

Shaping the Future

Bradford VCS Conference

19 March 2019, Bradford City Football Stadium

A day exploring whole system change in
Bradford Districts and Craven



Bradford District Assembly
*the voluntary and
community sector together*



CNET
EMPOWERING
COMMUNITIES



Bradford
VCS
Alliance



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

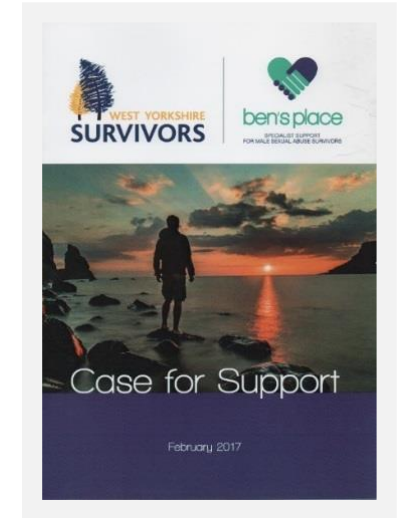
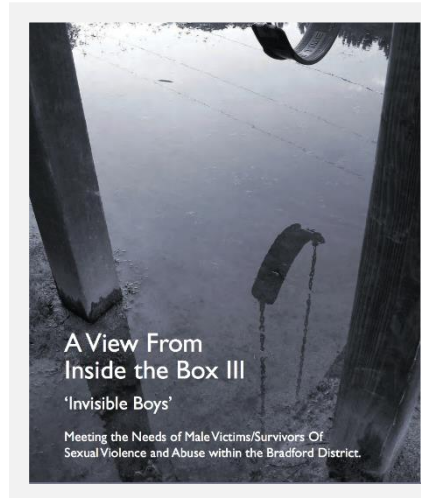
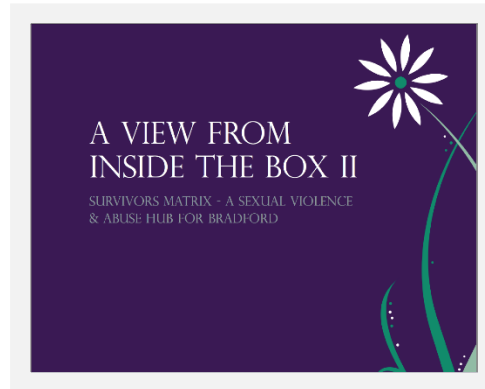
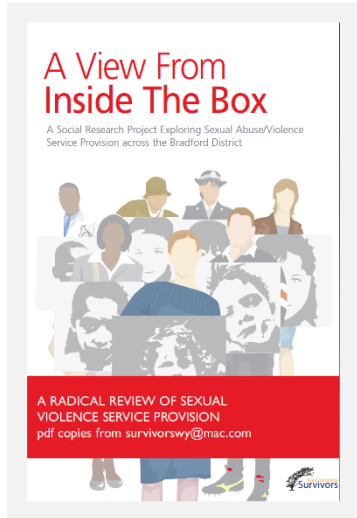
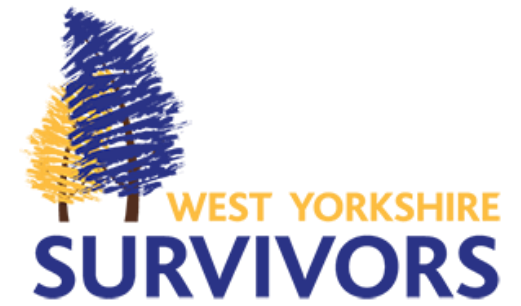


A woman with glasses and a striped shirt is looking at a laptop screen in a meeting. The background is blurred, showing other people and a desk with papers.

A Showcase of VCS
Groups & Projects in
Bradford, District &
Craven providing
significant
contributions and
value added impact
to local communities

#shapingthefuture

Survivors West Yorkshire



Survivors West Yorkshire (SWY) and its male-focused Ben's Place online trauma-informed counselling service is survivor-led and focused. Its vision is to support the development of a range of evidence-based services that are gender-informed and accessible across West Yorkshire. Services which are user-friendly and proactively involve survivors.

Together We Are Bradford

This project was run by CNet in partnership with West Bowling Centre and funded by the Home Office "Building A Stronger Britain Together" programme. The aim was to encourage dialogue and cooperation between communities in Bradford East, West and South to promote community cohesion by creating a Together We Are Bradford Community Network with representatives from different communities.

