

Well Together Service Newsletter

January 2024



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Welcome

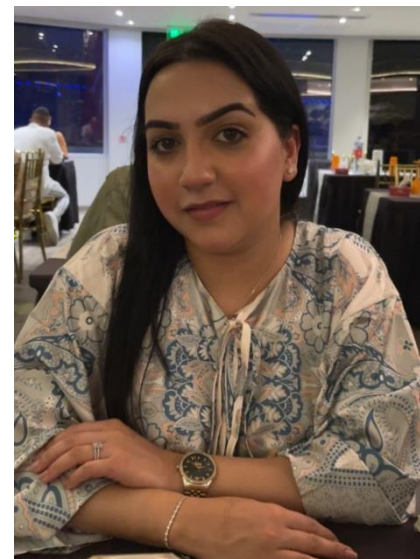
Hello and a Warm Welcome to the Festive edition of our Newsletter. Although the weather has taken a turn, the Well Together team have been working hard getting out and about to events in the community, networking with professionals and the public, publicising the great work that we do. There has been a marked change over the last few months, we feel like we have finally resumed 'business as usual' post covid. The fruits of our labor are shining through as new partners and groups come on board-so watch this space, exciting times ahead!

On this note the Well Together Team would like to wish you all a **Happy and Healthy New Year.**

Razia Islam – Service Manager

Staff Update

Hi, I'm Mahrukh and I will be joining the Well Together Service from 16 January 2024! I am originally from Derby and have been living in Bradford for just over a year so still getting used to the area. I have been working for the NHS for almost a decade and excited to join this great service- looking forward to making new relationships and picking up new skills 😊



2024

BDCFT Volunteer Service Awards

October saw success for the Trusts Volunteer Service and Well Together.

On Friday 13th October three members of staff and one volunteer attended the Helpforce Champions Awards at the prestigious RAF Club, near Hyde Park, London.



The team came home with both the awards they were shortlisted for. The Volunteer Service won Volunteer to Career Team of the Year, and Catherine Jowitt won Volunteer Lead of the Year.



On Thursday 19th October Well Together and the Volunteer Service were shortlisted for awards at the Act as One Awards. This is the first time these awards have taken place to recognise the achievements of teams across Bradford District and Craven in health and care.

The event took place at the Agraah Midpoint, with over 300 attendees enjoying a curry, entertainment, and the awards ceremony.

Well Together were shortlisted in the Living Well category, although they did not win, they were recognised for the impact they have made.

The Volunteer Service won their category, Team of the Year, Making a difference behind the scenes.

From 26 nominations, this was a great achievement and recognition for the growth and impact of the Volunteer Service.



Well done to all involved 😊



A very proud Catherine Jowitt
Head of Charity & Volunteering
Bradford District Care NHS Foundation Trust

Friday Friends Turns Ten!

My name is Jenny Medley and with my friend Anne Smith I have been running Friday Friends for the last 10 years. Friday Friends is firstly a friendship group, we meet fortnightly in St James Community Hall, (off Bolton Road in BD2) and enjoy tea and coffee with cakes and chat. There is no agenda so members can suggest an activity, sometimes we play games, sometimes we have a quiz. In the past we have brought music to play or discussed books we have read. We have brought crafts, poetry and jokes and been on outings but mostly we just enjoy catching up with each other. When I retired, I found I didn't know many people around where I lived, as I lived alone, I could easily have become isolated, but Friday Friends slowly brought people together.

To have this group of friends was particularly useful during the pandemic as we kept in touch to ensure all members were safe and supported, although numbers fell during this time we are slowly building them up again. We now regularly get over 12 people at the meetings.

We are always looking for new people - why not give us a try?

For more information, please ring the office on 01274 259190

HAPPY BIRTHDAY



Thank you so much to Jenny Medley and Anne Smith for running the Friday Friends for an astonishing 10 years!!! You are both so kind, dedicated, resourceful and motivated and so tuned into the group's needs. Jenny and Anne put on an incredible spread at the 10-year party, with support from group member Barbara who helped by kindly home-baking many of the cakes – and yes they were absolutely delicious!

The afternoon tea was perfectly presented – with white starched tablecloths and delightful cake stands. There were decorations on the tables and Jenny did the rounds pouring out teas and coffees for all. No party is complete without games and Jenny had devised a 'pass the parcel' with questions/forfeits that challenged our brains - in a good way!

Speaking of which, thank you as I can now make a paper airplane one-handed!

Sarah Bayles, Volunteer Coordinator, Well Together.

