

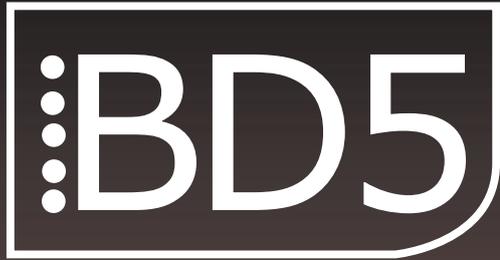
FREE ●●●●● **BD5**

ISSUE 60 • October 2018

Parkside Co
RD TRIDENT

SPORTS HALL





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 2019. The deadline for contributions is 18th January 2019. 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

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

red design BD5 is designed by Red Dezin Ltd
design 01274 700427 or www.reddezin.com

contents

- 3 News
- 4 Park Lane Pre School
- 6 Healthy Lifestyles
- 8 BD5 Enterprise



Local communities give views on what a "Better Place" could look like

During the summer holidays the Better Place project has engaged with families participating in various outdoor activities held throughout the Better Start Bradford area, including Better Start Bradford's street parties, HENRY events promoting healthy lifestyles, National Play Day & Eid celebrations.

We were delighted to meet over 60 participants and invite them to share their thoughts and opinions about where they live, how they use their outdoor spaces and what they'd like to see changed to make them safer, more accessible & healthier places for families with 0 – 3 year olds.

Children from local neighbourhoods had fun playing in our mud kitchen, building cardboard dens and creating buzzy bee craft, while parents, grand-parents and carers engaged with the Better Place team's neighbourhood consultation. Using visual tools, participants envisaged what a "better place" might look like locally, and we encouraged the community to reference picture boards of seating areas, play zones, planting/growing & nature gardens to gather views about how they'd like to see their public outdoor spaces develop. If you live in BD3, BD4 or BD5 we'd love to hear your suggestions - get in touch to tell us what you think.

Phone 01274 735300 or email betterplace@groundwork.org.uk to take part. Follow us on facebook @BetterPlaceBradford to find out about our upcoming activities for families with 0-3 year olds – see you soon!



Pictured on the front cover is:

Jordan Radwell, the new Centre Manager at Parkside Sports Centre.

Photograph courtesy of Bradford Trident Ltd.

Annual Community Meeting



The Community Council are holding their Annual Community Meeting on Monday 22nd October May 2018, 6.30pm at Mayfield Centre, Broadway, Bradford, BD5 9NP and you are all invited to attend.

- meet your local Community Council
- find out what they have been doing to help make BD5 a cleaner, safer and better place to live
- ask for their help to tackle issues in your area
- help local organisations apply for funding
- Do you need recycling bins or permits for household waste? We can order these for you free of charge



The Annual Community Meeting is for all residents of BD5 to attend:

Monday 22nd October 2018, 6.30pm at Mayfield Centre, Broadway, Bradford, BD5 9NP

Future Activities

Following concerns raised from many local residents about drug dealing activity in the area and following the success of Bradford Trident and partners' previous No Drugs in BD5 campaign, the Community Council with partners are developing an anti-drugs initiative.

This project is being rolled out across the whole of the BD5 area and the Community Council will work in collaboration with local schools, Ward Officers and Prison Me No Way to help reduce drug related crime and fear of crime.

Further information about the project will be available in the next issue.

Small Grants Funding 2018

If your organisation would like to apply for up to £300 of funding to run activities or events of community benefit in the BD5 area, please contact the Clerk, Mohammed Rafiq by email, Bradford.tridentcc@gmail.com to request an application form.

The closing date for this round of funding is 4pm Friday 30th November 2018.

Please note, proof of spend will be required and you may be asked to attend our Annual Community Meeting to give feedback.

Get the App

We would like to remind everyone you can still use the Bradford council App to report any problems.

