

# FREE ●●●●● BD5

ISSUE 57 OCTOBER 2017





# Welcome

to your community magazine

BD5 is your community magazine. It comes free through your letterbox each February, June and October bringing you all the latest news about your area.

BD5 is a magazine for you. So if you have something to say about your area, your group or community or you just want to get involved - contact us!

BD5 mag is funded by Bradford Trident and partners. It will keep you up to date with community developments.

For news and features ring **01274 768065** Send letters to: **BD5 Mag, Bradford Trident, Park Lane Centre, Park Lane, Bradford, BD5 0LN**

The next issue of BD5 will be out in February 2018. The deadline for contributions is 12th January 2018. BD5 is also available in large print if needed contact Trident. We will always be looking to improve the mag so, if you have any suggestions or would like to make a contribution to the next edition, please contact our Community Development Officer Aurangzeb Khan on 01274 768065 or email [aurangzeb@bradfordtrident.co.uk](mailto:aurangzeb@bradfordtrident.co.uk)

*The views expressed in BD5 are not necessarily those of Bradford Trident Ltd. All information is correct at the time of going to press. BD5 cannot accept responsibility for any errors or ensuing consequences.*

**Thanks to all contributors for their help and support.**

**[www.bradfordtrident.co.uk](http://www.bradfordtrident.co.uk)**

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design ☐ 01274 700427 or [www.reddeign.com](http://www.reddeign.com)

## Small Grants Scheme

**Applications for the Small Grants deadline is 31st November 2017.**

**For information contact the clerk on 01274 768061 or email [bradford.tridentcc@gmail.com](mailto:bradford.tridentcc@gmail.com)**

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## On the horizon with the Community Council!

*We would like to:*

- Extend the Community Council's boundaries to include Canterbury
- Hold a public session with elderly residents to advise on security measures
- Implement the Neighbourhood Plan concentrating on environmental initiatives, safer and stronger communities
- Continue our gully cleaning programme across the area
- Continue supporting local groups through Small Grants, to deliver projects of community benefit and priorities from the Neighbourhood Plan
- Continue working with Bradford Trident, Bradford Council and other local groups and organisations to benefit the community of BD5
- Have representation on the board of Better Start Bradford
- Tackling the blight of Japanese Knotweed

## Farewell to our Clerk Becci Holmes



**Becci Holmes has been with the Community Council since its inception in 2009 and has worked tirelessly in supporting its establishment over the years.**

The Community Councillors in the area are indebted to her for her support which has been provided by her between jobs. The Chair of the Community Council, Councillor Nasreen Khan says: "This year has been very productive and really active for the Community Council. We hope to continue this work moving forward and prioritise issues reflected in our Neighbourhood Plan to make the Bradford Trident Community Council area a stronger, safer community to live in. We would like to Thank Becci Holmes for her services as a clerk to the Community Council for over 8 years. Becci has carried out her work with unparalleled commitment, passion and dedication and leaves a very difficult example to follow."

# Annual Community Council Fayre 2017

On 27th August 2017, in partnership with KIQ Health & Wellbeing, we delivered a great community event.

The day was for those who may have not had the capacity to get to go on a Summer Holiday so we brought it home to them. Donkey Rides, Fun Fair, Smoothie Bike, Food, Stalls, Bric a Brac, Tin-Can Alley, Pop-Up Farm, Mendhi, Face Painting and Information were just some of the things on offer on the day.

The event was attended by over 750 people, which took place at the Parkway Community Green. Earmarked for sale by Bradford Council, the community reclaimed the space for the August Bank Holiday Bonanza.

The event was opened by the Lord Mayor, Abid Hussain (pictured on the cover with Cllr Imran Younas). We also had support and attendance on the day from Bradford East MP Imran Hussain and much loved former Councillor Ian Greenwood.

The sun was out and the feedback we have had from residents has been nothing but positive. We are aiming to go even bigger and better next year.



## Bowling Cemetery Clean-up

The cemetery is one of the oldest in the district and is used by many local residents as thoroughfare, a connection to access shopping centres and generally for people to walk through and visit.

However, it has been neglected and overgrown in parts making it littered and untidy. During late September this year Friends of Bowling Cemetery in partnership with local agencies including the Community Council, Bradford Council and local residents worked together to clean up parts of the cemetery and left it in a beautiful condition, which it has not enjoyed for many years.

There is a still a lot of work to do there and if more local people would like to get involved in future community action at the cemetery, then get in touch with your Community Councillor.

