# BRIEFING BRADFORD



# Sixteenth Issue!

We would like to use this opportunity to thank you all for your support, subscribing and advertising with us. Currently 1596 people receive this mailing, keep sharing and watch this number rise!

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# **DISTRICT NEWS**

# Shaping Spaces - A new wellbeing programme run by YMCA for 16 – 25 year olds in Bradford.

This exciting new project is particularly aimed at young people who spend a lot of time indoors and feel a lack of connection to their community. Meeting two days a week, the group will go out and enjoy time together in some of Bradford's beautiful green spaces. We will focus on strengthening a relationship with nature, each other, and ourselves and provide a space of calm for tired minds. We will also look at relevant issues and topics such as how to build positive relationships, goals for the future and life-skills. The programme has been co-designed with a steering group of young people and activities to date have included tree planting, lighting and cooking on a fire and guided mindfulness walks. We work alongside Bradford Environmental Education Service so have the opportunity to work with community groups on various conservation projects. New people can join the group at anytime over the next year with an average participation time of 4 months. Please see <u>leaflet</u> for more information.

If you would like to know more or would like to refer a young person please contact Rachel Deadman – <u>rachel.deadman@bradfordymca.org.uk</u>

Supported by Co-op Foundation and government through the Building Connections Fund Youth strand.



#### Losing mental health services when they are needed most

Vital (formerly Bradford & Airedale Mental Health Advocacy Group) have provided user led mental health befriending for almost 20 years. Unfortunately Vital have been unable to secure funding to support the much needed befriending project and will be shutting the doors at the start of next month. Having trained over 200 befrienders, many having personal experience of mental ill health, to provide peer led social support through the befriending project this means that a valuable training and volunteering opportunity will also no longer be available. We would like to thank volunteers and staff both past and present for their valuable work in this project.

Additionally Vital are also closing the Link Project which has acted to ensure mental health service users have a voice within planning and delivery of mental health services for over almost 20 years. The Link Project worked across all areas of health, education and social care and helped to shape the Mental Health Framework for Bradford & District.

At Vital we are extremely saddened to no longer be able to provide these projects. If people are interested to find out more about Vital, our work and how we may be able to help you within one of our other projects please have a look at our website, or follow us on social media.

<u>Website</u> | <u>Facebook</u> | <u>Twitter</u>



# **DISTRICT NEWS**

#### **Stress Busters sessions**

The Cellar Trust are offering FREE stress buster sessions to the community.

Stress Busters is a 45 minute psycho-educational presentation that aims to help people:

Understand what stress is Learn about how it affects them and their lives Identify their own patterns of stress

To begin managing their stress

Full information can be found on the brief.



#### Black History Month Calendar

This year, due to popular demand, the Black Heath Forum will be putting together a calendar of events for this year's 2019 Black History Month. Please find attached the Black History Month 2019 <u>calendar of</u> <u>activities template</u>. If you are planning on having an event or organising any activities to take place during October could you please <u>complete the</u> <u>template</u> and return it to <u>Sandra</u>. The final deadline is September so if you can get your information over to the team as soon as possible then they can have the calendar ready for October.



#### Lynfield Library Open Day

The Lynfield Library and Health Promotion Resources team are having an open day on **Monday 29<sup>th</sup> April** to mark World Book Night, the annual celebration of reading for adults in the UK. The Lynfield library is unique, run by the NHS, to support professionals who work for health and wellbeing in the Bradford and Airedale areas. Membership is open to those outside the NHS too, you'll just need to bring a form of ID to join.

Visit us in the library, **between 10:00 and 15:00**, for our book giveaway, bake sale and health promotion resources showcase. The library team will be at hand, in our literary fancy dress, to chat to you about our services. We can show you our borrowable models and resources for health education, our health leaflets and posters available to order, and tell you more about our health awareness campaigns.

Our library is based on the Lynfield Mount Hospital Site at BD9 6DP on Heights Lane, just to the right of the main reception. You are welcome to visit us anytime, Monday to Friday 8:30 - 17:00 (16:30 on Fridays). For more information please contact us via email at <u>library.lynfield@bdct.nhs.uk</u>, phone us on 01274 2239000, or go to our <u>website</u>

See <u>poster</u> for further details.

Bradford Teaching Hospitals

# FUNDING

#### Bradford East Community Chest, deadline 31 May 2019.

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

Bradford VCS Alliance, Asset Based Community Development grants.