Residents can also download the Bradford Council App by following this link

<https://www.bradford.gov.uk/our-websites/mobile-app/bradford-council-mobile-app/>

You can use the app on a smartphone or tablet to:

- Get reminders about your bin collections
- Find out what you can recycle
- Get alerts about school closures
- Get directions to leisure centres, libraries, museums, Information Shops for young people or household waste recycling centres in the district
- Find information about key Council services, including recycling, Council tax, benefits and planning
- Find information about local road works
- find out about information and advice services for young people
- Locate your local allotment
- Report problems such as potholes and faulty street lights

What's happening at the Park Lane Nursery



Welcoming our new staff

We are happy to introduce our new starter Kelly Quirke working for Park Lane Nursery. Kelly has been a qualified practitioner since 2005. Kelly is a highly motivated individual and enjoys working with children. She works well as a team member and we welcome her to the team.

We are also welcoming Nimrah Khan as our new starter who has been qualified since 2014. Nimrah has had experience in working with children with special needs. She is enthusiastic and is a passionate individual who can work productively as part of a team. It can always be challenging hiring new staff, however with our bespoke and thorough recruitment process we ensure that team members will fit the team perfectly. New staff in a nursery can be refreshing for both parents and children. We believe the varied experiences each staff member presents will bring a new energy to the play and learning of our children. I hope parents will welcome our new staff and make them feel comfortable and at home.

Halloween at Park Lane Pre school



Our nursery takes part in different festivals and celebrations. We are happy to have children in our setting from around the world. our children come from; England, China, Czech Republic, Burma, Tunisia, Iraq, Afghanistan, Bangladesh and Pakistan.

Practitioner Margaret Keenan is reading a story to newcomers who are settling into the nursery. This term in pre school we are busy celebrating Halloween and talking about safety around fireworks. Our upcoming big event will be about Christmas and the seasonal festivities that take place at that time of the year.

We like to celebrate the cultures of all our children and the communities we serve, especially around meaningful festivals and events, thereby culminating positive understanding and bettering cohesion.



Bradford Trident

Park Lane NURSERY



Parent and child interaction

As always we strongly encourage parental involvement. Parents are welcome to join activities which are based around our planning and following children's interests.

In our expressive arts and design area, our Special Educational Needs assistant Asha (pictured above right) is demonstrating how colours are mixed together. This helps children to explore colour and how colours can be changed.

Please come along to Park Lane Nursery to register your child. We are open Monday to Friday term time only. Please ring 01274 768075 to book your place.

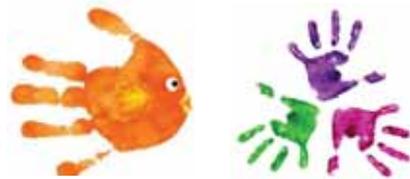


Eligibility criteria may apply*

Park Lane Nursery

Places available now

- **Free** early education & childcare*
- Come in & register • 2, 3 & 4 year olds



Park Lane Centre, Park Lane, BD5 0LN **Call: 01274 768061**

BRADFORD TRIDENT
INVESTING IN OUR COMMUNITY

Bradford Trident
Park Lane NURSERY



Latest News!

BRADFORD TRIDENT
INVESTING IN OUR COMMUNITY

Bradford Trident
health
lifestyles
Project

A Mini Chef Summer

The Mini Chef Sessions at the centre have now been running for the last three years.

They are very popular and generally oversubscribed, the children who attend are provided with aprons, recipe sheets and all the fresh ingredients they require to make the dishes.

The ethos around doing these sessions is not just for fun and to throw lots of flour around (by children and adults alike!) when we make pizza! But to deliver a very important health message which is: "you are what you eat!" The children learn in a fun, relaxed environment the importance of making the right choices of what to eat, the importance of a balanced diet with lots of fruit and vegetables and to reduce the amounts of take away "junk food", sweets and fizzy drinks.

Key messages are given throughout the sessions with the children learning new skills and information whilst having fun. Many children or their siblings have returned to the Mini chef sessions year after year, so a great succession of positive health messages and new cooking skills are reaching families across the BD5 area. Watch out for budding mini-Jamie Olivers' or Nigella Lawsons' in the area soon.