The **Together We Are Bradford network** aims were to:



Nurture a common
vision and sense of
belonging



Appreciate, respect
and value the
differences
between people of
different cultures



Make strong and
positive
relationships
between people of
different ethnicities



Work together to
promote equal
opportunities for all
in the community



Aim to make
Bradford a better
place to work, live
and play

The project enabled community representatives opportunities to discuss, explore and share information and knowledge about their own communities in order to increase understanding and awareness enabling communities to work together on issues of common concern, whilst accepting and respecting each other's cultural identity.



The Cellar Trust



Fiz Pimperton
@fizp28

@cellartrustcafe thanks from #saltairewi for a fantastic Christmas Lunch today, we thoroughly enjoyed it. Looking forward to the next one at the end of the year!



Mandy Johnson
@MsMandyJ

@KimShutler_J who runs @TheCellarTrust - a #smallbutvital charity in Bradford. Kim has taken her charity from strength to strangers and somehow also manages the time to contribute to, and inspire, the wider charity sector.



BGGS
@BGGSchool

Thank you to @TheCellarTrust for an insightful presentation to Sixth Form students on Mental Health & Wellbeing. Providing valuable advice & guidance - particularly the introduction of the '5 Steps to Improve Mental Wellbeing' #Give #Connect #BeActive #KeepLearning #Mindfulness



Kayleigh
@AbbottKayMrs

Replying to @KimShutler_J @CellarHaven and 5 ot...
I was working in FR at the weekend and would like to feed back the professionalism of the Haven staff, it was business as usual making sure everyone referred got the support they needed. Also being proactive in making sure teams knew it was open for support as always! 🧡💛



This is a project funded by the CCG which aims to use an asset based community approach and collaborative partnerships to engage involve and inform local communities.



Women's Health Network

Is a collective of women living and working in Bradford District & Craven who have a shared interest in the health & wellbeing of all women and their families particularly seldom heard communities.



Research & Consultations

In 2018 we supported the NHS with engagement on:

- Carers Survey
- Over the Counter Medicines
- Domestic & Sexual Violence
- Hillside Bridge



Maternity Voices Partnership

Maternity Voices Partnership brings together women and their families, commissioners and providers to review and contribute to the development of local maternity care.



Engaging People Project

4590

Contacts engaged last year
2017-18

3640 over the first year
with Hale

950 over the first year
CNET

100+

Places & spaces reached
across the district

New arrivals, Eastern
European, Young, older,
working people, Rural
communities, South
Asian, white working
class estates

14

Different seldom heard
nationalities engaged

Meeting people on their terms:
school gates, supermarket,
evening youth clubs, hospital
wards, doctors waiting rooms
etc.



Engaging People Project

Quotes

- 'Thank you for coming to talk to us and explain things. Often we find out about things after the changes have happened' : [Out of Hospital Services Engagement](#)
- 'You made me feel like my opinion and what I say matters': [Over the Counter Medication Engagement](#)
- 'You were honest and fair and didn't judge me that's important': [Smoking Cessation Engagement](#)
- 'You encouraged me to really think about it differently and that's a start': [Smoking Cessation Engagement](#)

Added value

- Up-skilling and giving people the confidence to continue giving messages in their communities
- Stirring an interest in wider health activities
- Localized - Spreading the word and taking information back to their neighbours, friends, and streets
- Raising awareness of the role and responsibilities of the CCG's



Bradford Trident



“Bradford Trident community hubs host 39 different tenant organisations during 2017-18, including 21 private businesses, 13 charitable organisations and 5 statutory bodies together providing services to tens of thousands of their clients. Trident provide 7,563m² of managed business space. The combined performance of our tenants indicate an estimated Enable Contribution of 260 Full Time Equivalent Employees and GVA £12.9M (published with a moderate confidence level in “Measuring the Enabled Economic Contribution of the ‘Keep it Local for Economic Resilience’ project”, by NEF Consulting, Sept 2017). Also with special thanks to Locality, Trident has carried out an LM3 (Local Multiplier 3) exercise with its suppliers. The results are that from the £1.04M Trident spends on staff and suppliers, £2.62Million of local economic impact is generated giving Trident a Project LM3 rating of 2.52.”

