BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

WHAT'S BEEN HAPPENING IN SCHOOL?

As we move into the final few days of the Autumn Term, here are just a few reminders for a smooth start in January.

Uniform should be 100% correct when school returns in January. Tailored trousers/ skirts; blazers, black shoes (not trainers or canvas pumps) and a well tied tie. Please also remember acrylic/ false nails and eyelash extensions are banned. Coats are advised as the weather is becoming colder/ wetter. These must be removed inside.

If students have anything in a locker, it needs removing before the end of the week. Lockers will be cleared over the holidays and locked. Anything left in lockers over the break will be disposed of.

Mobile phones, headphones and smart watches are not allowed in school and will be confiscated.

Students must come to school on time. Line up begins at 8.15am every day. Student planners will be stamped with a "LATE TO SCHOOL" stamp every day that they are late. **Parents - please use planners to check your child's punctuality.**

Parents - please remember to check ClassCharts daily as it is our way of communicating rewards. Detentions will always be listed here too to help you to make arrangements should your child receive one.

All students must have a planner with them. Parents should use this to communicate messages / appointments and to check that their child is on time to school

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Christmas Jumper Day

Tuesday, 20th December

All other uniform as normal.

No trainers

Don't buy a jumper specially. If you don't have one, just jazz up any jumper with some tinsel or Christmassy decorations!

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

WHAT'S BEEN HAPPENING IN SCHOOL?

CHRISTMAS PRESENT APPEAL

A huge thank you to all those who supported the Christmas present appeal. What a great team effort!

34 presents collected in total which will make Christmas special for those who need it the most.

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

WHAT'S BEEN HAPPENING IN SCHOOL?

Labour Candidate for Shipley

Anna Dixon

Student Parliament have been very busy this week planning for Labour candidate for Shipley, Anna Dixon's arrival. She arrived today and was welcomed with a tour of our library And then we got down to business ! we spoke about things that we could change in and around school but also the wider community. One of the things we spoke about was the gender inequality in jobs and how we could change that.

We also talked about women and people of colour. Did you know the first time a woman entered into politics was in 1918? We also talked about the labour party and how people like Anna Dixon have won majority of the party as there are 52% of women in the labour party. Overall, in parliament there are 35% of woman and we feel we should do more things to encourage women getting into parliament.

We also were really fascinated about the work the deputy mayor was doing working with West Yorkshire police to help stop sexism. We are really proud to be doing work with people from our wider community. Watch this space as student parliament grow to make our school outstanding!

Amaan Year – Year 10

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

WHAT'S COMING UP NEXT?

Free: Skills for Life

Help us, to help you, to help your child.

Would you like to improve your English?

Reading
Speaking
Writing
Listening

Then come and join our friendly classes. Held in the safety of our school building, our new course is designed to help you understand English a little more. You will learn in the company of other parents and carers in a very informal way – tea and biscuits provided!

Classes will start after Christmas and take place after school in the early evening (day of the week and time to be confirmed). If you are interested, please contact:

Kirsti Greer – PA to Leadership Team on kad@beckfootupperheaton.org

Or Zoe Howard on buhzho@beckfootupperheaton.org

مفت: زندگی کی مہارتیں

اپنی اور اپنے بچے کی مدد کے لئے، ہماری مدد کریں۔
کیا آپ اپنی انگریزی بہتر کرنا چاہتے ہیں؟

پڑھنا
بولنا
لکھنا
سننا

تو پھر آئیں اور ہمارے دوستانہ کلاسیز میں شرکت کریں۔ ہمارے اسکول بلڈنگ کے محفوظ ماحول میں یہ نیا کورس انگریزی کو مزید سمجھنے میں آپ کی مدد کے لئے تیار کیا گیا ہے۔ آپ دیگر والدین اور نگہداشت کرنے والوں کی صحبت میں بہت ہی غیر رسمی طریقے سے سیکھیں گے – چائے اور بسکٹ فراہم کئے جائیں گے!
کلاسز کرسمس کے بعد شروع ہوں گی اور اسکول کے بعد شام کے اولین حصہ میں ہوں گی (ہفتے کے دن اور وقت کی تصدیق کی جائے گی)۔ اگر آپ دلچسپی رکھتے ہیں، تو براہ مہربانی رابطہ کریں:

