

Your monthly  
insight into the  
world of Bradford's  
hospitals



**Bradford Teaching Hospitals**  
NHS Foundation Trust

# Members'news

November Issue 5



This is the easy read version of Bradford Teaching Hospitals Foundation Trust member's newsletter issue November 2021.

It is your insight into the world of Bradford's Hospital's.

## Steps to beat winter challenge



We are sharing 7 simple steps that we can take together to keep everyone safe over winter.



Even though schools are back and some of the coronavirus rules have been lifted, the pandemic is not over.

The months ahead over winter are going to be challenging.



Step 1 – It's easy to book medical appointments or get medical advice on the NHS app.

You can also use the online form on your GP surgery website.



Step 2 – Talk before you walk. Go online for advice before you go to your GP surgery or A & E.

Go online at [www.111.nhs.uk](http://www.111.nhs.uk) or ring NHS 111 if you don't have access to the internet.



Step 3 – Call NHS 111 for advice on urgent symptoms that are not life threatening. These are things like bad pain or suspected broken arms or legs.



Step 4 – Jabs and testing are the best way to keep everyone safe and help us get out of the pandemic.

Have all your Covid jabs and your flu jab if you are offered.



Step 5 – If you have the symptoms of Covid, get a test. The main symptoms are a cough, high temperature and loss of taste and smell.

If you have symptoms don't go to a healthcare setting like your GP surgery or a hospital.



Step 6 – There are support services you can contact if you're worried about your mental health or someone else's mental health.



Step 7 – Carry on being kind to each other. Give other people space and wear a face covering where possible.





Here is Mel's weekly news round-up for 12 November

<https://bit.ly/3Da3BTr>



We asking visitors not come to hospital if they are unwell. We are sharing ways that people can keep in touch with their loved ones.



In the second week of COP26 we held our own Green Summit.

COP is a conference about climate change.



We hear how our lung cancer patients are getting expert advice about their diets. This supports them through their treatment.

Plus there's a round-up of other news from across the Trust.



We updated our colleagues on things we are doing at the Trust to tackle climate change. We also heard some of your ideas.



With Covid, flu and winter bugs around we need to keep our hospitals, patients and staff safer than ever.



Here's Mel's weekly news round up for 5th November.

[https://youtu.be/\\_6qCASKVt4](https://youtu.be/_6qCASKVt4)



This week we visit our Ophthalmology Department. Our staff have developed a new eye test for children with learning disabilities.



It's Medicines Safety Week, there's a chance to meet our first Medication Safety Officer.



Plus there's news about a new trial starting here in Bradford for a whooping cough vaccine.



Here's Mel's news roundup for 29th October.

<https://youtu.be/psEGPXb08Dc>



This week we hear about vaccinations for 12-15 year olds. St Luke's hospital is playing an important role in its delivery.



There's news about how our Trust has been making even stronger links with Leeds University's School of Medicine.



We also hear about an amazing new hypnobirthing course for mums-to-be which is being launched by our maternity team.



## 'Cracking' idea wins award



Our Plaster team have won a national award.

<https://bit.ly/3HmMdgW>



They had an idea to help patients look after their casts. This was to put a simple QR code on casts.

This then links patients to useful information.



It wowed judges at the Nursing Times Awards and won the Technology and Data in Nursing prize.

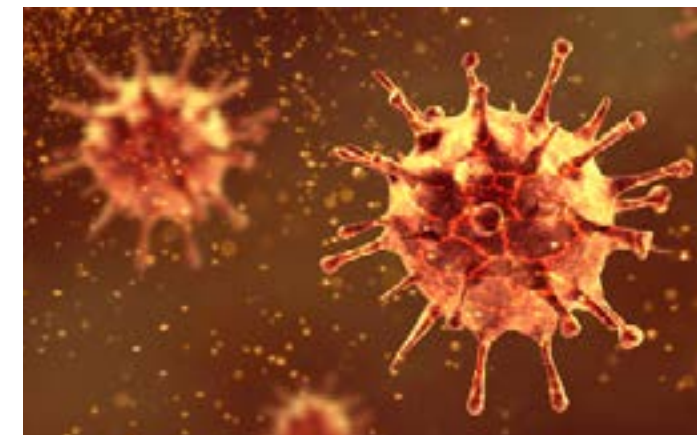
## Council of Mosques award



We were honoured to go to a celebration dinner marking the 40th Anniversary of the Bradford Council for Mosques.