Bradford Buy Nowt – An alternative to Black Friday

Friday 23rd November

This event was organised by Artworks Creative Communities in partnership with Bradford Credit Union. The event aimed to offer the people of Bradford (and beyond) a space where they could retreat from the shopping frenzy that is Black Friday, asking people to consider a **low-tech, low-cost** Christmas in our 'zero currency zone'.





Artworks Creative Communities

Our aim was to curate an event that provided opportunities to get creative through art and craft workshops, including numerous 'make and takes' and a larger scale collaborative and reflective art piece.

Alongside this, debt, budget and benefit help was offered as well as exploring alternative banking through the Credit Union and lots of information about other anti-poverty and free initiatives in Bradford. With free food and drink, we managed to create a space where people were welcomed and could stay to explore all the free activities and advice available in a comfortable and friendly environment.

Feedback from participants attending the event highlighted that the diverse range of arts activities added both a therapeutic and engaging value to the event. There were activities and crafts that appealed to all ages and gave people respite from the pressures on the high street to spend.

Beating the Winter Blues with Positive Minds

January can be a really dreary month for a lot of people...dark night and even darker mornings! Positive Minds decided that it would be a really good idea for us to do an event for those feeling those winter blues and for those who just want to get together and do something different.

On 16th January, 'Beat the Winter Blues with Positive Minds' took place in Shipley in partnership with VITAL Projects and the Kirkgate Centre. Over 70 people came together, mainly older people, to have a sing, a dance, a laugh and a shared lunch!

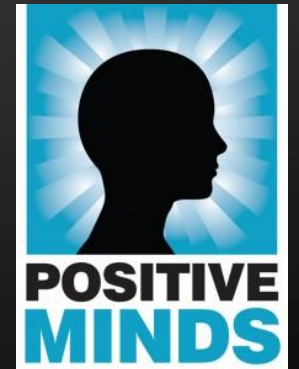
Overwhelmingly the feedback was really positive so hopefully we can do something similar next year.

- "Lovely friendly, welcoming atmosphere" **Participant**
- "Excellent event! Fabulous workshops, great band and lovely lunch" **Participant**



Positive Minds

Positive Minds is a consortium of VCS and statutory services working to support older people and the agencies and organisations that work with them.





Make Your Mind Up

26th October 2018

In October Positive Minds, in collaboration with the Bradford Women's Health Network and People Can, hosted a women's mental wellbeing event 'Make Your Mind UP'. The event was attended by many women across the district with a range of speakers talking about how particular issues can affect our mental wellbeing, for example, menopause, children, not having children, discrimination and ill health. Women spoke openly about some of these issues and what we as individuals and as organisations can do to overcome some of the barriers to good mental health. We were lucky to be joined by Sharena Lee Satti a local Bradford poet.



Enable 2



Enable 2 provide interpreting and translation services across the UK in face to face settings, via telephone and secure video link. We have a bank of 500 self employed interpreters covering 130 languages and are supported by a team of booking administrators who fulfil all the requests from our varied customer base.

Over the last 2 years we have developed a state of the art video interpreting system, purchased our own premises and set up a video interpreting suite. Since 2011, when we set up as a social enterprise, we have invested in supporting employment initiatives in Bradford. However, since 2016, upon recruitment of a Social Return Manager, we now invest a percentage of our profits into wider community projects...

We now focus our projects on not just employment but 3 key themes:



Language and
Culture



Health &
Wellbeing



Employment and
Education

Enable 2 Social Impact



During the financial year ending 31 March 2018:

£21,710

Invested

900+

Individuals worked
with

12

Social Return
Projects Funded

£10.64

Per £1 invested

Social Value Impact
measurement
tool used

These projects were designed and delivered in partnership with a range of other organisations, such as social enterprises, charities and organisations that have expertise in their own individuals field...