Kirsti Greer(کرسٹی گریر) - لیڈرشپ ٹیم کی PA

kad@beckfootupperheaton.org

Zoe Howard
buhzho@beckfootupperheaton.org

BUH Bulletin
Friday, 16th December 2022

Beckfoot Upper Heaton

ਮੁਫ਼ਤ: ਜਿਓਣ ਲਈ ਹੁਨਰ

ਆਪਣੀ ਮਦਦ ਕਰਨ ਲਈ, ਆਪਣੇ ਬੱਚੇ ਦੀ ਮਦਦ ਕਰਨ ਲਈ, ਸਾਡੀ ਮਦਦ ਕਰੋ।

ਕੀ ਤੁਸੀਂ ਆਪਣੀ ਅੰਗਰੇਜ਼ੀ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ?

- ਪੜ੍ਹਨਾ
- ਬੋਲਣਾ
- ਲਿਖਣਾ
- ਸੁਣਨਾ

ਫਿਰ ਆਓ ਅਤੇ ਸਾਡੀਆਂ ਉਪਯੋਗੀ ਕਲਾਸਾਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ। ਸਾਡੇ ਸਕੂਲ ਦੀ ਇਮਾਰਤ ਦੀ ਸੁਰੱਖਿਆ ਵਿੱਚ ਆਯੋਜਿਤ, ਸਾਡਾ ਨਵਾਂ ਕੋਰਸ ਅੰਗਰੇਜ਼ੀ ਨੂੰ ਥੋੜ੍ਹਾ ਹੋਰ ਸਮਝਣ ਵਿੱਚ ਤੁਹਾਡੀ ਮਦਦ ਕਰਨ ਲਈ ਤਿਆਰ ਕੀਤਾ ਗਿਆ ਹੈ। ਤੁਸੀਂ ਦੂਜੇ ਮਾਪਿਆਂ ਅਤੇ ਦੇਖਭਾਲ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਸੰਗਤ ਵਿੱਚ ਇੱਕ ਬਹੁਤ ਹੀ ਗੈਰ ਰਵਾਇਤੀ ਤਰੀਕੇ ਨਾਲ ਸਿੱਖੋਗੇ - ਚਾਹ ਅਤੇ ਬਿਸਕੁਟ ਦਿੱਤੇ ਜਾਂਦੇ ਹਨ!

ਕਲਾਸਾਂ ਕ੍ਰਿਸਮਿਸ ਤੋਂ ਬਾਅਦ ਸ਼ੁਰੂ ਹੋਣਗੀਆਂ ਅਤੇ ਸਕੂਲ ਤੋਂ ਬਾਅਦ ਸ਼ਾਮ ਨੂੰ ਸ਼ੁਰੂ ਹੋਣਗੀਆਂ (ਹਫ਼ਤੇ ਦੇ ਦਿਨ ਅਤੇ ਸਮੇਂ ਦੀ ਤਸਦੀਕ ਕੀਤੀ ਜਾਵੇਗੀ)। ਜੇ ਤੁਹਾਡੀ ਦਿਲਚਸਪੀ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

Kirsti Greer - ਲੀਡਰਸ਼ਿਪ ਟੀਮ ਲਈ ਪੀਏ ਨੂੰ kad@beckfootupperheaton.org 'ਤੇ

Zoe Howard - buhzho@beckfootupperheaton.org

Bezplatné lekcie: Zručnosti do života

Dajte nám možnosť pomôcť vám aj vášmu dieťaťu.

Chcete si zlepšiť znalosť angličtiny?

- Porozumenie pri čítaní
- Konverzačné zručnosti
- Písanie
- Porozumenie pri počúvaní

Pridajte sa teda k nám na našich priateľských hodinách. Náš nový kurz sa koná v bezpečných priestoroch našej školy a je navrhnutý tak, aby ste vďaka nemu dokázali o niečo lepšie porozumieť angličtine. Vzdelávať sa budete v spoločnosti ďalších rodičov a opatrovníkov v neformálnom duchu – chýbať nebudú ani sušienky a čaj!

Lekcie sa začnú po vianočných sviatkoch a konať sa budú po vyučovaní v skorých večerných hodinách (deň v týždni a čas upresníme). V prípade záujmu kontaktujte:

Kirsti Greer, asistentku vedúceho tímu, na adrese kad@beckfootupperheaton.org

Zoe Howard - buhzho@beckfootupperheaton.org

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

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Would you like to improve your English?