"I've tried new foods I had not tasted before, and I like them!"

One of our Mini Chef's

Well Being Café

The 2nd Thursday of every month: This is a relaxing, afternoon with music, fun, food and friendship. For more information call: Halima at the Healthy Lifestyles Project. The Cafe caters for local community members with dementia, their carers, isolated and at risk members of the community are also welcome to attend. There is minimum age requirement of at least 55.



BD5 by the Sea!



The BD5 by the sea event was sponsored by Bradford Council The Big Lunch annual funding round it. The event promotes bringing communities together.

Local resident hooking a duck.




Bradford Diabetes Prevention Project with The Healthy Lifestyles Project

One to One support

Diabetes prevention programme: Have you been told you are at risk of developing Type 2 diabetes? Would you like to attend a supported programme? After an initial blood test with your GP we can design a programme specifically for you!

If so call HLP to discuss how we can help

For Further Information call Halima or Jo on (01274) 768 066



Winter warmer Cookery Sessions at The Parkside Centre



Learn how to make delicious, healthy meals & soups To keep you warm this winter!

£2.00 per session all ingredients provided Everyone welcome

Sessions start: Monday 28th October for 4 weeks 11:00 till 12:30 pm.

At the Parkside Centre Contact Jo on: 01274 768284 for further details



Ladies Exercise Classes in BD5

Ladies Exercise Group: Mondays and Thursdays from 9.15 am till 10.15 am: This is a ladies only group. Exercise to music in our spacious sports hall for a charge of **£1.00** per person per session.

Attendees are able to bring along children.



For more information please call Halima on 01274 768072

Parkside Centre, Parkside Road, Bradford, BD5 8EH

Parkside Cookery Club

Cookery Club starting in October at Parkside, come along to a relaxed fun group. Learn how to make exciting, healthy, nutritious meals low in fats, salt and sugar that all the family will love.

Call Jo to book as spaces are limited.

For Further Information call Halima or Jo on (01274) 768 066



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, a 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.**



Bradford Trident Enterprise News

Supporting enterprise and the enterprising people of **BD5**



www.bradfordtrident.co.uk



Audrey's on the right track

It was back in March when local resident Audrey Bernard came to see Jonathan to discuss her aspirations of moving from her business in Sunbridge Wells and buying a bar on North Parade, but as this was set to take her life savings, she wanted some reassurance and support before making this life changing decision. Audrey decided that business coaching would give that unbiased opinion that she needed to ensure she was making the right decision.

As is often the case when looking at buying a business, after much discussion and assistance with business planning and financial forecasting, it was decided that this was not the right way forward and that despite many years of experience as a licensee Audrey's talents could more profitably be put to use elsewhere. Trident Business Coach Jonathan said: "It's really important to crunch the numbers fully when looking at investing in a business, be it a start-up or a going concern. Often people get too carried away with the excitement of it all and dive in without weighing everything up fully and there's a real chance of making a big financial decision based on emotions rather than business facts. Walking away from a deal can be hard at times, but not every deal as good as it might seem at first, you never know what might be round the corner". As it turned out what was just round the corner for Audrey was a new business partner and the long established Railway Club at the bottom of Wakefield Road.

Audrey said "This has all taken quite a bit longer than I anticipated. Back in March I thought I was only weeks away from signing a lease but 6 months on I have a great business partner and a totally different fabulous venue. Having Jonathan as a coach has helped me to fine tune some of my skills and has also been invaluable in getting our partnership working well, he's challenged us all the way and both our business and working partnership are more robust as a result."



The Railway Club is now open for business and can cater for a wide range of events from as few as 30 people up to 450. The three different sized function rooms (including the newly refurbished Heritage Suite) can be booked for a variety of events, from Christenings to Funerals, Club nights to live shows, weddings to children's parties and plenty in between. In fact on Sunday 21st of October The Railway Club will be playing host to the play "Streets Paved With Gold" as part of Black History month and to commemorate 70 years since the 'MV Empire Windrush' arrived in Tilbury Docks with 492 Caribbean Passengers.

