

ISSUE 04 // JANUARY 2013

# Your Health

Your Foundation Trust  
Members' Magazine

**FREE**

## Health Trainers

*How our services can help  
you put a spring back in  
your step. **PAGE 08***

Our  
**New Year  
New You**  
Issue

*In this issue...*

**YOUR NEWS** News from across the Trust **PAGE 04** **YOUR EXPERTS** We answer your health questions **PAGE 06** **YOUR SAY** Find out about becoming a public governor **PAGE 10**

# Get the right NHS treatment.

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# Welcome to Your Health

## A New Year Message from Simon.

As we start a brand new year I wanted to take the opportunity to say thank you. As a valued Foundation Trust Member, your continued support of our organisation is very important to us.

This year marks a busy one in terms of our Foundation Trust bid. The local Strategic Health Authority has looked closely at how we operate and has recommended that we are fit to move forward. They have submitted our Foundation Trust application to the Department of Health, and this will see us going through the final stages of the process.

This is very good news for the future of health care across Bradford, Airedale and Craven. To be endorsed in this way means that, as your local health care provider, we stand-up to close inspection. Our services work well, they are of a high quality and we are responsible with taxpayers' money. It also means that we are on track to achieve our shared goal of becoming a Foundation Trust during 2013.

We are confident that we have staff and services to be proud of, and we work very hard to make sure that this is the case, but what we also need are people like you – local people, interested in the future of local NHS services. We need you to keep being involved and to continue your conversations with us, so that we can get our services right for you, your family and the people who live in your community.

In this edition we look at the role a public governor will have to play in developing our services and I would urge you to take a look at pages 10&11 to see how you could help us even more closely to provide high quality, safe and effective services close to where you live.

I wish you a happy and a healthy new year.

**Simon Large,**  
Chief Executive



## Your Contacts

**Editor** Jayne Murphy

**Designer** Ben Cullimore

**Contributor** Aimee Haggas

**Produced by**

Communications Team,  
Bradford District Care  
Trust, Victoria Road,  
Saltaire, BD18 3LD

**Email** [yourhealth@bdct.nhs.uk](mailto:yourhealth@bdct.nhs.uk)

**Chief Executive** Simon Large

**Chairman** Mike Smith

**The editorial deadline for the April edition is 28 February 2013.**

While every effort has been made to ensure the accuracy of contents the publisher cannot accept any responsibility for errors or omissions, or from any matter in any way arising from the publication of this material.

For more information about the work of the Trust please visit:

[www.bdct.nhs.uk](http://www.bdct.nhs.uk)

[www.facebook.com/bdct02](https://www.facebook.com/bdct02)

[twitter.com/Bradford\\_DCT](https://twitter.com/Bradford_DCT)

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# Your News



Photo credit:  
John Behets

The latest news from  
across our Trust

## Award Winning Nurse

Congratulations go to Olwyn Lidster (pictured above right), a community psychiatric nurse from our Trust.

Olwyn has been recognised at a prestigious ceremony in London hosted by the Royal College of Nursing. She received a prestigious 'Mary Seacole Award' for her contribution to black and minority ethnic (BME) communities. The award includes a grant of £6,000 and will be used to continue Olwyn's work to improve health outcomes for gypsy and traveller communities living locally.

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## We are now an Associated Teaching Trust

Professor David Cottrell, Dean of Medicine at the University of Leeds recently wrote to the Trust to offer us an Associated Teaching Trust accolade.

This is for the on-going research and teaching work we have done alongside the School of Medicine. We have been pleased to accept the proposal, which formalises our relationship with the university but will not limit our work with other academic bodies.

Professor David Cottrell said: "The Trust has been providing excellent education for medical students for many years now, and with the School of Medicine and the Trust working more closely together on research projects as well as learning and teaching, I am delighted that we can formalise our relationship. We are committed to working together to maintain the very high quality of education that Bradford has delivered in the past."



**UNIVERSITY OF LEEDS**

## Dates for Your Diary

We're pleased to announce the latest topics in our round of membership talks.

### **Tummies to Mummies – Teenage Parents and their Children**

**DATE:** 5 February 2013

**VENUE:** Carlisle Business Centre, 60 Carlisle Road, Bradford, BD8 8BD.

### **Babies and Sleep – Meeting the Challenge**

**DATE:** 12 February 2013

**VENUE:** Leeds City College, Keighley Campus, Bradford Road, Keighley, BD21 4HQ.

### **Explaining Challenging Behaviour**

**DATE:** 14 March 2013

**VENUE:** Hilton Hotel, Hall Ings, Bradford, BD1 5SH.

All talks run from 1.30-3.00pm or 6.00-7.30pm.