Reading
Speaking
Writing

Kirsti Greer – PA to Leadership Team on kad@beckfootupperheaton.org

Or Zoe Howard on buhzho@beckfootupperheaton.org

Free childcare provided by Happy Hours Mobile Crèche Ltd is available in school whilst you are learning.

SCIENCE PROJECT—YEAR 7

Hannah Israr, one of our talented ITT students from the University of Huddersfield, completed a small project with year 7 STEM class in Science.

BUH Bulletin

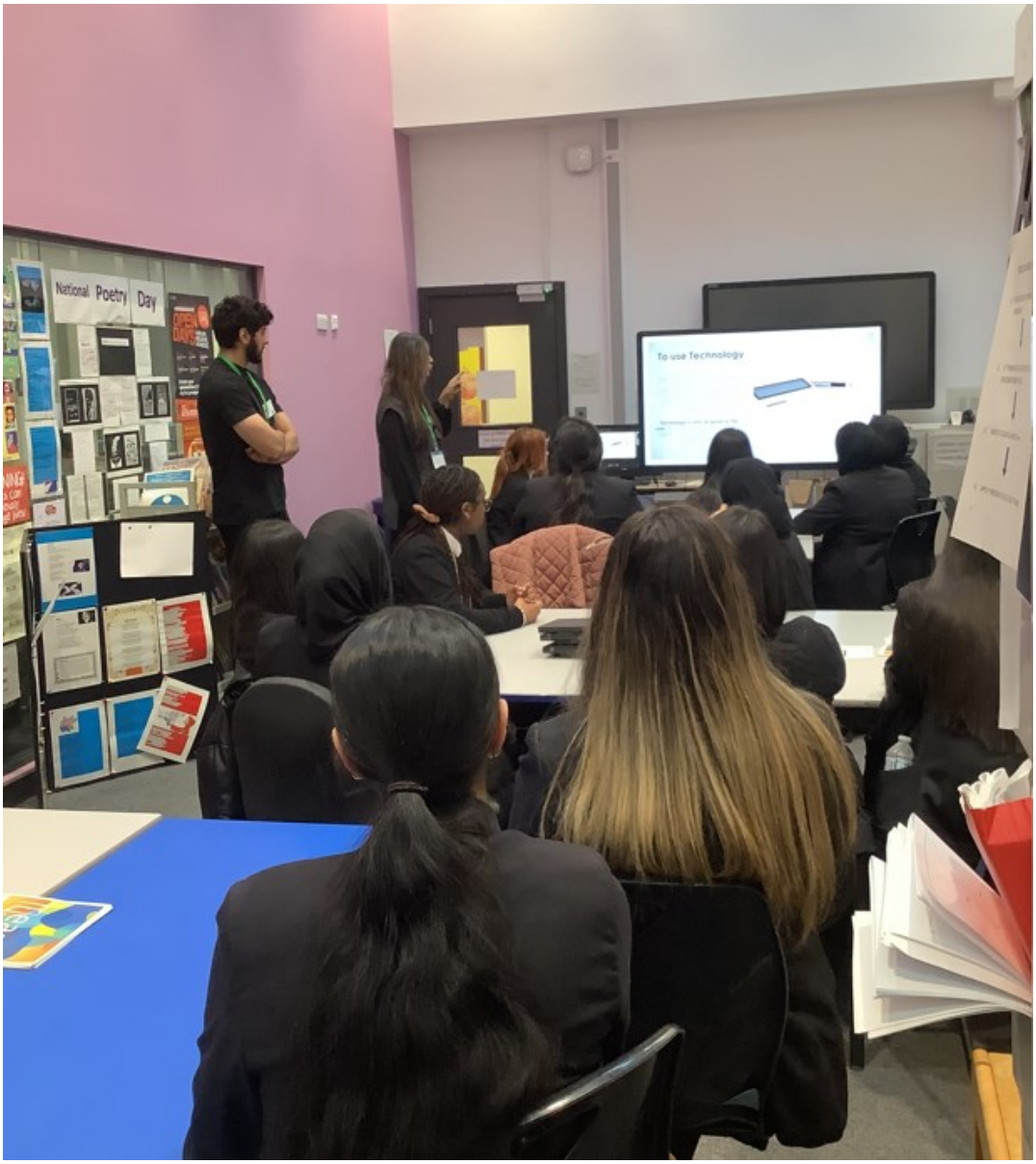
Friday, 16th December 2022

Beckfoot Upper Heaton

RAISING ATTAINMENT IN MATHS

Year 11 girls had a fantastic maths-focused session with EASA Careers where they explored different career pathways that they could research! They learnt which qualifications and skills are needed for their personal career choice