Bradford Doulas

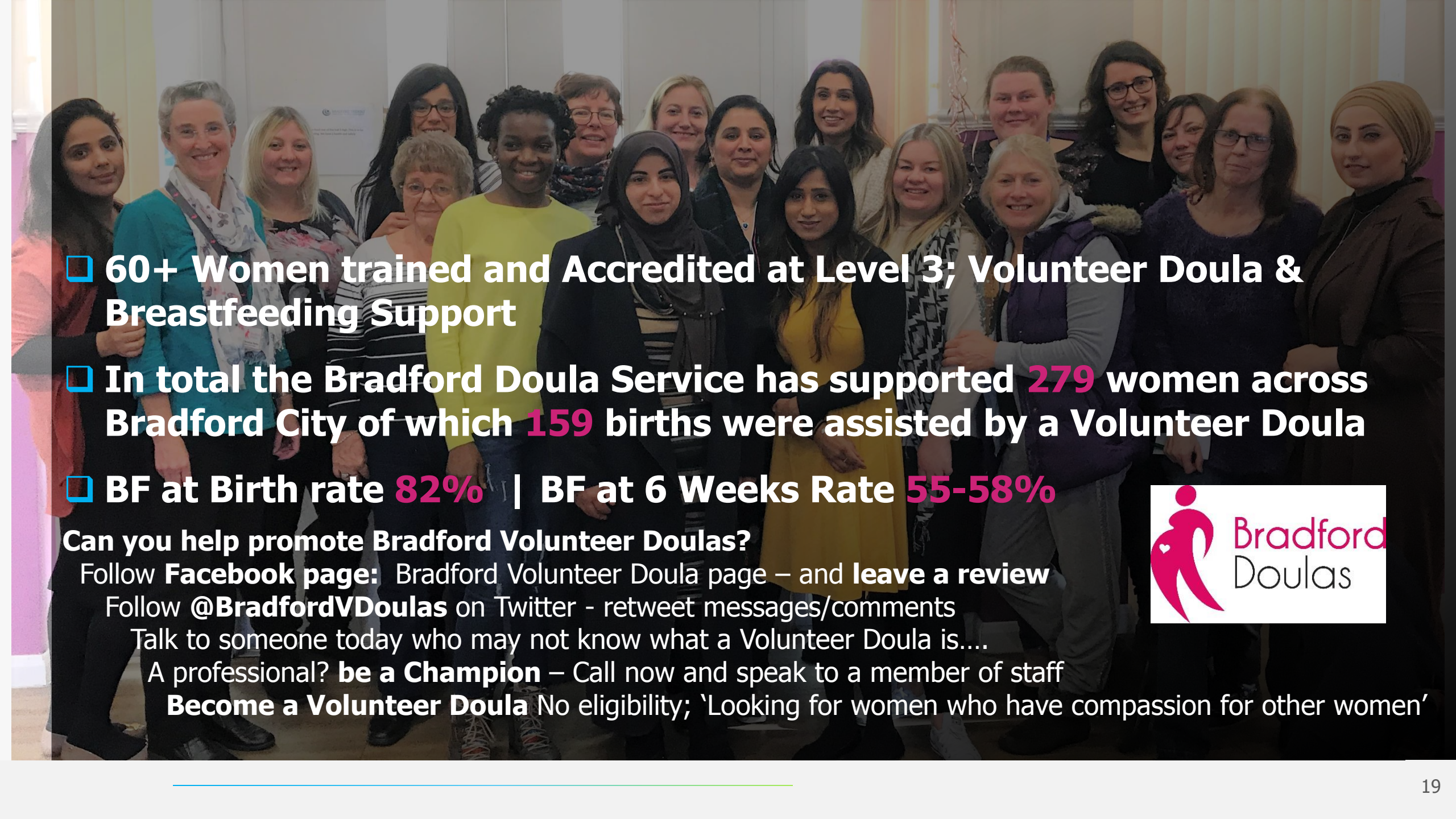


Doula is the Greek word for wise-woman. Acting as a 'professional friend', volunteer doulas help women to make positive choices, accompany them to appointments, provide practical support at the birth, build positive relationships with other services and offer emotional support.

Mothers who have been supported by a volunteer doula have consistently given positive feedback:

- "She held my hand and reassured me."
- "Nothing but a positive experience. Talking, being listened to and all the information really helped and made it [labour & birth] much more positive than before."
- "I thought that nothing could replace my husband being away, but it was so good. She [volunteer doula] did so much for me. I didn't think it [labour] would be so good!"



- 
- ❑ **60+ Women trained and Accredited at Level 3; Volunteer Doula & Breastfeeding Support**
 - ❑ **In total the Bradford Doula Service has supported 279 women across Bradford City of which 159 births were assisted by a Volunteer Doula**
 - ❑ **BF at Birth rate 82% | BF at 6 Weeks Rate 55-58%**

Can you help promote Bradford Volunteer Doulas?