Grants of £250 to £1,000 for community groups to meet health and wellbeing needs within specific parts of Bradford City and District CCG areas. Deadline 31 May 2019 (5pm).

<u>Asset Based Community Development grants,</u> <u>new funds for Wharfedale</u>.

Grants of £250 to £500 for grassroots health and wellbeing projects in the Wharfedale area (Ilkley, Silsden, Burley in Wharfedale, and Addingham). Deadline 31 May 2019 (5pm).

<u>LGBT+ Futures Fund round two, deadline 31</u> <u>May 2019 (5pm)</u>.

Small grants programme supporting lesbian, gay, bisexual and trans+ voluntary and community organisations across England. Round two opens 3 May 2019.

# Safer Communities Fund, deadline 24 May 2019 (12pm).

Grants of up to £6,000 to help voluntary and community groups, charities and partners in West Yorkshire make their communities safer and feel safer. Hays Travel Foundation, next deadline 5 June 2019.

Registered charities and community interest companies can apply for projects that help young people develop in at least one of these areas: education, prevention of poverty, health, arts, culture or sports.

Movement for Good awards from Ecclesiastical Insurance.

Two new grants competitions. 500 charities will be awarded £1,000 and 10 charities will be awarded a £50,000 grant. Scheme area covers UK and Republic of Ireland.

<u>Alzheimer's Research UK Inspire Fund,</u> <u>public engagement grants</u>.

Grants of up to £30,000 for innovative projects that engage the public with dementia and the current research into the condition. Deadline 31 May 2019 (11.59pm).

Power to Change Community Business fund opens 24 April 2019.

Grants of £50,000 to £300,000 for community businesses in England trading for the benefit of and accountable to their local communities. Deadline for applications will be 22 May 2019 (12 noon).

#### Funding news brought to you via:



bfunded news | Get help - all FREE services from Community Action

# **OTHER TRAINING & EVENTS**

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday |
|---|--|--|--|--------|
| 22  | 23   | 24   | 25<br>13:00 – 15:00<br><u>Volunteer</u><br><u>Centre Drop In</u> | 26     |
| 29<br>10:00 – 15:00<br><u>Lynfield Library</u><br><u>Open Day</u> | 30<br>10:00 – 12:00<br><u>Volunteer</u><br><u>Centre Drop In</u> | 1<br>Briefing<br>Bradford<br>Deadline<br>13:30 - 15:00<br><u>Millside</u><br><u>Voices</u><br><u>singing for</u><br><u>wellbeing</u> | 2<br>13:00 – 15:00<br><u>Volunteer</u><br><u>Centre Drop In</u>  | 3      |
| 6<br>Hot Picks<br>Deadline  | 7<br>10:00 – 12:00<br><u>Volunteer</u><br><u>Centre Drop In</u>  | 8<br>13:30 - 15:00<br><u>Millside</u><br><u>Voices</u><br><u>singing for</u><br><u>wellbeing</u>                                     | 9<br>13:00 – 15:00<br><u>Volunteer</u><br><u>Centre Drop In</u>  | 10     |
| 13  | 14<br>10:00 – 11:30<br><u>Volunteer</u><br><u>Centre Drop In</u> | 15<br>Briefing<br>Bradford<br>Deadline<br>13:30 - 15:00<br>Millside<br>Voices<br>singing for<br>wellbeing                            | 16<br>13:00 – 15:00<br><u>Volunteer</u><br><u>Centre Drop In</u> | 17     |
| 20<br>Hot Picks<br>Deadline                                       | 21<br>10:00 – 12:00<br><u>Volunteer</u><br><u>Centre Drop In</u> | 22<br>13:30 - 15:00<br><u>Millside</u><br><u>Voices</u><br><u>singing for</u><br><u>wellbeing</u>                                    | 23<br>13:00 – 15:00<br><u>Volunteer</u><br><u>Centre Drop In</u> | 24     |

# **VCS JOBS**

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

#### **Fundraising Manager**

**Organisation:** The Cellar Trust We are looking for an enthusiastic and experienced fundraiser with a track record of success in corporate fundraising and/or individual giving.

