

# BRIEFING BRADFORD



3 June 2026

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## VCSE Commissioning Strategy 2026

In 2023 Adult Social Care in the Council developed a strategy for commissioning with the VCSE sector. This included some core principles that are relevant to a wider set of partners.

The establishment of the People Commissioning Service in the Council has brought together the commissioning and contract management functions for Adult Social Care, Public Health, the Children's Services' Departments as well as the Bradford Children and Families Trust. The development of this service provides an opportunity to develop greater consistency with commissioning practices in the People Commissioning Service and beyond to all Departments in the Council.

Therefore, these Bradford District system partners alongside health partners are keen to build on this position and co-produce a broader strategy with VCSE sector partners.

Some work took place in 2023 with Adult Social Care colleagues, and it is proposed that we build upon the work agreed from that time.

Following a meeting in March 2026, our public sector partners are seeking to progress this area of work further. They envisage a whole Council and Health Sector commitment to the principles developed by Adult Social Care and for work to commence on the detail of how this approach to commissioning with the VCSE sector can be adopted in the Council and all Health Organisations. Therefore, working with the ABDC partnership, they are seeking feedback to see if the current principles for a VCSE Commissioning Strategy developed in 2023 are relevant to a wider context. Before any detailed work takes place, the overarching principles need to be signed off across the Bradford District System and that includes views from the VCSE sector. Development work of the overall strategy will commence after the principles are signed off.

Please click this [link](#) to access a very short survey. **Closing date for responses is Monday 22<sup>nd</sup> June 2026 at midday.** At the end of the survey, you will be given the chance to tell us how you would like to continue to be involved in this important work.

## Have Your Say: VCS Alliance Consultation Roadshow across Bradford District and Craven

The [VCS Alliance](#) is calling on voluntary, community and social enterprise (VCSE) organisations across Bradford District and Craven to take part in a series of **in-person consultations this June**. With 11 sessions still to come between **4 and 18 June**, there are still plenty of opportunities to attend one near you. The roadshow is designed to bring conversations directly into communities and make it as easy as possible for organisations of all sizes to get involved.

The consultations focus on the emerging Place Provider Partnership (PPP), a significant development in how the VCSE sector will work alongside the Health and Care System in Bradford District and Craven. These sessions are a chance to understand what the PPP means for your organisation, ask questions and feed your views directly into how it takes shape.

**This is not a tick-box exercise.** The Alliance is genuinely listening, and the breadth of voices in the room will directly influence the outcome. Your attendance matters because the VCSE sector in Bradford is rich, diverse and deeply embedded in communities across the district, but that diversity needs to be reflected in these conversations.

The more voices in the room, the stronger and more representative the outcome for the whole sector.

[View all dates and locations on Eventbrite](#). If you want to get up to speed beforehand, the Alliance hosted an online PPP information session on 5 May, and the [full recording is available to watch](#) ahead of your session.

## **Chairs and Trustees Network. Is Your Board Missing a Seat at the Table?**

Finding the right trustees is one of the most common challenges facing chairs and board leaders across the VCSE sector. It takes time, effort and no small amount of persistence, yet it is rarely discussed as openly as it could be or given the attention it deserves. That is exactly what the next [Chairs and Trustees Network Power Hour Trustee Recruitment Drive](#) aims to change.

On **9 June 2026, 4:00 to 5:00pm**, chairs and trustees from across West Yorkshire are invited to come together **online** for a focused, practical session on trustee recruitment. Hosted by **Anthony Waddington, Chair of The Cellar Trust**, the session will explore how, why and where to find and attract the right people to your board. Whether you are actively struggling to fill vacancies, want to future-proof your recruitment, or simply want to hear what others are doing well, this is a chance to have an honest, peer-led conversation with people who understand the pressures you face. Come ready to share your own insights and ideas and leave with practical approaches you can put into practice straight away.

The [Chairs and Trustees Network](#) is a **free member-led** space for VCSE leaders across West Yorkshire to share best practice, offer peer support and develop their knowledge and skills together. The network is open to members only. If you're not yet a member, you [can sign up](#) before booking your place or select the non-member ticket and the team will be in touch to get you started. Joining means you are never navigating the challenges of leadership alone.

