

# BRIEFING BRADFORD



## Ninth Issue!

We hope you've had a great Christmas break and wish you luck for the new year. For all the times luck can't help, see if we can in this issue. Currently 1272 people receive this mailing, keep sharing and watch this number rise! Thank you for all of your support.

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# DISTRICT NEWS

## New Website

Community Action Bradford & District have now launched their new website! Head over to [www.cabad.org.uk](http://www.cabad.org.uk) to take a look.

You can find more information on who Community Action are, what we offer, including information on DIVA Bradford, bfunded, Voluntary Organisation Support Officer (VOSO) support, back issues of Briefing Bradford (as well as now submitting content online!), training courses, room hire, older people's projects, marketing support, Young Lives Bradford, Healthwatch and much

## Carers Resource have won!

Carers' Resource have won the Bradford district's young carers contract! See their [press release](#) and [photograph](#) of their chief executive Chris Whiley, who is quoted. Congratulations all!



## CBMDC Budget Proposal

Thursday 17<sup>th</sup> January 2019

14.00 – 16.00

Main Hall Carlisle Road Business Centre,  
Carlisle Road, Bradford, BD8 8BD

or

Thursday 24<sup>th</sup> January 2019

1.30 -3.30

Equality Together Manningham Mills  
Community Centre, Lilycroft Road, Bradford,  
BD9 5BD.

(Specifically focussed on disability and older people with BSL Interpreters provided)

Please book your place and tell us if you have any access needs by contacting Cameron Dale or Jody Leach by [email](#) or Tel 01274 437253/ 01274 435215

You can look at the budget proposals before hand by searching for 'Bradford Council budget 2019' or ask for a copy in your preferred format when you book.

## Pennine Breast Screening

Women aged around 50-70 who are registered with a GP will receive their invitation for breast screening. This is an important, free NHS health check available every 3 years, also to those over 70 by request. This could this be you, your Mum or Auntie.

### Where?

**Pennine Suite, Area 8, Horton Wing, St Luke's Hospital**

Invites arrive about 2 weeks before your appointment. Please contact us to change appointment time or place, 01274 365521, [pennine.screening@bthft.nhs.uk](mailto:pennine.screening@bthft.nhs.uk).

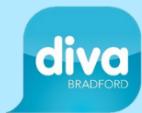
**Whatever age you are, if you are ever worried about any breast problem, contact your doctor who may refer you for a specialist opinion.**

**Breast Screening Saves Lives**



**Bradford Teaching Hospitals**  
NHS Foundation Trust

# DISTRICT NEWS



**SEARCH**



**LOGIN**



**CHECK**

## DIVA Competition

You could win a refresh of your current website just by updating your DIVA listing with the team! The marketing team at Community Action will check over your website and/or social media accounts make recommendations and do a one-off update to really bring out the best of your organisation through your website! When we receive 50 organisation updates we will do a prize draw and pick 1 lucky winner!

Enter now by calling 07908 648637, emailing [info@cabad.org.uk](mailto:info@cabad.org.uk), or visit the [Community Action website](#) to request a call-back at a convenient time. You can also contact us through the DIVA [Facebook page](#) or [Twitter page](#).



Competition time!!  
**WIN A FREE WEBSITE  
REFRESH!\***

To win, simply update your DIVA Listing with the team

\*ENTRANTS MUST BE A VOLUNTARY GROUP OR ORGANISATION IN THE BRADFORD DISTRICT. 1 WINNER WILL BE CHOSEN AT RANDOM ONCE WE RECEIVE 50 ORGANISATIONAL OR SERVICE UPDATES. THE WINNER WILL RECEIVE A FREE ONE-OFF AUDIT AND UPDATE OF THEIR EXISTING ORGANISATION WEBSITE AND/OR SOCIAL MEDIA ACCOUNTS, BY OUR MARKETING TEAM AT COMMUNITY ACTION.



# DISTRICT NEWS

## Afternoon tea for Disabled Carers

Equality Together are holding an afternoon tea for Disabled, Carers, Older People & the Multi-Cultural Community people living in BD8 & BD9 areas of Bradford at Manningham Mills on Thursday 31st January at 2pm, you can view the [poster here](#).

The afternoon tea will be all home made by BOCS (Bradford Organic Composting Service) and will consist of delicious homemade mini quiches, a selection of vegetarian sandwiches and a selection of homemade cakes, including carrot cake, scones with jam and cream, and a white chocolate and raspberry cake. Coffee, tea and soft drinks will be served also.

