

BRIEFING BRADFORD



Seventeenth Issue!

We would like to use this opportunity to thank you all for your support, subscribing and advertising with us. Currently 1607 people receive this mailing, keep sharing and watch this number rise!

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DISTRICT NEWS

Parkside Sports Centre

Tens of thousands of people have passed through the doors of the Parkside centre to enjoy what it has to offer. From sport to dance, lunch clubs to youth clubs, international visit to royal visits and even a wedding reception: the centre has been a foundation of the community for years. They have been fortunate to be a stepping stone for few a famous faces including Arsenal's Chris Kiwomye, Bradford City and Newcastle United's Des Hamilton and current England and Manchester City star, Fabian Delph.

In 2013 Bradford Trident took on Parkside Sports Centre for the next 125 years on the Community Asset Transfer Policy. Within those years, thousands of pounds have been invested into the centre aimed at making the it more modern.

Recently, a £100,000 renovation has been completed at the centre which has modernised it by improving its entrance and layout to provide a more welcoming and user friendly experience. It has also created a fully air-conditioned studio room, which would be ideal for a dance group or fitness class to use. They also have an indoor sports hall fit for a variety of sports including 5-aside, basketball, netball and badminton.

It is hoped these investments in the centre will continue to help the centre be a pillar of the BD5 community for many years to come and those from the local and surrounding communities can enjoy what Parkside has to offer. Any groups, individuals or clubs who are interested in hosting or moving their existing sessions to Parkside Sport Centre please get in contact on 01274 768 066.

Help CQC work better with local groups

CQC are in the process of creating guidance for local voluntary and community sector groups that will look at how you can best work together.

Help them create guidance by sharing the [short questionnaire](#) with local groups.

They really want to find out the views of local groups on how you might work with each other and want to find out how they work with local communities.

The questionnaire can be returned by post or email. [Download a copy now](#) or ask your audiences to take the questionnaire online. The survey closes 31 May 2019.



DISTRICT NEWS

Keighley Youth Offer

Event for Keighley organisations working with young people to formalise a group, in order to better promote and publicise the work. The aim is to create a user friendly platform where young people, families and professionals can easily access what provision is available to Keighley young people. This event aims to involve all services and organisations working with young people who are 11-19/25.

Please join them for the launch event on the 10th May at the Civic Centre, North St.

9.30 for 10am start

10am Presentations from key organisation in Keighley

11am Discussion and planning workshops.

Lunch provided at 12:30.

Autism in Adults Support Session

Friday 3rd May 10:30 - 12:00

Autism Information session at Carer Hub.

Specialist Autism Services based in Bradford will be attending the hub and will provide an informal information session on Autism in adults and what support is available for you.

For further information and contact details see [poster](#).



NHS Long Term Plan (LTP) and Harnessing the Power of Communities (HPoC) showcase event

West Yorkshire and Harrogate Health and Care Partnership (WY&H HCP) are holding an event on **Tuesday 21st May 2019** at Kala Sangam in Bradford, from **9:00 until 13:00** followed by a networking lunch, to discuss and the impact of NHS LTP on local communities and specifically how the Voluntary and Community Sector (VCS) can work in partnership with other parts of the system to support some key actions within the Long Term Plan around mental health, social prescribing, admission avoidance at A&E and VCS delivery as part of the primary care network model.

We are also using this event as an opportunity to share the work of the HPoC workstream within the WYH HCP. Come and find out how each of the 6 places have invested money in VCS led activities, how the peer support workforce development programme is coming along and get an update on the Building Health Partnerships projects taking place in Calderdale and Wakefield.

Learning, sharing and a free lunch – what's stopping you joining us?

Book your place by sending an [email](#) and letting us know you would like to attend.

West Yorkshire and Harrogate
Health and Care Partnership



DISTRICT NEWS

Bradford Health Mela 2019

Saturday 11th May 11:00 - 15:00 at University of Bradford, Student Union building.

The Bradford Health Mela is a free event to engage and empower the community to lead healthy lifestyles, to provide free health checks advice and personal counselling and to encourage the public to make effective and informed use of health resources. This event is open to all, for more information please see [poster](#).

Youth Work Practice Course

Bradford College are now recruiting for the Level 2/3 Youth Work Practice Course, this is a part time course run on an evening.