## **New Funding Available to Help Communities Get Active**

Community groups across West Yorkshire are being encouraged to explore funding opportunities to help more people walk, wheel and cycle in their local areas.

Supported by the [West Yorkshire Combined Authority](#), the funding is designed to back projects that **make it easier for people to be active in their everyday lives while improving health and wellbeing.**

From organised walks and cycling groups to community-led initiatives that build confidence and reduce barriers to participation, local organisations have an important role to play in making these opportunities accessible.

For VCSE organisations, these projects can deliver benefits that go far beyond physical activity, helping to tackle social isolation, improve mental wellbeing and strengthen community connections. They also align with wider regional priorities around prevention, active travel and reducing health inequalities. As public services continue to focus on early intervention, community-led approaches are increasingly being recognised as an effective way to support communities. Visit [West Yorkshire Combined Authority](#) for more information.

## **Northern Race Equality Conference 2026**

The Northern Race Equality Conference 2026 is taking place at the University of Leeds on **15 June, 9am to 4.45pm**. Coordinated by [Race Equality Network](#) (REN), [Racial Justice Network](#) and the [Ella Baker School of Organising](#), the conference brings together activists, advocates, lawyers, researchers, academics and grassroots and national organisations all working towards a society where racial justice is the norm.

Expect a full day of workshops, discussions and practical sessions designed to help you learn, connect and organise. The full programme will be confirmed soon.

[Tickets are on sale now](#), and if you would like to contribute a session or workshop, you can submit a [content offer form](#). For more information, contact REN at [info@raceequalitynetwork.org.uk](mailto:info@raceequalitynetwork.org.uk) or [visit the conference website](#) to see last year's programme and contributing organisations.

## Funding Opportunity for Women's and Girls' Organisations

Grant-making charity [Rosa](#) is offering grants of up to £28,000 through its [Stand With Us Fund](#), which supports organisations to become stronger and more effective in meeting the needs of women and girls and influencing wider change across the UK. Organisations with an income of between £100,000 and £500,000 (from their latest set of annual accounts) can apply. The **deadline is 4pm on Monday 22 June**. To find out more, check the eligibility criteria and register for a [How to Apply webinar](#) on 11 June at 2pm, visit the [Rosa website](#).

## The7Stars Foundation

[The7Stars Foundation](#) exists to support some of the most vulnerable and overlooked young people in the UK, providing practical help, vital skills and hope to those aged 18 and under.

The Foundation funds charities delivering on-the-ground projects for young people facing some of the toughest circumstances, including abuse, addiction, homelessness and the pressures of being a young carer. One-off grants are available to help organisations create safe spaces, unlock new opportunities and provide the care and support that the children and young people they work with so urgently need.

Four grant funding schemes are now open for applications: child poverty, social impact funding, individual funding and apprenticeships. The deadline to apply to any of the schemes is 31 August. For the latest application guidelines or to apply, visit [The7Stars Foundation](#).

## Watson Buckle Community Fund:

[Watson Buckle's Community Fund](#) offers a total of £2,000 to be shared between groups and initiatives in and around Bradford that support people in the community, promote positive activities or need funding to grow or continue their work. The fund opens and closes throughout the year, so check the fund page regularly for the latest availability.

## Creative Climate Action Awards

[The Leap](#) is offering grants of up to £1,500 for creative projects that raise awareness of climate issues and inspire more sustainable ways of living across Bradford and Keighley.

Open to individuals, community groups and artists across Bradford District, [the Awards](#) are part of the [Dream Act Inspire](#) campaign, a community-powered movement rooted in social justice, lived experience and cultural practice. Projects that use arts, creativity or culture to explore climate change and sustainability are particularly welcome, with priority given to communities that are under-represented in climate conversations.

All projects must be discussed with The Leap's team before applying. The **deadline to apply is noon on 25 June**. Full details, including the [application form](#) and a [pro-forma to help you prepare](#), are on the website. For general enquiries, contact [info@the-leap.org.uk](mailto:info@the-leap.org.uk).

