

Reflect, Review, Recover



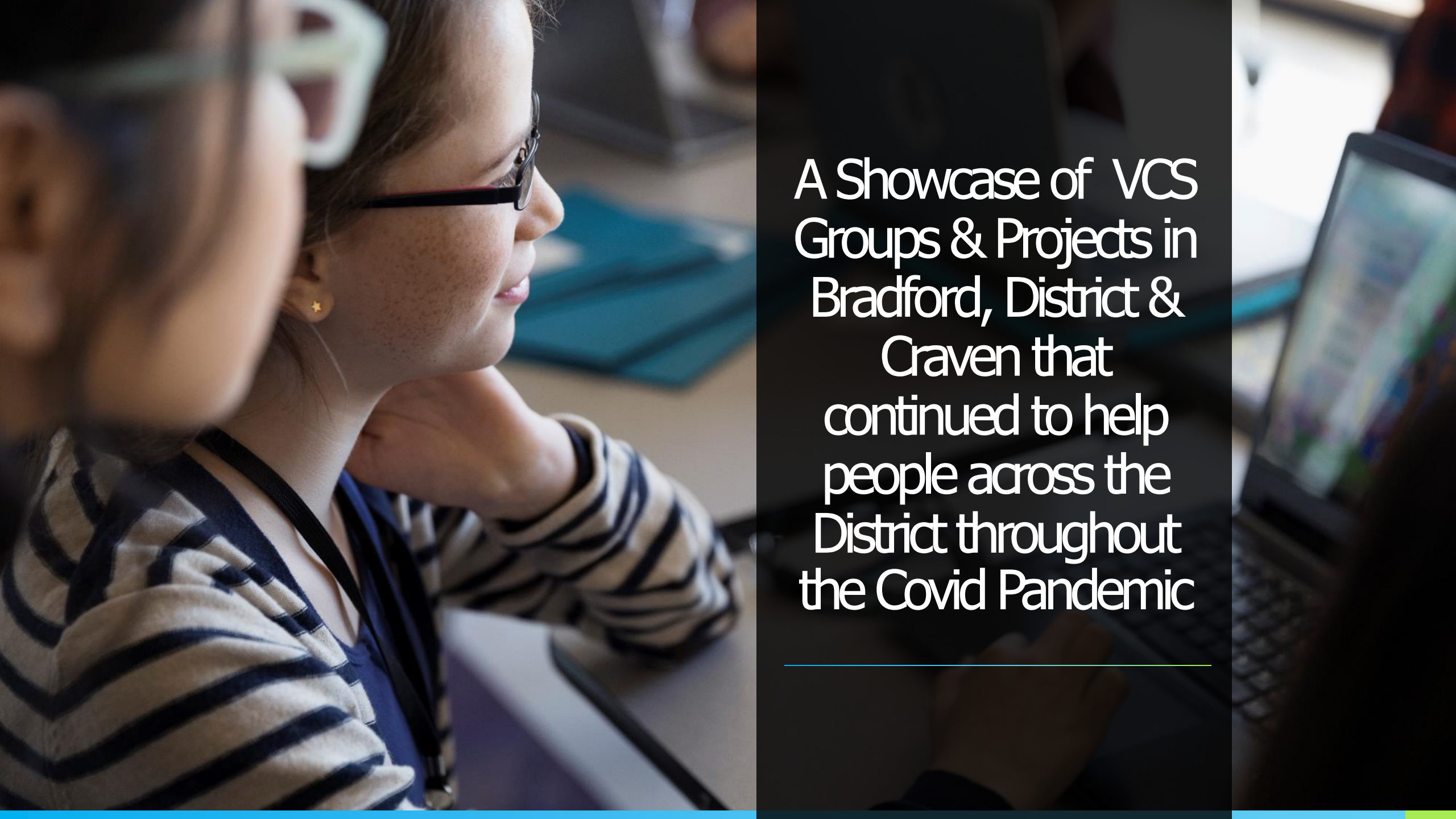
Bradford District Assembly VCS Conference

20 September 2021
Bradford City Football Stadium



Bradford District Assembly
*the voluntary and
community sector together*



A woman with glasses and a striped shirt is looking at a laptop screen. She is in a meeting with other people, some of whom are wearing masks. The background is blurred, showing a desk with papers and a laptop.

A Showcase of VCS
Groups & Projects in
Bradford, District &
Craven that
continued to help
people across the
District throughout
the Covid Pandemic



