



BD5 MAGAZINE

Your Local Community News

Issue 74 August 2024

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This magazine is a product of Bradford Trident and it is published three times a year. If you would like to be featured in the next edition or have any suggestions or feedback, kindly send an Email to:
ruth@bradfordtrident.co.uk

SPORTS HALL ENTRANCE



PARKSIDE SPORT CENTRE 2023 REAR EXTENSION AND ENERGY EFFICIENCY WORKS

Mran Hussain MP recently cut the ribbon on the official opening of the Parkside Sports Hall improvements.

Following community consultations several years ago, Trident staff have developed plans to address what was asked for. After securing the required funds various improvements have been made to Parkside Sports Centre.

Through the dedication and oversight of our Facilities Team and co-operation and patience from the Parkside Manager's team and users, we can report an range of improvements to the Sports Centre making it:

- More functional
- Easier to use
- Cheaper to run
- Substantial reduction in the buildings Greenhouse Gas Emissions.

The building works have been proudly supported and financed by:

- Power to Change
- The Garfield Weston Foundation (first funder to support the scheme)
- The Clothworkers' Foundation (including a generous uplift for inflation)
- Social Investment Business
- Bradford Council – Disability Access fund
- Sovereign Health Care

Major achievements of the scheme include :

- 96m² equipment store to ease access to an increased range of sports equipment and rapid change over between sessions.
- 56 kilowatt peak solar array and 50 kilowatt hours of battery storage so the

centre can run on green electricity into the night.

- 3 X 14kW heat pumps and associated plumbing works (taking the buildings heating off the gas grid and cutting the buildings carbon emission drastically)
 - LED Lighting upgrade throughout the whole building.
 - Various associated works to the exterior of the building.
- In addition we have purchase additional sports equipment thanks to:
- Skipton Building Society Charitable Foundation
 - Dream Big Trust
 - Warburtons: Families Matter Community Grants

New equipment includes:

- Table tennis tables, nets, bats and balls
- Five a side football nets
- Badminton nets
- Netballs and new posts
- Rounders set
- Dodgeball

The improvements and equipment are intended to extend the, already very busy, sports centre appeal to even more women and girls, mixed ability and elderly groups. These groups are already benefiting from the very affordable day time rates, with a range of new activities on offer. Regular physical activity is the Golden Pill the NHS would prescribe to us all if they could and Bradford Trident, thanks to the generous support of our funders, are delighted to enhance this sporting facility for the benefit of our surrounding community.

KRISTAIN EASTWOOD- URBAN RANGER @ BRAFDORD TRIDENT LEADS THE CHARGE IN LOCAL RECYCLING EFFORT

Community Hero Recycles Over
1,200 Items in Just Two Months

In a time when environmental consciousness is more critical than ever, one local hero is making a significant impact on the community's recycling efforts. Known as the Urban Ranger, this dedicated individual has been tirelessly collecting recyclables on their cargo bike, turning a passion for the environment into tangible results.

Since the end of April, the Urban Ranger has recycled an impressive array of materials:

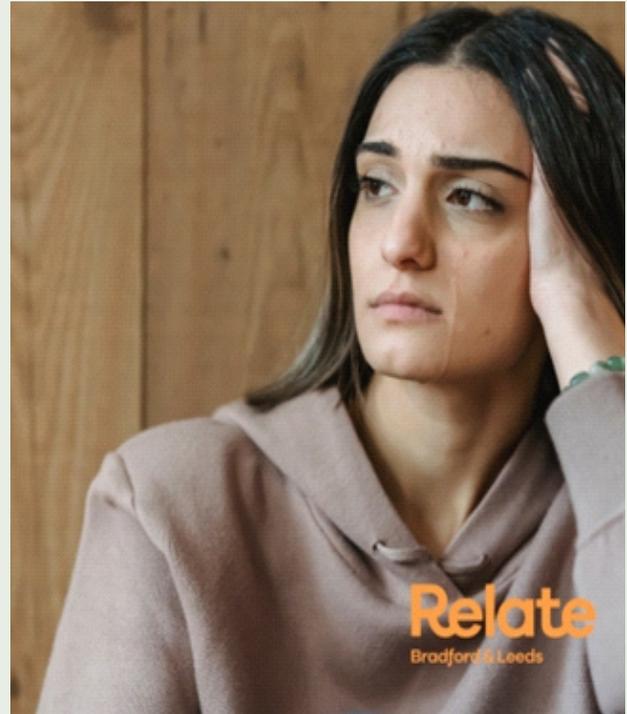
- 1500 plastic bottles and aluminium drink cans
- 111 glass bottles
- 20 metal canisters

This grassroots initiative demonstrates the power of individual action in promoting sustainability. The Urban Ranger's efforts not only help reduce waste but also inspire others in the community to think about their environmental footprint.