## Bupa Foundation Green Community Grants

The [Bupa Foundation Green Community Grants](#) programme offers funding ranging from £500 to £2,000 to charities, not-for-profit organisations, local authorities and social housing providers working to make local places and spaces greener. The programme aims to support healthier, happier communities through environmental improvement.

The **deadline** to apply is 30 June.

## Upcoming Deadlines

- 3 June [JJ Charitable Trust – Literacy Small Grants](#)
- 8 June [Pears Youth Fund](#)
- 12 June [Community Chest: Shipley Area](#)
- 19 June [Big Give: Women and Girls Match Fund](#)
- 20 June [Help the Homeless](#)
- 22 June [Rosa: Stand With Us Fund](#)
- 24 June [The Craven Trust](#)
- 25 June [The Leap: Creative Climate Action Awards](#)
- 26 June [Theatres Trust Small Grants](#)
- 30 June [Calisen Impact Charitable Trust](#)

Visit our [funding page](#) for other opportunities, [an introductory guide to fundraising](#) and [more](#).

## St Christopher's Community Centre: Project Lead - Older & Vulnerable People

Hours: 25

Salary: £27,694 - £30,510 pro rata

Closing date: 4 June 2026

Details: [snicket.org](https://snicket.org)

## Staying Put: Domestic Abuse Team Coordinator

Hours: 22.5

Salary: £22,800 per annum

Closing date: 5 June 2026

Details: [snicket.org](https://snicket.org)

## Staying Put: Senior Domestic Abuse Specialists

Hours: 25

Salary: £23,333 per annum

Closing date: 5 June 2026

Details: [snicket.org](https://snicket.org)

## Staying Put: Domestic Abuse Specialists (Raneem's Law)

Hours: 25

Salary: £22,000 per annum

Closing date: 5 June 2026

Details: [snicket.org](https://snicket.org)

## Keighley Healthy Living: Project Development Manager (Mental Health Connect)

Hours: 28

Salary: £35,000- 38,000 (35 hours FTE) pro rata

Closing date: 15 June 2026

Details: [snicket.org](https://snicket.org)

## Keighley Healthy Living: Project Development Manager (Rethinking Pain)

Hours: 35

Salary: £35,000- 38,000

Closing date: 15 June 2026

Details: [snicket.org](https://snicket.org)

## VCS Alliance: Bookkeeper

Hours: 14

Salary: £25,000 -28,000 pro rata

Closing date: 21 June 2026

Details: [snicket.org](https://snicket.org)

## Friends of Bradford's Becks: Voluntary Chair of Friends of Bradford's Becks

Hours: 1-2 per week

Salary: Voluntary

Closing date: 30 July 2026

Details: [snicket.org](https://snicket.org)



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## Getting Started

Getting Started –Manage Volunteers

**When?** Wednesday June 3rd, 13:30to 15:00

**Where?** Online

[Book your spot](#)

Chairs and Trustees Network: Power Hour: Trustee Recruitment Drive

**When?** Tuesday June 9<sup>th</sup>, 16:00 to 17:00

**Where?** Online

[Book your spot](#)

Time Management

**When?** Thursday June 11th, 10:00to 12:30

**Where?** Online

[Book your spot](#)

Duties and Responsibilities of a Safeguarding Lead

**When?** Tuesday June 23, 10:00 to 12:30

**Where?** Online

[Book your spot](#)

Getting Started - Set up a New Group

**When?** Tuesday June 23, 13:30 to 15:00

**Where?** Online

[Book your spot](#)

Getting Started – Manage a Project

**When?** Thursday June 25, 13:30 to 15:00

**Where?** Online

[Book your spot](#)

Leader's Network

**When?** Tuesday June 30<sup>th</sup>, 10:00 to 12:00

**Where?** Bradford District and Craven Mind

[Book your spot](#)

Role and Responsibilities of Trustees

**When?** Thursday July 9<sup>th</sup>, 17:30 to 19:00

**Where?** Online

[Book your spot](#)

Chairs and Trustees Network

**When?** Tuesday July 14<sup>th</sup>, 16:00 to 17:30

**Where?** Online

[Book your spot](#)

Leader's Network

**When?** Wednesday August 19<sup>th</sup>, 10:00 to 11:30

**Where?** Online

[Book your spot](#)

## Community Outreach

### Community Sector Outreach

If you had 15 minutes with a Development Officer, what would you ask?