Teaching starts in June so please contact [Tina Ratnik](#) for more information.

The logo for Bradford College, featuring the text "Bradford College" in white on a blue rectangular background.

Transforming Healthcare Together

The NHS Long Term Plan commits local healthcare systems to working in a new way – from a focus on prevention and reducing health inequalities to earlier diagnosis of cancer and respiratory conditions.

Building relationships – with other health agencies, local government, providers and communities – will be essential for the leaders charged with bringing this ambitious vision to life.

The free support offer below is for health, care and VCSE leaders who want to drive action through partnership working. There is a range of support for different levels, whether you are just getting started or have been working in this way for some time. The resources available include, but are not limited to the below:

- Learning Resources
- Workshops and Webinars
- Coaching
- Practice and Development network
- Practical and Individual Support
- Speakers



For more information and how to book please see the [transforming healthcare together section of the website](#).

FUNDING

ESF Community Grants in West Yorkshire

Groundwork are hosting several events across the West Yorkshire region to enable you to find out more about the European Social Fund Community Grants

At these events you will:

- Understand how an ESF community grant could help you support people
- Learn about eligibility requirements
- Meet directly with Peter Murphy, Groundworks Operations Director
- Ask any questions about the grants
- Network with other projects

The next events are:

[Halifax](#): 10:00 – 12:00 Monday 13th May at Elsie Whiteley Innovation Centre, HX1 5ER

[Wakefield](#): 14:00 – 16:00 Wednesday 15th May at St Swithun's Community Centre, WF1 4RR

[Huddersfield](#): 9:30 – 11:30 Thursday 23rd May at Huddersfield Mission, HD1 1QA.

Arrive at the start of the session for a full overview of the grant, or drop in before the end to chat to one of the team.

If you are interested in applying for the European Social Fund this is a really important and valuable opportunity to find out more. The events are completely free!

[Bradford District Great Get Together grants, deadline 31 May 2019.](#)

Small grants of up to £100 to support local Great Get Together activities and events across Bradford district.

[Bupa UK Foundation Mental Health grants, deadline 31 May 2019.](#)

Grants of up to £20,000 for projects in the UK that support adults (ages 30 to 50) to improve their mental health and wellbeing.

[Comic Relief Ahead of the Game grants, deadline 31 May 2019.](#)

Funding is available for 3 to 5 years (investments from £150,000 to £450,000) for new or existing work that combines sports based approaches with quality mental health support to reduce distress and/or improve mental wellbeing.

[Strengthening the Criminal Justice Sector, deadline 31 May 2019.](#)

Projects must build the evidence base and increase knowledge, promote change through communications and policy work or influence the practice of others in the criminal justice system.

[Comic Relief Bridging the Gaps grants, deadline 28 June 2019.](#)

Funding is available for 3 to 5 years (investments from £150,000 to £700,000 to strengthen mental health support for children and young people.



COMMUNITY ACTION & VAL TRAINING

Minute Taking Skills

Date: Wednesday 15th May

Time: 10:00 – 13:30

Venue: Equality Together Manningham Mills

Trainer: Christine Healey

Minute-takers are often only noticed when minutes are inaccurate or unclear, yet this vital role requires quick thinking, assertiveness and expertise. It can also be a source of considerable stress to the person who undertakes it.

This course promises that you will never again be unclear about your role or what to record in the minutes of a meeting

[Book Online](#)

Roles and Responsibilities of Trustees

Date: Thursday 23rd May

Time: 18:00 – 21:00

Venue: Bread and Roses, 14 North Parade

Trainer: Alex Peel

This session will help charity trustees to fully understand what they need to know and do. Session will also cover:

- Overview of charitable status and what this means for trustees
- Legal Duties of Trustees
- Understanding collective responsibility and conflict of interest
- Good practice and working effectively

[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 or Call: 07419 133797

Diane Fox - Training Coordinator: dianef@cabad.org.uk

Cheryl Cowling – Training Administrator: 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

Management Training

Effective Supervision for Managers – 19th June

This training will introduce the theory of delivering effective supervision to your team and will identify good practice approaches.

[Book online](#)

Social Media Training

This training is designed for people who don't currently have organisational social media channels but would like to, as well as those who have them but aren't sure of how to effectively use them to engage your beneficiaries.