Salary: £28,485-35,444 pro rata, DOE Hours: 30 hours per week Closing date: 26th April 23:45

#### Environmental Lead Project - YMCA Bradford

Organisation: YMCA Bradford Salary: £10.47 p/h Hours: 15 Closing date: 29th April 9:00

#### Maintenance Operative - YMCA Bradford

Organisation: YMCA Bradford Salary: £8.24 p/h Hours: 24-30 Closing date: 29th April 9:00

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Organisation: YMCA Bradford Salary: £8.24 p/h Hours: 24-30 Closing date: 29th April 9:00

#### **Generalist Adviser**

Organisation: Citizens Advice Bradford & Airedale and Bradford Law Centre Salary: £24,799 Hours: 37 Closing date: 29th April 17:00

#### NCS Pastoral Care Lead

Organisation: The Challenge Salary: £1220 - £1300 Hours: 10 days Closing date: 30th April 12:00 noon

#### NCS Community Logistics Manager

Organisation: The Challenge Salary: £20,000 - £22,000 Hours: 35 Closing date: 30th April 12:00 noon

#### NCS Programme Manager (Delivery)

Organisation: The Challenge Salary: £30,000 - £32,000 Hours: 35 Closing date: 30th April 12:00 noon

#### NCS Relationship Manager

Organisation: The Challenge Salary: £20,000 - £22,000 Hours: 35 Closing date: 30th April 12:00 noon

#### NCS Social Action Manager

Organisation: The Challenge Salary: £20,000 - £22,000 Hours: 35 Closing date: 30th April 12:00 noon

#### NCS Team Mentor

Organisation: The Challenge Salary: £1,472 - £1,880 (dependent on programme model) Hours: 14 - 18 days (dependent on programme model) Closing date: 30th April 12:00 noon

#### Fitness Instructor

Organisation: Womenzone Community Centre Salary: £15 p/h Hours: 2 Closing date: 30th April 17:00

#### Our jobs are brought to you via



# **CHILDREN & YOUNG PEOPLE**

#### **Young Lives Forum**

The next Young Lives Forum is on 13<sup>th</sup> May 13:00 – 16:00 at Carlisle Business Centre. Keynote speaker will be Gladys Rhodes-White, Interim Director of Children's services. She will talk about work to change and improve Children's services in Bradford and the important role she sees for the VCS in supporting this.

Book your place.

#### **Prevention and Early Help**

#### Family Hub Area Advisory network meetings

The <u>Area Advisory Network events</u> provide opportunity for local groups, agencies and organisations involved in supporting local families, to get together, share practice, information and to develop opportunities for collaboration and partnership.

The May events focus on **Domestic Abuse**. Each event will have speakers and a market place for organisations to promote their services. Book Below.

Bradford South: <u>7th May 10:00 - 12:00, Reevey</u> <u>Hill</u>

Keighley & Shipley: <u>7th May 13:00 – 15:00,</u> <u>Victoria Hall, Saltaire</u>

Bradford West: <u>9th May 12;30-14:30,</u> <u>Manningham Mills Community Centre</u>

Bradford East: <u>15th May 13:00 – 15:00,</u> <u>Thornbury Centre</u>

#### Save the dates

Prevention and Early Help symposiums focussing on contribution of VCS on 13<sup>th</sup> June (pm), Bradford and 18 June (am), Keighley.

#### Safeguarding Week

Have you planned your event for Safeguarding week 24 - 28 June? It would be great for as many VCS organisations as possible to run events for professionals, clients or the public. Upload your event details to the online programme of events calendar using this <u>pro-forma</u>.

Young Lives Bradford are offering support of up to £100 to VCS organisations that work with children and young people to run events. We can offer this support to a limited number of organisations and will prioritise smaller organisations that have not previously run events. For more information email <u>younglivesbradford@cabad.org.uk</u>

#### bib BORNINBRADFORD Act Early

What makes a healthy and happy child? Born in Bradford is embarking on an exciting new project called 'ActEARLY'. It brings together different groups of people including researchers, policy makers and people living and working in communities from Bradford, in order to develop new and exciting projects to improve the health and happiness of families living in Bradford. To launch ActEARLY Born in Bradford is asking anyone who lives or works in Bradford to let us know about what they think helps keep our children happy and healthy.

Complete the <u>survey</u>, email <u>Aamnah</u> <u>Rahman</u> or call on 01274 366954

# **CHILDREN & YOUNG PEOPLE**

#### **Close the Loophole**

NSPCC has relaunched its <u>close the loophole</u> campaign. At present only people such as teachers, care workers and youth justice workers are legally in a position of trust, meaning it is against the law for them to have sex with 16 or 17-year-olds that they supervise.