All the girls completed a Job Skills-Match exercise which informed them which careers suited them best. Our girls left the session motivated, inspired and with a much better idea of what career they wanted to pursue in the future … and were full of praise!



BRADFORD COLLEGE TRIP

On 23rd November 12 Yr 11 students attended a Taster Day at Bradford College. Students were given a tour of the main college buildings and information about the college's many courses and facilities. They had lunch in one of the college's cafes and received a bag of goodies. In the afternoon they participated in a TV Production lesson where they were filmed interviewing each other for an imaginary news item. The visit gave them a really great insight into college life as well as good advice on how to apply for Post 16 courses.

Another visit is scheduled for 14th December where the subjects on show will be Business, Sport, Public Services, Travel and Tourism and Hair and Beauty.

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

KS4 END OF TERM ROUND UP

Well, what a term it has been across Years 10 and 11! Year 10 students are now settled into their GCSE courses, and are starting to make some excellent progress- particularly in Food Technology. Who knew there was some hidden 'Bake Off' talent when baking and icing festive themed cupcakes?!

Year 11, it's been a busy few weeks. Congratulations for getting through your first Mock Exams, and applying yourself so maturely. There have been some outstanding results- the mock results assembly was a wonderful celebration of all your hard-work and achievements. It was also lovely to see so many parents attend Parents Evening- your support in working with us to ensure that your child is on track to reach their full potential is much appreciated.

In other Year 11 news, well done to those students who have taken part in all the careers, college and university enrichment opportunities. A huge thank you to all colleagues who have supported in this, and given up their time to speak about their own journey to success. It is great to hear Year 11 talking about their futures and getting their sixth form applications written.

The Key Stage 4 team would like to wish all families within the BUH community well over the festive period. We look forward to seeing all Years 10 and 11 in the New Year, fully refreshed and ready to go.

Mrs. N. Middleton

Head of KS4

BECKFOOT UPPER HEATON

JANUARY 2023

DAY/DATE	START	FINISH	EXAMINATION	DURATION	VENUE	COMMENTS	NO INVIG
Mon 9TH Jan	0900	1000	CAMNAT OCR Engineering	1 Hour	Hall	R105/01 (31)	3
Tues 10th Jan	0900	1000	CAMNAT OCR Sport	1 Hour (1 Hour 15)	Conf room Hall	R051/01 (2) R051/01 (15)	2
Tues 31st Jan	1300	1500	BTEC Pearson Enterprise	2 Hours (3 Hours)	Conf room	21429K/01(4)	1

The times shown in brackets are for the students with additional time

Support

Beckfoot Upper Heaton

YOUNGMINDS fighting for young people's mental health

www.youngminds.org.uk/parents
Young minds have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. They also have our Parents Helpline who can provide advice and support if you're worried about a child or young person.

BITESIZE

Revision: Top revision tips - BBC Bitesize

The Mind Set - BBC Bitesize
The BBC bitesize website has a number of helpful resources including revision tips, hacks and advice. There is also a number of subject related content

kooth

www.kooth.com
Kooth provides young people with support around various aspects of their life including exam stress. There is an app they can use to find support specific to their needs

Remember: You can always contact your child's form or subject teacher if you have any queries/ concerns or want to know how to support your child in their subject

BUH Bulletin

Friday, 16th December 2022

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Exam Stress

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Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

What can I do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

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2

Sleep

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Teenagers require 8-10 hours of sleep per night.

Not getting enough sleep affects an individuals ability to control their mood, stay focused and retain information.

Up to 40% of 11-16 year olds do not meet the sleep recommendations

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BUH Bulletin

Friday, 16th December 2022

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How can I support?