### New Clerk to the Community Council



**My name is Mohammed Rafiq. My background is mostly in the charity sector including recruiting volunteers,**

fundraising, training and community development and advice work. I have always been passionate about encouraging people to become active in their communities.

I believe that bodies like community councils help to devolve power and influence to a scale that most people can relate to and that they are in a good position to improve and regenerate their areas as they know them so well. I look forward to working with Bradford Trident Community Council as its Clerk and the people of BD5.



# Pre-school Volunteer

## ABOUT THE OPPORTUNITY

We are looking for volunteers for our Pre-school. Our volunteers will be trained to help to provide quality child care for all children from 2 to 4 year olds. Volunteers will give our children the opportunity to develop in all areas of learning in a safe and secure environment.

## What skills and attributes are needed?

### We are looking for people who are:

- Friendly and approachable
- Strong and "hands on"
- Good team players
- Patient
- Willing to attend training
- Show a commitment in working with Early Years

## What's in it for the volunteer?

- You will receive training
- Understand the ages and stages of child development
- You will be familiar with the statutory framework for the early years foundation stage
- We provide a friendly and supportive atmosphere
- You will be DBS checked
- You will be able to plan and design activities for age appropriate children and build a portfolio
- A reference which can be useful when applying for jobs and also enhance your skills and attributes which reflects positively on your CV

## Days and times volunteers needed?

Currently Park Lane Pre-school runs Monday to Friday term time only. Morning sessions start from 8:25am to 11:25am and afternoon sessions run from 11:55am to 2:55pm.

### Contact for this opportunity

**Fakhran Raja** Pre-school leader

**Park Lane Centre, Park Lane, Bradford, BD5 0LN**

**Telephone 01274 768075**

**Email: [Fakhran@bradfordtrident.co.uk](mailto:Fakhran@bradfordtrident.co.uk)**



The Characteristics of effective learning help children to find out, explore, and concentrate and make links. In Understanding The World area we give children opportunities to take care of flowerbeds and enjoying experiences outdoors.



Madeehah is mark making with a child in the Literacy area where we support children with letters and sounds.



Here children are provided with resources to use their skills and ideas.

# ers Wanted



## Supporting students on placements.

**Currently we have a student on long term placement from Grange Technology College.**

Madeehah Tabassum is 16 years of age and is currently in sixth form studying Health and Social Care and is considering a career in Childcare. In July 2017 she passed 10 GCSE's.

From September 2017 Madeehah secured a placement for Health and Social Care working with children. She attends Park Lane Pre-school every Wednesday for a full day until May 2018.

She arrives at 8am and has a task of setting up the pre school indoor and outdoor. She helps to prepare snack time with the practitioners. She is encouraged to take part in circle time where children have a story session and sing nursery rhymes. After lunch she welcomes children for the afternoon session.

“ I like working at Park Lane Pre-school because I get the experience of interacting with children from different cultures and backgrounds. I was amazed to find how many languages are spoken between children and staff. Languages include; English, Pushto, Mirpuri Punjabi, Urdu, Bengali, Kurdish, Polish, Hinko, Lingala, French, Farsi and Arabic. This is the first time I have worked with children from 2-4 years of age. “ *Madeehah*



Madeehah is encouraging children to fix together large duplo blocks in the construction area. We support children with their physical development in moving and handling.



Madeehah is listening to a child reciting numbers in order up to 10 in the Mathematics area.

# Latest News!

## Summer holiday activities held at The Parkside Centre

Junior Master Chef was very popular with a group of 8-10 year olds, following recipes and preparing meals.

The final week included a 'Cook Off' competition. The talented finalists all received a cook at home kit. During Monday Minis Over the summer holidays, children enjoyed baking, making gifts for their parents and took part in games. The next sessions will be over the October half term holiday.



## Family First Aid

Up to 30 local residents, parents and children came along to The Parkside centre to do a basic first aid course. It was a fun interactive session with parents and children taking part, learning key messages. This was a free session provided by West Yorkshire Ambulance Service.



## Volunteers Wanted

The Parkside Centre is looking for volunteers!  
Do you have a few hours a week to spare?

Would you like to help with lunch clubs, the well being cafe?

Supporting and helping the most vulnerable in our community?

We are also looking for individuals who would like to develop new ideas of their own to run groups, anything from keep fit to sewing.



For more information:

Contact Halima or Jo on: 01274 768066 or Call into The Parkside Centre, Monday to Thursday.

