

FREE ●●●●● **BD5**
ISSUE 55 FEBRUARY 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 June 2017. The deadline for contributions is 12th May 2017. 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.

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www.bradfordtrident.co.uk

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Thinking of Volunteering?

Would you like to give something back? • Improve your skills? • Gain some experience? • Better your chances of employment? • **Or just to gain some life experiences?** • How about enquiring about volunteering locally in your area and beyond? •

Or simply, Need access to a Computer for Job Search or Universal Credit?



If you've answered "yes" to any of the questions above then pop in to the:



Park Lane Centre, Park Lane, BD5 0LN
Telephone 768061 Or
Mayfield Centre, BD5 9NP
Telephone 731835
Telephone either of the above centres for further information.

See www.bradfordtrident.co.uk for information on local projects, events and activities in the area

Community Centre's Please call or email for bookings & information **T: 01274 786061 E: Reception-ParkLane@BradfordTrident.co.uk**



Woodroyd Centre



Mayfield Centre



Park Lane Centre

Do you want to be a Community Councillor?

We currently have a vacancy in our Holme Top, Ripley and Woodroyd Wards following the resignation of Councillor Ilyas Khan and Councillor Lutfur Khan. Two of our former Community Councillors, Councillors Talat Sajawal and Taj Salam, formerly representing the Holme Top and Marshfield Ward, have now become Ward Councillors at Bradford Council.

Could you be our next Community Councillor?

Community Councillors have a range of powers, all of which impact directly on your community. These include highways, litter and planning applications amongst many others. The Community Council is a voluntary role. You don't need any qualifications, just an interest in representing the views of the local community and improving their quality of life.

To be eligible to become a Community Councillor you need to be:

- at least 18 years old
- on the Electoral roll in the Bradford Trident (BD5) area; or
- have resided in the Bradford Trident area for the past twelve months; or
- have your principal place of work in the Bradford Trident area; or
- live within three miles (direct) of the Community Council area.
- not be a paid employee of the Council
- you don't have to be connected to a political party

We are currently under represented by some local groups including ethnic and minority groups and women so would especially welcome interest from these groups of people to help us reflect our diverse community.

For further information please contact the Clerk, Becci Holmes, on 01274 768060 or email Becci@bradfordtrident.co.uk or speak to your local Community Councillor.



Parkside Community Clean-Up Day

A community clean-up day took place on the backstreets in Parkside on 6th October between Parkside Road and Federation Street to remove litter and weeds from the backstreets. A huge thank you to all the residents who took part helping to make the area a cleaner and more pleasant place to live!



Annual Community Meeting

The Community Council are holding their Annual Community Meeting on Monday 15th May 2016, 6.30pm at Bowling Old Lane Cricket Club, Birch Lane and you are all invited to attend. The Annual Community Meeting is for all residents of BD5 to attend to:

- 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

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 Say No to Drugs in BD5 campaign, the Community Council 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.
- Following cuts in Bradford Council funding and resources, the Community Council will work in collaboration with Bradford Council to tackle dirty gulleys to help make BD5 a cleaner and greener place to live. Further discussions about these projects and other priorities of the Neighbourhood Plan will take place during the next Community Council meeting. Contact your local Community Councillor or Clerk for further details.

Best possible start in life

We are excited to let you know our new website at betterstartbradford.org.uk is now live.

It's a great place to find out all about Better Start Bradford, our projects which are being delivered across the area, supporting families with children under four and those expecting babies to have the best start in life.

The site is also packed with information, ideas, activities for families, opportunities to volunteer and ways you and your family can get involved.

You can also request more information on a project, join our monthly newsletter mailing list and sign up to our text service.

Take a look and get involved at betterstartbradford.org.uk



Get involved in our projects

ESOL+ for pregnancy

ESOL+ is a language course for pregnant women with English language needs and will help them to talk to their midwife and other health professionals and be more in control of their pregnancy and labour. The courses are delivered by an experienced ESOL tutor and a midwife.

If you know of anyone that may benefit from ESOL+ please contact Shipley College to find out more:

01274 327327 or enrolments@shiple.ac.uk

Welcome to the World

Welcome to the World is a free, friendly antenatal course for any family expecting a baby. Over eight weeks, it helps pregnant mums, dads and carers prepare for life with a new baby, whether it's their first child or not.

Following the successful delivery of courses last year in community venues across the Better Start Bradford area, we would like to invite you to our new courses starting near you.

