteers and Peers Support Mentors, working in a VCSE Organisation in the Health and Social Care sector. We believe that this training will provide valuable skills and knowledge to those who attend.



Cultural Competence
& Mental Health Ineq

Community-Based Participatory Research Seminar Series



- **Workshop 1:** *Introduction to Participatory Research* – Friday 27th September 2024 [BOOK HERE](#)
- **Workshop 2:** *Ethical Issues in Participatory Research* – Friday 25th October 2024 [BOOK HERE](#)
- **Workshop 3:** *Participatory Analysis* – Friday 29th November 2024 [BOOK HERE](#)

These events are hosted by the Centre for Health Promotion Research, at Leeds Beckett University

Creating participatory research in community-based settings is the overall theme for a series of three online workshops delivered by two leading academics in this field, who use these approaches to research with seldom-heard communities in the UK.

In our first seminar on 27 Sept, Dr Louise Warwick-Booth and Susan Coan will explore the nature of participatory research and what it means to work in this way. We will look at accepted common principles and the impact of these principles on research in practice.

FREE Tier 1: Trauma-Informed Practice Training in Bradford

Dates: 27 Sept to 25 Oct for online training – [Click here to book](#)

Dates: 24 Sept to 23 Oct for in-person training at Mayfield Centre, Bradford – [Click here to book](#)

Are you a healthcare professional, social worker, educator, or someone involved in supporting Bradford's community? Our Tier 1: Trauma-Informed Practice training is designed for you! This session will provide essential knowledge and practical strategies to help you recognize, address, and prevent trauma while building resilience across the community.

Led by experienced professionals, this training offers an engaging, interactive approach to understanding trauma, its effects, and how to foster supportive, healing environments. The program is rooted in the core principles of trauma-informed care: safety, trustworthiness, collaboration, and empowerment.

What You'll Learn:

- Understanding adversities in childhood and adulthood, and recognizing trauma
- Acquiring skills to respond effectively to trauma and achieve positive outcomes
- Building resilience and understanding its transformative impact on healing

This training is part of the Resilient Bradford program, a strategic partnership between **Bradford Trident, Bradford Council, Wave Trust, and Betterstart Bradford**. The goal is to equip the local workforce with the tools and knowledge to create a trauma-sensitive Bradford.

Upon completing the training and the post-training survey, participants will receive a **CPD certificate**.

How to Find Out More:

For more information and to view upcoming training dates, visit:

<https://bit.ly/resilientbradfordtraining>

Or email us at: atrproject@bradfordtrident.co.uk

Yorkshire & Humber Change Programme Partnership: SEND Young People's Event

Date: Sat 28 Sept, 9:45am-3:10pm

Venue: Wakefield College, Seacole Building

To book a place, email changeprogramme@wakefield.gov.uk



Co-designed for young people with SEND aged 14 to 25 who live in Wakefield, Bradford, Calderdale or Leeds.

We need to hear from young people directly, so we work on improving the things that are the most important to you.

Lunch will be provided and a goody bag to take away.



FINAL FLYER -
Yorkshire and Humbe

Exploring the Impact of Racial Trauma: The Foundation



Dates: 30 Sept 2024, 09:30-16:30 at Scorex House, 1 Commercial Street, BD1 4AS

Email 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.

Online Lunch and Learn Session – Amplifying Survivor Voices

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

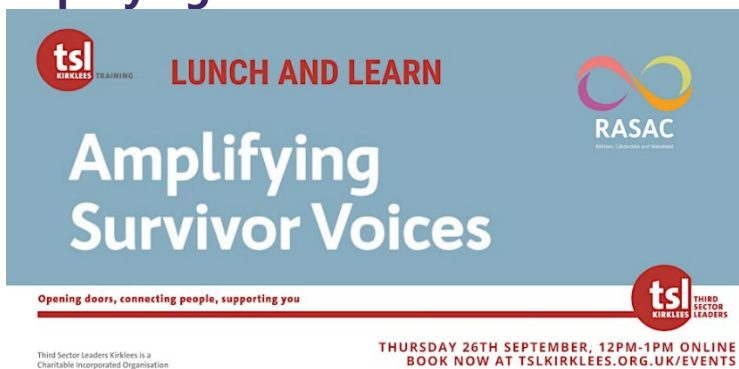
[Click here to sign up via Eventbrite](#)

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

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'. 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 \(yphphnetwork.co.uk\)](https://yphphnetwork.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](#).

NHSE are looking for two Lived Experience Partners to work with on 'Older People Living with Complex Needs'

Closing date: Sun 06 Oct, 11pm (Interviews w/c 7 October 2024)

NHS England's People and Communities team are looking for two Lived Experience Partners to work with them on some exciting work centred around improving the experience of care for 'Older People Living with Complex Needs'. These roles are open to anyone with either personal lived experience or of being an unpaid carer for someone with lived experience.

While the opportunity is initially for 6 months, the roles hold the scope to influence and shape future involvement.

The roles are for a half-day every 2 weeks, up to the end of March 2025. These are expert advisor roles (level 4) and therefore can receive an involvement payment of £75 per half-day and out of pocket expenses, in line with the NHS England patient and public voice expenses policy.

More information about the roles can be found in the application pack. If you have any questions about the roles, please email Sarah Wall sarah.wall14@nhs.net.

