

Schools out - advice and support

Play in Parks	FREE fun activities for children and young people, aimed at 5 – 14 year olds , activities will run between 11:00am -3:00pm
4.8.22	Haworth Road
10.8.22	Lister Park
24.8.22	Lady Hill Park
1.9.22	West Park
More information	https://bradford.gov.uk/children-young-people-and-families/activities-for-children-and-young-people/summer-of-fun-in-parks/

Free Visits

- Science and Media Museum
- Cartwright Hall
- Bolling Hall
- Cliffe Castle
- Industrial Museum

<https://bradfordmuseums.org/cartwright-hall-art-gallery/>

[https://bradfordmuseums.org/whats-on/National Science and Media Museum](https://bradfordmuseums.org/whats-on/National%20Science%20and%20Media%20Museum)

Lister Park Police Event Fun Day - July 24, 2022 12pm – 3pm

Attractions include vehicles and motorcycles, an exhibit from Bradford Police Museum, crime scene investigation sites, a virtual reality experience, lawn games and a chance to meet police mascots and welfare dogs. The public can chat with West Yorkshire Police officers, career and recruitment teams, wildlife officers and get information about becoming special constables, cadets and much more.

Police will also be on hand to add bikes to the National Cycle Database register.

Bradford Cathedral Tuesday, 26 July 2022 - 10-12pm - 1-3pm

- Free activities: Crafts, colouring quizzes

Families living with a disability

- Family Fun Day Nell Bank Monday 8th August 2022 11:00—15:00
- Family Fun Day Nell Bank Friday 26th August 2022 11:00—15:00

If you are a family of any shape or size living in the Bradford District with a child with a disability, we would love you to come along to one of our fun days, booking essential, please call Tracey McPhee 07929 747390 or email tracey.mcphee@bradford.gov.uk

<https://localoffer.bradford.gov.uk/service/1551-Summer-Holiday-Events-and-Activities-2022>



AWARE Summer Scheme - Stay and Play

Please Note: You need to be a member of AWARE to join in our activities; to join AWARE, please go to:

<https://aware-uk.org/aware-membership/>

- If you are already a member, please contact Rachel at rachel.aware@outlook.com or 07826926150 for this summer's programme. We will have further information in AWARE
- newsletter and on social media, with details of the activities. All sessions run from 10am to 3pm but you do not have to come for the full day.

Green Lane - Orchard Building, Green Lane Primary, BD8 8HF

2nd, 3rd, 9th, 10th, 16th, 17th, 23rd, 24th of August

Chellow Heights Special School Stay & Play

Who is it for?

- Children with additional needs up to the age of 11 and their siblings.

How do I access this?

- Stay & Play sessions run during the summer; the cost is £5 per child. Contact the school directly for further information or to book a place. Telephone 01274 484242. Address Chellow Heights Special School, 147 Thorn Lane, Bradford, BD9 6RY

Email julia.warren@chellowheightsschool.co.uk
<https://localoffer.bradford.gov.uk/service/599-chellow-heights-special-school-stay-play>

Special Needs Objective Outreach Project (SNOOP)

Contact can be made direct to SNOOP and they may offer a holiday club for anyone aged between 2 and 16

<https://www.snoopcharity.org/>

Telephone 01274 292126.

Address SNOOP , Newlands House One, Inspire Bradford Business Park, Eccleshill, Bradford, BD10 0JE

Email carol.amery@snoopcharity.org

Get Out Get Active Bradford

- Provides fun and sociable activity that supports disabled and non-disabled people to be active together. We run low cost and accessible sessions in the communities of Manningham, Keighley and Holmewood.
- Activities include: cycling, swimming, archery, kickboxing and much more.
- All activities are for all ages and abilities and are ideal for those wanting to get more active.
- We have local forums where we get together and try to understand the best needs of the community, and we plan to get the offer right You can try any of our activities free for the first time and you can see all of our activities on

<http://www.getoutgetactive.co.uk/about-us/partners/9-bradford-disability-sport-andleisure>


Or call, text or email Karla Burton who will be more than happy to talk you through any of our opportunities. Telephone 07835 766383