NSPCC is campaigning so that the law covers any adult who holds a position of power over 16 or 17-year-olds e.g. sports coaches or youth leaders.

#### Secret Life of us

The Disabled Children's Partnership is asking families how the lack of support affects their lives. Complete the <u>survey</u> to contribute your views to their campaign.

#### Step2 training

Step 2 are running twilight workshops

- Working with Children and Young Peoples Mental Health: A different approach 20th May 16:00 – 18:00 More info and book
- Impact of Domestic Abuse on Children & Young People 26 June 16:00 – 18:00 More info and book

#### Youth Work Inquiry

The All Party Parliamentary Group for Youth Affairs has published the <u>report of its inquiry</u> into the role and sufficiency of youth work.

#### **Coaching Skateboarding**

Accredited Level 1 <u>course</u> designed to prepare learners to deliver independent Skateboard coaching sessions. 8<sup>th</sup> and 9<sup>th</sup> June. LS10.

#### **Young Artists Auction**

Young artists aged 14 - 21 are being invited to produce an original work of art on the theme of dreams and aspirations. Winning entries, will be sold at a special <u>auction</u> event on the 27<sup>th</sup> of June at Aspire Leeds. Winning artists will keep 60% of whatever the work sells for at auction with the remaining money used to fund IVE's charitable work.

#### Henry

The Summer programmes run in the Better Start area have now been published. These cover health eating and exercise and are for families of children under 4. Contact <u>Nicola Charnock</u> for more.

#### **Online harms**

The government has just published its <u>white paper</u> <u>on 'online harms'</u>. The Children's Commissioner has blogged on <u>what it could mean for children</u>. Consultation closes 1 July.

#### Trusting Relationships and Effective Communication

Fri 3 May 2019 9:00 to 13:00 Kala Sangam Arts Centre

Better Start are running a free shared learning event on trusting relationships and effective communications. This masterclass with Dr Andy Cope will use cutting-edge research and tools that can be used in both your professional and personal lives, helping you to be you, brilliantly!

<u>Book now</u>



# VOLUNTEERING

#### Volunteers' Week 2019

Register your Volunteers' Week celebration event on Volunteers' Week website

Let everyone know how you are celebrating volunteers and volunteering by <u>adding your</u> <u>event</u> to the new improved Volunteers' Week website. Whether it's a tea party or an awards ceremony, please share within your networks.

There is also a <u>handy checklist</u> and set of resources to promote your events.

#### Heritage Volunteering Conference

<u>Heritage Volunteering Group</u>'s annual Heritage Volunteering Conference will be on 10th May at the <u>National Railway Museum</u> in York.

Emma Faragher Smith, volunteer coordinator at the National Railway Museum tells us: "Whatever your position, if you manage volunteers 'Heritage Volunteering: Leading at All Levels' is the conference for you. With speakers and workshops from <u>Science</u> <u>Museum Group</u>, <u>Canal & River Trust</u> and <u>The</u> <u>Museums Association</u> the event will help you become a better leader of volunteers."

The event will also host the Heritage Volunteering Group's Volunteer Manager of the Year Awards.

Volunteering news is brought to you by Volunteer Centre

#### People Can Volunteering Kitemark

Congratulations to the following organisation who successfully achieved the 'People Can' Volunteering Kitemark in the latest round of assessments:

Horton Housing 
Luv2meetU 
Abbeyfield
Age UK Bradford & District.

A complete list of successful applicants is available on our website. If you were unsuccessful on this occasion you will receive detailed feedback shortly.

Deadline for next round of applications is 1<sup>ST</sup> September 2019. Please email completed portfolios of evidence to Steve Blackman on <u>steve@volunteeringbradford.org</u> or deliver hard copies to our office on Sunbridge Road.

# 10 top tips on recruiting and retaining young volunteers

Using evidence from the National Youth Social Action Survey (NYSAS) and NCVO's Time Well Spent research, #iwill ambassador Stephen Tutin explains how organisations can recruit and retain younger volunteers.

#### **Festival of Volunteering**

Volunteering Bradford is hosting a Festival of Volunteering in City Park, Bradford. This is a fantastic opportunity for volunteer-involving organisations to promote their services and recruit volunteers. A few stalls are still available at £20 per table.