Well now you can! Our Outreach programme offers support directly in your local community.

Development Officers are available weekly at libraries across all five constituencies, as well as monthly online, offering free one-to-one advice for new and grassroots groups on governance, volunteering, safeguarding, funding, payroll, networking and much more.

Book a 15-minute slot (or multiple slots if you need longer) or pop in on the day if a Development Officer has availability (though booking ahead guarantees your spot).

Keep an eye on the [events page](#) for newly added dates and locations and [book your spot via Eventbrite](#), though drop-ins are also welcome!

- [ShIPLEY Library 4 June, 10am to 12pm](#)
- [Great Horton Library 11 June, 1pm to 3pm](#)
- [Allerton Library \(Café West\) 18 June, 10am to 12pm](#)
- [Online 2 July, 4pm to 6pm](#)
- [Clayton Library 16 July, 12pm to 2pm](#)
- [Woodside Village Centre 21 July, 10am to 12pm](#)
- [Online 11 August, 4pm to 6pm](#)
- [Thornton Library 18 August, 10am to 12pm](#)

**Take the next step:**

Head to our [events calendar](#)

Follow up on [Facebook](#) and [Linkedln](#)

Email: [info@cabad.org.uk](mailto:info@cabad.org.uk)

## Last chance to have your say: Youth Voice Census 2026

[Youth Employment UK](#) is calling on young people aged 11 to 30 across the UK to take part in its [Youth Voice Census](#), with **responses needed by 8 June**. The survey, which takes between 20 and 40 minutes to complete, covers four key areas of young people's lives:

- **Education:** experiences of school, college, university and training pathways
- **Employment and careers:** career aspirations, work experience, interactions with employers and job accessibility
- **Wellbeing:** mental health, personal confidence and overall life satisfaction
- **Local opportunities:** access to transport, local services and community resources

The data will be used by Youth Employment UK to create reports that influence real decisions affecting young people across the UK, ensuring that the people who need to hear your experiences, including employers, policymakers and funders, do so. All responses are completely anonymous.

Contact [info@youthemployment.org.uk](mailto:info@youthemployment.org.uk) for more information or read the full [privacy policy](#).

## Informing England's Mental Health Strategy: Call for Evidence

The [Department of Health & Social Care](#) is inviting contributions to a call for evidence that will help shape a new cross-government mental health strategy for England, as part of the [10 Year Health Plan](#). **The deadline to respond is 10 July.**

The strategy aims to shift the mental health system towards earlier intervention, better community-based support and more equitable access for marginalised and vulnerable groups, including autistic people, people with ADHD, those from ethnic minority communities and care-experienced people. It sits alongside a broader programme of reform including a record NHS mental health spending forecast of £16.1 billion for 2026 to 2027, the recruitment of 8,500 additional mental health workers since July 2024, and landmark reform of the Mental Health Act to give people with severe and enduring mental illness greater choice and control over their treatment.

The call for evidence is **particularly seeking practical examples and implementation evidence from those with direct experience of service provision**, including academics, clinicians, commissioners and advocacy groups. Examples of good practice are welcomed from across the UK and internationally, and from a wide range of settings including mental health and wider health services, local government, education and training, workplaces and community organisations. Feedback is also welcomed on how to maximise the impact of existing policies such as mental health support teams in schools and community-based mental health services.

The mental health needs of autistic people and people with ADHD are a specific focus of the strategy. Both groups face a significantly higher risk of developing mental ill health, and the government is committed to ensuring integrated, equitable access to services that respond to their needs. A separate cross-government autism strategy is also being developed, with consideration being given to whether it should be extended to cover ADHD. Both strategies will be informed by an independent review chaired by Professor Peter Fonagy, which will examine prevalence and support for mental health conditions, ADHD and autism, with the aim of shifting from a system that responds late and through diagnosis to one that intervenes earlier and more proportionately.

**If your organisation works in any of these areas, this is an important opportunity to ensure that frontline experience and community expertise are reflected in national policy.**

Please review the full [call for evidence page](#) before completing the [survey](#).