There was a lovely surprise when our Chief Executive Mel Pickup was presented with an award on behalf of our Trust.

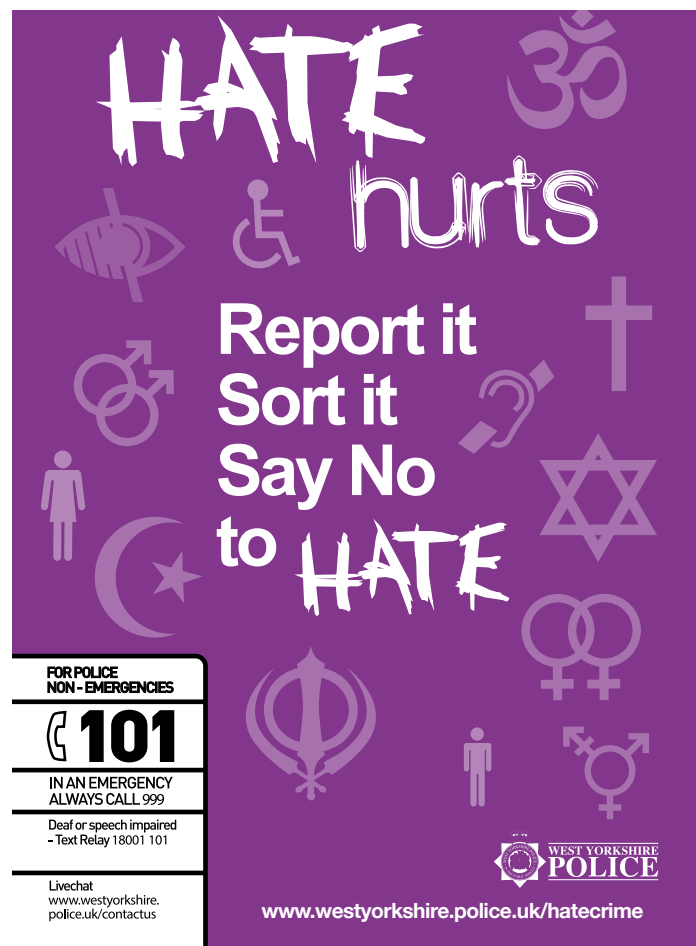


The award was for all our teams work during the Covid-19 pandemic.



Here's Mel's weekly news for 22nd October.

<https://youtu.be/-6gMSBID1z0>



In this week's round-up we show our support for the police's Hate Hurts campaign. This is to tackle hate crime across society and in our hospitals.

We want anyone who is a victim of hate crime to feel confident enough to report it.

We also see how electronic patient letters have worked to make our appointments system better and helped the environment by saving paper.



Christmas is in the air – thanks to Bradford Hospital's Charity and its Snowflake Appeal.



Lots of people including companies and groups have been invited to sponsor a snowflake.

This will pay for gifts and comfort items for patients who are in hospital over Christmas.



It will help us make their stay as comfortable as possible when they are away from family and friends over Christmas.



If you or anyone you know would like to sponsor a snowflake please visit <https://bit.ly/2SQAeQC>.





Here's Mel's weekly news round-up for 8th October.

<https://youtu.be/HINMrFygPLg>



In this week's round-up we take a look inside our newly re-opened vaccination hub. This is where we are doing Covid-19 booster jabs to our colleagues.



We also hear more about Thrive. This is the Trust's new wellbeing and development one-stop-shop for staff.



There's also news of a trainee physiotherapist scheme designed to give new starters some hands-on experience.



There are new staff changing facilities at Bradford Royal Infirmary (BRI).



The new units include showers, toilets, lockers and private changing cubicles for both men and women.



A scheme which lets our physiotherapists visit care homes without needing a referral is helping older people stay healthier for longer.



Rhonda Shorter and Lucy Kirke visited 5 care homes between January and September 2021.

This was part of the Frailty Project which took place in the Community Partnership Nine patch. They also funded the scheme.