Address BDSL, Shipley Town Hall, Kirkgate, Shipley, Bradford, BD18 3EJ

Email goga@efds.co.uk



Food Banks

<p>Café west</p>	<p>Pay £3.00 for a large bag of shopping</p> <p>http://www.cafewest.org.uk/whatson.html</p> <ul style="list-style-type: none"> • Cafe West Healthy Living Centre • Allerton, Bradford, BD15 7PA • 01274 488 499 <p>info@cafewest.org.uk</p>
<p>Bradford Cathedral</p>	<p>Referral needed from Citizen’s Advice 08082082138</p> <ul style="list-style-type: none"> • Available for families with a BD8 postcode • Tuesday, Wednesday, Friday 11am-2pm • The Jubilee Centre, Jermyn Street, Bradford, BD1 4EJ
<p>Bradford Community Kitchen</p>	<p>We have also been selected for the year 2021 for the Bradford Lord Mayors charity appeal. Call us 24 hours for assistance: 07888693196 or use contact form to send email.</p>  <p>The flyer for Bradford Community Kitchen FoodBank features a colorful circular logo with hands. Text includes: 'Registered charity number: 1177822', 'Bradford Community Kitchen Helping The Needy FoodBank', 'Working in partnership with City of BRADFORD METROPOLITAN DISTRICT COUNCIL', 'Free school meals', 'We will be supporting families struggling to feed their children and vulnerable people of Bradford', a list of services: 'Breakfast', 'Hot food', 'Lunch Rice / pasta', 'Sandwiches', 'Fruits' (with icons of banana, apple, orange, pear), 'Food Parcels' (with a box icon), and 'HOME delivery' (with a house icon). At the bottom, it says 'Call us 07888693196' and 'No child should go hungry anytime.'</p>
<p>St Paul's Church in Manningham</p>	<p>Restore St Paul’s is a pop-up mini market, which stocks a selection of fresh, tinned, and dried food, ambient food, toiletries, household items and cleaning products.</p> <p>Membership costs £5 per week and allows members to take home 16 items every week, plus other benefits including an optional Credit Union savings account, budgeting advice and hopefully cookery classes.</p> <ul style="list-style-type: none"> • No referral is required. • Collection is from: • St Paul’s Church, 63 St Paul’s Road, Manningham, Bradford, BD8 7LS <p>Look here for offers when eating out</p> <p>https://www.thesun.co.uk/money/19159797/kids-eat-free-cheap-summer-asda-ikea/</p>



What mental health services are available in the Bradford district?

<p>Mind in Bradford</p>	<p>We're here for you</p> <ul style="list-style-type: none"> • Guide-line provides confidential, emotional support to you from 12pm (noon) to 12am (midnight), 365 days a year. • This service is available for anyone living in Bradford, Airedale, Wharfedale and Craven. • You can call us for telephone support on 08001 884 884. • We have a translation service that can provide support in over 100 languages, we also have bi-lingual support workers that can provide direct translation in Urdu, Arabic, Polish and Panjabi.
<p>First Response</p>	<p>Crisis Mental Health Support available 24 hours a day, every day. This service is for people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis and needing urgent help. You do not have to have used any mental health services before. Where possible the person who is experiencing the crisis should contact but when this is not possible, they accept calls from the person concerned about someone.</p> <p>Freephone: 0800 952 1181</p> <p>Website: www.bdct.nhs.uk/services/first-response/</p>
<p>The Cellar Trust</p>	<p>Peer support, group crisis support, pathways to employment and many other support options open to people coping with mental health problems or illness.</p> <p>Telephone: 01274 586474</p> <p>Website: www.thecellartrust.org</p>
<p>Kooth</p>	<p>Available for young people aged 11 to 18 living in Bradford, Airedale, Wharfedale and Craven. A safe space to connect with others and get support around your mental health and emotional well-being.</p> <p>Website: www.kooth.com</p>
<p>Self help</p>	<p>My Wellbeing College</p> <p>A free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.</p> <p>My Wellbeing College has a wide range of learning opportunities to help you through these ups and downs. Options range from online courses in the comfort of your own home to getting out and meeting new people in our group courses.</p> <p>Telephone: 0300 555 5551</p> <p>Website: bmywellbeingcollege.nhs.uk</p>
<p>Healthy Minds</p>	<p>A single point of access for all Bradford and Craven people wanting to look after their minds. Its wellbeing resources cover a range of topics and provide self-help materials to help people understand and improve their thoughts and feelings.</p> <p>Website: www.healthyminds.services/service-index</p>