Find out more at: betterstartbradford.org.uk

"This course definitely empowers parents to get it right from the very beginning"

Play your part in giving Bradford a Better Start

Have you got an idea about a new activity that families with children under four would enjoy? Our Parents in the Lead project has funds to support the best ideas from groups of local parents, so that more families can get involved in great activities across the area. *Look out for more information on how you can apply or be part of our selection panel on our Facebook page and website.*

Stay in touch...


You can connect with us and keep up to date in lots of ways, to get our updates and find out how you can get involved in our projects.

Find out more at: betterstartbradford.org.uk

 [betterstartbradford](https://www.facebook.com/betterstartbradford)

 [@BetterStartBfd](https://twitter.com/BetterStartBfd)

 Sign up for parent text alerts by texting 'sign me up' and your postcode to 07494 558337.

 Sign up for our email bulletins at betterstartbradford.org.uk. Click on the newsletter link to add your contact details.



Tree Planting in BD5

Bradford Trident has been exploring ways in which we can better the air quality of BD5 for the betterment of the health and wildlife populations of our area.

In furtherance of this aim, we have bided in to the "I Dig Trees" programme which is a collaboration with OVO Energy and The Conservation Volunteers (TCV). We successfully secured 700 Trees for the area and the trees were planted at Elmsley's Recreational ground on Saturday 28th of January 2017.

Why Elmsley's Rec? The air quality of BD5 and surrounding areas is the poorest in the district, especially as we have the two main arterial routes in to the city that dissect the area. Poor air quality affects the health those living in the area. Especially our children and the elderly who are most susceptible. Trees and new saplings absorb many of these pollutants and provide clean oxygen in return. On average, one acre of new forest can sequester about 2.5 tons of carbon annually and young trees can absorb CO2 at a rate of 13 pounds per tree each year!

We were very fortunate to have a range of local partners and volunteers with us on the day. It was a resounding success, but as you can imagine planting 700 trees is a tall order even for a band of 20 plus volunteers on a wintery afternoon. We therefore still have 200 trees left, so if you would like to get involved in this project by supporting and volunteering then please get in touch, we would love to hear from you!



Woodroyd 0-5's Nursery

Our Nursery

Our purpose built nursery has been specifically designed to ensure that all children have access to as many different experiences as possible whilst developing an age appropriate level of independence. Each piece of equipment has been chosen with care and thought from a scientific and cultural activity, to the dinner plates and children's peg labels. Each area is designated to create a warm, secure and exciting space for children to explore and learn.

Our Aim

Our aim is to ensure every child has a happy and fulfilled time in a safe, secure and stimulating environment. We devote our energies to creating a fun and loving environment whilst delivering the best in childcare and education. Our goal is to create a positive and motivating experience that will, in turn, play a major role in your child's future learning and development.

Planning Activities

Every child is treated as an individual and encouraged to learn at his or her own pace. We follow the Early Years Foundation stage which is made up of seven overlapping areas of learning and development.

- Personal, social & emotional development
- Physical development
- Communication & language
- Literacy
- Mathematics
- Understanding the world
- Expressive arts & design

For more information T: 01274 718380

E: contacts@woodroydnursery.co.uk

Visit our website: woodroydnursery.co.uk



Charity Number 1154148 Woodroyd Nursery and Childrens Centre



Latest News!



New Year, New You 2017



Our Annual New Year's event took place on Wednesday 1st February at The Parkside Centre with over 100 people in attendance.

The event was aimed to get people to stick to their New Year's resolutions, as we find by February many have defaulted! The Stop Smoking Service was in attendance to help people quit, Bradford Bulls Foundation got attendees moving and playing Tag Rugby, while Dr De Haar and Dr Fenwick's Practices gave out healthy living advice as well as doing Blood Pressure Checks. Ward Councillor Talat Sajawal, and Community Councillors Shah Khokhar and Niaz Ali were on hand to answer questions on Health Initiatives and their commitment to Health on the Area Plan 2017.

Other organisations included: HENRY, Better Start Bradford, Bradford Council's Ward Officer Team, West Yorkshire Fire Service, Streamline Gym and HALE – who brought along their campervan.

Hosts, The Healthy Lifestyles Project, who also co-ordinated the event, put on a Cook and Eat session, a healthy buffet, Zumba, Seated exercise, an Arts and Crafts workshop, the Smoothie Bike and carried out community consultations.



KHAN PEENA, GAP SHAP A new group has started at Parkside Centre in the Bistro for local people with a penchant for Desi food and socialising.