# Khana Peena

Lunch Club  
Every Wednesday at  
The Parkside Centre

12.00 till 1.00 pm  
£2.00 for 2 courses  
*Come along make freinds, have a chat  
Enjoy a traditional, home style cooked meal*

For more information call: Halima or Jo  
on: 01274 768066




**Everyone welcome**




**Walk and Talk**  
**A cookery class with a difference!**  
Monday's 10.00am till 11.30 am  
At The parkside Centre, Parkside rd  
West Bowling.

Have a brisk walk indoors  
Make a healthy lunch  
Eat and make new friends!

For more info or to book a place call:  
Jo or Halima on: 01274 768066

*make keep fit fun!*



**£1.50 per session: Open to all ages.**



## **COMMUNITY LUNCH AND FOOD MARKET FOR PARKSIDE**

**ALL WELCOME - JOIN US FOR LUNCH**

**Thursday 26th October 11.30AM to 1pm  
PARKSIDE CENTRE, PARKSIDE ROAD, BD5**

Have lunch with us – a chance to meet others and have a good meal. **£1** adults, **50p** children, donation for drinks. Food Market - for a small donation you can take away fruit, veg, bread, cereals and drinks.

Also - if you think you're Gas and Electric costs are too high – bring along a copy of your bills and someone will help you find the cheapest deal and switch to another provider!





# Bradford Trident Enterprise News

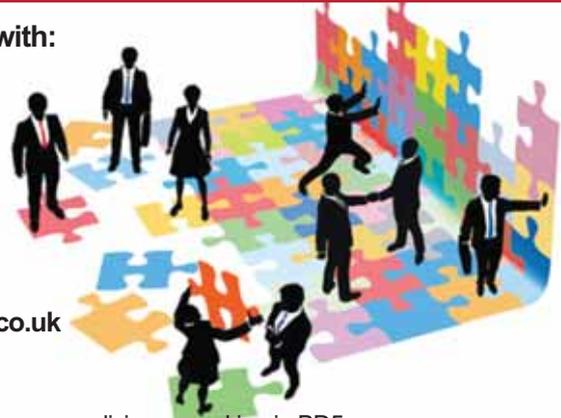
Supporting enterprise and the enterprising people of BD5

## Might you do better working for yourself?

# Free Business Development Support

Our experienced Enterprise Coach can help with:

- Turning your business idea into a reality
- Developing key business skills
- Producing marketing plans and materials
- Structuring formal business plans
- Checking bid applications
- Social Media marketing
- Overcoming business challenges
- Networking opportunities



For more information email [jon@bradfordtrident.co.uk](mailto:jon@bradfordtrident.co.uk) or call Jonathan on (01274) 768071

\*This support is offered **free of charge** by Bradford Trident to anyone living or working in BD5

Building business opportunities together in BD5 • [www.bradfordtrident.co.uk](http://www.bradfordtrident.co.uk)



## OPTIMUM RECOVERY

Injury Clinic

At Optimum Recovery Injury Clinic we specialise in MSK (Musculoskeletal) Injury Prevention & Rehabilitation. The clinic is based in Bradford, West Yorkshire and we also offer home visits for patients as well.

**Massage Treatments:**

25 Min: £15.00 - 45 Min: £25.00 - 60 Min: £30.00

**Initial Assessment including treatment:**

60 Min: £35.00

**What we treat:**

Joint Problems, Neck Pain, Back Problems, Muscle, Ligament, Tendon & Cartilage Injuries & Sports Injuries

**Treatment/Service we offer:**

Massage, Joint Mobilisation, K-Taping, Exercise Prescription, Rehabilitation Advice, Posture Education & Injury Assessment

**To Book an Appointment:**

Phone: 07927979019

Email: [optimumrecoveryinjuryclinic@gmail.com](mailto:optimumrecoveryinjuryclinic@gmail.com)

Website: <https://optimumrecovery.yolasite.com>

**Our Address:**

Carlisle Business Centre, 60 Carlisle Rd, Bradford BD8 8BD



# Enterprise Coaching Support

Seven years ago Bradford Trident enterprise coach Jonathan sat down with Christine Garthwaite, a local book-keeper and keen networker, to discuss ways of better supporting new businesses in BD5, from this a 'one stop shop' addressing the accountancy and finance needs of predominantly new start business launched in The Park Lane Centre in 2010.



Today The Harmonize Collective addresses a full range of needs for new (and existing) businesses; including, accountancy, book keeping, office admin, project management and training. Whilst all are professionally qualified in their areas of expertise they also acknowledge that the support of Bradford Trident has also been invaluable.