Jenny and Anne have both been awarded Outstanding Volunteer of the Month awards in recognition for going the extra mile.

Outstanding Contribution Award



Well done to Mark Watson for being awarded December's Outstanding Contribution award for his hard work over the past month. Mark has had several personal challenges recently but has continued co-delivering the 12-week WRAP course and lead the two Wellbeing groups for Well Together.

Since Mark joined us in 2017, he has continued volunteering for us without a break. Mark supports the Wednesday and Thursday Wellbeing groups every week.

Mark is a WRAP 2 Facilitator. He has just finished co-facilitating a WRAP course and will be co-facilitating a new course in January 2024.

Mark is a caring, compassionate person who through his own struggles recognises the need to support others with their wellbeing. His dedication and passion to helping others makes him a truly amazing individual. Thank you Mark for being an asset to our service and the hours you dedicate to volunteering.

Well done to our wonderful and dedicated Well Together Volunteer Margaret Thornber who was awarded October's Outstanding Contribution's award for going above and beyond her role.

Margaret has recently been struggling with her own health. However, her strength and determination has been amazing! She has continued with the responsibility for all the paperwork and arranging day trips outside the group. She has still managed to make the time to check in on other group members who need that extra support and contact despite her own health challenges.

Margaret is a truly caring, compassionate, and thoughtful person. She actively promotes the group amongst her GP surgery, her hairdresser (!) and other community venues.

The bereavement and support group has over 20 members and they all have great things to say about Margaret and the group, for some it has given them the strength to carry on with their life and to look to the future.

Thank you, Margaret, for everything you do in your volunteer role and beyond.



Sue Stewart leads the Sing 4 Joy singing group in Shipley. Sue has been involved in a huge project to overhaul the group's folders with a new repertoire of songs. It's involved several labour-intensive, time-consuming tasks above the usual call of duty. Firstly, coming up with a list of songs in agreement with the group members; then checking which lyric sheets we had in our master folders. Then communicating with staff regarding which sheets needed photocopying/obtaining. After this came the process of finding 'volunteers' within the group to help with taking the sheets out of the current folders, filing them, and then fitting out the new lyrics. There were over 100 songs per 20 folders! It took three extra sessions outside of the group to complete. In the past another volunteer has helped with a lot of the preliminary work, also the sheer amount of lyrics that were requested for the folders this time made the job extra challenging! Sue has been keen to get it done, she has galvanised support within the group and

despite the challenges has triumphed. The group are very pleased and inspired by this new set of songs to sing and enjoy together for a long time to come. Thank you so much Sue.

Farewell Fiona And Happy Retirement

Well, we couldn't just let our Fiona slip quietly out of the door – we had to give her a good send off! Fiona has given 20 of her working years to Bradford District Care Foundation Trust; with the last 9 working as Senior Administrator for Well Together. She's been an absolute Star and we already miss her!

To celebrate her and her retirement milestone we had a good get together. Volunteers and staff headed out for a sunlit, if bracing walk through historic Saltaire including beautiful Robert's Park.

We then gathered back at New Mill where staff had transformed the office into a celebration space!

Whilst we were out, our manager Razia had whipped up a storm with the catering.

Staff had commissioned resident poet and Cullingworth and Wilsden walker Roland to pen a poem for Fiona and this was read out by the poet himself!
Fiona was very touched as you can imagine!

Fiona received her presents, and we all had a very merry time eating and drinking (soft drinks of course!)

It was so lovely to see so many volunteers and for volunteers to meet and chat to each other as well. Thanks to everyone who came – you made it so special xx



To Our Dearest Fiona

There are people we have never met in person, yet we always felt we knew
This dear Fiona is the way, in my mind, I have always thought of you
A pleasant smile and sense of humor, that helps a good Administrator succeed
A listening ear, no rushed judgment, to fit each one's separate need

As you drink your cuppa-soup, the cakes are also tempting you
Another day of emails, with its piles of work; you will get through
Gazing thoughtfully through New Mill's window, at the Heron fishing there
As the endless cascading river washes over, unlike you, it does not have a care

Does Your mind wander to Kirkby Steven, you will enjoy relaxing in the sun
Your heart will make it hard to do this, but of course it will all be fun
The arranged flowers on the table, placed just one bloom at a time
Will people understand your feelings of leaving your work family behind?