**If you would like to attend, to find out more about our services, please email:** [ft@bdct.nhs.uk](mailto:ft@bdct.nhs.uk) or call 01274 363552.

# Keep Warm, Keep Well this Winter

Here are some simple tips for how to help you and your family stay safe throughout the winter:

## **Practice Good Hand Hygiene:**

**Norovirus**, the winter vomiting bug, is common at this time of year. Good hand hygiene, especially after using the toilet, helps prevent the infection spreading. Wash your hands in warm water using soap, clinical wipes or alcohol gel.



## **At Home:**



**Stock up on simple cold and flu remedies** and make sure you have enough of any medication you take regularly.

## **Stay Healthy:**

**Eat regular meals** to keep your energy levels up and drink plenty of hot drinks.

**Get the flu jab.** Flu is dangerous, highly contagious and largely preventable. Speak to your GP.

**Keep active.** Exercise is good for your overall health and can help keep you warm in winter.



**Choose Well: For more tips and information on common winter health complaints, including how long symptoms will last and how to relieve symptoms visit:** NHS Choices

([www.nhs.uk](http://www.nhs.uk)) or via your mobile phone by scanning the QR code to the right





# Your Experts

Here, we answer your health care questions.

**Q.** I'd like to get out and about in the New Year, try my hand at something new and keep well.

What can I do?

**Marjorie, Riddlesden**

**A.** Why not join our Champions Show the Way programme. This is for people of all ages who have recently been discharged from hospital, are participating in a rehabilitation programme or who suffer from a long-term health condition. This means a condition which cannot be cured but is managed through medication and/or therapy. Champions Show the Way offer a wide range of free activities including walking, singing, tea dances and writing groups. These are led

by volunteers across the Bradford District called Community Health Champions.

Getting involved can help you retain your independence, expand your social circle, learn something new, or pick up an old hobby and improve your well-being. If you have a talent to share, why not volunteer as a Community Health Champion, we can support you along the way.



**Catherine Pitts**  
Champions Show the Way  
Programme Manager

**To find out what's happening in your local area and how to get involved call 01274 321911 or email [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk)**

**Q.** I want to quit smoking. I know it's affecting my health and I've started to feel low about not being

able to stop. I've tried before but I always give in to cravings. Can I get professional support?

**Gary, Toller Lane**

**A.** Health Trainers can offer practical support to change your behaviour and achieve the goals you set for yourself. Our role will depend upon your individual needs but if you want to make a lifestyle change we can offer confidential support and encouragement. We can help with lots of lifestyle problems such as; smoking, drug and alcohol abuse or feeling lonely. We work from 48 different community locations across Bradford and Airedale.

**For more information call the Health Trainers helpdesk 01274 777527**



**Nazneen Baksh**  
Community Health Trainer for  
City Area of Bradford

“ Keep active and mobile outside of work with regular exercise – this can help ease muscle stiffness, joint strain, and keep your back strong. ”



Next edition our experts will be answering your questions on Dental health. If you've got a health related question email [yourhealth@bdct.nhs.uk](mailto:yourhealth@bdct.nhs.uk) or write to us at the address on page 3.

## Helen Davidson

Specialist Physiotherapist

**Q.** I am a 42 year old taxi driver. I sit down for most of the day. I have recently started getting lower back pain – is there anything I can do to prevent it? **Sajjad, Wibsey**

**A.** Back pain is a very common condition, affecting about 8 in 10 adults at some point in their lives. You can help ease the pain and prevent it from returning by following these tips:

- Keep active and mobile outside of work with regular exercise – this can help ease muscle stiffness, joint strain, and keep your back strong. Low impact exercises such as swimming or pilates are particularly good for this. (You should check with your GP before beginning exercise).
- Be aware of your posture and do not slouch whilst standing, sitting or driving. Make sure your car seat (or any chair) supports your back properly. Your back needs to be fully supported and you should maintain the curve at your lower back. You can buy lumbar rolls or put in a small cushion to support you in the correct position.
- Prolonged sitting and not changing position stresses backs. Ideally get out of the car and walk around every 30 – 60 minutes to relieve muscle tension and joint strain.
- Losing weight or keeping to a healthy weight for your height and build will help by placing less stress on your joints.
- In your line of work you need to take care when lifting or handling items such as luggage or shopping. An incorrect lift could lead to damaging your back badly. Make sure you hold the object securely and closely, not at arms length. Bend your knees and not your back when lifting.
- Seek medical help – if you find you are in severe pain, or if the pain keeps coming back, you should see your GP. They can refer you to a Physiotherapist for specialised assessment, treatment and advice.

