

West End Centre 10th Anniversary edition

West End Community Centre

Volume 6



Happy Anniversary to the West End Centre!

This year St Oswald's West End Centre is celebrating its 10th year anniversary!!!

The Centre was opened in 2005 after much work and planning by a small but dedicated team who had the foresight to see how the church could be used to benefit not only the congregation but the wider community.

The building of the centre was originally funded by ERDF, Trident, the Church Urban Fund and funds raised by St Oswald's Church. The doors opened in 2005 providing a neutral space for all members of the community including different cultures, ability levels, and the centre has gone from strength to strength.

We are a small but very well used centre welcoming all members of the community and now have three members of staff as well as a dedicated team of volunteers.

We would like to pay tribute to all of our volunteers past and present, without whom the centre would not have thrived. We are very lucky to have benefitted from a wide range of skill and talents our volunteers have brought to the centre. We are also proud of those volunteers that have gone on to gain

qualifications, learn new skills and often gain employment. We always welcome volunteers so if you would like to find out more about joining our team just come along and talk to us.

We would like to take this opportunity to thank the funders that have believed in us and supported us over the years. They have enabled us to make a real difference to many individuals in our community as well as those who travel from different areas to join us.

Do you know that although the majority of clients are from the local area we have people travel from many areas of Bradford, Shipley, Keighley, Huddersfield, Wakefield, Dewsbury, Oxenhope and Leeds to join in our groups and activities?

The Big Lottery Reaching Communities fund has been one of our major supporters. We were awarded our first grant in 2007 which aimed to link communities and encourage intergenerational cooperation between different cultures. Since then we have been privileged to receive further support through The Big Lottery Supporting Change and Impact fund. Our current 'Open Door Community Project is funded

by The Big Lottery Reaching Communities Fund until May 2017. Because of this we are able to offer a range of social activities, health and wellbeing activities and support with Functional English, Maths and job search.

Did you know that since the start of the project in June 2014, 126 new people have joined us, our footfall has increased from an average of 101 visits per week to 181 visits and 19 people have gained employment? So thank you Big Lottery!!!!!!!!!!!!

We would also like to thank The Henry Smith Charitable Fund for their support without which we wouldn't be here. They funded us over a two year period which provided stability. We were then able to continue provision, carry out community consultations and further funding applications. We really appreciated their support it made all the difference.

Also many thanks go to The Church Urban Fund, as previously stated they part funded the building of the centre and have since awarded us additional grants through their Near Neighbours Fund. This has supported groups and activities designed to bring different sections of our

Inside this issue:

Volunteer training	2
Huddersfield	2
Community Stars	3
Beautiful BD5	3
Farewell to Mo	4
Remember When	4
Poppy project	5
Allotment Progress	5
Get healthy online	5
Dates for your diary	6

(Continues overleaf)

West End Centre

Continued.....

community together. These activities have been very successful and we are very proud of the diverse range of people enjoying activities and developing friendships within our centre.

We have also had support from The Peoples Health Lottery, European Social Funding and a range of other small funders to whom we are very grateful. Thank you all

We would also like to thank Bradford College for their

support and all the students who have joined us over the last 7 years. It's been great to meet so many interesting individuals and to play a part in shaping the professional of the future. Our biggest thanks go to all those people past and present who help to make the centre a friendly, happy place where everyone is welcome. So a very sincere thank you to everyone and here's to the next 10 years!



Some pictures from the Fun Day

MESMAC and Equality together provide some volunteer training



Staff and volunteers at the LGBT awareness training



On the 17th of July Jonathan from MESMAC kindly came along to provide some training for staff and volunteers on how we can work positively with people from the LGBT communities.

This training was requested because as part of our reporting obligations to the National Lottery, our registration forms ask about peoples sexuality, as well as age gender, race etc. Some members of the team felt

uncomfortable broaching this subject and also found it difficult to explain why we ask for this information and where it goes.

It goes to make things better, that's where it goes! The information helps to improve services by targeting them at the right people, and making sure that all sections of society are catered for. The training really helped raise our awareness of lesbian, gay, bisexual and trans

issues, It challenged our views, and taught us about other agencies we can signpost to if needed. Thank you Jonathan! In September Jane from Equality Together came to help us look at how we can better support people with disabilities– another fun and informative session, many thanks to Jane and Equality Together.