## New Courses at Northern College

[Northern College](#), Yorkshire's only adult residential college, has short courses running through June and July. Many are fully funded (subject to eligibility), and travel costs may be reimbursed.

Upcoming courses include:

- [Creative Writing for Wellbeing](#): 8 June
- [Counselling Skills \(Level 2\)](#): 10 June
- [Counselling and Helping Skills \(Level 2\)](#): 17 June
- [Understanding Domestic Abuse \(Level 2\)](#): 17 June
- [Introduction to Psychology](#): 24 June
- [Substance Misuse Awareness \(Level 1\)](#): 25 June
- [Peer Mentoring \(Level 2\)](#): 29 June
- [Psychology: What Makes Us Tick?](#): 8 July
- [Mental Health and Wellbeing](#): 11 July
- [Mental Health Awareness \(Level 1\)](#): 13 July
- [Counselling and Helping Skills](#): 15 July
- [Roots to Rise](#): 21 July

The college also offers flexible online Level 2 qualifications in areas such as autism awareness, dementia care and understanding specific learning difficulties, designed for those studying around work or family commitments.

For more information or to discuss a course before applying, contact [sibrahim@northern.ac.uk](mailto:sibrahim@northern.ac.uk) or call 07967 009749. You can also [view all upcoming courses and start dates](#) on the Northern College website.

## Free Health and Wellbeing Training: Limited Places Available

[Living Well](#) has two free online training courses coming up for anyone who lives or works in the Bradford district. Places are limited and allocated on a first-come, first-served basis.

[Making Every Contact Count \(MECC\): 30 June, 10–11.30am](#): How everyday conversations can support positive health changes and signpost people to the right support

[Mental Wellbeing: Recharging Your Batteries: 9 July, 10–11am](#): Covering positive mental wellbeing, self-care and practical tools, with signposting to local support.

## Free Travel Support Event for Visually Impaired People

The [West Yorkshire Combined Authority](#) and [Bradford Association for Visually Impaired People \(BAVIP\)](#) are hosting a free travel surgery for visually impaired people on **23 June, from 10am to 3pm**, at [Fountains Church](#). The session brings together accessibility specialists, transport operators and digital teams to offer practical, one-to-one support with public transport. You can get help with bus passes, explore accessible travel tools, find out about concessionary travel and share feedback to help shape future improvements.

Book on [Eventbrite](#). It is a relaxed, drop-in event, so you can come along at any time, stay as long as you like and bring any questions.

## JU:MP Webinar: Taking a Neighbourhood Approach to Tackle Inequalities

Grab your lunch and join [this webinar](#) from the JU:MP Webinar Series, exploring how a neighbourhood approach can help reduce inequalities in communities with the greatest need.

The **24 June session**, running from 12pm to 12.45pm, shares [Born in Bradford](#) research showing how working at a hyper-local neighbourhood level with system partners to co-design and deliver an action plan can reduce inequalities. The session will cover how [JU:MP](#) mapped and identified neighbourhoods, built shared understanding and ownership with partners, and took an evidence-based approach to creating sustainable change, including the challenges as well as the successes.

Led by Kammy Siddique and Sonia Fayyaz from [Active Bradford](#), and Jan Burkhardt from Born in Bradford, the webinar will be followed by an interactive workshop from 1pm to 2.30pm. [Book your spot today.](#)

## Free Community Research Training at the University of Bradford

The [Yorkshire and Humber Patient Safety Research Collaboration](#) and the [Bradford Mental Health Research Centre](#) (BMHRC) are offering **two free, in-person training** sessions for anyone with an interest in community research, whether you have previous experience or not.

The sessions take place on **9 June and 16 June, 10am to 1pm**, at the University of Bradford. Delivered in a participatory style with group activities, practical tasks and facilitated discussions, the training covers the research process, qualitative and quantitative methods, health inequities and how research can help address them. Participants will also hear about opportunities to get involved in future community research projects through both organisations. Both sessions must be attended.

