

BRIEFING BRADFORD



26 August 2026

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MUST READ ↓

Beneficiary Advisory Group Launch

Inaugural meeting 30 September,
10am to 12.30pm

UK Recovery Walk 2026 is coming to Bradford

Volunteer Management and Recruitment

Comprehensive volunteer
management and recruitment
support and resources.

Beneficiary Advisory Group Launch

The Beneficiary Advisory Group is part of [Community Action Bradford & District's](#) engagement strategy. Acting as an advisory forum, not a decision-making body, it exists to provide Community Action Bradford & District with a structured way to hear directly from the **voluntary, community and social enterprise (VCSE) sector** organisations, groups and wider communities we support together.

The Beneficiary Advisory Group will help Community Action Bradford & District remain responsive, accountable and connected to the VCSE sector and communities across the district.

By bringing together a range of organisations and individuals from across the VCSE sector, who engage with or are considering engaging with Community Action Bradford & District's services, the Board of Community Action hopes the Advisory Group will be able to support Community Action Bradford & District by:

- Providing regular feedback on the accessibility, quality and relevance of Community Action Bradford & District's services
- Identifying operational barriers, gaps in provision, duplication, or emerging pressures affecting beneficiaries
- Provide clearer evidence for trustees about what is working well and advising on practical improvements to service delivery
- Supporting the organisation to test ideas, review priorities and understand the impact of changes from a beneficiary perspective.

The group will meet regularly, in a way that encourages open discussion, constructive challenge and practical problem-solving.

Community Action Bradford & District are keen for the membership of this Advisory Group to reflect the diversity of the VCSE sector that it supports in Bradford District. **Membership is therefore open** to new or emerging small community groups, established charities, social enterprises and network participants based in any part of Bradford District.

Therefore, we are pleased to announce the **inaugural meeting** of the Beneficiary Advisory Group on **30th September 2026 at 10 am to 12:30 pm**. This will be an in-person meeting at Cardigan House, Ferncliffe Road, Bingley, BD16 2TA. This is an **open-door event**. **No advance booking is required**, and light refreshments will be provided.

The first meeting will consider the terms of reference for this group, provide opportunities to input into two major VCSE sector events next year and discuss an issue Community Action needs your help to solve.



Beneficiary Advisory Group



Listen
We hear
YOUR Voice



Influence
We shape
better decisions



Collaborate
We work
together



Impact
We create
positive change

2 Days Left to Apply: Incommunities Funding for Communities (Bradford)

Closing on 28 August, the Incommunities [Funding for Communities](#) award gives community groups a much-needed injection of funds to support their good work.

It is open to any voluntary community group that directly benefits [Incommunities](#) customers. This round of funding is open to community groups and projects in Bradford South and Bradford West.

Eligible projects could include food banks, children's playgroups, social clubs and art classes, anything well-used by people who live in homes provided by Incommunities.

Parkinson's UK: Grants for physical activity providers

[The fund](#) offers grants of up to £3,000 to support physical activity projects for people with Parkinson's across the UK. In 2026, funding is focused on supporting people who are currently inactive to become more physically active and sustain their participation.

To make activities more accessible, the fund also supports 'gateway activities', movement-based sessions that build confidence and encourage interest in becoming more active. There is no deadline to apply. Grants are awarded as the fund allows.

The Gardens Community Trust

[The Gardens Trust](#) offers a grant scheme for volunteer projects supporting historic designed landscapes.

Grants of up to £10,000 are available to help seed-fund volunteer projects that will support historic designed landscapes.

The application process is kept simple, to remain inclusive and accessible. The deadline to apply is 16 October.

The Skipton Building Society Charitable Foundation

Opening on 1 September, the [Skipton Building Society Charitable Foundation](#) has identified two focus areas through which it aims to drive social impact: helping people experiencing hardship and underserved groups to access a place to call home, and improving financial wellbeing. Each application round will be limited to 75 submissions. Once this threshold is reached, applications will close and will not reopen until the next cycle. The Foundation has committed to funding charities through grants of up to £5,000.

The Grocers Charitable Trust

[The Grocers' Charity](#) distributes around £1 million each year to UK-registered charities through one-off grants of up to £5,000. Priority areas include poverty, disability, older people, health, the military, heritage and the arts, the environment, and young people. Applications are accepted via the charity's online form only. Those unable to apply online due to an impairment are encouraged to contact the charity before submitting anything by post.