It is a free event, but you will have to book on by phoning Joyce Anderson on 01274 594173 or by email [janderson@equalitytogether.org.uk](mailto:janderson@equalitytogether.org.uk).

If you don't book on, you won't be admitted as numbers are limited.

## NHS Long Term Plan - What you need to know!

The NHS Long term Plan was published on 7<sup>th</sup> January 2019 here are some of the key takeaways:

- Digital GP consultations through an NHS App, rather than the GP being first port of call.
- Focus on prevention and early detection including gene testing and expanding Diabetes Prevention Programme.
- Mental health - investment rising up to £2.3billion per year (additional) by 2023/24
  - Community based provision, including in schools
  - More support for perinatal & youth services in the form of additional funding
- All hospitals with a major A&E department will deliver 'same day emergency care' to prevent overnight stays
- 'Healthy living and exercise' programmes for those with obesity/heart problems/risk factors
- Primary and community care - investment of £4.5billion per year
  - 'Integrated Care Systems' - more collaboration between GP's and Community Services to deliver primary care
  - Focus on 'Out of hospital care' and non-clinical settings
  - This will align with the Community Partnerships currently existing in Bradford

Next steps: Sustainability and Transformation Partnerships (STP's) and Integrated Care Systems (ICS's) will develop a localised 5 year strategy. You can find the [full plan](#) and the [summary](#) online.

There is a strong theme of collaboration through community services and the Integrated Care Systems but an apparent lack of funding to support this on a local level meaning no clear solution. The CCG's will decide how to allocate the funding for projects so as a sector we need to tap into this, signposting to free directories like [DIVA](#) and [Connect to Support](#) could make available money through Personal Health Budgets and direct those in need to local community services.



**Bradford Teaching Hospitals**  
NHS Foundation Trust

# FUNDING

Better Start Bradford Innovation Fund, deadline 28 February 2019.

New fund. Grants of £2,500 to £100,000 to run new projects improving lives of children in the Better Start Bradford area (Bowling and Barkerend, Bradford Moor and Little Horton).

DfE Local Coordination of Free Holiday Provision Fund.

The Department for Education intends to fund nine projects in England including one project in Yorkshire and Humber. Deadline for applications 7 February 2019 (23.59pm).

Bradford East Community Chest, deadline 31 January 2019.

Grants of up to £500 for community activities that benefit residents of Bradford East constituency.

Power to Change update - funding for community businesses.

News for community energy projects, community businesses that trade or want to use community shares.

Community Business Trade Up Programme, deadline 14 Feb 2019 (1pm).

Free programme for leaders of community businesses in England. Support to grow income from trading, to improve impact and sustainability. Information event in Bradford on 31 January 2019.

Bradford VCS Alliance, Asset Based Community Development grants.

Grants of £250 to £1,000 for community groups to meet health and wellbeing needs within Bradford City and District CCG areas. Deadline 22 February 2019 (5pm).

"Ping in the Community", deadline 4 February 2019.

Table Tennis England has twenty fully-funded packages to award. Each package includes one full size indoor table, 10 bats, 72 balls. Open to local community groups.

EU Settlement Scheme Grant Funding Competition.

Grants of £5,000 to £750,000 for voluntary and community sector organisations to support vulnerable EU citizens with making "EU Settlement Scheme" applications. Deadline 1 February 2019.

Comic Relief, Children Survive and Thrive Rise and Shine programme.

Grants of up to £150,000 in the UK for community action for early childhood development. Deadline 22 March 2019 (12 noon).

Bradford East Community Chest, deadline 31 January 2019.

Grants of up to £500 for community activities that benefit residents of Bradford East constituency.

BBC Children in Need Curiosity fund round 2 deadline 12 April 2019.

Grants of up to £40,000 a year for up to 3 years for new projects that improve the lives of disadvantaged children and young people in the UK through participation in science.

Bradford VCS Alliance Health Messaging grants deadline 21 Jan 2019.

Grants of £250 to £750. The funder is particularly looking for applications to run projects in central Bradford, Bingley, Airedale, Wharfedale, and Craven.