Follow **Facebook** page: Bradford Volunteer Doula page – and **leave a review**

Follow **@BradfordVDoulas** on Twitter - retweet messages/comments

Talk to someone today who may not know what a Volunteer Doula is....

A professional? **be a Champion** – Call now and speak to a member of staff

Become a Volunteer Doula No eligibility; 'Looking for women who have compassion for other women'



women's aid

until women & children are safe

“ I didn't know I was experiencing domestic abuse for a long time. ”

I remember feeling so relieved the very first time I rang the helpline that someone understood exactly what I was going through.

Survivor

“

”

“I was told that because I am blind and a woman, I could not be independent or have high aspirations.”

Survivor and Campaigner Saliha Rashid

“

”

It's so empowering and comforting to know that others are stood beside you.

Survivor

Survivor Story

“ My name is Yasmin, I'm 34 with two children. I suffered emotional, physical and financial abuse from my husband and in my in-laws, I never thought I'd escape, one day I broke down at my child's school, they put me in touch with Bradford Women's Aid. I had an Outreach Support Worker who I met in a safe space away from my community, she gave me the space and time I needed to talk things through, she helped me to make sense of what was happening, eventually I decided to leave. My support worker and I talked about this many times and we had a Safety Plan in place so I could leave safely. ”

I was so scared but I did it, I moved into the BWA Refuge and finally felt free, I had a support worker there too who helped me think about what I'd been through and where I wanted to go, for once I was looking forward to a future. They helped me get a house and then I had a Resettlement Worker, she was great, helping with all the practical stuff like helping sort out my money and getting a doctor but also being there for me when I felt low and just needed someone to talk to. My husband had threatened me and told me he'd take the kids, so they helped me going to court and getting orders, I don't how I'd have done this by myself. My worker helped me to enrol at College and now I'm training to be a florist.

My kids got support too, they had sessions in the Refuge with their own worker and when we moved they had a support worker from DARE2 who helped them to make sense of what we'd all been through, the kids were really confused and even though they knew things were bad, my son missed his dad, he and I argued about this a lot, but DARE2 did some family sessions with us and now we're all back on track. Bradford Women's Aid supported me and gave me strength. They understood my worries, my culture and my background and gave me and my kids the right support at the right time. I feel strong now and family life is good, we're happy, I never thought I'd be able to say that.



What do our clients say about us



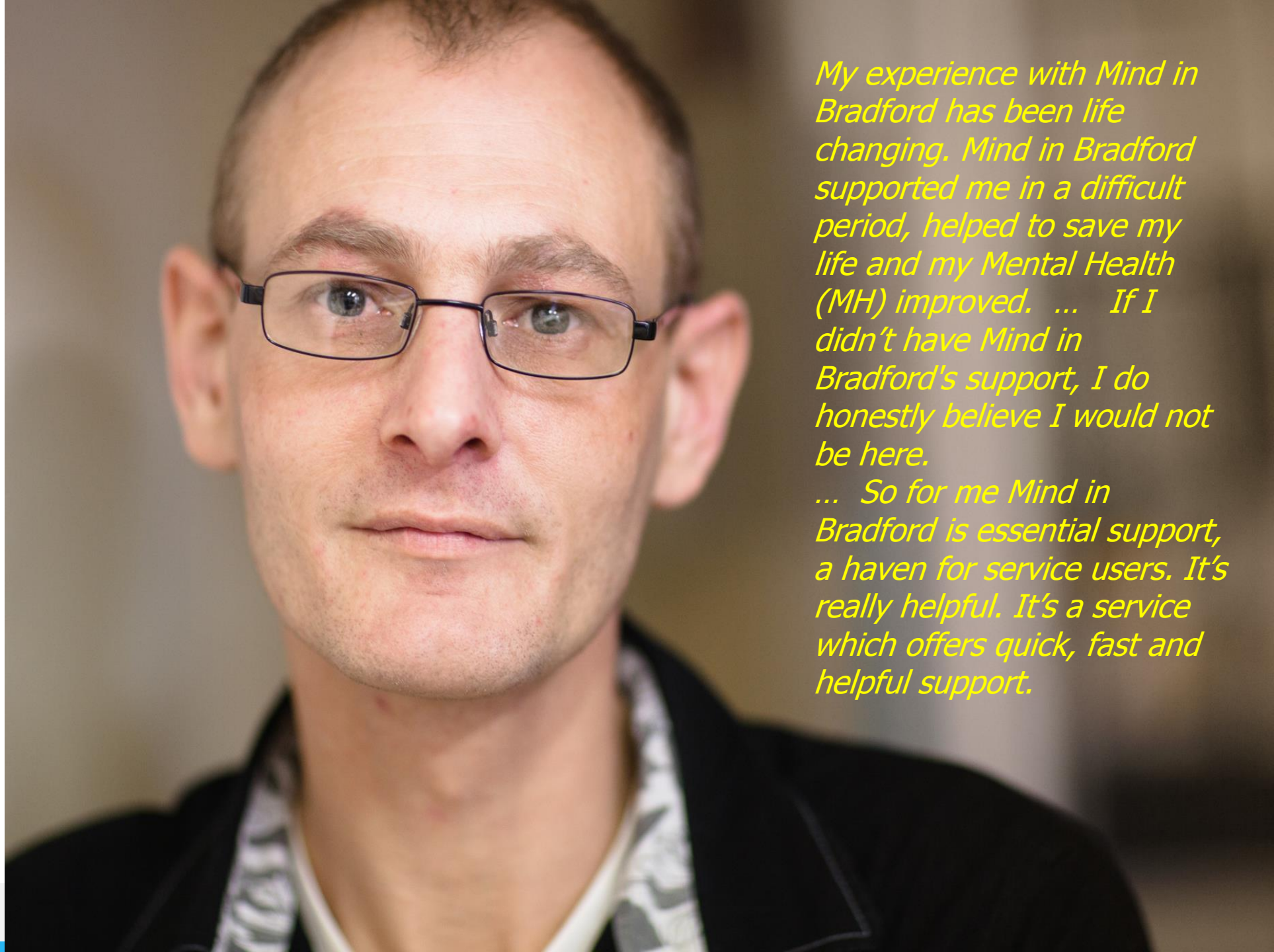
I have visited Sanctuary this evening and am so grateful for the support and the way the Sanctuary worker helped.



