



S10 COMMUNITY PARTNERSHIP



Newsletter Autumn 2021



HELLO FROM THE S10 TEAM!

Welcome to the Autumn Newsletter about what's happening in your area.

As Covid guidelines changed and restrictions eased, we have been out and about in local community venues and our Befriending Team have gradually restarted some of our face-to-face groups. We are looking at creating a zoom book club, in partnership with Bradford libraries, for isolated people in the S10 area, having established a successful book club in another area. Contact HALE to find out more.

Sunday 4th July marked Thank You Day, a chance to celebrate the community spirit shown during the last 18 months and say thank you to everyone who pulled together and supported each other during the pandemic. Two million people across the UK took part in Thank You Day activities and our befriending team were delighted to be involved in the Thank You Day white rose project, coordinated by Bradford Council. They collected white roses made by members of the community and received over 1000 from far and wide!

We are always looking to recruit volunteers to our Befriending scheme. If you could give some time to support an isolated member of your community please get in touch - turn to page 2 of this newsletter to find out more.

If you would like to refer into the befriending service please call HALE on 01274 271088 or email lesley@haleproject.org.uk

COULD YOU JOIN OUR TEAM OF VOLUNTEER BEFRIENDERS?

We are currently looking for volunteers to match with isolated older people living in the Clayton, Frizinghall, Allerton, Toller, Heaton, Wrose and Manningham areas.

If you are over 18, friendly and a good listener, you could help make a difference to an older person in your area.



Our Befriending Scheme aims to:

- reduce isolation and loneliness
- increase confidence
- help manage anxiety
- promote community involvement

We are looking for volunteers who can telephone, meet the befriender in their garden or at a café, or accompany the befriender on a walk. We match volunteers according to their interests and hobbies and also on what sort of befriending each want and we ask that you commit to regular contact - usually an hour a week.



All volunteers complete a simple application form, short online training and receive ongoing support from our befriending co-ordinators. All visiting volunteers are DBS checked.

To get involved, or to find out more, contact Senta on **01274 271088**, or email **senta@haleproject.org.uk**

DROP IN SESSIONS

Our S10 Engagement Workers, Amreen and Ahmida, have been holding drop in sessions at community venues throughout the area, promoting the Befriending service as well as offering information and advice on healthy eating, getting active and blood pressure.



Look out for them coming to a centre near you!

WARM HOMES HEALTHY PEOPLE

Over the coming months we will be holding events throughout the S10 area, with information to help people stay warm over the Winter, including:

- Insulation
- Energy suppliers and comparison sites
- Money saving tips
- Ways to make your home more energy efficient

If you'd like more information please contact Amreen on 07845 431106 or Ahmida on 07957 693957



South Asian Women's Support Group

We are pleased to launch a new group for South Asian women who have been diagnosed with cancer and would like some support.

The group meets on the third Tuesday of each month, 11am - 12.30pm, for friendship, discussion, chat, activities and signposting to relevant services.

At **Cancer Support Yorkshire**,
Daisy House Farm, 44 Smith Lane, BD9 6DA

If you'd like to join us please contact Ahmida on 07957 693957 or Amreen on 07845 431106 to book your place,





CALLING ALL KNITTERS!

'The Christmas Dinners' is an annual project for communities across the UK, to provide a Christmas dinner for care leavers aged between 18-25 - one they'll never forget! Hand Knits for Care Leavers links with the project to give young care leavers (of foster and care homes) attending a Christmas Dinner a gift of hand knitted scarves and hats.

The Christmas Dinners did not go ahead last year, due to the pandemic, though volunteers rallied round to ensure that care leavers were delivered food and presents. The aim this year is to gift hat and scarf sets to as many Christmas Dinner groups across the UK as possible, so we are asking all knitters to grab your sticks and yarn and get busy.....please, please, please!

If you are a knitter - or would like to start - then we would love for you to knit for this project. The patterns we use are simple and are free to download, so if you're thinking of learning how to knit, then this is a great way to start!

There is a Facebook group which you can join to chat with other knitters who are involved in the project and you can also get links to the pattern downloads, as well as the Christmas Dinners website. Just search 'Hand Knits for Care Leavers'.