[More information and Booking](#)

Safeguarding Training

Designated Safeguarding Officer – 18th June

This course clarifies the role of designated safeguarding officers, for voluntary and community organisations within Bradford District.

[Book Online](#)

****NEW COURSE****

Professional Boundaries – 3rd July

This course explores the values and importance of Professional Boundaries in the workplace.

[More information and Booking](#)

Volunteer Courses

How to Supervise and Support Volunteers –
4th June - Leeds

This course is aimed at organisations that work with volunteers or are planning to work with and manage volunteers. It will look at some of the support you will need to put in place for volunteers and will specifically look at areas around providing supervision to your volunteers.

[More information and Online Booking.](#)

Volunteers and the Law

5th June

What the law says about volunteering is fundamental knowledge for volunteer coordinators, senior managers and decision-makers. Clarify when the law says a volunteer becomes an employee, and what volunteers can and can't do when claiming benefits. Insurance, Data Protection, DBS and Safeguarding, working with immigrants and asylum seekers are all covered in this session.

[Book Now](#)

Motivate and Retain Volunteers

5th June

Recruiting volunteers is the single most expensive activity any volunteer programme undertakes, so holding onto the ones you have, and developing their contribution to the organisation, is a much more attractive option. Review the principles of motivation, and consider ideas to make volunteers' contributions even more valuable to your organisation

[More information and Online Booking.](#)

[First Aid Courses](#)

[In-House & Governance](#)

[Safeguarding](#)

[Training Calendar](#)



COMMUNITY ACTION
Bradford & District

WORKING WITH



Voluntary
Action Leeds
Supporting Communities Together

OTHER TRAINING & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9 13:00 – 15:00 <u>Volunteer Centre Drop In</u> 13.30–14.30 <u>10 Today Launch Event</u>	10
13 13:00–16:00 <u>Young Lives Forum</u>	14 10:00 – 12:00 <u>Volunteer Centre Drop In</u>	15 Briefing Bradford Deadline 13:30 - 15:00 <u>Millside Voices singing for wellbeing</u>	16 13:00 – 15:00 <u>Volunteer Centre Drop In</u>	17
20 Hot Picks Deadline	21 10:00 – 12:00 <u>Volunteer Centre Drop In</u>	22 13:30 - 15:00 <u>Millside Voices singing for wellbeing</u>	23 13:00 – 15:00 <u>Volunteer Centre Drop In</u>	24
27	28 10:00 – 11:30 <u>Volunteer Centre Drop In</u>	29 Briefing Bradford Deadline	30 13:00 – 15:00 <u>Volunteer Centre Drop In</u>	31
3 Hot Picks Deadline	4 11:00 – 15:00 <u>Festival of Volunteering, City Park</u>	5 13:00 – 18:30 <u>Ilkley Community Showcase</u>	6 13:00 – 15:00 <u>Volunteer Centre Drop In</u>	7

VCS JOBS

Featured Job

Carer Navigator - Bradford And Craven - 4 Posts

Organisation: Carers' Resource - Bradford Office

They are advertising 4 posts. 2 x Bradford Royal Infirmary (1 x 37 hours & 1 x 24 hours) and 2 x Airedale General Hospital (1 x 37 hours & 1 x 24 hours). Hours include 1 day per weekend.

Salary: £22,016

Hours: 37

Closing date: 13th May 10:00

Kitchen Manager

Organisation: Jigsaw Visitors Centre

Salary: £22,911 (Actual £20,620)