Day at Huddersfield Market



At the bus stop!

On a glorious Thursday in June we had a trip out to Huddersfield Market. 18 of us set off from the centre and caught the bus there. Here is what Lorraine Donnelly had to say about the trip: "It was a brilliant day out and on the way home everyone was

chatting and sharing food and stories from the day. I made new friends and i can say hello and wave when i see them in the street. It was nice to meet lots of people from different backgrounds. To say there were 18 of us that were all different we gelled

together from start to finish, so it was lovely. Thank you to everyone who made the day special."



Lorraine and Jannett

Community Stars nomination and a visit from the High Sheriff of West Yorkshire

We were very surprised and pleased to be nominated for a Telegraph and Argus community Stars award in the Community Group category of the awards, which honour those who go the extra mile to make a positive difference across the district. We were nominated by Sheila Brett, of Bradford Council's Neighbourhood Service.

Here is what Sheila had to say:

"There is an allotment project, a job club which is helping people into work and training, and a lunch club that offers two courses of freshly cooked food for £3.50, which links in with the cookery group, healthy lifestyles sessions, and weekly walking group," she said.

"There is also an art club, basic skills sessions, and computing for beginners.

"Their walking group took part in the 'Beautiful BD5' clean-up week in June, cheerfully playing their part in making Little Horton a great place to live, learn, work, and play.

"Their new allotment group has got stuck into clearing their patch on Sunny Bank allotments, and they have started planting

vegetables and fruit, erected a shed, and are creating raised beds.

"Without people willing to support the running of all of this, the West End Centre would be a far less lively place."

Mrs Brett added that when she attended the group's recent AGM, she was surprised at how many people were actively participating, which she said was not normally the case with a lot of community groups.

"This demonstrates the ethos of the West End Centre in action," she said.

"It is testament to the can-do attitude of the people involved as staff, trustees, and volunteers, along with the diverse range of people who benefit from what is on offer, that this centre is thriving and has recently celebrated its tenth anniversary.

"The centre is usually buzzing with groups and activities making the maximum use of the community space created in the church. Anyone could go here and feel welcome."

Although we were not shortlisted for an award it has been a real honour to be nominated.

During September we also received a visit from the High Sherriff of West Yorkshire, Ed Anderson, During his tour of some of Bradford's Community groups. He praised us, and the other group for our role in "holding society together". Mr Anderson said one of the privileges of his role, was being given the opportunity to gain an insight into the work going on in local communities. "I spent the day in Bradford, it was a real eye opener to see all the work going on, most of which goes on under the radar. There was a really positive atmosphere, and these groups deserve far greater recognition, as without their contributions society would fall apart."

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BD5 Clean up

As part of the beautiful BD5 campaign we took part in a community clean up. Working together with the Eternal Light boys school and council wardens we collected 19 bags of rubbish and some larger items from the centre grounds and surrounding

streets!

It was a glorious day and everyone worked really hard to make the area a cleaner place to live. The boys from the school even swept the streets!

As always food played an important part in the day. We all enjoyed a

community lunch together in the grounds of the church afterwards.

A massive thank you to everyone that participated.

We hope we can repeat this again later in the year.



The piles of rubbish awaiting collection



Enjoying lunch in the sun

West End Centre

Farewell to Mo



Mo meeting the Lord mayor at the Family Fun Day

Sadly we have to say goodbye to Mohammed Arshid who has now completed his placement here at the West End Centre. Mo has been with us since June and has been an outstanding student playing a big part in organising our 10th Anniversary Family Fun Day. Here is what he had to say about his time at the Centre:

“As a student at the West End Centre, I have enjoyed every moment of being here. The West End Centre is a warm, friendly place where all the staff and volunteers are welcoming towards people from all backgrounds and cultures.

The centre maintains an open door policy which means everyone is welcome. This attitude has made the centre successful. The centre has helped many people improve their lives and reach their potential.

During my time at the centre I have seen how it has had a positive impact on people’s lives, including mine! The centre has helped me in many different ways such as identifying my own personal qualities and skills.

If there is a group of people who are loving, caring and help people achieve the most out of their lives then it has to be the staff and volunteers at the centre because this is what they do day in day out and they have love to do it.

Whilst on placement here, I have been involved in many different projects and the staff and volunteers supported me in many ways. I immediately felt part of a team and I am impressed with how both volunteers and staff are prepared to go the ‘extra mile’ to help

people who come into the centre.