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Try to get your child to go to bed at the same time each night and wake up at the same time each morning – even on a weekend. A consistent sleep wake cycle is really important for them to function well.

Help your child establish a good sleep routine. Encourage them to limit screen time before bed and to read a book or magazine instead.

Eating late at night is not good for digestion or aiding a better night's sleep. Make sure your child avoids sugary and heavy foods late at night and doesn't drink caffeine or energy drinks from lunchtime onwards.

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Screen Time

Beckfoot Upper Heaton

Too much screen time can be a distraction and can also affect your child's mental health.

Children and teens are recommended to have screen-time of less than two hours per day.

Research has shown that more than two hours of smartphone use on a weekday, and more than four hours on a weekend day, was linked to lower wellbeing.

Children and young people's views on screen time use...

88% said screen time had a negative impact on their sleep

1.5 hours was the average time spent on screens before falling asleep

41% said screen time had affected their play / fun

35% said screen time had a negative impact on their mood / mental health

18% said screen time had a negative impact on their family time and schoolwork

Top tips

- Keep phones/ devices turned off whilst you are trying to study
- Use screen time as a reward
- Develop a screen-free bedtime routine

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BUH Bulletin

Friday, 16th December 2022

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Time Management

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> "Helping your child to plan a realistic revision timetable, which breaks the days and subjects down into manageable chunks, will reduce their anxiety by increasing their sense of control and confidence."

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM –4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM–10AM	BREAKFAST/ SHOWER	BREAKFAST/ SHOWER
4PM–5PM	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	10AM–11AM	REVISION – ENGLISH	REVISION – SCIENCE
5PM–6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM–1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM–7PM	REVISION – GEOGRAPHY	HOMEWORK	REVISION – HISTORY	REVISION – FRENCH	REVISION – SCIENCE	1PM–3PM	REVISION – MATHS	REVISION – FLASH CARDS
7PM–8PM	REVISION – MATHS	REVISION – ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM–5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM–9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM–8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

SUBJECT 1
- TOPIC 1
- TOPIC 2
- TOPIC 3
- TOPIC 4

SUBJECT 2
- CHAPTER 1
- CHAPTER 2
- CHAPTER 3
- CHAPTER 4
- CHAPTER 5
- CHAPTER 6

M	SUBJECT 1	TOPIC 1.1
	SUBJECT 2	CHAPTER 1
T	SUBJECT 3	THEME 1.1
	SUBJECT 1	TOPIC 1.2
W	SUBJECT 2	CHAPTER 2
	SUBJECT 1	TOPIC 1.3
T	SUBJECT 3	THEME 1.2
	SUBJECT 2	CHAPTER 3
F	SUBJECT 1	TOPIC 1.4
	SUBJECT 2	CHAPTER 4

Regular breaks | Family and social time | SMART and realistic goals

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6

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY

BUH Bulletin

Friday, 16th December 2022

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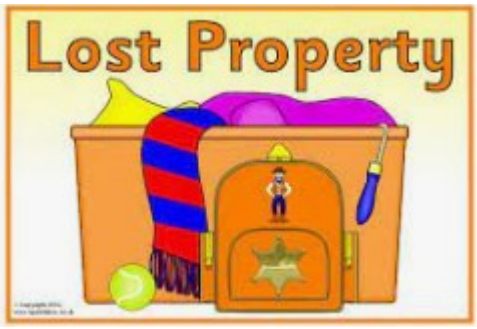
Uniform Donations

Has your child grown out of any items of school uniform or PE kit? Would you consider donating these to our Uniform Loan Shop?
We would be very grateful if you could please drop off items at reception at any time or send in with your child.



Students! Have you lost something?

A coat?

A bag?

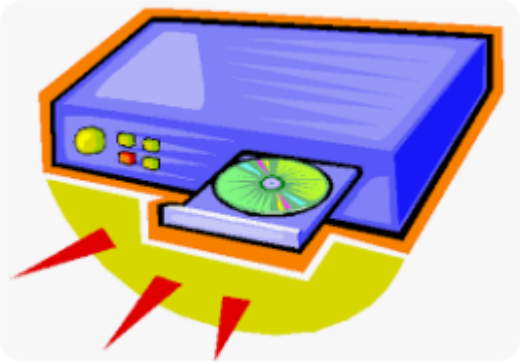
Your PE kit?