Hours: 36

Closing date: 9th May 17:00

Senior Support Worker Full Time

Organisation: Anah Project

Salary: £23,836

Hours: 37

Closing date: 10th May 00:00

Employability Project Worker

Organisation: Barnardo's Employment, Training and Skills (ETS) Yorkshire

Salary: £17,316.00 - £24,493.00

Hours: 22.2

Closing date: 12th May 17:00

Project Worker: Housing First

Organisation: The Bridge Project

Salary: £24,313

Hours: 37.5

Closing date: 13th May 2019 17:00

Community Development Worker - HIV Prevention, Support & Skills Development

Organisation: Yorkshire MESMAC

Salary: £24,799

Hours: 21 hours

Closing date: 15th May 00:00

Growing Our Own Worker

Organisation: Scholemoor Beacon

Salary: £14 - £17 p/h

Hours: 2.5

Closing date: 17th May 12:00

2 X Universal Support: Help to Claim Advisers (Face to Face)

Organisation: Citizens Advice Bradford & Airedale and Bradford Law Centre

Salary: £21,074

Hours: 37

Closing date: 22nd May 9:00

Community Engagement – Nutrition and Wellbeing Tutor

Organisation: Keighley Healthy Living

Salary: £12.17

Hours: 16

Closing date: 22nd May 17:00

Accounts Assistant

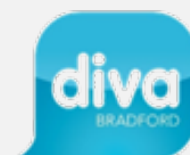
Organisation: Better Start Bradford

Salary: £24,000

Hours: 37

Closing date: 27th May 9:00

Our jobs are brought to you via



CHILDREN & YOUNG PEOPLE

Young Lives Forum

The next Young Lives Forum is on 13th 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. This is a really important chance to understand changes in children's services. Gladys is a passionate advocate for the voluntary sector and greater involvement in it and is inspiring in her enthusiasm for the work we do.

Safeguarding Week 24 - 28 June

Remember to upload your event details to the online events calendar using this [pro-forma](#).

Young Lives Bradford are offering support of up to £100 to VCS organisations to deliver safeguarding events during this time. Deadline 10 May. See [application form](#).

Family Hubs

Family Hub Area Advisory network meetings

There is still time to attend the following two area advisory meetings **Bradford West:** ([9 May 12.30-2.30, Manningham Mills Community Centre](#)) and **Bradford East:** ([15 May 1-3, Thornbury Centre](#))

Prevention and early Help symposiums

The events planned for 13th and 18th June mentioned in the last issue of Briefing Bradford will now be held in October, when the new Strategic director is in post. We will advertise more information as it becomes available.

Family Hub facebook pages

Link into what is happening in your area via the Family Hub Facebook pages for your community – these are: [South](#), [East](#), [Keighley](#) and [Shipley West](#)

Henry

Training for practitioners and volunteers who wish to run the programme is available. The initial Core Training is aimed at health and early years practitioners or anyone who works directly with families of children aged 0-5 years. The training will enable practitioners to develop their knowledge, skills and confidence in tackling weight issues. It considers not just what information parents might need in order to develop healthy lifestyles, but how to approach these topics with parents in a sensitive and effective manner. The training is evidence-based and RSPH approved. To book a place, contact nicola.charnock@henry.org.uk

Next training is Tuesday 18th June and Wednesday 19th June, 9:00 - 16:30 in central Bradford. Contact Nicola for further training available for people who have completed core training and information on courses for parents being delivered in the Better Start area.



Act Early

What makes a healthy and happy child in Bradford? Complete the [survey](#)

CHILDREN & YOUNG PEOPLE

Director of Children's Services

The Council's New Strategic Director for children's services is Mark Douglas and he starts on 1 July. Mark takes over from Interim Director Gladys Rhodes-White.

Child Safety Week 3rd – 9th June

The Child Safety Week 2019 action pack is available – you can [download it now](#) on the Child Accident Prevention Week (CAPT) website. The pack includes a poster and resources you can use to engage with child safety.

Ofsted Monitoring Visits

Bradford Council are preparing for their second Ofsted monitoring visit which has been scheduled for the 11th and 12th of June.

The [report](#) on this visit was submitted to the Council's Executive. This recognised that the council is making positive progress in some areas, particularly those at their front door where they need to assess the risk to children. The report highlights other areas where work is still required, particularly in terms of making rapid improvements to the services they provide for the homeless citizens of Bradford.

The June visit will focus on Children in Need, Child Protection and Public Law Outline (PLO). Inspectors may also follow up on changes they have made to the way in which they support young people who present as homeless. The outcome of this visit will be published on the Ofsted and council website.

Keighley Youth Offer

There is a Youth Offer planning meeting for organisations working with young people in Keighley.

The aim is to formalise a group in order to better promote and publicise the youth offer for Keighley, and to create a user friendly platform where young people, families and professionals can easily see and access what provision is available.

The meeting is open to all services and organisations working with young people (aged 11-19/25) 10th May at Keighley Civic Centre 9:30 start with lunch at 12:30.