The group is aimed at those who may be feeling isolated at home and in need of a wholesome two course meal. Local volunteers cook under the supervision of Chef Joanne, making small changes to traditional cooking to make the meal much healthier. The cost of the meal is £2, **Every Wednesday 12-1pm at Parkside Bistro**

BD5 Community Meal

The Healthy Lifestyles Project and Bradford Family Support Network in conjunction with the local Ward Officer bring the Community Meal to BD5.

The aim is to get people eating a good healthy meal for an affordable price, whilst training up local volunteers to learn basic skills in food preparation. The meal takes place on every 3rd Thursday of every month 11.30am onwards and costs £1.00 for adults and 50p per child. This is the minimum donation but customers can feel free to give more as all the ingredients are donated and contributions help us buy more.



AQUA
Aerobics

FOR
WOMEN
ONLY

Get Active, Meet New
People & Have Fun In The Water!!!

Friday's 2:45pm - 3:45pm

At: **Bowling Swimming Pool** Only £1.50 per session

Please note: 12 weeks block payment will need to be made to secure your place.

Places are limited and on a first come first serve basis, so book NOW

For further information please
contact Halima on 07498
752741 or 01274 768072

Bradford Trident
health
lifestyles
Project

Parkside Women's Fitness

• Bollywood • Zumba • Boxing • Insanity Moves

Want to get active but not sure
what to do? Come along have fun
and get fit.

Where: Parkside Centre

When: Tuesday 8th March 2016

10.00am – 11.00am for 6 weeks!

Cost: FREE!!

Requirements: Water bottle,
Comfortable clothes, Footwear and
Yourself.

PARKSIDE CENTRE

Parkside Road, Bradford, BD5 8EH

Tel: 01274 768072

Email: halima@bradfordtrident.co.uk



Bradford Trident
health
lifestyles
Project

Bradford Trident
health
lifestyles
Project



WALKING
EVERY MONDAY

1pm til 2pm

REFRESHMENTS
PROVIDED



the
ParkSide
centre
Parkside Rd · Bradford · BD5 8EH
Contact Halima on 01274 768072

Bradford District Care **NHS**
NHS Foundation Trust

Connect through Creativity

Come along to our group to socialise, chit and chat, get creative with arts and crafts, share memories, benefit from relaxation techniques, guests speakers, and gain peer support.



Time: 1:00pm to 3:00pm Every Wednesday

Venue: Parkside Centre, Bradford, BD5 8EH.

Dates & times subject to change
For more information call
Champions Show the Way
on: 01274 321911or
email: champions@bdct.nhs.uk

You & Your Care

www.bdct.nhs.uk

Communication

Language development at Park Lane Pre school

Here at Park Lane Pre school we speak many different languages and we believe the home language is very important. Most of the children in our setting speak very little English.

Our staff try to learn some words in the child's home language. We use lots of visual prompts to help us to communicate with the child for e.g. using familiar objects and things of high interest, photographs, books, keeping language simple, repetitive words are spoken, using gestures and signs and children learn to use language through singing.

a My name is **Amelia Skaczowska** and I speak Polish. We help children like Amelia to build their vocabulary through play.

b My name is **Darren Tchouameni** and I speak French. Here we give Darren 'thinking time' we wait for him to think about what he wants to say.

c My name is **Aizah Shoaib** and I speak Pushto. Aizah is showing interest in play with sounds, songs and rhymes which help with listening and attention.

d My name is **Nala Pemberton** and I speak English. Keyperson Nicola is listening to Nala using simple sentences.

e My name is **Alise Svagere** and I speak Russian. We encourage parents to use their first language at home.

f My name is **Owais**, and I speak Bengali. Owais has been learning new words and using them in Pre school

g My name is **David Mitumuini** and I speak Lingala. Childcare practitioner Margaret is encouraging David to develop his speaking and listening skills using the 'talking box'

h My name is **Mohamed Ali Ben Brahim** and I speak Arabic. We help children like Mohamed to expand on what he says by introducing and reinforcing the use of more complex sentences.

i My name is **Lawek Omar** and I speak Kurdish. We prompt children like Lawek to think and discuss through play.

j My name is **Marya Naseem** and I speak Hinko. We always wait and allow time for children like Marya to start the conversation.

k My name is **Aisha Khan** and I speak Punjabi. We support children in using a variety of communication strategies. Aisha communicates with staff by tapping them on the shoulder for attention and signing.