It might be in our lost property box so please come and check before the end of term.

Just ask in Reception

Borrow a DVD for the holidays!

Thanks to a generous donation from Michelle, one of our support staff, the library's DVD collection has doubled in size. We now have over 80 DVDs that students and staff can borrow, ranging from the 'Hunger Games' series to Dwayne Johnson movies. If you have a Play Station or Xbox at home, you should be able to play these DVDs even if your DVD player is long forgotten.



BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

Attendance News

We are refreshing our attendance protocol and having a big focus on attendance.

Each half term we will have a new set of rewards and interventions:

This half term you will start to notice reward stamps in your child's planner.

There are rewards for "**Excellent Attendance**" of **98%** and above
And for "**Good Attendance**" of **95%** and above.

Any student who is a little below **Good Attendance** will receive a "Nudge" which tells them how many weeks they need to attended to achieve **Excellent Attendance.**

Remember you can check your child's attendance on ClassCharts.

We are here to help, if you have any concerns about your child's attendance, please contact the attendance team or their year leader.

Catherine Edwards (Assistant Head for Attendance)
Lou Nutton (School Attendance Officer)

Research shows that for children to achieve excellence in their academic progress they need to be in school.

We expect families to act with integrity by supporting their child to come to school everyday.

Beckfoot Upper Heaton has a team of professionals ready to support your child and remove any in school barriers to attendance.

Working together to ensure your child is in school every day is the kindest thing we can do.

Good attendance at school is not just valuable, it's essential. Going to school helps to develop friendships, social skills, team values, life skills, cultural awareness, career pathways.

Attendance	Days Absent	Weeks Absent	Lessons missed
100%	0	0	0
95%	10	1.4	48
90%	19	2.7	95
85%	29	4.1	143
80%	38	5.4	190
75%	48	6.8	238
70%	57	8.1	285
65%	67	9.5	333

BUH Bulletin

Friday, 16th December 2022

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Stay Connected

https://www.beckfootupperheaton.org

safeguarding@beckfootupperheaton.org

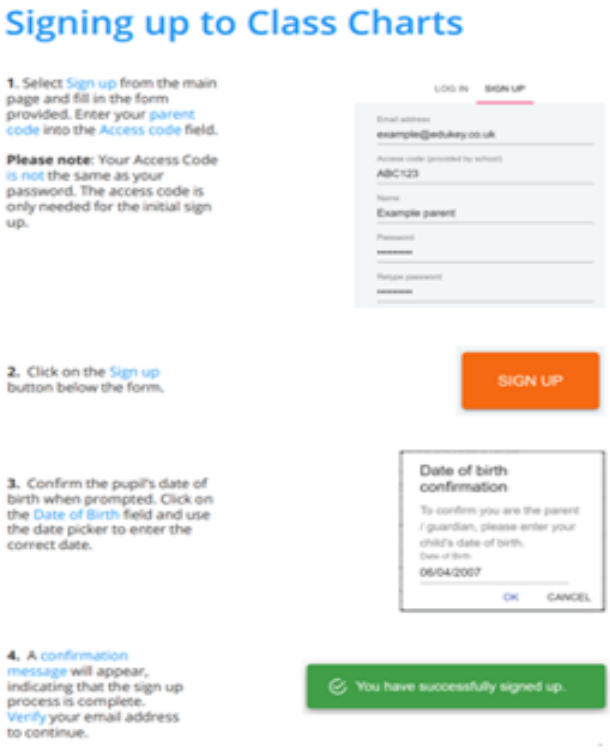
reception@beckfootupperheaton.org

01274 493533

Beckfoot Upper Heaton

@B_UpperHeaton

@b_upperheaton



BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

SUPPORT FOR FAMILIES

Local Food Banks:

Horton Bank Top Community Foodbank
926 Great Horton Road , BD7 4AE
Open During School Holidays
Tel: 077 381 781 89

St. James Church
300 Thornton Road, Thornton,BD13 3AB
Telephone 01274 830 133 or
email admin@james4u.org

Bradford West Guide
to support families during *Xmas holidays*
https://www.facebook.com/BradfordWestFamilyHub/

Money matters & Benefits Advice:

Bradford Citizens Advice

Argus Chambers
Bradford
BD1 1HZ
03442 451282

Email: debtadvice@bradfordcab.com
http://www.bradfordcab.com/

Drug and Alcohol problems:

Bridge ONE80
work with 12-21 year olds who are struggling with drug or alcohol issues. They will see the young person at school or a local venue. Call **01274 745636.** The young person, parent or a professional can call to make a referral.