[Book here.](#)

Time out for Dads

The Council is looking to train people to deliver the Time Out for Dads programme. It is an 8 week evidence based programme that aims to enable dads to increase confidence in their parenting; learn how to develop the dad/child relationship now and for the future and work out strategies for dealing with anger and conflict.

You would be committing to 2 courses a year, run early evening, and co-delivered with Family Hub staff. Course is funded but cost of £500 would be recouped if delivery does not occur.

Training course: 16th – 18th September 9:30 – 16:00 in Holme Wood.

[More Info.](#)

VOLUNTEERING

Festival of Volunteering, Bradford City Park, Tuesday 4th June, 11:00 – 15:00

Bradford Volunteer Centre's annual Volunteers' Fair takes place during Volunteers' Week. This is a free event and a fantastic opportunity for potential volunteers to meet with up to 20 local charities, all of which are looking to recruit. There will also be entertainment over the lunchtime period with music from the The Pantasy Steel Band, plus live DJ sets from S.O.R.M students DJ Connor & Rave Repeat. These wonderful local musicians will bring their different styles of music to create that Festival atmosphere together with BCB radio roadshow. If you have clients interested in volunteering, please make sure that they know about this event. At the time of going to press, there are still a small number of stalls available for any Bradford based group interested in taking a stall at the event. Stalls cost £20. Please contact steve@volunteeringbradford.org for further information.

Help Into Volunteering

Bradford Volunteer Centre and Bradford City of Sanctuary are working together to provide information sessions for asylum seekers and refugees about volunteering. Each session explores what is meant by volunteering, the benefits of volunteering and the "nuts and bolts" of volunteering (what to expect). They provide a list of organisations looking for volunteers and help those interested to register with the Volunteer Centre for more volunteering opportunities. The first session took place in April. It was well attended and feedback from participants was very positive. The next session will take place on 6th June 2019 in Bradford City Centre. To find out more information or book a place on the next session please [call](#) or [email](#).

Kirklees Volunteer Conference

Wednesday 12th June, 9:00 – 13:00

This year's annual conference 'Leading the Way in Volunteering' will focus on developing skills and good practice for Volunteer Managers, Coordinators or Supervisors. Colleagues from the public and third sector will hear about how they can improve their own skills to work effectively with volunteers. This event is for people from across these sectors working with or planning to work with volunteers.

Book your place now on [Eventbrite](#)!

South Square Centre – Well Being Event

Saturday May 18 at 10:00 - 17:00

South Square Centre, Thornton presents its very first wellbeing dedicated event. Bringing together local practitioners and friends of South Square to support a more person-centered approach to being well. Try out activities which already happen at the centre such as Yoga and Tai Chi; meet tenants who provide complimentary therapies; discover the health benefits of volunteering and get information on local volunteer opportunities. Further details on the [South Square Website](#).

VOLUNTEER ROLES

Be part of Saltaire Arts Trail, 2019

Saltaire Inspired is recruiting volunteers to assist at the annual Arts Trail taking place from 25th - 27th May, 2019. The event features a range of events including open houses, exhibitions, a Makers' Fair and family fun activities. Lots of different roles for volunteers and no experience necessary so why not get involved or pass this information on to anyone you think might be interested. It doesn't matter if you only have a few hours to spare or if you can volunteer all weekend – they'd just love to hear from you. Refreshments, a VIP reception and other benefits will be provided. Further information can be found on the [website](#).

Minibus drivers needed - Bradford City Community Foundation

Interested in football? Enjoy working with young people? Got a full, clean driving licence? If so, could you join them as one of the [drivers](#), transporting young people to and from training sessions and matches in Bradford in their 17 seater minibus? This is part of their Football and Education programme that provides opportunities for upwards of 50 young people to get involved in competitive sport.

Volunteering news is brought to you by



Woodwork and Horticulture Volunteers

With sites based in Shipley and Keighley, the Cellar Trust is looking for [volunteers](#) to assist with horticulture and woodwork workshops. The roles involve supporting adults with mental health issues to participate in practical sessions to help improve mental well-being. Previous experience in woodwork/horticulture is useful but not essential as training can be provided.

Community Companions

Community Companions is a pilot project to tackle isolation and depression in over 65s. Its aim is to recruit volunteers to spend quality time with older people who are lonely, offer one-to-one support and help them access local services. It will run in North Bradford.