# COMMUNITY ACTION & VAL TRAINING

## Introduction to Equality and Diversity

Date: Tuesday 29<sup>th</sup> January 2019

Time: 10.00-13.00

Venue: Equality Together, Manningham Mills

Trainer: Gary Blake

This introductory course will look at The Equality Act 2010 and at our legal duties not to discriminate on grounds of 'protected characteristics.' It will explore the importance of language and look at the difference between direct and indirect discrimination.

### Course Overview:

Course content includes: Introductions, The Equalities Act 2010, Diversity, Next Steps, Evaluations and much more.

[Book Online](#)

## **\*\*FREE COURSE\*\***

Starting from Scratch

Date: Wednesday 30<sup>th</sup> January 2019

Time: 10.00-12.00

Venue: Bread and Roses

Trainer: Chris Barker

The session will help new groups or individuals thinking of starting an organisation/Charity to look at the things they need to do to get started.

### Course Overview:

Includes drawing up a set of rules (called the constitution), opening a bank account in the name of the group and where to go to get help with accounts & funding.

[Book Online](#)



## Information and News

Follow us on [Twitter](#) to stay informed about our Training

**Not seen anything you like? There are more courses to choose from online.**

Visit our [Training Calendar](#)

### Contact the training team

Email: [training@cabad.org.uk](mailto:training@cabad.org.uk) or Call: [07419 133797](tel:07419133797)

Diane Fox - Training Coordinator: [dianef@cabad.org.uk](mailto:dianef@cabad.org.uk)

Cheryl Cowling – Training Administrator: [cherylc@cabad.org.uk](mailto:cherylc@cabad.org.uk)

## How to book

Book online via the course page and we will invoice once a couple of days prior to the course.

Our standard [cancellation policy](#) applies to all courses except First Aid. There is a separate [cancellation policy for First Aid courses](#).

# COMMUNITY ACTION & VAL TRAINING

## Courses Coming up Jan-Feb

### Effective Supervision for Managers

*Tuesday 22nd January 2019*

This course is aimed at managers and supervisors that have responsibility for supervising paid staff.

### Chairing and Facilitating

*Tuesday 5<sup>th</sup> February 2019*

In this session we explore how being a Chair and a facilitator are two different skills and what they both contribute to a meeting.

### How to Campaign

*Tuesday 5<sup>th</sup> February 2019*

This training session focuses on how to create change from start to finish, also explore how to plan and deliver a successful campaign for change which is objective focused.

### Quickbooks Online

*Wednesday 6<sup>th</sup> February 2019*

If you're thinking of setting up using Online QuickBooks, or are starting in a role using the system.

### Bid Writing

*Thursday 7<sup>th</sup> February 2019*

This course is aimed at voluntary and community organisations looking to increase their chances of securing grant funding or contracts from larger funders

## Courses coming up at Voluntary Action Leeds

### Food Hygiene Level 1

*Monday 4<sup>th</sup> February 2019*

### How to Supervise and Support Volunteers

*Tuesday 5<sup>th</sup> February 2019*

### Safeguarding of Adults Level 1

*Tuesday 5<sup>th</sup> February 2019*

### Volunteers and the Law

*Tuesday 12<sup>th</sup> February 2019*

### Motivating and Retaining Volunteers

*Tuesday 12<sup>th</sup> February 2019*

### Measuring Outcomes and Impact

*Tuesday 12<sup>th</sup> February 2019*

For the Voluntary Action Leeds Courses please note that you will be redirected to [VAL Website \(Doing Good Leeds\)](#) to book places on courses taking place in Leeds and charged at the VAL Essentials rate.

## Pricing Structure

Bradford District VCS organisations (registered on DIVA Bradford) and VAL essentials

Half Day £48, Full Day £70

Other VCS organisations

Half Day £60, Full Day £90

Statutory, Individuals, Private companies

Half Day £120, Full Day £160

Training  
Calendar

In-House &  
Governance



WORKING WITH



## OTHER TRAINING & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17 13:00-15:00 Drop in session at Bradford Volunteer Centre	18
21 11:00-12:30 <u>Diabetes Cookery Workshop</u>	22 10:00-12:00 Drop in session at Bradford Volunteer Centre 10:00-14:00 Volunteer Fair – Gateway	23	24 10:00-15:30 <u>WRIB Housing and Homeless Event</u>  12:00-14:30 <u>Caring for Children course</u>	25
28	29 10:00-12:00 Drop in session at Bradford Volunteer Centre	30 9:30-16:30 <u>Diva Event – Thornbury Centre</u>	31 13:00-15:00 Drop in session at Bradford Volunteer Centre	1
4	5 14:00-16:00 Bradford Volunteer Centre Drop in – Shipley Library	6	7 13:00-15:00 Drop in session at Bradford Volunteer Centre	8
29	30 10:00-12:00 Drop in session at Bradford Volunteer Centre	31	1 13:00-15:00 Drop in session at Bradford Volunteer Centre	2



# VCS JOBS

## \*\*\*Featured Job\*\*\*

### Self-Care Champion – Bingley Bubble

Organisation: Bradford District Clinical Commissioning Group (CCG).