All members have had support from Jonathan, using his skills as a sounding board when facing new challenges, developing web-based marketing materials and on occasion when developing training courses too.

All feel that working in such a well-supported and friendly commercial environment and networking together has helped them on the road to success and will continue to do so.

*Pictured on the left are the Harmonize Collective at the Park Lane Centre*

**Kath Brooke of Kathryn Brooke Admin Solutions says;**

"As the Harmonize Collective we are proud to be established in BD5. We have had the added incentive of Jonathan's Enterprise Coaching in the same building helping us go from strength to strength. If you are a new or existing business or are thinking of setting up a new project, please get in touch."



**Did you know that Born in Bradford (BiB) has been working with families in BD5 for the last 10 years! You may have joined the BiB study when you were pregnant: more than 12,500 families did between 2006-2010! Children involved with the study receive a birthday card every year along with invitations to fun filled events like our Family Festivals and Teddy Bears Picnics.**

**W**e are now embarking on an exciting new phase of the study called BiB Growing Up. Funding has been secured to allow us to go back to all of our families to see how things have changed for them as the children have grown. You might have noticed the Big BiB Bus, parked at St Luke's Hospital which will be situated in various parts of the city - this is where we'll be welcoming our families back to take part. Families of the oldest children in the cohort (9-10 year olds) should have received a letter, telling them a bit more about what's involved and an invitation to take part. If your child is 9-10 years of age and you have not received a letter, please telephone 01274 364474 or email [borninbradford@bthft.nhs.uk](mailto:borninbradford@bthft.nhs.uk) and we'll be happy to send some information out to you.

We are really excited to welcome our families back and to see them again. As part of the study there will be questionnaires to complete for parents and children to help us learn about how families' lives have changed, as well as new measurements and samples including a DEXA scan which looks at body composition and bone density.

We can't wait to see everyone again and hear what they have to say. Our findings have had a big impact both here at home and further afield. Here in Bradford our findings have influenced change as we have encouraged policy makers to act at a local level where Bradford Metro (responsible for transport) influenced the Bus companies to fit better emission filters on buses to reduce air pollution in Bradford.

But it's not just here at home – our research and findings reach far and wide and have even influenced legislation in Californian schools on crisps and European legislation on air pollution! Lots more of our findings can be found on our website <https://borninbradford.nhs.uk/our-findings/different-findings-in-a-nutshell/>

We hope to continue to influence change with the findings from our research. The BiB family would like to say a huge thanks to the families in BD5 who have so generously contributed their time to our study and to all of the schools, teachers, health professionals and others for their involvement and commitment to the research.

**If you are interested in finding out more please contact: Aamnah Rahman, Community Research & Engagement Coordinator, 01274 366954 or email [aamnah.rahman@bthft.nhs.uk](mailto:aamnah.rahman@bthft.nhs.uk)**



# STREET HARASSMENT REPORT IT

## Why report it:

It is a human rights violation.  
unwelcome attention may be a criminal offence –

**Don't hesitate, report the incident to any of the below**

All incidents are important.

Give as much information as you can about the perpetrator/s and location.

Support each other, stand together where harassment occurs

**Together we can stop this unwelcome behaviour.**

## Where to Report It

**If you are a victim of harassment you must contact**

Call the Police on **999** or non-emergency on **101**.

Report it using the reporting centres stated below –

1. University of Bradford Union of Students.
2. Bradford College Security.
3. Bradford Hate Crime Alliance website.
4. Call into any council run service like a library or benefit office for help and signposting
5. Contact Bradford Victim Support: **0300 303 1971**

### CONTACT BHCA

Bradford Hate Crime Alliance (BHCA) 52 Cornwall Road, Manningham, Bradford, BD8 7JN

**T: 07931 303 336 • 07904 739 614 E: [information@bradfordhatecrimealliance.org.uk](mailto:information@bradfordhatecrimealliance.org.uk)**

Working in Partnership





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- 24 hour Free Police Station advice and attendance throughout England & Wales
- Police Station, Magistrates & Crown Court Attendance

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## Immigration Law & Advice

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*Our Solicitors can help you with:*

#### Entry clearance applicants

- Spouse / civil partners
- Finance visa
- Family Application
- Visitor visa

#### Citizenship

- Application for naturalisation and registration

#### Leave to remain

- Indefinite leave to remain
- Discretionary leave
- Long residency rules
- Victim of domestic violence
- Leave to remain under human rights

#### EU LAW

- Application to confirm rights of residence in UK
- Qualified Person
- Permanent residence
- EEA Family member



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