Anthony puffing smoke at the bee hives, collecting honey in for tea
Will he be under your feet always fussing, that's the way he likes to be
While the honeybees will all be new hive building, what new life will you see
He'll be climbing through a hedgerow rescuing his swarming bees, or maybe up a tree

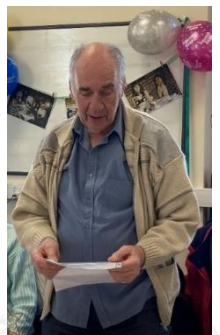
Holiday makers seeing an ad for this North Yorkshire Airbnb
How would you fancy a walking holiday up with them northerners?
They do crafting, lazy lunches, sells honey on a stall, let's do it, let's make the call
Never been north, some people say it's nice. Great let's do that, it should be really fun

Are my team all now trained well enough? To manage many skilled things without me?
Did I teach them love and understanding? That cannot be found in any sort of GCSE
But in the way they live every day, always ready to give each other a helping hand
With all this love that is around you, now I think you understand

With a life as busy as a queen bee, things to organise, and many folks to see
And as for your blessed cat, it does get me in a flap, oh it worries me
Will you be content to sit and stitch a festive felted Elf, or Santa on his sleigh?
Oh, how you have looked forward so much, to your retirement day

Something always to sort out and rectify, the blessed computers are to blame
But your smiles bring out the laughter, and things are safely fixed again
Like a mother hen, we all love you, and it will always remain the same
Have a wonderful Retirement, for after all life is just a game

Best wishes from Roland and all your contributing team



Getting In The Creative Mode

The Feel Good Group

The Feelgood group have been busy this last quarter making cute felt decorations, ink paintings, stenciling, fridge magnets, tear and layer vellum cards, toilet roll transformations and wreaths. Here is a glimpse of some of their creations.... Wow, just wow!



*“creativity is
intelligence
having FUN”*

- ALBERT EINSTEIN



The Feel Good group meet virtually via Microsoft Teams on Wednesdays at 10.30 am and in person every Thursday at 10.30am-12.30pm, Bingley Methodist church.

After each craft session they always have a moment of relaxation.

Everyone is welcome.

The group meet every Tuesday:
10.00am - 12.00pm
The Oddfellow,
Three Links Club,
26 Rectory Lane, Skipton, BD23 1ER

Everyone is welcome.

Well Together Walk Leader Training

Well Together have built up a collaborative working partnership with Bradford Council and the Active Travel project to train staff and individuals within the Community to become walk leaders and deliver more walks across the Bradford District, in particular, areas which are in most need of encouraging people to walk or cycle more. As part of this work, we delivered a walk leader training session in November at Keighley town hall to 10 Bradford Active travel and My Living Well staff to kick start the project, and those participants are just in the process of shadowing and leading some of our existing walks to become competent walk leaders and establish walking groups across the District.

My Living Well, JU:MP (Join us, move & Play) and Age UK Bradford are also part of a joint working partnership with our service and will look to access walk leader training through Well Together as part of their plans for sustainable wellbeing activities for all ages, especially by utilising currently unused green spaces within the District.

We are excited to be a part of this initiative and are looking forward to delivering more walk leader training to staff and members of the community.

Well Together Service have also been working closely with the Volunteer Service to deliver Virtual Walk leader training sessions for inpatient staff at Lynfield Mount hospital and Airedale Centre for Mental Health.

This will allow staff to take inpatients on planned local walks which will benefit their general and mental wellbeing.

We are hoping to deliver more of these sessions to staff in 2024.

Do you have any photos, stories, poems or news you would like to share in the Newsletter?

Please contact the Well Together Team on:

**Welltogether@bdct.nhs.uk
or
01274 259190**

Walks And Talks

Walks and talks at Bradford Museums! Free!
We recently met with Sarah Deane, Community Content Producer for Bradford Museums.

The museums include Cartwright Hall in Manningham, Bolling Hall in East Bowling, Cliffe Castle in Keighley and Bradford Industrial Museum in Eccleshill.

Sarah was very interested in hearing about our service and the possibilities of working together. She was interested to hear that we already have regular walks going from or very near to some of the museums. Sarah's role is to work with the community to produce creative works and encourage people from across the community to access the museums. Sarah has been offering free '**walks and talks**' around the galleries to community groups. Do you think that your group would be interested? Please get in touch with the office to let us know!



Well Together takes on the Carers Hub

We are pleased to announce that the Carers Hub has been taken over by us and is now the Well Together Hub. We are working on delivering more Well Together volunteer led activities from there.

**Well Together Hub,
Horton Park Health Centre,
Level 2, 99 Horton Park Avenue,
Bradford, BD7 3EG.**

If you would like to use the cozy space it can be booked through the Well Together Service:
welltogether@bdct.nhs.uk / 01274 259190