Salary: £22,000

Hours: 20

Closing date: 8th February 2019 5:00pm

We are looking for an enthusiastic individual who likes getting out and about, talking to people and is self-organised.

- Promote self-care within the Bingley Bubble practices (with staff, patients and the public)
- Act as a link between the Bingley Bubble practices and community activities that support self-care

### Maintenance Operative/Caretaker

Organisation: Bradford YMCA

Salary: £18,020

Hours: 24-30

Closing date: 21st January 2019 9:00am

### Caretaker

Organisation: Bradford YMCA

Salary: £8.00 ph

Hours: 24-30

Closing date: 21st January 2019 9:00am

### Wellbeing Practitioner x2 positions

Organisation: Mind In Bradford

Salary: £11.75ph

Hours: 10 hours

Closing date: 25th January 2019 10:00am

### Administrator

Organisation: Mind In Bradford

Salary: £16,000-£17,000 pro-rata

Hours: 20 hours - Mon to Fri 9am-1pm

Closing date: 25th January 2019 12:00pm

### Volunteer - Coordinator

Organisation: Mind In Bradford

Salary: £19,000-£23,000

Hours: 37.5 per week

Closing date: 28th January 2019 10:00am

### Self Care Champion

Organisation: The Bridge Project

Salary: £20,500

Hours: 37.5

Closing date: 28th January 2019 12:00pm

### Training Co-ordinator

Organisation: Citizens Advice Bradford & Airedale and Bradford Law Centre

Salary: £10,537

Hours: 18.5

Closing date: 28th January 2019 5:00pm

### Project Support Coordinator Yorkshire and Humber

Organisation: Inclusion North CIC

Salary: £19,776 - FTE £32,960

Hours: 22.5 hrs per week

Closing date: 30th January 2019 12:00pm

### Community Engagement Specialist

Organisation: Better Start Bradford

Salary: £34,000

Hours: 37p/w

Closing date: 1st February 2019 9:00am

### Play / Support Worker 11 hours per week

Organisation: SNOOP (Special Needs Objective Outreach Project)

Hours: 11

Closing date: 1st February 2019 5:00pm

### Holiday schemes play / support worker

Organisation: SNOOP (Special Needs Objective Outreach Project)

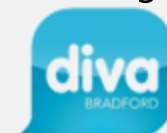
Closing date: 1st February 2019 5:00pm

### Play / Support Workers to join our casual staff team

Organisation: SNOOP (Special Needs Objective Outreach Project)

Closing date: 1st February 2019 5:00pm

Our jobs are brought to you via



# CHILDREN & YOUNG PEOPLE

## Young Lives Bradford Updates Strategic Update

Read the latest [update](#) on local strategy relating to children and young people's services locally. Includes update on developments in Prevention and Early Help, SEND and VCS Alliance grants.

## Safeguarding Update

Read our latest [Safeguarding Update January 2019](#) for upcoming local Safeguarding training, policy and resources.

## Safeguarding Week 2019 – Save the date!

Safeguarding Week 2019 takes place this year from **Monday, 24<sup>th</sup> June – Friday, 28<sup>th</sup> June**. There will be a wide range of Safeguarding learning opportunities during the week. The aim this year is to also run more events for the public as well as events for professionals.

