



MyWellbeing College has a number of tools and resources to help you through life's ups and downs. They offer guidance on things such as low mood, anxiety, sleep problems or stress. This is done through a wide range of learning opportunities including online courses from the comfort of your own home, group courses, phone advice and one-to-one 'talking therapies'.

For further information, phone: 0300 555 5551 or visit www.bmywellbeingcollege.nhs.uk

The Mix offer judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, web chat, peer to peer counselling service.

Text 'THEMIX' to 85258.

Phone: 0808 808 4994 (11am-11pm, free to call)

Website: www.themix.org.uk/get-support

Supporting Our Community this Summer

This leaflet will help to advise and support our families this summer, and keep our Community happy, safe and well.



PARENTS Online provides text based emotional support from trained volunteers through an online platform. You can chat confidentially about your feelings with someone who is trained to listen to you and support you.

For more information visit: PARENTSONLINE.CO.UK

Bradford Citizens advice
Argus Chambers
BRADFORD
BD1 1HZ

citizens
advice

Email: debtadvice@bradfordcab.com
03442 451282

Bradford First Response Crisis Service offers support 24 hours a day, 7 days a week to people of all ages living in Bradford experiencing a mental health crisis

<https://www.bdct.nhs.uk/services/first-response/>

If you need urgent mental health support, call First Response:
01274 221 181



An independent charity, which offers online chat and phone advice for people affected by **crime or traumatic events.**

<https://www.victimsupport.org.uk>



<http://directory.mindinbradford.org.uk/>
In their 'Factsheets' section; they display a range of information sheets covering subjects such as Housing, Debt, Anger and Anti-Depressants.

If you are not in crisis but would like to talk to a friendly, mental health professional, call Mind in Bradford's free on 08001 884 884.

Lines are open midday-midnight every day. The Mind Wellbeing Service offers a range of recovery-focused groups, social spaces and wellbeing activities for people who are struggling with their mental health. Our open wellbeing timetable is varied, from walking to peer support, arts & crafts to qi gong. They also run closed groups to help you manage things like self-esteem.

To book a 1:1 Welcome Session call 01274 730815 (Mon-Fri 9am-5pm) or email admin@mindinbradford.org.uk

Mind in Bradford offer a live chat service [here](#)

Summer Holiday Raising Yorkshire Pudding Parent Support Groups

BRADFORD AND CRAVEN trailblazer NHS

July 20th

How To Help Your Child With Anxiety

August 17th

Anxiety - helping your child to return back to school

Both groups run either 10:30 am or 7:30pm over Zoom. Please email for the link.

mhstparentsupport@bdct.onmicrosoft.com

Resources, guidance and support for people living with **domestic abuse** through the coronavirus pandemic. <https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>



TALK TO US

If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org

samaritans.org



STAYING PUT
Domestic & Sexual Abuse Support Services

Staying Put is a domestic abuse and sexual violence charity which provides support services to victims and survivors across Bradford. For support call the **free and confidential** helpline on: 0808 2800 999

Local Food Banks

Bradford Foodbanks

Enter your postcode to find your nearest foodbank

<https://bradfordfoodbanks.org.uk>

Bradford Central Foodbank

<https://bradfordcentral.foodbank.org.uk>

Jubilee Centre, Jermyn St,

Bradford

BD1 4EJ

01274 734 314

07838 830438

info@bradfordcentral.foodbank.org.uk

Wyke foodbank

68 Blackstone Ave, Wyke

BD12 8SJ

07941326723 or 07941380420

Email: info@wyke.foodbank.org.uk

Sandale Trust

<https://sandletrust.org>

42-46 Reevy Road West,

Buttershaw,

BD6 3LX

01274 270170

Salvation Army Bradford Holmewood Church

<https://www.facebook.com/holmewoodsalvationarmy>

Food Parcels available on drop in's on Tuesday's or Friday's 11.30 to 13.00

Family Action - Bradford Advice Service provide advice across the Bradford East Constituency on welfare benefits, housing, debt, immigration, employment and consumer issues.

Contact :

Canterbury Advice Centre,

1-3 Ringwood Road,

Bradford, BD5 9LB

01274 577571 (Mon - Fri 9am to 1pm)

canterburyadministrator@family-action.org.uk

www.family-action.org.uk/what-we-do/children-families/bradford/advice-service/

Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.



Kooth provides free, safe and anonymous online **support for young people.**

<https://www.kooth.com>



Every family is different. And no matter who's in your family, things can be tough sometimes.

You might worry about:

- arguments, being shouted at, or having different opinions or beliefs
- divorce and separation
- money problems or having to move
- alcohol problems
- being hurt or abused

Whatever's happening at home, Childline can help you through it.

