



An information and advice  
community website for  
adults and families



## Live Well York Newsletter May 2019

Welcome to the fourth Live Well York newsletter that gives you the opportunity to be kept up to date with new additions to the site.

Please note this is one newsletter for partners, practitioners and citizens so feel free to skip over the sections that aren't applicable to you. We always welcome feedback about relevant content in the newsletter so if you have a view please contact [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk)

You can opt out of receiving the newsletter at any point by emailing [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk). Also feel free to forward or let anyone know (organisation or citizen) that they can request to be added to the mailing list.

## Aware of Awareness

**Community Events**

The information, activities, events and services listed on Live Well York are not audited or endorsed by the site or its partners, please refer to the [Buyers Guide](#) for further advice or information about choosing activities, events and services.

Upcoming **Mental Health Awareness Week** events are highlighted using the **blue star** ★.

Upcoming **Dementia Awareness Week** events are highlighted using the **green star** ★.

[Feedback & suggestions](#) [Post an event](#)

Where is the event?	Who is it for?	What type of event?
Select event area...	Select event audience...	Select event type...

May 2019

We are aware that there are many national awareness days/weeks some of which are very relevant from a health and wellbeing perspective and therefore relevant to capture and promote on Live Well York. Where it is a priority area and there are a number of events on we will:

- Post the events in the calendar
- Give them a star to stick out (for example see [National Mental Health Awareness Week](#))
- Provide promotion tweets/re-tweets during the campaign
- Use this as an opportunity to review and consider any changes to the relevant information pages

A partner suggested we produced a page of the key events throughout the year so look out for an extra button next month on the events calendar. Feel free to let us know what you think should be on there.

Coming up:

May

Mental Health Awareness Week  
Dementia Awareness Week

June

Celebrating Volunteering Week  
Safeguarding Week

## Practitioners Corner

We have been working with Social Workers to ensure they can quickly find the information they are looking for. As a result we have created a [Practitioners Support Page](#)

This currently provides:

- a pre-filtered electronic link to all the care homes in York;
- a pre-filtered link to all personal care services in York including home care;
- a printable summary booklet of York Care Homes

We are working with home care providers to check their details in the Service and Products Directory and provide their logo, We will then provide an equivalent [personal care booklet](#).

If you are a practitioner and want to discuss other options being included please contact [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk)

Practitioner Support Page

Add to My Information

Useful Resources for Practitioners	Suggestions and Requests
------------------------------------	--------------------------

Useful Resources for Practitioners

The following documents are designed for the use of practitioners in their work with customers and beneficiaries.

- Care Home Directory
- York Care Homes Booklet.pdf
- Personal Care Directory (Includes Home Care Providers)

Suggestions and Requests

If you feel that information across the Live Well York website could be useful in a particular format as part of your role as a practitioner please make a request by email to [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk)

## Mobile Devices

Previously we gave advice regarding how to add the Live Well York logo as a short-cut on the home screen of your desktop PC or laptop. We appreciate many people use mobile devices, particularly when having conversations with people looking for solutions. Here have provided instructions to create a short-cut on your mobile device:

<b><u>Android devices</u></b>	<b><u>Apple iOS devices</u></b>
<ul style="list-style-type: none"><li>• Type <a href="http://www.livewellyork.co.uk">www.livewellyork.co.uk</a> into your mobile device browser (e.g. Chrome, Samsung internet etc.)</li><li>• Once loaded tap on the 3 dots in top-right of the screen</li><li>• Tap “add to home screen”</li><li>• Amend the short-cut name to “Live Well York”</li><li>• Tap “add”</li></ul>	<ul style="list-style-type: none"><li>• Type <a href="http://www.livewellyork.co.uk">www.livewellyork.co.uk</a> into Safari browser</li><li>• Once loaded tap the bottom central Action button (square with upward pointing arrow)</li><li>• Tap “add to home screen”</li><li>• Amend the short-cut name to “Live Well York”</li><li>• Tap “add”</li></ul>

## Community Activities

Over the next two months we will be contacting all groups that have a posted [community activity](#) to check their information and update. This does not include sports groups that were contacted separately and very recently.

All the sports and disability sports entries in the City of York Council Sports directory have now been moved across to the Live Well

York website so website users can filter the sports activities they are looking for. With the disability sport entries, images will be added to help people choose which sports they may be interested in. This now creates one place for all sports and fitness activities through Live Well York. Why not give it a try and check out the new sports [sub-filter](#). Feedback is very welcome as this is a very recent and new development.

Here are some of the latest community activities to be added and updated:

[Door 84 Youth Sessions](#)

[Dementia Support – Heworth GP Practice Dementia Clinic](#)

[Ladies Circle](#)

## **Community Events**

Here are a few examples recently posted:

[Big Brekkie](#)

[Family Barn Dance](#)

[Out of Character Theatre - InSignificant](#)

## **Service and Products Directory**

We have been busy looking at each section of this directory to ensure we have captured everything we are aware of. These are the sections we have updated so far so please do check and let us know if we have missed anything:

[Home care providers](#)

[Care Homes](#)

[Gardening](#)

[Community transport](#)

[Handyperson Tasks](#)

If you provide a service for individual needs, with or without a cost then please [post your services](#).

Here are some examples of recent additions:

[York Personal Support – Personal Assistants](#)

[Urban Cycling Skills – Cycling Tuition](#)

[Talking Points – York Medical Group](#)

**Latest News** – want to raise the profile of something that is happening in York, does it have a community focus or helps to improve people's Health & Wellbeing why not [post it here](#). Here are a few recent news items:



[Community Catalysts – All together now](#)



**World Autism Awareness Day**

[Autism Day – A great success](#)



**Community Bees**



[Community Bees wins an award](#)



## **Comoodle – Sharing stuff, space and skills**

Live Well York is delighted to be one of the Comoodle York partners.

### Message from Comoodle:

Are you ready to share? We know there is a strong culture of sharing in York so that we can help each other do good things in our communities. Comoodle enables this to happen.

**Comoodle** is a free to use online platform that's all about sharing stuff, skills and space to support great community projects. It's now available in York thanks to funding from City of York Council, working in partnership with [People Helping People](#), [Live Well York](#), [York Time Bank](#) and [York CVS](#).

Do you have something you can share?  
Need something to help make your idea reality?

Sign up or view further info at: [www.comoodle.com/york](http://www.comoodle.com/york)

Contact the York Comoodle team: [comoodle@yorkcvs.org.uk](mailto:comoodle@yorkcvs.org.uk)

[Go to website](#)



---

## Contact us:

Phone: **01904 551006**

Email: [livewellyork@york.gov.uk](mailto:livewellyork@york.gov.uk)