Can you hold an event during the week? This could either be those you are already delivering within your service, that are either open to professionals or members of the public, or why not plan an event to highlight safeguarding services you deliver and share the expertise from your service with others. Young Lives Bradford will circulate more details on how to get involved when it's available, but it's a good idea to start thinking about your events with your teams now

## Bradford LCEP network event

The Bradford Local Cultural Education Partnership comprises local cultural organisations with the aim of supporting children and young people in Bradford to access the creative arts. A drop in event is being held on Wednesday 13 February between 16:00 – 18:00 at the National Science and Media Museum, Pictureville, Bradford BD1 1NQ. Find out more about LCEP activity over the last six months and exciting plans for the coming year and help shape the direction for 2019. This event is for everyone in Bradford interested in cultural activity for young people. To book register your attendance [here](#). There will be an optional guided tour of the museum at 16:30pm. Contact: Sarah Mumford [Sarah@weareive.org](mailto:Sarah@weareive.org)

## NEW SERVICE: Affordable legal service launch (Domestic Abuse)

An affordable legal service for victims of domestic abuse goes live in the New Year to be delivered by Bradford based charity, [Staying Put](#). They will offer legal advice to all victims and survivors of domestic abuse who are not eligible for legal aid. Find out more at [www.stayingput.uk.net](http://www.stayingput.uk.net) or call 0808 2800 999.

# CHILDREN & YOUNG PEOPLE

## Opportunities for parents and professionals

Do you work with families of children under 5?

HENRY are offering free group programmes for families in Bradford healthy eating and getting active with young children. They also offer free training for professionals to help build confidence in supporting families with healthy lifestyles.

For families in the Better Start Bradford area (Bradford Moor, Little Horton, Bowling and Barkerend), there are some additional services, including: free workshops around Starting Solids, Let's Get Active, Healthy Drinks for Young Children and Fussy Eating; Cooking sessions and a 1-to-1 programme for families who struggle to access groups.

More information. Contact [henrybsb@henry.org.uk](mailto:henrybsb@henry.org.uk)

## CAMHS training

For the non-mental health trained child and adolescent workforce. The offer includes e-learning, skills and tools training, Autism, depression and substance misuse training.

More information.

Contact: [susan.francis@bdct.nhs.uk](mailto:susan.francis@bdct.nhs.uk) Tel: 01535 661531 | 07903845014 |

## Time Out for Dads

A National 8-week programme for Fathers:

- Owlet Children & Family Centre BD18 2JG starting Thursday 24th Jan 17:30 to 19:30pm. Bookings through Michael Simpson 07443 932502 or Craig Hitchon-Anderson 07866 790465.
- Bierley Life Centre BD4 6BU starting Wednesday 30th Jan 17.30-19.30pm. Bookings through Michael Simpson 07443 932502

## Cookery Workshop

4 week course for adults starts 21<sup>st</sup> June, 11 – 12.30 at the Parkside Centre, West Bowling, BD5. Contact Joanne on 01274 768061

## Bounce Planet

Indoor play which includes inflatables, high energy activities and challenges open on 26 January at Bradford Forster Academy, Fenby Avenue, Bradford BD4 8RG. A new Play Zone will be open for Under 5's. More information.

## Level 1 Caring for Children Course

Millside Centre, 131 Gratton Road, Bradford BD1 2HS. Thursday, 17 January open day. Course starts Thursday, 24<sup>th</sup> January, 12:00 – 14.30pm. Contact 01274 409661 / [info@millsidecentre.org](mailto:info@millsidecentre.org)

# VOLUNTEERING

## **Volunteering Bradford has a new CEO – Steve Blackman!**

Hello, I'm writing to introduce myself as the new CEO for Volunteering Bradford. For the past 16 years I have been managing the Volunteer Centre in Calderdale.

During my first few weeks in post I'm endeavouring to meet with a range of organisations and agencies to improve my understanding/awareness of Bradford district. Please do drop me a line if you feel it would be useful to have an introductory meeting.

I currently live in Otley but have lived in various parts of Bradford in my younger days and completed my teacher training at Bradford University going on to do supply teaching at several Bradford primary schools.

People often ask me why I'm so passionate about volunteering and the answer is very simple, because volunteering changes lives! This is both the lives of the volunteers and the people that they are volunteering with.

I have volunteered myself in a number of capacities including: Cyrenians, YHA, Host UK, school governor, trustee and sports coach. I currently volunteer with 0161 Community, an organisation that promotes integration and community cohesion across Greater Manchester, put on occasional fundraising gigs at the '1 in 12 Club' here in Bradford and promote and organise regular gigs at the Labour Rooms in Otley (any musicians who fancy a gig in Otley please get in touch)

I have worked with, and managed volunteers/volunteer programmes for more than 20 years and am looking forward to sharing my skills and experience with the diverse and vibrant voluntary section that operates across the Bradford District.