Thousands are suffering from depression and rates of depression are increasing among over 65s. Factors such as poor mobility, hearing and vision loss can lead to a reduced quality of life. Social isolation can lead to people experiencing low mood, loss of interest or pleasure, disturbed sleep or appetite, low energy and poor concentration.

Mind in Bradford is running the project in partnership with the Muslim Health Service. Referrals can be made by doctors, nurses, friends or family.

Find out more about [volunteering](#) for this project, download the [application form](#) and then [email](#) the form to the team where somebody will get back to you.

COMMUNITY SHOWCASE

Tell us about your organisation –

Funded by Bradford City CCG and Better Start Bradford, the Bradford Doula Project consists of a team of 5 and over 70 trained volunteer doulas trained over a number of years.

Women from Bradford complete a 13-week programme to achieve a level 3 CERTA accreditation in volunteer doula and breastfeeding support. Once the volunteers are fully trained, they are matched up to a family in Bradford who will have been referred by a number of services across the city, or through self-referral, where the volunteer doula will support 6 weeks antenatal; during the labour and birth and 6 weeks postnatal.

1 doula is matched with one family, so the same doula throughout can build rapport and offer continuity of support and offer emotional and practical support. While doulas are not there to change outcomes, there is growing evidence that having a birth or postnatal doula brings a number of tangible benefits from reducing medical intervention rates to shortening labour and Improving the conditions of babies at birth.

“Easier labour and supporting women to create positive birth experiences benefits mothers and babies promoting an easier transition into its first 1,001 days highlighting key messages and the importance of parent infant relationships”

Some further benefits of receiving support from a doula as evidence suggests; more women are likely to breastfeed at birth and for longer, more women supported with risk of perinatal mental health and referred earlier for interventions.

Why was the organisation founded –

Funded initially by the Department of Health, Bradford Doulas began as a pilot alongside 6 cities across the UK. Recognising that Bradford has a vast diverse community with a variety of maternal health needs. The project has since supported up to 300 families, helping 84 per cent of its mothers to breastfeed and achieving breastfeeding rates at six weeks of 58 per cent, both of which are above Bradford average.

The project has worked with families in isolation, new to the country or relocated to Bradford due to domestic violence, families with mental health, history or current drug and alcohol misuse and or families with a history of social services. Research indicates families suffering from multi deprivation factors are more at risk of adverse experiences and at higher risk for their physical and mental health in pre and post pregnancy.

Doulas do not offer clinical advice, rather providing information and relevant and current health messages to compliment and add value to the maternity services across Bradford.

The Bradford Doula project have representation on the Maternity Voices Partnership, Women's Health Network and the Breastfeeding Network to continue partnership growth and create channels and opportunities to feedback service user experiences.

COMMUNITY SHOWCASE

How has that changed if at all? –

The aim of the volunteer doula is to 'support every woman with her individual maternal needs'. Working in a collaborative partnership with maternity services, Better Start Bradford projects and more, the project continues to impact on women's lives and experiences. Together we are collectively able to offer families a truly holistic service.

What are you most proud of about your organisation –

The volunteers are our pride– they are amazing! There is no other volunteer role that makes a woman jump out of bed in the middle of the night to support another woman and witness the birth of a baby. On average a volunteer doula will spend up 12-24 hours of home visiting time and on average 8-24 hours of birth and labour support. The project exists only because of volunteer doulas who demonstrate empathy and compassion through their characters and personalities and commitment to their volunteer role.

One piece of advice for other organisations -

"Make sure to build sturdy foundations and build from them to help with sustainability"; and most importantly "take care of your volunteers".

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

We have a few events coming up in June (Tuesday 4th June 2019, Volunteers' Week) – we will have a stall at the Bradford Universities Volunteer Fair in City Park where people can come down and speak to us and register your interest in becoming Volunteer Doula.