Tuesday 4<sup>th</sup> June – Volunteers Fair at City Park from 11:00 – 15:00. Book on <u>Eventbrite</u> now.

# VOLUNTEERING

#### Womens' Group Facilitator

Horton Housing is looking for volunteers to assist with STEP, a Syrian womens' group. The aim of the group is to support Syrian women to learn more about the UK and the British Culture. We are looking for the group to join in with activities and opportunities in the wider community and to build upon their own individuality. <u>Further information</u>

#### Driver

The Good Neighbours project St at Christopher's Church, BD4 is looking for a minibus driver to join its team of drivers. The role involves transporting elderly people to and from day care sessions as well as trips to the local supermarket or places of interest. You must be over the age of 25 and under the age of 70 (Insurance compliance) and have a clean driving licence. If you passed your driving test after 1st January 1997 you would also need a separate minibus licence. <u>Further information</u>

#### **Bradford Literature Festival**

Do something different this summer and volunteer at Bradford Literature Festival. The Festival runs from 28<sup>th</sup> June – 7<sup>th</sup> July. There is a range of volunteer roles from Customer Experience Assistant to Festival Runner - something for everyone. Not only is this great practical experience and a chance to meet new people but there are FREE tickets to events thrown in. Interested? Know someone else who might be interested? Visit the <u>website</u>.

# AWC-C Counselling Trustee Board seeks an Hon. Treasurer

Aire Wharfe & Craven Counselling (AWCC) is a small, community-based, quality assured counselling service, providing adults with mental health issues, quick access to free or subsidised counselling. Their service helps improve the mental health members of the diverse communities in the localities of Aire, Wharfe and Craven. They are a Charitable Incorporated Organisation (CIO), a new type of charity offering straightforward, robust governance and accountability with greater freedom to raise funds and sustain itself.

Their charity is governed by a Board of Trustees and managed by a team of part-time staff. We are seeking an experienced, financial professional to support the board with strategic financial advice for the charity. We welcome applications from people of all backgrounds. For more information contact Charles Dobson Chair of Board of Trustees on 01535 288335.

#### **Volunteer Roles**

If you have a role that you would to promote through the Volunteer Centre's pages in Briefing Bradford, please contact the Volunteer Centre on 01274 725434 or <u>info@volunteeringbradford.org</u>. Roles may also be featured in our window displays.

> Volunteer Centre Bradford

# **OPPORTUNITIES**

#### Next Bradford Cathedral programme: May - August 2019

You can view their newest programme at <u>https://www.bradfordcathedral.org/cente</u> <u>nary/events-programme/</u> for May - August or pick up a copy from Bradford Cathedral or around Bradford from Friday 26th April.

#### Whats on?

- Bishop Rowan Williams will be holding two free special lectures on Monday 20<sup>th</sup> May.
- Bradford Cathederal centenary festival.

For further information please see <u>flyers</u>.



#### Spen Valley Flyers Rink Hockey Club

Spen Valley Flyers Rink Hockey Club are currently looking for new members of all ages, however they are particularly wanting to recruit children aged between 4 and 11 years of age.

Would you be able to assist their club and help to promote their sport?

Please see the poster for more information.



#### New Housing Strategy for Bradford

The Bradford Housing Partnership is pleased to announce the first of three stakeholder engagement events bringing people together to explore housing issues in the Bradford District to help shape a new Housing Strategy for Bradford.

This session will be focussed on 'Healthy places to live' and will explore the links between housing and health & wellbeing, including:

- Housing conditions
- Energy efficiency and fuel poverty
- Overcrowding
- The impact on health services

By bringing people together to explore and collaborate around the issues they hope to develop a powerful new Housing Strategy for the district from 2019 onwards.

"We would like to invite anyone with an interest in the links between housing and health & wellbeing in the Bradford District, and would be particularly keen to have representation from a wide range of partner organisations. We'd like to bring people together, from those with first hand experience of the issues to senior decision makers. The session will include a variety of speakers plus opportunities to share your experiences and help us prioritise."

The First session is Healthy Places to Live – 14th May 2019

The sessions are free to attend but places are limited so **register your place** as soon as possible.