**For more details about this fantastic venue see the 'Railway Social Club' Bradford Facebook Page.
Email info@railwaysocialclub.co.uk or call: 07934 059572**

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
or call Jonathan on (01274) 768071

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

Building business opportunities together in BD5 • www.bradfordtrident.co.uk

Affordable Venue Hire



- Mayfield Banqueting Suite
- Perfect for wedding parties and functions
- Onsite car park
- Great transport links
- Fantastic venue for your guests to enjoy

Comfortable, stylish setting and stunning décor to enhance any event



Mayfield Centre, Broadway Avenue, BD5 9NP. Call: 01274 731835

Active Travel Kicks on Route 66



An exciting new project to help those in work & training and the most marginalised sections of our community, to make sustainable, healthy & environmentally friendly travel choices.

If you are looking for work, in training or employment, then get in touch to learn more!

**West
Yorkshire**
Combined
Authority



 **BRADFORD TRIDENT**
INVESTING IN OUR COMMUNITY

Aurangzeb Khan **T:** 07929 167958

E: Aurangzeb@bradfordtrident.co.uk

www.bradfordtrident.co.uk

Meet the New Centre Manager at Parkside



Firstly, let me introduce myself. My name is Jordan and I am the new Centre Manager at Parkside Sports Centre located on Parkside Road.

I have recently completed a Masters Degree in Sports Coaching. I have a strong passion for all sports but have a particular love and interest for basketball. Recently I have been integrating within the community and listening to its needs and wants. I have also been giving the centre some much needed tender loving care and attending to areas that have been left unloved over the years. The centre itself has been used by thousands of people ever since it first opened its doors and I would like to help restore the centre to being a strong sporting pillar of the community. I aim to help make it a self-sustainable centre so it is here for future generations to use and pursue their sporting aspirations at. I also want to make it a more inviting and welcoming place for participants and encourage people to use the centre.

The centre itself houses a fantastic sports hall as well as decent sized exercise room. The sports hall is great for a variety of sports including basketball, netball, volleyball, football and badminton. The exercise room is a fantastic space which is ready to be used for classes such as Yoga, Pilate or Boxercise. All of these spaces have availability and priced at affordable and competitive rates. Any individuals, tutors, sports teams or businesses interested in booking these spaces should enquire on 01274 768066 and see what we can do for you.

Also be sure to check us online on Facebook, Twitter and Instagram at ParksideSCBfd. I look forward to welcoming you into the centre.





FREE POLICE STATION ADVICE & ATTENDANCE

Criminal Defence Specialists

- No case is too big or too small - Drug Offences, Money Laundering, Sexual Offences & Assault
- Legal Aid available in most cases
- In House Higher Court Advocate.
- Police Station, Magistrates & Crown Court Attendance



For free no obligation attendance contact us today on 0800 999 247 2

Immigration Law & Advice

FIXED FEE - VERY COMPETITIVE RATES

Specialist Immigration Solicitor and Adviser

Our Solicitors can help you with:

Entry clearance applicants

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

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

Motoring Law

Our specialist department can help you with:-

- Speeding
- No Insurance
- No Licence
- Failing to identify the driver
- Not complying with red lights
- Using a mobile phone
- Driving without due care & attention
- Dangerous Driving
- Drug driving
- Drink driving
- Failing to provide a breath specimen
- Taxi Appeals

Authorised and regulated by:

**Our team regularly advises professional drivers.
Contact us today to see if we can assist you.**



Follow Us on @bkpsolicitors



Balaal Hussain Khan LLB (Hons), LLM • Solicitor Advocate/Director

Park Lane Centre, Park Lane, BD5 0LN, **24 Hours:** 01274 75 11 44 • **MOBILE:** 07388 247999

EMAIL: info@bkpsolicitors.com • **WEBSITE:** www.bkpsolicitors.com