We are fortunate in Bradford district to have a well-established voluntary sector infrastructure partnership which is valued by the local authority and has been able to adapt to the climate of austerity that we currently all have to cope with. I'm delighted to be part of this partnership and look forward to working with you all for many years to come.

Email me on: [steve@volunteeringbradford.org](mailto:steve@volunteeringbradford.org) or call: 01274 725434



# COMMUNITY SHOWCASE

Scholemoor Beacon is a community centre and adjoining sports and play area in the heart of Scholemoor. It is a charity that works alongside local people to improve health and wellbeing, increase the wealth of the local area and bring the community together. We do this by providing a range of activities, by working in partnership with other organisations including CHAS@St Vincents, Margaret Carey Foundation and the Big Swing. We also offer a warm welcome, listening ear, support and a cup of tea if you call into the centre.

Our vision is to ensure that all residents living in Scholemoor have opportunities to develop new skills, meet friends and keep healthy in a safe, strong and prosperous community. A hub for local people to grow learn and enjoy.

## **Tell us about your organisation –**

We are a small charity based on the Scholemoor estate providing activities and services to the whole community and surrounding areas of Lidget Green, Clayton and Great Horton. We are open to all ages, nationalities and backgrounds and have an open door policy to all.

## **Why was the organisation founded (what was the initial aim/need) –**

We were founded in 2006 and were an amalgamation of the local tenants and residents group and local young people's association. The initial aim of Scholemoor Beacon was to improve the environment, in particular the regeneration of the former Scholemoor sports centre which had been demolished and left derelict. The area is and was a deprived area and we have always been passionate about helping the people within the local vicinity and improving opportunities and the quality of life for people in the community

## **How has that changed if at all? –**

We have now developed a community sport and recreational ground and are based in the community centre both of which Scholemoor Beacon now lease and are the main overseer of the facilities delivering weekly activities and services on a daily basis. We are also now known as a community hub and with us being run by local residents we see a lot more footfall coming into the centre rather than walking by.



**Scholemoor  
Beacon**

# COMMUNITY SHOWCASE

**What are you most proud of about your organisation –**

As an organisation we are most proud of the fact that we are still able to deliver activities and support the community in 2019. We pride ourselves on delivering quality services to local people and are also proud of the fact that we have many local people who volunteer for the organisation.

**What is your greatest challenge in the industry and how could others help you overcome it?**

Funding is our largest challenge, any funders or local businesses looking to support communities could help by becoming involved in helping to fund projects or offer expertise. Other challenges include continuing to recruit volunteers who give their time to the organisation and whose support really helps us to deliver activities.

**Have you received any support from Community Action along the way?**

Clive is our VOSO and we have used him to help us with structural things and advice such as helping us to become a CIO company and funding advice. We like to use Diva and appreciate that it helps us to reach a wider audience and advertise what we do and what opportunities are here for people.

**Do you have anything you would like to let others know about?**

Here is our weekly [timetable](#). We also provide half term activities and a range of events throughout the year which we will list on Diva when they are upcoming.

We have our AGM coming up on Thursday 31<sup>st</sup> January 2019 17.30pm anyone wishing to attend please let us know so we can arrange catering.

## Contact details for

Address: Scholemoor Beacon, Dracup Avenue, BD7 2RJ

Phone: 01274 522231

Email: [info@scholemoorbeacon.co.uk](mailto:info@scholemoorbeacon.co.uk)

Website: <http://scholemoorbeacon.co.uk/>





# OPPORTUNITIES

## Feel Good, Keep Moving, Dance On.

*Yorkshire Dance has announced the launch of DANCE ON, a new series of dance classes for older adults in Bradford.*

A newly-appointed dance artist, Laura Liddon, is working with various community groups to set up new classes across the city.

Designed to be a fun way to meet new friends, move to music and have a laugh, the sessions are targeting people over the age of 55, and are open to anyone.

Participants don't need any experience of dance, and it's possible for people even with limited mobility to take part, either standing or sitting.

Sessions have begun in Bradford at the Gateway Centre, Ravenscliffe, at BEAP Community Partnership, Cornwall Road, and at Mary Seacole Court, Park Road.

Dance On is delivered by a partnership of One Dance UK, Yorkshire Dance and darts (Doncaster Community Arts) and funded by Sport England. In time, the partnership aims to be running dozens of groups across Yorkshire.