To book your free place or find out more, contact Gary Blake at [gary.blake@bthft.nhs.uk](mailto:gary.blake@bthft.nhs.uk). *Reasonable travel and other agreed expenses can be reimbursed, and a free lunch is provided at the end of each session.*

## Energy Saving Webinars

The [Energy Saving Trust](#) is delivering **two free online workshops on 17 and 24 June (1.30pm to 3.30pm)**, offering practical guidance to help voluntary, community and social enterprise organisations measure, track and report their carbon emissions.

The training is particularly relevant for VCSEs bidding for government contracts or applying to major funders such as the National Lottery Heritage Fund, where carbon reporting is increasingly required.

**The first session:** [Introduction to carbon accounting and net zero](#) covers the basics of carbon accounting, including commonly used terms, the Greenhouse Gas Protocol and how to start measuring your organisation's carbon footprint.

**The second session:** [Data collection and reporting requirements](#) focuses on how to collect data and meet reporting obligations, helping organisations develop a reduction plan using practical templates and affordable tools. Follow-on support is also available to some organisations after the workshops.

## Raising Awareness of Doorstep Crime

[West Yorkshire Trading Standards' Financial Exploitation and Abuse Team](#) has released a **short three-minute video** to help people recognise and resist rogue traders. The video follows Shirley, as she shares her own experience of doorstep crime and highlights the tactics commonly used by rogue traders to financially exploit people in their own homes.

**If you know someone who might be vulnerable to cold callers or doorstep criminals**, please share this with them. The video is easy to follow and designed to be passed on to family members, friends, neighbours and anyone else who might benefit from the advice. A BSL version is also available. [Watch the video](#) | [BSL version](#)  
For more resources, visit the [West Yorkshire Trading Standards website](#).

## VI Community Fun Day: Bradford with Everybody's Cycling

[Everybody's Cycling](#) is hosting a [free celebration day](#) for families of children and young people with a vision impairment. Taking place at [Hanson Delta Academy](#) on **Saturday 11 July, from 10.30am to 1pm**, the event is designed to break down barriers around cost, confidence and accessibility by offering inclusive equipment, a supportive environment and free entry.

Everybody's Cycling is a Community Benefit Society offering a range of fun and practical cycling events and activities to encourage people of all ages and abilities to enjoy the benefits of cycling. The organisation has its own fleet of conventional and adapted cycles, including options for people with disabilities.

The event is delivered in partnership with local authorities, community organisations and the West Yorkshire Combined Authority, helping to ensure access across different communities.

[Community Action Bradford & District](#) has a long history of supporting voluntary and community groups across the Bradford district and we are rooted in, and here for the community.

We work with a wide range of organisations every year, from brand new community groups to established charities, helping them to start up, grow and thrive.

Many of our services are free for smaller organisations and low cost for larger ones, because we believe that good support should be accessible to everyone in the sector.

Alongside this newsletter, we offer [operational support](#), [payroll and accounts](#), [training](#), [marketing and communications support](#) and peer networks for [VCSE Leaders](#) and [Chairs and Trustees](#).

For any general advice or queries, email [info@cabad.org.uk](mailto:info@cabad.org.uk).

## Training and Support for Bradford's Trustees

Thousands of people in Bradford district volunteer every year to be in charge of charities and other voluntary sector groups and organisations, thank you to everyone who takes the time to do this vital leadership role.

**New trustee?** Due to popular demand, we now have **Roles and Responsibilities of Trustees** back on the training programme as an open course, ideal for training a new trustee as part of their induction and **FREE** for organisations with an annual income up to £100,000:

- [Roles and Responsibilities of Trustees \(online\)](#) 9 July, 5.30pm to 7pm
- [Roles and Responsibilities of Trustees \(online\)](#) 11 November, 5.30pm to 7pm

What past attendees have said:

*"Very good course, with useful information and where to get more info. Lots to think about, will look forward to getting copies of excellent handouts."*

*"I found this course really useful. I especially like Sarah's willingness to answer questions and her breadth of knowledge."*

### Want to train the whole board?

Perfect for refreshing everyone's knowledge and giving the whole board a chance to discuss how governance is working well and where it could be improved.

Community Action can come to you. Book an [in-house training session](#) just for your organisation and it will be tailored to your governing document. If your charity has an income over £100,000 per year and you want to train more than five trustees online, this also works out cheaper than paying for five or more places on our open [Role and Responsibilities of trustees courses](#).