# **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 <u>Wendy@cnet.org.uk</u>. To attend Young Lives Bradford Forum email <u>younglivesbradford@cabad.org.uk</u>

#### A & E Delivery and Integrated Urgent Care Board Representative

We are pleased to announce that following an election, the Bradford District Assembly Health and Wellbeing Forum voted Stephanie Smith, CEO of Age UK as the new VCS representative on the A & E Delivery and Integrated Urgent Care Board.

#### Safer Communities Forum

Tuesday 14 May 2019, 10:00 – 12:30 Reducing reoffending amongst vulnerable people. Lunch provided.

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.

#### Young Lives Forum

13<sup>th</sup> May 13:00 – 16:00 at Carlisle Business Centre. Keynote speaker will be Gladys Rhodes-White, Interim Director of Children's services. <u>Book your</u> <u>place.</u> See also the Children and Young People's pages of this edition of Briefing Bradford for information on:

- Prevention and Early Help Events.
- Safeguarding Week
- Act Early developing new reseach proposals with Born in Bradford

#### Health & Wellbeing Forum

Monday 29 April 2019, 9:30 - 12:00

The meeting will have a focus on Community Partnerships.

The Health and Wellbeing Forum works to ensure the involvement of the voluntary and community sector (VCS) in the development and delivery of health and social care services in Bradford district.

#### **Community Economic Forum**

Monday 13 May 2019, 9:30 – 11:30 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, subregional, regional and national levels form partnerships and alliances as appropriate.

#### **Equalities Forum**

Thursday 6 June 2019, 10:00 – 12:00

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.

#### Women's Health Network

The next Women's Health Network meeting is 8<sup>th</sup> May, 10:00 – 12:00.

There will be speakers on the agenda, including: Abigail Smith from MyWellbeing College; Julie Hodgins from Pennine Breast Screening; Angela Duggan from Lets Connect, Community Led Support.

There will also be someone from Calderdale CAB highlighting their problem gambling project and to provide training to frontline staff from across West Yorkshire re gambling and how to support people to access help.



# RESOURCES

#### **Redefining Old Age Workshop**

Ilkley and District Good Neighbours in conjunction with Positive Minds would like to invite you to a FREE workshop looking at redefining Old Age.

Just because we get older it doesn't mean we think differently or stop doing the things we enjoy. Bradford has a population of over 77,000 older people and we would like to invite you to take part in our workshop to look at what it means to be an older person today.

We would love for you to join us on **Thursday 23rd May 2019 from 10:30 – 12:15** (refreshments from 10:00) at the Clarke Foley Centre, Ilkley, LS29 9DZ

Complimentary light buffet lunch and refreshments provided.

To book please email movingon@goodneighboursilkley.

For more information see poster.



#### Well Wharfedale, Staff Event

The Well Wharfedale Community Partnership will be hosting an event in June for any health and care staff who live or work in Wharfedale. Staff from all types of organisations are welcome (e.g. NHS, VCS, Local Authority etc). The event will focus on staff wellbeing plus will be an opportunity to make connections with a range of people involved in health and care, who also have an interest in the Wharfedale area.

The event will take place on **Thursday 6<sup>th</sup> June at Kings Hall, Ilkley 14:00 – 17:00**. A flyer will be available shortly but in the meantime, please start sharing the date with colleagues.

This event will take place instead of the usual monthly Wharfedale Community Partnership meeting.

Well Wharfedale

#### **Community Led Support**

City of Bradford Metropolitan District Council's Department of Adult and Community Services will be holding an advice and information session at Baildon Library co-facilitated with Age UK, and every Thursday afterwards between 10:00 – 16:00. For further information please see poster.

#### Millside Voices singing for wellbeing

The Millside Centre are running a singing for wellbeing group every Wednesday at 13:30 - 15:00 (term time only). This is an opportunity to meet new people, learn to sing and make you feel uplifted. The sessions are free and promote mental and physical wellbeing in a safe environment. For more information <u>see poster</u>.



# **MISSED SOMETHING?**

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

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

# **BE IN THE NEXT ISSUE**

Submit your content to <u>briefingbradford@cabad.org.uk</u> by 1<sup>st</sup> May to have it in the next issue.

Advertise with us for flexible rates, get in touch with us here: <u>briefingbradford@cabad.org.uk</u> <u>01535 612500</u>

# **CONTACT US**

Community Action have offices at:

Bread and Roses Café, 14 North Parade, BD1 3HT 01274 724192

Riddings Hall, Riddings Road, Ilkley LS29 9LU 01943 603348

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