Our  
New Year  
New You  
Issue

# Your Story

.....  
Sharing your experiences  
of our services.  
.....

When Sarah\* a woman in her twenties, hit rock bottom in her life, she knew she needed to seek some help. After a visit to her GP she was referred to one of our Health Trainers who, through a programme of goal setting and personalised support, helped Sarah regain her sense of identity.

“ When I first met with Allie, my Social Prescribing Health Trainer<sup>1</sup>, I was in tears. I remember feeling that my life was a complete mess. I was lacking in confidence since splitting up with my partner of ten years. The split left me feeling rejected, I had thought this person was my best friend. It was as if my life had no meaning anymore. It was particularly hurtful for me because he had, without warning, moved out and left me for someone else.

I blamed myself at first; I had been working long unsociable hours – sometimes over 70 hours a week as a head chef. Perhaps I hadn't invested as much time as I should in our relationship. At my lowest point I had to be signed off from work. I knew I was letting myself go but, I'd lost the will to look after myself without the structure of a working day. I just couldn't find the motivation to do anything.

Allie was great, from our very first session she worked on my confidence and self-esteem. It was important for me to realise that I had an identity apart from being with my partner. Allie worked with me to set goals, to create some structure in my day. These were just simple things at first, like eating three regular meals and going out for a 20 minute walk each morning, but they were the first positive steps to getting back on track.

As I started to achieve my goals, we looked at whether I was happy with my demanding job. I realised that, although it paid well, it left me with no time to enjoy myself or have any quality of life. I made a decision that I wanted to change, so Allie set some goals for me around looking for new work, and applying for at least three new roles each week.

Allie's help and gentle encouragement helped me to become increasingly





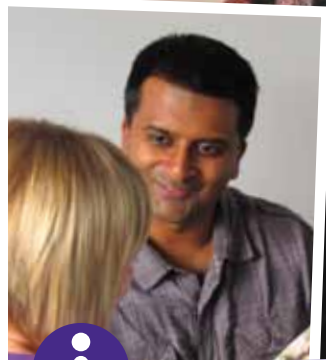


“ I worked with Allie for just six sessions and in this time I completely changed the way I viewed my world and the control I had over my life. ”

focused. So much so that I found a new job, still in the catering industry, but with flexi time which freed me up to get out and socialise more.

I worked with Allie for just six sessions and in this time I completely changed the way I viewed my world and the control I had over my life. I was in a new job, meeting new people and felt stronger and much more assertive than I had ever done before. So much so that when my ex-partner got in touch to say that he had made a mistake and that he wanted us to be together again, I was able to see that I was worth more and politely declined this offer. My transformation was remarkable. I am so very thankful to have had the support and encouragement I needed at this crucial time. It's been a real turning point in my life.

I would encourage anyone to seek the help of a Social Prescribing Health Trainer if they need some help achieving a health related goal. If I can do it, others can too!



**To find out more about our Health trainers call 01274 777527**

\*Sarah is not pictured here

†Social Prescribing Health Trainers (SPHTs) focus on low to moderate mental health issues. Health Trainers (HTs) focus on lifestyle and behaviour issues.

# Your Say

Here, you can find out more about becoming a Public Governor for our Trust, learn more from local people already getting involved, and find out how to apply. .

## Our Governors will be required to:

- ❑ Attend Council of Governor meetings (around three to four each year).
- ❑ Appoint and agree the terms and conditions of our Chairman and Non-Executive Directors.
- ❑ Approve the appointment of our Chief Executive.
- ❑ Appoint our External Auditor.
- ❑ Receive the Annual Report and Accounts, as well as our Quality Accounts.
- ❑ Look closely at our Annual Plan.
- ❑ Hear the views of our members and represent these at Council of Governor meetings in a fair way.
- ❑ Agree changes to our Constitution.