& Language

Pre School 9



“ Staff develop children’s communication skills in English very well because they know how to help children develop their confidence and skills in communication. This means all children, including those whose families speak little English at home, make rapid progress. ” *Ofsted 2014*





RISES AGAIN

Since MAPA (Originally named Margaret McMillan Adventure Playground Association) started in 1971, it has changed to meet the needs of the local community of BD5 and the wider communities of Bradford.

The Youth and Community Centre, surrounded by Dixons Academy, Bradford Foyer, Newby Primary School and housing, is undertaking a revamp. We continue to run Youth Work on Mondays and Thursdays. Our new tenants Bradford Youth Development Partnership have just moved in to join Bradford PHAB Club, Black Health Forum, Void Arts, and Youthstreet. The Music Studio is operating under Steppin Studios. The hall and centre are available for bookings for weddings, parties, mendhis, church groups and dance dance groups just to name a few. Our Committee and workers extend a welcome to our relaunch event in May, when we hope the centre will be fully refurbished.

Keeley (Pictured below right) is originally a resident of Bradford Foyer, who was working as a volunteer with MAPA. She impressed the management with her commitment so much they approved an initial 6 month traineeship, funded by Morrison and MAPA . Jamie (right) is a volunteer who is a resident of Centre Point, he too is supported by Morrison and Centre point on our skills for work program.

Our Plans for 2017 include developing;

- a workshop for repairing, upcycling and recycling furniture
- an arts studio
- Three new rooms for training and joint office space
- A POD (self contained meeting room), so local people can use it independently



IF YOU WANT TO BE INVOLVED WITH THESE DEVELOPMENTS CONTACT PAUL BOSE ON 07824 162031



Keeley, Paul and Jamie are working hard to refurbish MAPA ready for the relaunch in May.

Parkside residents Association (PRA) has been dissolved

Yassar Taj of Parkside Residents Association has decided to step down as Chair of the Association.

He has spent a long 19 uncontested years as the chair and with his intense work ethic and sincere community activism, has left a fantastic legacy of projects which has included; a facelift of the whole estate, some brilliant energy saving interventions which has added tens of thousands of pounds to each home and a real sense of community on the estate. Here at Bradford Trident We wish him all the best and hope that someone from the neighbourhood with as much zest and energy will stand to claim the throne of activism which has left a very difficult example to follow indeed!

Some extracts from the final Chairs Report by Yassar Taj of the PRA

It has often been asked 'Why...why do you do it?' suggesting that there are zero gains. A recent study from Harvard School of Health found volunteering helps people connect socially warding off loneliness and depression. So maybe there is something to be gained from this but I think, as there is no monetary gain, people are often reluctant to join a community voluntary group.

When I joined I worked in a busy job but felt I should do my bit for the community, the place where I was brought up as a child from the age of 7. Since then we've climbed many hills and traversed many a valley, but it's been great to work with the many residents who have been part of the committee over the years. These members have given up their time and energy and contributed to the good work of the group. Together we have planned and arranged a whole plethora of events, meetings and services all designed to help local residents. It has been tough juggling work, home and community but I'm glad I travelled down this road.

My eldest will be 18 soon, so you can see it has been a long journey. I've learnt a great deal from everyone I've come in contact with and hope I haven't been too much of a hindrance to them. I also hope our area continues to benefit from the hard work and good intentions of all the people that stand up and say 'I'm ready to help'. Whatever people do to help, no matter how small, it's good and should be appreciated and due thanks given. I'd like to thank everyone on the committee, all the people from Bradford Council, Incommunities, Bradford Trident, the Police and other groups and agencies that have worked with us and of course the residents for supporting our efforts over the last 2 decades.

Yassar Taj, Chair 1998-2017

“ We've achieved much and it's been great fun and a real honour to serve the community”

Following his resignation and the dissolution of the PRA, Yassar Taj says; “My final meeting was today as chair of the residents group in which we formally dissolved the association which was constituted back in 1996. A very big thank you to all that have supported our efforts over the years. We've tried our best to reach out to every household and to be a source of good for all. We've achieved much and it's been great fun and a real honour to serve the community. If there are any community issues, we are blessed with two fine volunteer Community Councillors in our neighbourhood, Niaz and Nasreen, who as always are ready to help local residents with any issues or concerns.”



KEEP BD5 DRUG FREE

They'll get me if I report them...

No they won't. Calls to Crimestoppers are anonymous. Even the Police do not know who called.

It will always be like this in BD5...

It's up to you.

We tell and nothing happens...

Only 4 calls out of 100 to Crimestoppers are about drugs in BD5. We need people to report dealing.

It will not affect my child...

It could if you don't act.



 **CRIMESTOPPERS** 0800 555 111