<https://www.childline.org.uk/>



HALE is an established healthy living charity based in Bradford since 2003.

They work with people of all ages; providing a wide range of innovative services to tackle the causes of health issues experienced by the local community. HALE focus on the most vulnerable members of society that feel isolated and lonely; those that struggle with mental health or self-confidence issues or are exposed to dangerous or exploitative situations. They offer advice in a language and format that people understand using home visits, door knocking and letting people know about services that they can access.



Jobseekers Allowance Information on eligibility and how to claim plus an online claim form:

www.gov.uk/jobseekers-allowance/how-to-claim

Income support

Information on eligibility and how to claim:

www.gov.uk/income-support/how-to-claim

Benefits Calculator - Work out your entitlement to benefits:

<https://benefits-calculator.turn2us.org.uk/AboutYou>

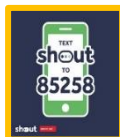
Warm Homes Healthy

People offer advice on energy suppliers, reducing bills, help with fuel debt, draught proofing, water saving devices and will help towards winter warmth packs and emergency heating.

TEL: 0808 1683547

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

TEXT shout to 85258 or visit www.giveusashout.org/



Bradford Survive & Thrive



Tel: 08082 800999

National 24hr: 08082 000247

Provide support for families who have experiences domestic abuse & sexual violence.

Events & Activities

Event	Venue	Date	Time
Cycling skills & bike check - Bradford Bikery Cycling	Wibsey Park	July 24th	1.30pm
Nature Play – Run by Bradford Urban Discovery Project	Wibsey Park	August 8 th , 22, 29 th	
Pop up Cricket – Yorkshire Cricket Foundation	Wibsey Park	Every Wednesday from 31 st July to 21 st August	2pm – 3pm

Event	Venue	Date	Time
Bradford Libraries Teddy Bear Picnics 2021 Our Teddy Bear Picnics will take place outside to adhere to library guidelines on Covid-19 safety. Please book your place by calling in to the relevant library. www.bradford.gov.uk/libraries	Wibsey Library Teddy Bear Picnic Wyke Library Teddy Bear Picnic	9 th August 31 st Aug	2.15pm – Fairfield on North Street 11am – outside the library
Summer Reading Challenge Young Ambassadors We offer young people between the ages of 13 and 21 the chance to volunteer as a Young Ambassador, to support the Summer Reading Challenge and summer activities. For further information, contact the Development Officer for Young People: Christinea Donnelly 01274 433915 christinea.donnely@bradford.gov.uk	Libraries across the district		
Multi Sports Camp at <ul style="list-style-type: none"> 🏏 £15.00 per child, per day 🧻 Covid Restrictions in place 🏏 Single day bookings welcome 🕒 Early drop off / late collection if required 👩 Qualified Staff 🏆 DBS, Safeguard & First Aid certified 👶 Ages 5-10 years 🎉 Fun for all 🌟 Get in touch to book in now 🌟 🌟 	Clayton Rugby Club	Week Commencing 16th Aug Mon - Fri	

Warriors for 2 to 5 year olds – Wibsey Warriors	Wibsey Park	Every Tuesday & Thursday	Evenings
Model boating	Wibsey Park – on the lake	Every Sunday	10.30am
Health Walk	Wibsey Park – Meet at Beacon Road Entrance	Every Monday	11am
Wake Up To Woodside	Woodside Drive Park & Village Centre	Wednesday - 28 th July	2pm – 4pm

Play Day – lots of fun activities for you to join in.	Wyke Community & Children’s Centre	1 st August	From 10am
Summer Holiday football camps £15per day or £40 for 3 days For more information or to book contact: 07814 757 379 Provisionsportscoaching@gmail.com	Queensbury Celtic AFC, Pit Lane Queensbury	various dates	9am – 3pm
The Peace Artistes The Peace Artistes are a riotous and raucous explosion of brass, woodwind and percussion, playing tunes from around the world and entertaining audiences with their toe-tapping music, eccentric costumes and haphazard choreography. Free Entry	Harold Park, Park Road, Low Moor, Bradford, BD12 tel: 01274 433828 www.peaceartistes.com	Saturday 14 th August	1pm – 4pm
Lombard Rally Festival Some forty to fifty historic rally cars will strut their stuff around the narrow, winding tarmac route inside the park. The historic rally cars will have around eight to ten runs around the park during the day. Rally stars will be interviewed and shown on a big screen, as will further live footage of what is taking place. tim@lombardrallybath.co.uk	Bowling Park – Spectator Entry from Bowling Hall Road	Saturday 24 th July	10am – 5pm

For more information on activities visit <https://www.bradford.gov.uk/summer>