## There will also be opportunities for Governors to:

- ❑ Invite Board members to Council of Governor meetings.
- ❑ Sit on our Governor committees.
- ❑ Help to develop our membership strategy and recruit new members.
- ❑ Attend regional Governor network meetings.

This means that Governors will be able to build new networks and learn new skills, as well as represent local people and meet senior staff from our Trust.

**We caught up with two Public Governors at a local trust to hear how they are making a difference:**

“ The Public Governor role is really important. We need to be assured that our Trust is performing well and it's vitally important that we work closely with the Board of Directors and Chairman. I've achieved far more than I expected to and have found my experience to be very rewarding. ”

**Mohammad Yaqoob**, Public Governor  
*Bradford Teaching Hospitals Foundation Trust*



“ The role is about enhancing the patient experience. Most of us have been a patient or know someone who has. We make a useful contribution to the Trust and there are areas where our contributions have made a positive difference for both patients and staff. I would encourage anyone interested in these roles to apply. ”

**Sue Hillas**, Public Governor, Bradford Teaching Hospitals Foundation Trust



## How Do I find out more about Public Governor Vacancies at Bradford District Care Trust?

At the start of our elections, we will write to you about the Public Governor vacancies and let you know how to apply.

We'll also send you a nomination form in case you want to put yourself forward.

## Will Anything Prevent Me from Being Able to Apply?

**Legally, you will not be able to apply if you:**

- ❑ Are under 16 years of age.
- ❑ Have, within the last five years, been convicted of any offence which has resulted in being sent to prison for three months or longer.
- ❑ Are not already a Foundation Trust member of our organisation.

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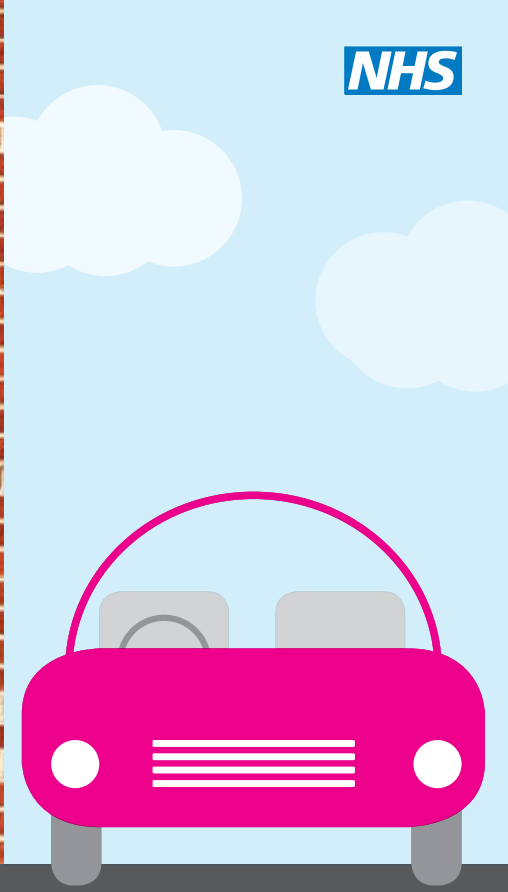
**[www.bdct.nhs.uk/ft/foundation-trust-interest-form](http://www.bdct.nhs.uk/ft/foundation-trust-interest-form)**

If you'd prefer to complete a paper copy, contact Stella Jackson on 01274 363552.

Surveys received by Friday 1 February, will be entered into a free prize draw. The winner will be contacted by Friday 15 February.



**For more information about our Foundation Trust bid contact Stella Jackson**  
on 01274 363552 or email [ft@bdct.nhs.uk](mailto:ft@bdct.nhs.uk)



## Over 80% of cigarette smoke is invisible.

### Open your eyes to the hidden dangers of smoking in your home or car.

Cigarette smoke contains over 4,500 chemicals, many of which are irritants or toxins and more than 50 are known to cause cancer. Because more than 80% of cigarette smoke is invisible, you can't see where it goes making it impossible to control, even if you smoke near an open door or window. Cigarette smoke can also linger in the air long after a cigarette has been put out. The only way to completely protect others from the harms of cigarette smoke is to make your home and car smokefree.

Get a free Smokefree Kit which contains facts, tools and tips to help you on your way to a smokefree future.



**Text TOXINS to 63818 or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)**



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