To find out more, or to get involved, contact Katie at Hand Knits for Care Leavers via the Facebook group or email: tcdbradfordknits@gmail.com



WROSE CAFE

Wrose Well being café takes place at St Cuthbert's church, on the 4th Monday of the Month, 1.30 till 3.30pm. Cost per session is £3.50.

We are looking for volunteers to help run the café. If you are free once a month on a Monday 12 - 4pm and would like to volunteer, please read on.

The café aims to be a social event for older people, who are feeling isolated, including those who are living with dementia and carers. People often support each other during the afternoon and gain useful information.

To help the café run smoothly, we have to prepare the room, serve refreshments, welcome the attendees, sit and chat, have a laugh, and listen to the wonderful singers who come to entertain us each month. We do this in a COVID safe environment.

For more information please ring Shirley on 07535 660958

THE 5 WAYS TO WELLBEING

Have you heard of the 5 Ways to Wellbeing? There is evidence to suggest that following these steps can help you to feel more positive, get more out of life and improve your mental health and wellbeing. Try to incorporate these into your everyday routine:

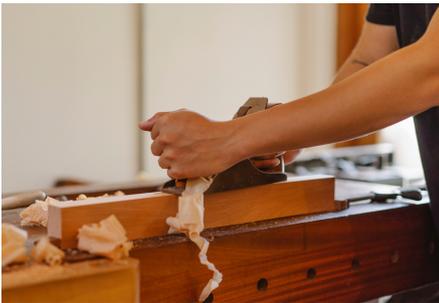
1. Connecting With People

Good relationships are important for mental wellbeing, helping to build a sense of belonging and self worth as well as providing emotional support. If you can, try to meet up with people face to face as well as keeping in touch by phone and online.



2. Getting Active

We know being active is great for physical health but did you know it also causes chemical changes in your brain that positively affect your mood? Try to find activities you enjoy and incorporate them into your life. There are lots of ideas of free activities online, or see what's on at your local community venues.



3. Learn New Skills

Research has shown that learning a new skill boosts your confidence, gives you a sense of purpose and can help you connect with others. Try to build on something you already do, or enjoy, to make it easier to fit learning a new skill into your existing routine.

4. Give To Others

Acts of kindness towards others make you feel good! It could be an offer of help, volunteering or even just saying Thank You to someone who has helped you.



5. Practice Mindfulness

Paying attention to the present moment and being more aware of the world around you can help you feel more positive, enjoy life more and understand yourself better.

**For more information on the 5 Ways to Wellbeing visit
www.nhs.uk or mind.org.uk**

EMPLOYMENT ADVICE, SUPPORT AND TRAINING



The SkillHouse team provides free, impartial, information, advice and guidance to help you overcome your challenges, to help you secure work.

Searching for work, apprenticeships, training opportunities or volunteer work can be difficult. You may have experienced challenges, not having relevant experience, struggling to gain or attend an interview. You may be worried about gaps in your job history or struggle completing job applications, you may feel your confidence may be low.

Talk with our friendly advisors, David and Abu, who will support you searching for jobs, apprenticeships, volunteer work or further training to help boost your skills and get you ready for work.

For a confidential chat and to find out how we can help, book your appointment by calling: **Abu 07584 053480** or **David 07570 671904** or email: skillshouse@thebridgeproject.org.uk



COMMUNITY CONTACTS:

Your local community venues are a great way to get to know what's going on in your area. They run community groups, events and exercise activities and can also help signpost you to other local services.

Bolton Villas Church **01274 449606**
Livingstone Road, Bradford BD2 1PZ

Cafe West Healthy Living Centre **01274 488499**
Wanstead Crescent, Allerton BD15 7PA

Clayton Library **01274 880689**
Old School House Clayton Lane, Bradford BD14 6AY

Manningham Mills Community Centre **01274 483861**
The Silk Warehouse, Lilycroft Road, Bradford BD9 5BD

Frizinghall Community Centre **01274 480934**
Midland Road, Bradford BD9 4HX

Scholemoor Beacon Centre **01274 522231**
Scholemoor Community Centre Dracup Avenue, Bradford BD7 2RJ

Ravenscliffe Youth & Community Centre **01274 641772**
Roundwood Avenue, Bradford BD10 0LL

Rockwell Community Centre **01274 615300**
6 Summerfield Road, Bradford BD10 8DP