ABOUT THE NEW KING CHARLES BANKNOTES

The new banknotes featuring King Charles III are now in circulation. Notes featuring the King and notes featuring Queen Elizabeth II will be in circulation together. This means you don't need to exchange or use up your polymer banknotes that feature Queen Elizabeth II. You can just keep on using them!



WE'VE ALL EXPERIENCED CHALLENGES IN OUR RELATIONSHIPS.

When you need someone to talk to.

Things feel hard.

We can listen and help you move forward.

We hear you.

We understand where you are coming from.

When you're ready, we are here.

Contact us for a chat.

We are Relate Bradford & Leeds.

We offer counselling for children, young people and adults who want help to overcome issues and thrive in their relationships.

We're here for you and your relationships.

Our local charity offers free, subsidized and paid services.

Please contact our friendly admin team confidentially to ask questions or register for support:

01274 726096

Info@relatebradfordandleeds.org

<https://relatebradford.org/>



BRINGING COMMUNITIES TOGETHER: BRADFORD LAUNCHES PLAY STREETS INITIATIVE

Bradford has now unveiled its Play Streets initiative—a bold commitment to strengthen outdoor play and community belonging. This exciting program transforms residential streets into venues where children can play freely, while communities regain the sense of ownership over the street and outdoor living.

What are play streets?

Play Streets are days on which streets close to traffic and open to children to play safely. These are either resident-initiated, closing for 1-3 hours with support from the council, or managed by local organisations and residents.

Why Play Streets?

One study shows that 64% of 9- and 10-year-olds do not have enough exercise in Bradford; children spend almost 70% of the day sitting.

Traffic fears and social anxieties mean that often children are held back indoors. Play Streets enable children to play outside safely, which is critical for both children's physical and social development.

Bradford Council has shown support to this initiative, and for good reason: the benefits are long-term, ensuring children are healthy.

After successful pilots, the council is now looking to have the program extended. It says this will help be the driver for active lives and a strong community.

Get Involved

Interested residents should discuss the idea with neighbours and then apply on the Bradford Council website. The council is helping by providing road signs and cones.

Find out more and register at the website of the council.

Let's create lively connected communities for our kids!

For a Trauma-Informed Bradford Community

Bradford is leading the way in fostering a trauma-informed community with its Adversity Trauma Resilience (ATR) Training. This program is open to anyone in Bradford who is dedicated to understanding trauma and promoting community well-being. Our expert facilitators create safe, engaging learning environments to ensure effective outcomes.

TRAINING GOALS:

1. **Acknowledge Trauma:** Understand and recognize the crucial role of trauma in shaping individual and community challenges.
2. **Build Resilience:** Learn about the origins and impacts of trauma and how to foster resilience proactively.
3. **Promote Well-being:** Grasp the effects of trauma on individuals and communities, emphasizing safety, trustworthiness, choice, collaboration, and empowerment.
4. **Transformative Impact:** Appreciate the transformative power of resilience in healing journeys.

Training Details:

- Individuals and Small Groups: Free ATR training available online or in-person at the Mayfield Centre, Broadway Avenue BD5 9NP.
- Organizations and Groups: Free ATR training delivered on-site to staff teams.
- Accreditation: All training is CPD accredited.

Contact Us:

Email: atrproject@bradfordtrident.co.uk

Website:

<https://bradfordtrident.co.uk/adversity-trauma-resilience-atr-workforce-development-project/>

Social Media:

Facebook - Bradford Trident, Instagram - @bradford_trident, LinkedIn - Bradford Trident
Book Your Training:
 Eventbrite Booking: [Eventbrite QR] [Eventbrite link]

Supported By:

- Bradford Trident
- Better Start Bradford
- Wave Trust
- BMDC
- Bradford District ATR

Join us in building a resilient, trauma-informed Bradford! For more details and to book your training, visit our website or contact us directly.