Dance artists Ella Mesma and Charlotte Armitage have set up similar groups across Leeds and Doncaster.

Anyone can attend their first Dance On session for free, and admission prices are being kept to a minimum to ensure that they are as accessible as possible.

**Hannah Robertshaw, Programmes Director at Yorkshire Dance**, says, "We are delighted to launch Dance On as part of our rapidly expanding programme of work with older adults. We are dedicated to bringing the most artistic and joyful experiences to the communities we work with, and to seeing all the benefits of dance – companionship, fun, exercise and more – blossoming in all our new groups."

Researchers from the University of Leeds are using the classes as a way of measuring, over the course of a year, how much dance can benefit the physical and emotional wellbeing of older adults.

*Any venue or organisation interested in setting up a new Dance On group is invited to contact Adie Nivison at Yorkshire Dance: 0113 243 9867 or [adienivison@yorkshiredance.com](mailto:adienivison@yorkshiredance.com)*

Find out more details of sessions near you!

## Cats Protection Request Help

Cats Protection are on the look out for some TNR volunteers who might be happy to give some of their time to help with trapping, neutering and returning (TNR) for the BD5 Cat Watch.

Volunteers would be based only in the BD5 area and will follow the strategic approach of the project. Please read the poster for more details and do not hesitate to get in touch with any questions.

## Healthy Minds Summit

The Healthy Minds Summit 2019 is taking place on Wednesday 30 January 2019 9:00-16:00 at the Midland Hotel, Bradford. and will provide an update on the five-year strategy for mental wellbeing for Bradford district and Craven.

**The event is open to staff and people who use health and care services, you can book your place on the Healthy Minds Eventbrite**

## Budget proposals

The council is currently consulting on its budget proposals for 2019/20 and 2020/21. Respond by 27 January. Most of the proposals relevant or of interest to the VCS relate to 2020/21. Particularly relevant to organisations that work with children and young people are:

- Cuts to school nursing and health visiting (just under £1million)
- Cuts to drugs, alcohol and sexual health services
- Taking connexions service in house
- Significant cut to youth service £513k

But also cuts to advice services, libraries, sports provision and facilities.

# ASSEMBLY NEWS

Unless stated otherwise all Forums are held at CNet premises and are open to anybody – if you want to become a member email [Wendy@cnet.org.uk](mailto:Wendy@cnet.org.uk). To attend Young Lives Bradford Forum email [younglivesbradford@cabad.org.uk](mailto:younglivesbradford@cabad.org.uk)

## Health and Wellbeing Forum (HWB)

Tuesday 29 January 2019, 9.30 am – 12.00 pm

The meeting will have a focus on self-care and prevention.

The HWB works to ensure the involvement of the VCS in the development and delivery of health and social care services in Bradford district.

## Equalities Forum

Thursday 14 March 2018, 10.00 am – 12.00 pm

The Equalities Forum aims to ensure that equalities work (in terms of race, gender, disability, social class, sexuality, age and faith) remains an important focus not just within the VCS and Assembly structure, but that it is also embedded within statutory and private sector services.

## Community Economic Forum (CEF)

Meeting postponed – previous meeting date advertised no longer stands

The CEF forum is committed to widening access to opportunities in learning, employment and social enterprise. Members have the opportunity to represent the views of the forum at district, sub-regional, regional and national levels, share good practice and form partnerships as appropriate.

## Young Lives Forum

### Strategic Update

Read the latest [update](#) on local strategy relating to children and young people's services locally.

Includes update on developments in Prevention and Early Help, SEND and VCS Alliance grants.

Save the date! Our next forum will be held Thursday, 28<sup>th</sup> March, 1.30 – 4pm, Carlisle Business Centre. Theme: Prevention & Early Help.

### Safeguarding Update

Read our latest [Safeguarding Update January 2019](#). For upcoming local Safeguarding training, policy and resources.

## Safer Communities Forum

*We are pleased to announce Jon Royle, CEO of The Bridge Project, as the newly appointed Co-Chair of the Assembly Safer Communities Forum. We look forward to working with Jon.*

Date and theme for next meeting to be confirmed  
The Safer Communities Forum enables the voluntary and community sector to engage with statutory partners. The forum has a voice within the strategic decision making partnerships with the aim of developing solutions and shared outcomes to create a safer community for the citizens of Bradford.