Last Friday 3rd May 2019 Bradford Teaching Hospital joined up and launched the National Breastfeeding Welcome Scheme; to encourage mums to breastfeed in public spaces / employers providing space and helping parents to feel safe and comfortable when breastfeeding. Bradford Doulas is also signed up to the BTFHT 'compassion for mums';

If you want to learn more about the above, would like to become a volunteer doula, or would like to refer a family to the project, please call us Mon-Fri (9:30 - 16:30) on 01274223232

Contact details for Bradford Doulas

Address: Carlisle Business Centre

Phone: 01274 223232

[Website](#)



OPPORTUNITIES

Open Doors Project – Bradford

Ministry for Housing, Communities and Local Government, have set up a pilot project which will take place in five different towns/cities across England. Open Doors is a scheme to bring an empty high street shop back into use for community use purposes.

Bradford has been selected by the MHCLG, as a location for one of the pilot sites and the empty unit chosen is located on John Street in the city centre.

The space is offered free of charge to groups/users who would like to test their ideas, deliver their projects and bring positive social change to their local high street, for a period of up to 12 months. Each space will be refurbished to provide a bright & positive space.

The project is being managed by the Meanwhile Foundation, who have issued a call for ideas to groups & individuals to apply for the space.

For further information see [flyer](#).

#YSFconnect event

This free event is open to all those working in the sport and physical activity sector across South Yorkshire and West Yorkshire. As yet they have no-one attending from Bradford so it would be great to get some people booked on. If you have any apprentices, then there is a specific session just for them where they can meet others in similar roles. All spaces MUST be booked in advance! For more information see this [blog post](#).

Specialist Autism Services

Specialist Autism Services are pleased to invite you to attend their upcoming conference, Autism: A Multidimensional Approach. They are hosting this conference especially to celebrate their 10 year anniversary, and the 20 year anniversary of Sacar.

Autism: A Multi-dimensional Approach is taking place at Bradford City Football Club on 26th September 2019 and will focus on the topic of autism and wellbeing.

During the conference, there will be opportunities to listen to renowned speakers from academia, healthcare, the criminal justice system, and those with a lived experience of autism, engage with immersive and knowledge building workshops, browse relevant and inspiring stalls, and network with a range of stakeholders and professionals.

They are hoping attendees will leave the conference inspired, informed and with some practical advice around improving wellbeing in people with autism across a range of environments.

For further information and to book tickets to attend, please visit [the Eventbrite page](#).

For more information see [poster](#).



RESOURCES

Relate Bradford (Counselling Service)

Relate Bradford are a professionally qualified counselling services across the Bradford District, of which services include:

- *Relationship counselling*
- *Young People counselling*
- *Caring and Sharing (for carers) counselling*
- *Psychosexual Therapy*
- *Family counselling*
- *IAPT (Improving Access to Psychological Therapies) – couples therapy for depression*

Please find below the inter agency referral form, should you have people who you wish to refer to them.

Relate Bradford is a not for profit charity that ask for client contributions towards the cost of counselling sessions.

They have a limited number of counselling sessions available across their services, and using a structured payment system, they ask clients to make a payment contribution towards the cost of their counselling or therapy, if fully funded sessions are not available.

There is a separate charge for people living out of the Bradford and District area.

[Inter Agency Referral Form](#)

relate
the relationship people

10 Today Launch Event

BCB Radio would like to invite you to the 10 Today launch event. 10 Today is a physical activity broadcast designed for older people, by older people. BCB Radio will be broadcasting 10 minutes of gentle exercise every day at 14:00 on BCB 106.6 FM and online www.bcbradio.co.uk. This is an Active Ageing partnership project funded by Sport England and the Big Lottery.

They are holding a launch event to tell you a bit more about 10 Today, and they will be doing a 10 Today exercise session together! BCB will be broadcasting a live radio programme from the event.

So come along ready to do 10 minutes of activity and to have some fun!

Thurs 9 May 13.30–14.30 The Broadway Centre (outside Debenhams) Bradford BD1 1JR.

Please see [poster](#) for more information.



Diabetes Cookery Workshop

Wednesday 15th May 11:00 - 12:30 at The Parkside Centre.

A fun and friendly 4 week course where you will receive recipe sheets, diet tips, how to read food labels and much more! For more information and how to book see [poster](#).



Champions Show the Way Activities and Walks

Champions show the way have released their lists for May 2019 for Community Health Champion led walks and activities. All activities and walks are FREE and are inclusive of all capabilities unless otherwise stated. For more information see the [walks list](#) and the [activities list](#) provided.



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 by 15th May to have it in the next issue.

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

CONTACT US

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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