Resilient Bradford

ADVERSITY TRAUMA RESILIENCE (ATR) TRAINING

For a Trauma-informed Bradford District



Adversity Trauma Resilience (ATR) Training

is a free training offer for anyone based in Bradford with an interest in trauma-informed practice and the well-being of the wider community.

This training is designed for individual delegates, groups and organisations who want to build a trauma-informed approach to working with others.

By the end of the training, delegates will:



TRAINING DETAILS

Our experienced ATR facilitators provide engaging, safe environments to support clear learning outcomes.

For individuals and small groups: ATR training is a free offer, available online or in-person in locations in Bradford.

For organisations, teams and groups: Bespoke ATR training is a free offer, designed for the needs of the organisation and available for delivery to staff teams, on-site in Bradford

All training is CPD accredited

CONTACT US

Email:

atrproject@bradfordtrident.co.uk

Website:

https://bit.ly/resilient_bradford

Social Media:

- Bradford Trident
- @BradfordTrident
- @bradford_trident
- Bradford Trident

SCAN TO BOOK YOUR TRAINING



OR VISIT

<https://bit.ly/resilientbradfordtraining>

SUPPORTED BY



PARK LANE NURSERY: A NURTURING HAVEN FOR EARLY LEARNING

Discover a place where children thrive through play, exploration, and learning at Park Lane Nursery. Our dedicated team of experienced and engaged staff is committed to fostering a fun, friendly, and supportive environment that promotes healthy development and lifelong learning. Partnering with Better Start Bradford, we implement evidence-based best practices to ensure your child's well-being and curiosity are nurtured.

Why Choose Park Lane Nursery?

Experienced Staff: Our team is passionate about early childhood education and development.

Supportive Environment: We prioritize a warm, welcoming atmosphere where children feel safe and encouraged to explore.

Individualized Care: We tailor our approach to meet the unique needs, interests, and abilities of each child. Ofsted Rated "GOOD": Proud to maintain high standards, as recognized by Ofsted in 2018.

Affordable Options: Free places available (subject to eligibility) and we are Childcare Choices registered to help minimize childcare costs.

Holiday Schedule and Enrollment:

Ages: We cater to children aged 2-4 years at our Park Lane Centre.

Schedule: Check our 2023-2024 holiday schedule and download our initial inquiry form online.

Park Lane Nursery – Bradford Trident

Contact Us:

Pre-school Phone: 01274 768075

Pre-school Mobile: 07377 521131



Make your business idea a reality with **FREE** enterprise coaching.



Supporting Local Business

Tell us your story your journey as an entrepreneur, your influences and the experiences that have brought you to this role.

My entrepreneurial journey began with a passion for assisting those in need, particularly women from deprived areas who had lost their self-esteem. My goal was to help them regain their confidence, health, and well-being, empowering them to socialise and make meaningful changes in their lives.

What are you finding interesting about Bradford as a place for startups and entrepreneurs.

Bradford boasts a rich and diverse economic base, enriched by a multitude of cultural backgrounds. This vibrant diversity creates a nurturing environment for a wide array of startup ventures. Unlike larger cities, Bradford offers more affordable office space, living costs, and other business expenses, making it an attractive location for new businesses.

Your journey as an entrepreneur – the biggest opportunities and challenges; advice could you share with others starting out.

My entrepreneurial journey was ignited by a desire to tackle real-world problems and generate significant value, fueled by a passion for innovation and a commitment to making a meaningful impact on the community. Surround yourself with a team that complements your skills and shares your vision.

What are your hopes and how you see your business developing – expanding the team, new lines of business.

My goal is to attract and retain top talent who align with our vision and values, as building a cohesive and skilled team is vital for our long-term success. We are currently collaborating with international and local partners like MAPA and Bradford Trident Cycling Project and exploring opportunities for further expansion.

How has Build Your Business helped develop your thinking and practice.

Building Your Business is a transformative experience that profoundly shapes an entrepreneur's journey and mindset. BYB has inspired me to think innovatively, fostering a culture of creativity and experimentation. I continuously explore new ideas and strive for continuous improvement and growth.



**Women Of Fortitude CIC
GROWING TOGETHER**

Aaliya Begum Founder of Women of Fortitude CIC.