Greengates & Apperley Bridge Community Volunteers

Litter picking, park clean up and street art





Thornbury Centre

Busy Bee picnic play and Spinning Tots performance



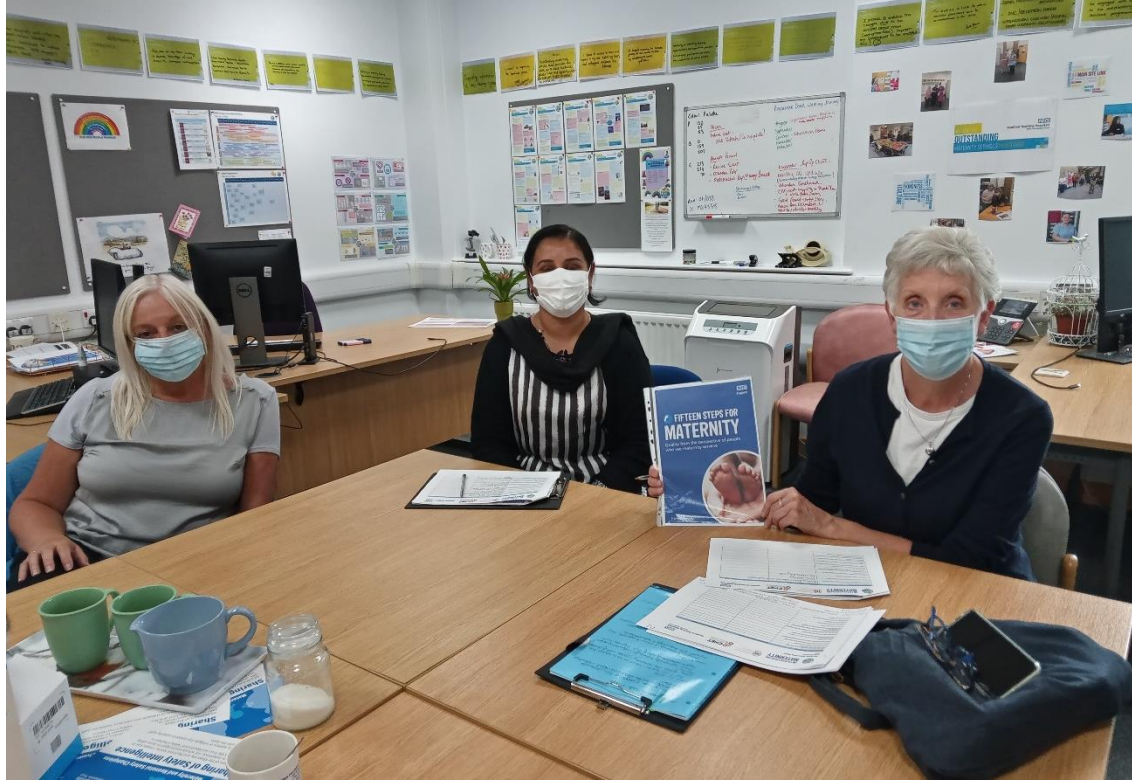
Bradford District Senior Power
Afternoon tea for the elderly during Lockdown



Project 6

Car Park adapted during Lockdown to enable the continuation of the Third Place project working with street drinkers





BD&C Maternity Voices Partnership

Forum meetings continued online throughout the pandemic and work on the 15 Step Maternity Review as well as Social Media messaging in different community languages to encourage women to attend ante-natal appointments.





CNet – Community Conversations Project

This project brought together residents from different backgrounds in different areas of the district to create community gardens, plant vegetables, cook and share recipes and enjoy wellness walks together

All of our 20+ projects adapted their delivery during the COVID-19 pandemic - delivering over the phone, via video calls and through virtual events, with some face-to-face activities now starting again gradually



Here's a few personal stories about our work in the last 12 months during the difficult COVID pandemic



Adult wellbeing packs – the inspiration behind Salma's well-being packs

Salma Nawaz, is a community rep on the Better Start Bradford board. Salma knows what a struggle lockdown has been on many parents, as her own mental health suffered during the pandemic as she struggled to cope with four children under the age of 11.

She started to have panic attacks to the point where she didn't leave the house. She then made a conscious decision to take a little time for herself.

When we started delivering activity packs for children, Salma felt that through her own experiences, it would be wonderful for parents to have their own well-being packs. So we started delivering wellbeing packs to parents in the Better Start Bradford area.

Read the full story here:

<https://www.betterstartbradford.org.uk/blog/the-inspiration-behind-salmas-well-being-packs/>



The packs contained a massage ball, adult colouring book and pens, hot chocolate sachet, a snack, notepads, mental-health support numbers and some self-help ideas and were delivered to local parents.



Our Neighbourhood Engagement Workers

We have a team of Neighbourhood Engagement Workers who work closely with our Family and Community Engagement Team (FACE Team).

They are based in the following local venues: The Karmand Centre; BD4 Family and The Thornbury Centre, working across the Better Start Bradford area.



Throughout the pandemic they have been contacting parents by phone, email and WhatsApp and have been referring into Better Start Bradford projects

Melissa- “I started contacting new families and building up trust with them. I know from personal experience how isolating being a young mum on your own is. I check in with each of them regularly, keep them up to date on the latest COVID-19 regulations and support them with any issues that they may have as a family.”

Jenny - “I have a group of parents that I regularly make contact with, I check that they are feeling okay, whether they have enough food, whether they need help with shopping or simply want someone to chat to – sometimes just having another adult to talk to can make the difference in someone’s life with young children.”

Read the full story here:

<https://www.betterstartbradford.org.uk/blog/meet-our-neighbourhood-workers/>



Being a Doula in lockdown

Jane Longthorn, is a volunteer doula with our Bradford Doulas project and in March 2020 was matched with Aneesah, who was due to have her third baby. They held initial weekly home visits to discuss options and choices for her labour and birth then COVID lockdown was announced. The Doulas project adapted and started to deliver their service over the phone.

Jane said: “We continued to speak on the phone on a regular basis, with Aneesah being able to ring me whenever she needed me. We re-evaluated her birth plan and continued to prepare her for labour. “

“We also went through how the changes because of COVID would impact on Aneesah and her pregnancy. Although I was not able to attend the birth, I was in touch regularly around the time of the labour to support her.”

Bradford Doulas offer free practical and emotional support to pregnant mums six weeks before the birth, during labour and six weeks after the birth, through trained volunteers.



Aneesah with baby Aiza:

“Having a doula has more than met my expectations. I felt that I got all the right support from Jane. I was able to share and discuss anything with her, especially if I was feeling low.”

Read the full story here:

<https://www.betterstartbradford.org.uk/blog/being-a-doula-in-lockdown-copy/>

Thank you message from Kersten England



Thank you message from Councillor Firth



Specialist Autism Services

Carers Resource