Evening or daytime sessions are available, choose a day and time that works for you.

### In-house costs

- Online £90 for up to twelve people
- In person £180 for up to twelve people

Email [info@cabad.org.uk](mailto:info@cabad.org.uk) to arrange in-house training for your organisation.

### Not looking for training? Prefer peer-support?

Join the [Chairs and Trustees Network](#), where topics are chosen by members. By popular request, there's an extra session on **9 June** to discuss trustee and chair recruitment, followed by the next scheduled meeting on **14 July** covering data protection and cyber security. See the [current list of meetings on Eventbrite](#).

## Bradford to Host the World's First Major Social Media Trial

Bradford is set to host the world's first large-scale scientific trial testing whether reducing social media use lowers anxiety levels among teenagers. The [IRL \(In Real Life\) Trial](#), funded by the [Wellcome Trust](#) and supported by the [National Institute for Health Research \(NIHR\)](#), will recruit 4,000 young people aged 12 to 15 from Bradford secondary schools.

Named after conversations with teenagers who said social media distracts them from real-life relationships and hobbies, the trial will use a smartphone app to cap participants' daily social media use over six weeks, measuring the impact on anxiety, sleep, bullying and time spent with friends and family. Participants will be given a daily time budget for apps such as TikTok, Instagram and Snapchat, as well as a night-time curfew restricting use between 9pm and 7am. It is part of the [Born in Bradford](#) research programme and will be delivered in partnership with the University of Cambridge and the London School of Hygiene and Tropical Medicine.

Born in Bradford's [Age of Wonder research](#) found that teenagers as young as 13 use social media apps for an average of three hours every day. Research methods are being developed and tested throughout spring and summer 2026, with the full trial launching in Bradford secondary schools in autumn 2026. Data analysis is expected to be complete by mid-summer 2027.

## Protect Your Family: The Measles Advice for West Yorkshire

West Yorkshire Health and Care Partnership is urging parents and carers to be aware of the signs and symptoms of measles, warning that as families spend more time together and travel during the summer months, the risk of highly infectious illnesses spreading increases.

Measles can be an unpleasant illness and, in some cases, can lead to serious complications and hospitalisation, particularly for young children and more vulnerable people. Early symptoms can feel similar to a cold and may include a high temperature, a runny or blocked nose, coughing and sneezing, and sore, red, watery eyes. A blotchy rash typically appears a few days later, which may be harder to see on brown or black skin.

Anyone who develops symptoms is advised to stay at home and avoid work, school or nursery, and to phone their GP surgery or NHS 111 for advice before attending any healthcare setting. Phoning ahead helps reduce the risk of passing the infection to others, including babies, pregnant women and people with weakened immune systems.

High vaccination uptake is the key to preventing outbreaks. Check your child's vaccination record and contact your GP about any missed doses. The MMR vaccine is free on the NHS for older children and adults too.

For further information on symptoms and vaccinations, visit [nhs.uk/conditions/measles](https://nhs.uk/conditions/measles) or the West Yorkshire Healthier Together website at [wyhealthiertogether.nhs.uk](https://wyhealthiertogether.nhs.uk).

## No More Waiting Rooms: Sexual Health Care Goes Mobile

[Locala Sexual Health](#) has launched a brand-new mobile clinic, bringing **free, confidential services** directly into communities across Bradford and the surrounding area. The "[Clinic in a Van](#)" offers sexual health screening and STI testing, rapid HIV testing, treatment for sexually transmitted infections, contraception (including pills and injections), free condoms through the C-Card scheme and friendly expert advice on relationships and sexual health, as well as support and signposting to specialist services. All of this is delivered from two private clinical rooms to the same high standards as a traditional clinic. It is designed for anyone who finds it difficult to visit a clinic, whether due to a busy schedule, travel barriers or simply not knowing where to go. You can check the [schedule](#) regularly to find out when the van will be coming to your area.



Thank you to each and every one of our loyal subscribers – we hope you enjoy the read each fortnight!

## Be in the next issue!

Send an email to [briefingbradford@cabad.org.uk](mailto:briefingbradford@cabad.org.uk) with as much detail as possible to have it in a future issue.

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