Self Defence Classes



Women of Fortitude Cycling team working in partnership with Capital of Cycling.



International work with Islamabad Women's Chambers of Commerce.



Free Iftar event during Ramadan for single mothers, refugees and asylum seekers.



Team member on International Women's Day.

Contact Women of Fortitude CIC  Women_of_fortitude@yahoo.com



For Further Information on enterprise coaching or business support call 07946 046842 or visit. www.bradfordtrident.co.uk

Make your business idea a reality with

“Free to you” 1 to 1 local enterprise coaching



Sarwat Murtaza "Young Entrepreneur of the Year 2024" finalist.

We thrilled and honoured to receive news that a Bradford Trident (**Build Your Business**) Client Sarwat Murtaza of (Ethimaart Ltd) has been selected as a 2024 finalist for "Young Entrepreneur of the Year 2024" by Great British Entrepreneur Awards & Community.

For further information contact Satnam
E: Satnam@bradfordtrident.co.uk
T: 07946 046842

www.bradfordtrident.co.uk

Park Lane Centre, Park Lane, Bradford BD5 0LN

Find out what support is available in your area at:
www.investinbradford.com/support/buildyourbusiness



build
your business



The Enterprise Coaching programme is funded by City of Bradford Metropolitan District Council and delivered by Trident, Impact Hub.



Saturday 12th October
Wednesday 16th October
12-4pm



In celebration of our restored window, everyone is welcome to join us for food and activities.

Come and see your local heritage, learn about stained glass and the stories of the windows.

St Stephen's Church
West Bowling, Bradford BD5 7BX
www.ststephensbd5.org.uk
StStephensBD5



Everyone welcome to join in our weekly activities or access help

Shine Help



DIGITAL SUPPORT



ENGLISH CHAT



CREATIVITY



FINANCIAL



FOOD



CHILDREN



EXERCISE



GARDENING

shinewestbowling.org.uk

Call: 01274 738 490
ShineWestBowling
Email: info@shinewestbowling.org.uk

Visit us: Mon - Fri 9.30am - 3pm
Shine St Stephen's Church,
West Bowling, Bradford BD5 7BX



A COMMUNITY CALL TO ACTION

If anyone would like to volunteer at Horton Park or Bowling Park, that'd be a fantastic place to make a difference. Even if it's just a couple of hours here and there, your help is invaluable. Here's why your involvement is so important:

1. **Preserving Green Spaces:** Volunteering helps keep our parks clean, safe, and enjoyable for everyone. Your efforts in maintenance and clean-up ensure that these green spaces remain beautiful and accessible.
2. **Enhancing Biodiversity:** By planting native plants and trees, we can support local wildlife and contribute to biodiversity. Your help can create a thriving ecosystem right in our community.
3. **Building Community Spirit:** Working together on park projects fosters a sense of community and shared responsibility. It's a great way to meet

neighbors and build strong, supportive relationships. **Promoting Physical and Mental Well-being:** Spending time outdoors and engaging in physical activity is beneficial for both physical and mental health. Volunteering in the parks offers a healthy, rewarding way to contribute to the community.

Educational Opportunities: Volunteering at the parks can be an educational experience, especially for young people. It's a chance to learn about the environment, conservation, and the importance of community service.

Get involved today no matter how much time you can spare, your contribution is valuable.

By volunteering at horton park or bowling park, you're helping to create a better environment for everyone.

EXCITING HARVEST FESTIVALS TO CELEBRATE COMMUNITY AND CULTURE

Mark Your Calendars for Attock Park and Seymour Park Events

Get ready for a celebration of community spirit and local culture with two vibrant Harvest Festival events coming this August and September. Attock Park will kick off the festivities on Saturday, August 31st, followed by Seymour Park on Monday, September 9th.

Why Harvest Festivals Matter

These events are not just about fun and festivities; they also play a vital role in strengthening community bonds and promoting local heritage:

1. **Celebrating Diversity:** Harvest Festivals bring together people from different backgrounds to celebrate shared values of gratitude and togetherness.
2. **Supporting Local Economy:** By showcasing local products and talents, these festivals support our local economy and encourage sustainable practices.
3. **Educational Opportunities:** They provide platforms to learn about agriculture, sustainability, and traditional practices, fostering a deeper connection to our environment.

Don't Miss Out!