Mindfulness [at Mind in Bradford] has allowed me to process the anxious thoughts and digest them one at a time. It's helped me in my personal life as well as professional. My productivity in general life has been 10 times better than it was... I am genuinely a different person to who I was 7 weeks ago, and it might sound exaggerated and over the top ...

To say I'm cured would simply be a lie, but I have made more progress with my mental health over the last 6 weeks than I have over the last 6 years.





My experience with Mind in Bradford has been life changing. Mind in Bradford supported me in a difficult period, helped to save my life and my Mental Health (MH) improved. ... If I didn't have Mind in Bradford's support, I do honestly believe I would not be here.

... So for me Mind in Bradford is essential support, a haven for service users. It's really helpful. It's a service which offers quick, fast and helpful support.

Tracy Gothard 49 years

"New Horizons Group Befriending has been an absolute god send to me and my sisters. I feel so lucky to have found it. I know our mum is left in a safe, secure and friendly environment and all her needs are cared for.

It has a huge impact for myself knowing my mum thoroughly enjoys every minute she spends with the people and staff and to know she recognises faces is fabulous as it is only once a week and such a shame it can't be more often.

Myself and family are so grateful to the time and effort the staff put in. I would certainly recommend New Horizons to all, my mum with dementia has the time of her life. Thank you to all."



New Horizons Group Befriending



New Horizons Group Befriending

Service User 84 years

...the staff are so kind, they have a way of making me feel so welcome, and even the small amount of help I give is important.

What it means to myself, it gives me a reason, to go out and be involved with people which I love. Also makes me do something worthwhile in a day which is so good for my wellbeing and brightens my everyday life. I would recommend to this work to everyone.

Service User 78 years

New Horizons Group Befriending at Avery Tulip Court is a wonderful organisation. I have done voluntary work for different organisations for nearly twenty years, and this is the one for me, we do not ask for anything but you are made to feel special, I feel ready and of use to people, everybody is caring and lovely.

Thankyou.





Community Partnership

A short film created by BEAP with the Fans For Diversity project, bringing two communities (2 female fans group) together through football.

In December 2018, Bradford City's Bangla Bantams and Lincoln City's Lady Imps Supporters' Association took part in visits to each others grounds and towns - to learn more about going to the match, build links across supporter groups and promote diversity.



When football unites

Lady Imps and Bangla Bantams cultural exchange