## Womens Health Forum

Wednesday 6 February 2019, 10.00 am – 12.00 pm

The Women's Health Network (WHN) is a collective of people living and/or working in Bradford who have an interest in issues affecting the health and wellbeing of women and their families, with a particular focus on the engagement of seldom heard voices.

The Women's Health Network operates under CNet's Engaging People project. New members are always welcome. If you are interested in attending please email [yazmin@cnet.org.uk](mailto:yazmin@cnet.org.uk).

# RESOURCES

## BCB Women's Radio Workshop

As 'old time' BCB people will know, 8<sup>th</sup> March is International Women's Day and on BCB we broadcast 'Radio Venus' – a full day of women's broadcasting on BCB. We use IWD as a catalyst for getting new women and girls involved with BCB, as well as a focus for women to work together on new programmes. So with this in mind we are holding the first Women's Radio workshop/planning meeting/training session on **Saturday 19<sup>th</sup> January at 11am**. After this they will be held on Thursday afternoons at 2-4pm and on (some) Saturdays between now and March 8<sup>th</sup> – the future sessions will be arranged to suit women's availability and needs.

So we urge all BCB women and girls to come along on Saturday – and tell all your female friends and relatives who might fancy doing a bit of radio! If you can't make it on Saturday and are interested in getting involved, please let Mary or Julie know  
[julie.longden@bcbradio.co.uk](mailto:julie.longden@bcbradio.co.uk) or  
[mary.dowson@bcbradio.co.uk](mailto:mary.dowson@bcbradio.co.uk)

## Time Out for Dad's Course

1. TOFD at Owlet Children & Family Centre BD18 2JG starting Thursday 24th Jan 17:30-19:30pm. For further information, please see flyer.

Bookings through Michael Simpson 07443932502 or Craig Hitchon-Anderson 07866790465

2. TOFD at Bierley Life Centre BD4 6BU starting Wednesday 30th Jan 17:30-19:30pm. For further information, please see flyer.

Bookings through Michael Simpson 07443932502

## Health Improvement Training Course

### Course description :

The course is for people who may need to provide nutritional advice as part of their role, either on a one-to-one basis, or in a group setting, or with families and individuals in their community settings. The course also provides all the skills to be able to run Cook & Eat sessions or group healthy lifestyle programmes for children and/or adults. For those wishing to run group courses, manuals will be given out to participants at the end of the course.

The aim of the Health Improvement Training is to provide participants with basic health improvement knowledge on a number of topics including:

- The Eatwell Guide
- Portion sizes
- Food labelling
- Fats and sugars
- Budgeting & menu planning
- Behaviour change and goal setting
- Physical activity for health

### Target Audience:

Employees of Bradford Council and partner organisations who require basic nutrition knowledge as part of their role. This may include staff working in health settings, schools, community centres, children's centres etc. The course would also be suitable for volunteers who work with members of the public. The course is for one day a week (9.30am – 16:00pm) over five weeks. Venue is to be arranged.

### The course dates are as follows:

Thursday 28.02.19  
Thursday 07.03.19  
Thursday 14.03.19  
Thursday 21.03.19  
Thursday 28.03.19

If you would like further information or would like to book a place on the course, please email [Lydia Worton](mailto:Lydia.Worton).

## MISSED SOMETHING?

Find this newsletter on the Community Action website:  
<https://www.cabad.org.uk/briefing-bradford>

Subscribe now by heading to <https://divabradford.org.uk/> and register with a user account or contact us using the details to the right.

## BE IN THE NEXT ISSUE

Submit your content to [briefingbradford@cabad.org.uk](mailto:briefingbradford@cabad.org.uk) by 23rd January to have it in the last issue before Christmas.

Advertise with us for flexible rates, get in touch with us here: [briefingbradford@cabad.org.uk](mailto:briefingbradford@cabad.org.uk)  
[01535 612500](tel:01535612500)

## CONTACT US

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Cardigan House, Ferncliffe Road, Bingley, BD16 2TA 01274 781222

Central Hall, Alice Street, Keighley, BD21 3JD 01535 612500

Volunteer Centre have offices at:

19-25 Sunbridge Road, Bradford, BD1 2AY 01274 725434

23 Temple Row, Keighley BD21 2AH 01535 609506

CNet have an office at:

114-116 Manningham Ln, Bradford BD8 7JF 01274 305045

