



West End Newsletter

West End Community Centre

Volume 12

Best Community Garden Award goes to.....

Can you believe how fast this year has gone!!! It's just racing by. We have had a very busy September and a very successful one.

The stars of the show have to be the Allotment team. Well done to Dan and his fantastic volunteers who entered the Beautiful BD5 garden competition and were awarded first prize in the Community Garden section. They were given a beautiful certificate and £100 in garden centre vouchers. But that wasn't the end of it, they also hosted a very successful

Allotment Open Day on Thursday 22nd September. Approximately 40 people visited the Allotment, some from the local neighbourhood who had not been to the Centre or the Allotment previously. Of course our faithful friends and volunteers who never let us down were also out in support. We were provided with a great BBQ, lots of cups of tea and coffee, samples of produce to taste and take away. The lads were wonderful hosts making sure we had everything we wanted including gardening tips and guided tours of the

Allotments. Well done you lot, you were great. The best thing for me was everyone sitting and chatting together in the fresh air and sunshine. What a wonderful day! Read Margaret's account of the day and her poem below.....



A great day was had by all..

A great day was had by all at the barbecue at the allotment for Health and Wealth on Thursday. The weather was wonderful and so was the Atmosphere, what is amazing is no matter what problem you have it just seems to melt away. It is like being in a different world. You just relax that much looking around and seeing what has been achieved and accomplished in such a short amount of time is both amazing and brilliant.

So congratulations to all the gardening team for all their hard work and a wonderful day.

Sid

*I am a little slug called Sid
I live under an old dustbin lid
I love my home because you
can see
A nice team of people plant
yummy things for me*



By Margaret Whitley



West End Newsletter

Calling for your help once more!!!



A safety pin can show support for others by declaring that you have the West End Centre spirit and are a safe person.

I would like to launch two new projects and am looking for as many people as possible to get involved. Those of you that know me won't be surprised at that!

Firstly, I would like to build on our very special poppy display we produced last year. It was very emotive and touching. If you remember we made poppies and invited people who had lost relatives, or whose lives had been touched by war and conflict to share their stories with us. We put a display of pictures, poems and stories up for people to look at. We even had someone from Australia get in touch with us. We have saved the poppies from last year but would like to make even more. Do you think we could decorate the stone columns in the church? Remember it's all about remembering peoples sacrifices. It's not just the Two Great Wars but remembering and honouring the people affected in recent and ongoing conflicts. Please help. Poppies can be Red for

remembrance, White for Peace or Purple to remember the animals that played their part.

Secondly, we have a new campaign. As you know the West End Centre prides itself on been a neutral space that welcomes people of all backgrounds and ability levels. We are aware that there have been reports of rising tensions in the community and unrest as crime rates rise and Brexit fuels all sorts of stories in the Media. It can be a disturbing and frightening time for many. I would like to introduce the Safety Pin Campaign. A safety pin can show support for others by declaring that you have the West End Centre spirit and are a safe person. It could be that seeing this reassures someone who's fearful that they can sit next to you on the bus or stand next to you in cue without fear of ridicule or prejudice. We will be holding sessions here to customise and decorate safety pins and discuss how we can make our centre and community

a welcoming safe place to be, and have a little fun and make new friends. So look out for further details around the centre. I hope you can help.

See you all soon Christine XX

Friends in need

Our Depression support group Friends in Need started on the 18th of August and has been really well received.

The group has been set up to connect people facing similar challenges so that we can share friendship, experiences, information and support .

So, if you are struggling with life, feeling stressed, down or

depressed why not come along. We understand that coming to a group for the first time can be daunting, but you can be sure of a warm welcome, and we will understand how hard it has been to take that first step.

On 29th of September we had a fantastic speaker Lorna Delara who came along to

run an informative session for us around food and mood.

Upcoming events include a relaxation session and a trip out to a pay as you feel cafe.

Join us Thursdays 10am-11.30



DepressionAlliance



Evening Social Group– The Rat Pack!

We have had our first meeting of our new evening social group named The Rat Pack. We have welcomed Richard (RAT) back to the centre, who along with Sue will be organising this weekly group. It's growing like topsy from the original plan of Bingo, Quizzes, Karaoke etc and the group has now added a monthly community tea to its repertoire. What a fantastic idea! So if you fancy an evening of good company

and fun just come along any Thursday at 5pm until 7pm (winter times due to the approaching darker nights) you are guaranteed a warm welcome. Alternatively, if you want a bit more information, or are a bit shy get call into the centre for more information or contact any of the staff or volunteers. We can't wait to meet you.



NCS projects at the allotment and bulb planting session

A big thanks to the three N.C.S (National Citizen Service) “the challenge” groups we have had helping us over the summer. They have made a massive contribution to the allotment project. They have built a superb composting toilet and a fire proof barbeque area as well as making us a fantastic film about digital exclusion- why not watch it on our website? Thank you guys!



As part of the Beautiful BD5 campaign we will be Holding a Bulb Planting Session in the grounds of the West End Centre on Wednesday the 12th of October at 1.30pm. Come along and help us make our area look great!



Bradford Council Customer Services Point

Starting on the 9 September 2016, you can book an appointment to see one of the Council's Customer Services team about help to pay your rent and/or Council Tax bill if you are in receipt of certain benefits. The advisor can also check if your child/children may be entitled to free school meals or if you may be entitled to Discretionary Housing Payments to meet a shortfall in your rent or in certain cases pay rent in advance, help with removal costs or clear rent arrears. You can also enquire about Disabled Travel Concessions such as the blue badge scheme or disabled bus pass as well as other services offered by the Council.

If you already claim help with your council tax and/or rent, you can arrange an appointment to tell us about a change in your circumstances.

City of Bradford MDC

Find us on:
facebook®

West End Community
Centre

St Oswalds Church
Christopher Street
Little Horton
Bradford

Phone Fran: 07539 204492

E-mail: fran.westend@outlook.com

Phone Christine: 07853 240809

E-Mail:
christine.westend@yahoo.co

***Www.thewest
endcentre.org***

Regrettably, this service is not available by dropping in, you must have an appointment.

To arrange an appointment for Housing Benefit, telephone 01274 432772

To speak with someone about your Council Tax bill or arrange an appointment, telephone 01274 437866

To enquire about Disabled Transport Concessions or arrange an appointment, telephone 01274 438723

COULD YOU SAVE £679 PER YEAR ON YOUR ENERGY BILLS?

Join Luke from Streetlife on Wednesday the 12th of October at 1pm for our energy switching drop in.

Bring your bill along to see how much you could save.

They can also advise on switching meters.

Stars of the month

Our stars of the month have got to be the lads from the allotment project, They have worked so hard to make the project a success. Here they are after receiving their certificates.



Congratulations to our friend and former volunteer Selina Begum. Many of you know her from the IT room where she provided much needed help and support. She has a new job as a Medical Receptionist. We know she's going to be great and we are so pleased for her