In conclusion, i have learnt a lot during my placement and can not thank the service users, staff and volunteers enough for making me so welcome. The experience i have gained will help me in all aspects of life and also in searching for jobs when i complete my degree.

I hope I have contributed fully in the roles that I have been asked to undertake and i will miss you all. All the very best”.

Mohammed Arshid

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Remember when??

September 3rd saw the launch of a new group, Remember When??

Run by Gail Berridge from Champions Show the Way Remember When is a reminiscence group. You can come along and share your memories of local people, places and events

to connect the past with the present, to rediscover memories, share stories, or simply sit back and enjoy the delights! The group runs on Thursday afternoons from 1.30-3.30pm. Free tea and coffee are provided and as always everyone is

welcome. If you would like more information please call Champions Show the Way on 01274 321911 or e-mail on: champions@bdct.nhs.uk



Allotment progress-Digging for Health and Wealth project

Since our last newsletter we have made some more progress on the allotment although there is still a lot of work to be done before the planting season next spring. Thank you to Rat, John and Dariush for their hard work to date. We go to the allotment each Wednesday afternoon and Friday morning.

We always need volunteers to help out. So if you are interested

then please see Ian, Fran or Christine for further details.

If you are not sure that it will be for you then come along and give it a try – you will enjoy it, have the chance to meet new people, get yourself fitter and also develop new skills

In September, when we were busy working at our allotment, we were very fortunate to be

offered a free 6' by 8' greenhouse from Pat from Low Moor. A very big thank you to Pat. We had to go up to Low Moor to dismantle it and then transported it back to the allotment. It will be put up in the spring of next year and it will enable us to grow things like cucumbers and tomatoes. Many thanks to Rat who helped me dismantle it and also to Ben (Fran's partner) who provided transport at very short notice.



Get healthy.....Online

Would you like to learn how to manage your health better using online resources?

Would you like to learn how to book a GP appointment online, (save those queues on the phone) order your prescriptions online, or use the NHS symptom checker and health A-Z to find safe health information?

The group also looks at how

to manage things like coughs, colds, sickness bugs and sore throats without having to see the doctor. We can look for information around any long term conditions you may have and find local support groups. Or do you want to lose weight and/or improve your lifestyle there are a range of resources we can tap into...all online!

Don't worry if you can't use a computer, we can help you with that too!

If you would like to join this group come along to the Centre on Wednesdays at 1.30-3.30.



Poppy Project– come along and see it!

Inspired by a visit to see the weeping poppies display at Ashington pit, Christine had one of her 'ideas'! The idea was to bring everyone who used the centre together in a shared activity of poppy making. They could be made out of all sorts of materials and they didn't have to be uniform or perfect. It didn't matter if people were skilled or not, we could all join in and make a poppy with a little help from

our friends. We were further inspired by the beautiful poppy from the original exhibition at the Tower of London that had been given to St Oswald's Church. One thing led to another and we thought why not invite St Oswald's congregation to join in. We could put the display in church for Remembrance Sunday. The idea has grown and grown. People across all groups in the centre have really got behind the project

and produced some wonderful poppies. It's really brought all members of our community together. Our Muslim and Sikh friends have made poppies. Men as well as women have made poppies. So we would like to invite anyone who wishes to remember a loved one to join us. You could bring a poppy, or bring a memento of your loved one, a picture, a cap badge, anything. Or just come along to St Oswald's Service at 9.30am on Sunday 8th November



Breaking news.....

Yoga Sessions are back!

Our popular gentle yoga sessions are now running again on Monday mornings from 10-11am and cost just £2. Start your week with a smile!

West End Community Centre

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Congratulations to Catherine Guye, Jonathon Potts and Mohammed Jassim who have all gained full time employment in the last 2 weeks, WELL DONE!

**WWW.thewest
endcentre.org**

Dates For Your Diary

Sunday 8th of November

9.30am

Come to St Oswalds Church service and see the Poppy Project Display.

Wednesday 16th December

10am

West End Centre Christmas dinner.

Three courses of home cooked festive fare for only £7. Call in to the Centre or phone to book.

Thursday 17th December- 4th January

The West End Centre will be closed for our Christmas break and will re-open on Monday 4th of January.