New Directions
free and confidential drug and alcohol recovery service for adults 18 years and over (including offenders), families and concerned others in Bradford.

Website: https://www.changegrowlive.org/content/new-directions-bradford
Telephone: 01274 296023
Email: Bradford.Info@cgl.org.uk

Bradford Community Drug and Alcohol Service (BCDAS)
they treat adults over 18 years living in Bradford with dual diagnosis and complex alcohol issues.

Contact Fresh Start Airedale, who are based at Salem Street, Bradford - 01274 758093.
Web: www.project6.org.uk

West Local Community Centres:

Lower Grange Community Centre & Lower Grange Community Association

10 Chaffinch Rd, Bradford, BD8 0RF
telephone: 01274 880328
Web: https://ourcommunitycan.co.uk/

- Education and skills programmes, Youth provision Programmes, Community engagement programmes,
- Pop up Play Days, Children & Young people's sub group, Lower Grange Play Group, Launch & Community Fun Day, Holiday Play & Activity Schemes, Family Day Trips, Activities & Keep Fit Sessions, ESOL

Girlington Advice Centre

Girlington Community Centre
Girlington Road, Bradford, BD8 9NN
Telephone: 01274 547118
Email: gatcinfo@gmail.com
Web: https://www.girlingtonadvicecentre.co.uk/

Areas of advice:
Welfare benefits, debts, housing, employment, immigration, consumer issues, education, complaints

Cafe West Healthy Living Centre

is a vibrant Healthy Living Centre situated in the heart of Allerton and Lower Grange. It focuses on promoting health and wellbeing in a warm and friendly environment. Its key aim is to reduce health inequalities through the provision of a range of activities, projects and 'one to one' support for all their residents:

http://www.cafewest.org.uk/whatson.html

Cafe West Healthy Living Centre
Allerton, Bradford, BD15 7PA
01274 488 499
info@cafewest.org.uk

Manningham Project
Your local Advice Centre

Kirk House
203 Lumb Lane, Bradford
BD8 7SG
Tel: 01274 544687
Advice areas:
Benefits, employment, housing, immigration, utilities

Benefits Calculator - Work out your entitlement to benefits:
https://benefits-calculator.turn2us.org.uk/AboutYou

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

TALK TO US
If things are getting to you
116 123 (FREE)
jo@samaritans.org
samaritans.org
SAMARITANS

Mental Health & Wellbeing:

My Wellbeing 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

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

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

VS VICTIM SUPPORT
An independent charity, which offers online chat and phone advice for people affected by **crime or traumatic events.**
https://www.victimsupport.org.uk

If you are not in crisis but would like to talk to a friendly, mental health professional, call **Mind** free on 08001 884 884.
Lines are open midday-midnight every day.

mind in Bradford

Kenburgh House , 28 Manor Row, Bradford
BD1 4QU

Guide-Line (Mental Health Telephone Support & Information) Telephone: 08001 884 884

First Response Crisis Support
(For residents of Bradford, Airedale, Wharfedale & Craven) Telephone: 0800 952 1181
Opening Hours: 24 hours per day, every day

General Enquiries
Email: admin@mindinbradford.org.uk
Telephone: 01274 730 815

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

Domestic Abuse & Crisis support:

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

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/

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

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/info-advice/

ChildLine 0800 1111

Qwell https://www.qwell.io/

Bradford Survive & Thrive

Tel: 08082 800999
National 24hr: 08082 000247
Provide support for families who have experiences domestic abuse & sexual violence.

Kooth provides free, safe and anonymous online support for young people.
https://www.kooth.com

Family Activities:

School's Out! In the Bradford District https://schoolsout.bradford.gov.uk/
* Adventure *Sport-Centers * Swimming * Libraries * Museums & Galleries * Play * Theatres

BUH Bulletin

Friday, 16th December 2022

Beckfoot Upper Heaton

We break up for the Christmas holidays on

Tuesday, 20th December 2022

And return on

Wednesday, 4th January 2023