Application documents:

- [information pack](#)
 - [application form](#)
 - [equal opportunities monitoring form](#)
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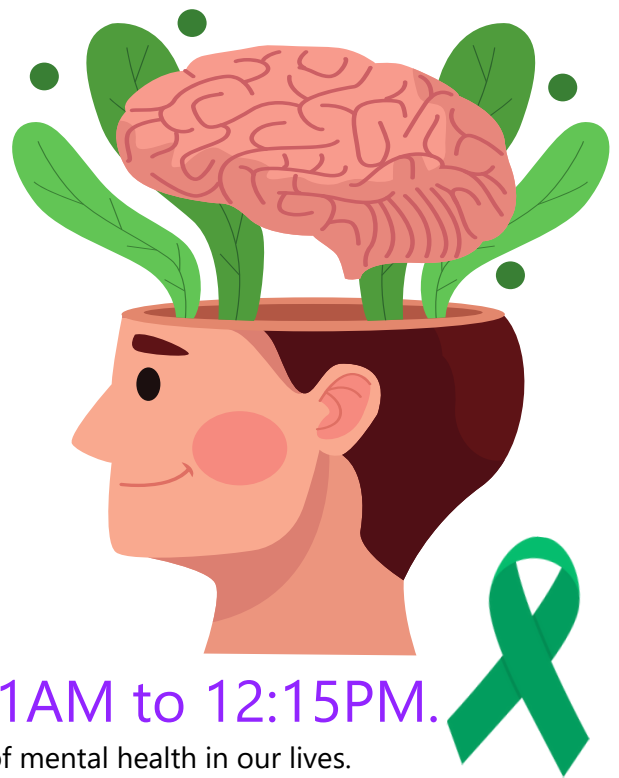
Health Anchors Learning Network: Anchor Exchange Connect and Learn Open Sessions

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!

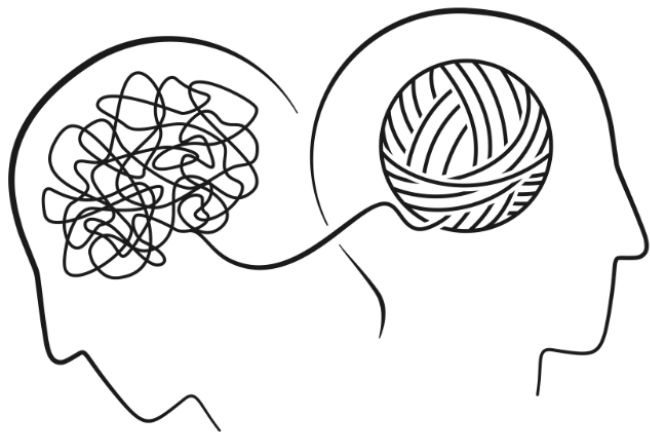
- [Wednesday, 9 October 2024, 12.30 – 1:30pm](#)
 - [Monday, 25 November 2024, 12.30 – 1:30pm](#)
 - [Wednesday, 8 January 2025, 12.30 – 1:30pm](#)
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World Mental Health Day



Thursday 10 October 2024, 11AM to 12:15PM.

Let's raise awareness to better recognise the importance of mental health in our lives.



Join us on online for World Mental Health Day, for a poignant performance of **Beneath the White Coat**, a play by Brian Daniels inspired by real-life stories from healthcare workers. Step into a fictional GP practice and follow the emotional journeys of staff during the lockdown. Laugh, cry, and reflect as they navigate the immense pressures of their profession, highlighting the importance of mental health support like Reflective Space Meetings.

This mental health-related play aims to promote mental and emotional wellbeing by exploring sensitive issues such as stress, depression, and trauma, through relatable characters and real-life scenarios. It normalises conversations around mental health, reducing stigma and fostering empathy. This play also provides a reflective space for audiences to understand their own emotions and struggles. By highlighting coping mechanisms, community support, and professional interventions, this performance can encourage resilience and self-care, which can contribute to emotional healing and greater mental health awareness.

"A moving tribute to healthcare heroes – don't miss it!"

The West Yorkshire Staff Mental Health and Wellbeing Hub in collaboration with Pluto Play Productions, are pleased to be able to host this free, creative and moving production which is open to attendance to any of our colleagues working in a health and care organisation within West Yorkshire, including NHS, VCSE, Local Authority and Social Care.

To register for this **FREE** event, [go on the Ticket Tailor website](#).

Further details on the production can be found [on the Pluto website](#).

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](#).

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.

Carbon Literacy Training

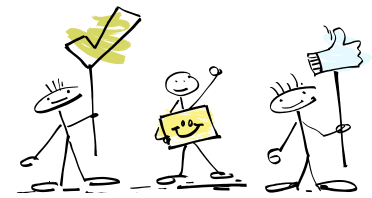
Date: 14 November 2024 (email emma.clarke@bdct.nhs.uk to sign up)

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.

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)

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)

Job Vacancies

Community Programmes Manager

Base Salary: £45,033 Per year

Working Hours: 37

Job Location: Calderdale (Remote work possible)

Closing Date: 25 September

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



You'll be leading a team that's all about making a difference. Working alongside other managers, your job will be to inspire and support a dedicated team that delivers a fantastic range of services which include:

- Supporting young people through our youth work offering
- Supporting people in their homes and communities providing energy advice
- Supporting individuals gain new skills or improve the ones they have and get back into employment through our Employment and Skills provision.

We need someone with a genuine passion for community development and the skills to lead and inspire.

You'll bring:

- Experience in managing and developing community programmes
 - Strong business planning and development skills
 - A proven track record in staff management and creating a positive, inclusive culture
 - Experience in strategic partnership working and stakeholder engagement
 - Budget management skills
 - Success in securing funding and generating income
 - The ability to adapt, manage change, and demonstrate sound business judgment.
-

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.