IT HAS NEVER BEEN EASIER TO REPORT HATE CRIME!

**HAVE YOU BEEN A VICTIM OF HATE CRIME?
HAVE YOU WITNESSED A HATE CRIME AND NOT KNOWN WHAT TO DO?**



choose whether or not to involve the police. Or you can download our app and report directly from your mobile phone. You can even do it anonymously.

We can offer support even if you don't want to make a report so please get in touch. To report via our website, go to: www.bradfordhatecrimealliance.com/report-a-crime/
You can also call us on: 0800 169 1664
Or to download the app, go to:

**COME & JOIN OUR
FREE PLAY SESSION!
IN PARKSIDE PARK**

Parkside park , Bradford BD5 8EG

**All summer
every
Wednesday 1.30 p.m - 4.30 p.m
Saturday 12.00 p.m - 3.00 p.m**

Our community play sessions are free, fun & for aged 5-13 years.

No booking required. Our staff are fully qualified play workers & DBS checked.

Any Queries contact: Karolina@bradfordtrident.co.uk

 **@MobileAdventurousPlay**
@playbradford





The Active Travel Hub Has Moved!

Now Based At Parkside Sports Centre

Visit Us for all Your Cycling, Wheeling, & Walking Needs!

Supporting you to walk and cycle more for your everyday journeys. The Bradford Active Travel Hub, a Bradford Trident project, offers cycling lessons, bike maintenance and training, walking resources and lots more.

Bike Repairs: Qualified cycle mechanics who can teach and guide you through a repair & help you maintain your bike.

Cycling Lessons: Free adult cycling lessons are available in partnership with Capital of Cycling. Run by accredited cycling instructors are perfect for those completely new to cycling, want a refresher or wish to gain confidence cycling on the roads.

Ebike Loans: Have you thought about buying an e-bike, but you're not sure if it's right for you? Try our Ebike Taster Scheme!

Walking: Interested in walking? We can help with guidance on walking routes and point you in the right direction of established groups locally and in the district.

Journey Planning: We can help you plan your cycling journey to choose the best route for your cycling ability. **Running:** Are you interested in trying out running? come along to a Park Run at either Bowling Park or Horton Park on Saturdays at 9am. It's free, a lovely friendly community and it's fine to walk if you're not quite ready to run.

Address & Opening Hours: Parkside Sports Centre, 128-132 Parkside Road, Bradford, BD5 8EH. The hub will open on Thursdays from 11-4pm. For more information contact: Aurangzeb Khan, Community Development Officer on 07929 167958 or email Aurangzeb@bradfordtrident.co.uk



COMMUNITY SUPPORT AND SOCIAL ACTIVITIES AT THE PARKSIDE SPORTS CENTRE

TUES

SENIORS LUNCH CLUB

Location: The Parkside Sports Centre
Time: 11:30 Am To 2 Pm

Details: Fresh Ingredients Used, And All Diets Are Catered For. activities Include Raffles And Games.

Cost: £4.00 For A 3-course Meal

CONTACT: Jo At 07960670732
If You Are A First-timer

WED

FAMILY CRISIS SUPPORT

The Parkside Sports Centre In The Grove Area

Time: 10:30 am to 12:30 pm

DETAILS: Provides benefits, housing, and legal advice from a highly qualified member of the BCADS team.

Attendees can access a food parcel and meal if required—appointment-only service.

Contact: Jo at 07960670732 or BCADS for appointments.Ladies Group

Location: The Parkside Sports Centre Café area

Time: 11:00 am to 12:30 pm

Cost: £1 Per Person

Details: Open to ladies of all ages. Activities, trips, and walks in green spaces. Re-freshments provided.

THUR

WELLBEING CAFÉ (Second Thursday of each month)

Location: The Parkside Sports Centre Café area

Time: 1:15 pm to 3 pm

Cost: £2.00 per person; carers or support workers attend for free

Details: For elderly and isolated individuals, including those with dementia. Offering afternoon tea with entertainment.

The Food Hub (Last Thursday of every month)

Location: The Woodroyd Centre

Time: 11:30 am to 12:30 pm in the foyer area

Details: Offers fresh fruit, vegetables, groceries, toiletries, and healthy eating advice. Items priced at 3 for £1. All products are in date and intercepted to prevent them from going to landfill.