Upcoming Deadlines

- 26 August: [Henry Smith Foundation: Welcome for Newcomers fund](#)
- 27 August: [The Hilden Charitable Trust](#)
- 28 August: [InCommunities: funding in Communities](#)
- 28 August: [Schroder Charity Trust](#)
- 28 August: [Youth Music Trailblazer Fund](#)
- 31 August: [Ministry of Housing, Communities & Local Government: Democratic Engagement Fund](#)
- 31 August: [The Woodroffe Benton Foundation: Small Grant Programme](#)
- 31 August: [Aldi Sports Fund](#)
- 31 August: [James Tudor Foundation: Physical Health Fund & Mental Health Fund](#)
- 31 August: [Patagonia European Environmental Grants Programme](#)
- 1 September: [The Grocers Charitable Trust](#)
- 2 September: [Youth Endowment Fund: Violence Against Women and Girls Prevention Programme](#)
- 2 September: [Henry Smith Foundation: Career Ready](#)
- 9 September: [Lloyds Bank Foundation: Good Place to Live: New Beginnings Fund](#)

Bradford District and Craven Mind: Children and Families Pathways Worker

Hours: 37

Salary: £14.46 per hour

Closing date: 26 August 2026

Details: snicket.org

HALE Project: Youth and Community Development Worker / Young Peoples Social Prescriber

Hours: 35

Salary: £28,598 - £31,022

Closing date: 31 August 2026

Details: snicket.org

Bradford District and Craven Mind: Community Wellbeing Worker – Hospital Buddies

Hours: 12

Salary: £14.46 per hour

Closing date: 2 September 2026

Details: snicket.org

Staying Put: Mental Health and Wellbeing Advisor

Hours: 37.5

Salary: £27,554

Closing date: 3 September 2026

Details: snicket.org

Staying Put: Male Independent Sexual Violence Advocate (ISVA)

Hours: 15

Salary: £27,554 - £28,735 FTE

Closing date: 7 September 2026

Details: snicket.org

Staying Put: Independent Sexual Violence Advocate (ISVA)

Hours: 18.75

Salary: £27,554 - £28,735

Closing date: 7 September 2026

Details: snicket.org

Create Strength Group: Bradford RESET – Case Worker

Hours: 37.5

Salary: £30,760

Closing date: 11 September 2026

Details: snicket.org

UpCycle: Retail Manager

Hours: 37.5

Salary: £29,500

Closing date: 18 September 2026

Details: snicket.org

Bhip - Bradford Health Inequities Programme: HHU Programme Manager

Hours: 0.8 FTE (4 days a week, based on a 37-hour week)

Salary: £45,000 per annum, pro rata

Closing date: 20 September 2026

Details: snicket.org

Bhip - Bradford Health Inequities Programme: Anti-Racism Strategic Lead

Hours: 37

Salary: £45,000

Closing date: 20 September 2026

Details: snicket.org

Bhip - Bradford Health Inequities Programme: Programme Lead

Hours: 37

Salary: £60,000 per annum

Closing date: 20 September 2026

Details: snicket.org



Get seen by the right talent,
without the premium price tag!

**Bhip - Bradford Health Inequities
Programme: Communications Lead**

Hours: 0.8 FTE, based on a 37-hour full-time per week

Salary: £36,000 pro rata

Closing date: 20 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Programme
Development Manager**

Hours: 37 hours per week

Salary: £45,000 per annum

Closing date: 20 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Human Resources and
People Officer**

Hours: 0.4 FTE (15 hours per week based on a 37-hour full-time per week)

Salary: £28,500 per annum, pro rata

Closing date: 27 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Community
Engagement Facilitator (Mental
Health)**

Hours: 0.8 FTE based on a 37-hours per week

Salary: £34,000 per annum, pro rata

Closing date: 28 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Community
Engagement Facilitator – (Physical
Activity)**

Hours: 1.0 FTE - based on a 37-hour week per week

Salary: £34,000 per annum, pro rata

Closing date: 29 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Community
Engagement Facilitator (Digital
Inclusion, Technology & AI)**

Hours: 0.8 FTE - based on a 37-hour per week

Salary: £34,000 per annum, pro rata

Closing date: 29 September 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Data &
Administration Officer**

Hours: 0.8-1.0 FTE (30-37 hours per week).

The role can be appointed at any FTE within this range. per week

Salary: £34,000 per annum, pro rata

Closing date: 4 October 2026

Details: snicket.org

**Bhip - Bradford Health Inequities
Programme: Co-Design Lead**

Hours: 0.8 FTE based on a 37-hours per week

Salary: £36,000 per annum, pro rata

Closing date: 4 October 2026

Details: snicket.org



Get seen by the right talent,
without the premium price tag!

Getting Started – Social Media

When? Monday September 7th, 10.30 to 12.00

Where? Online

[Book your spot](#)

Getting Started – Safeguarding

When? Tuesday September 8th, 13.30 to 15.00

Where? Online

[Book your spot](#)

Community Outreach

When? Thursday September 10th, 15.30 to 18.50

Where? Online

[Book your spot](#)

Getting Started – Measure your impact

When? Tuesday September 15th, 10.30 to 12.00

Where? Online

[Book your spot](#)

Duties and Responsibilities of a Safeguarding Lead

When? Wednesday September 16th, 10.00 to 12.30

Where? Online

[Book your spot](#)

Getting Started – Set up a New Group

When? Thursday September 17th, 10.30 to 12.00

Where? Online

[Book your spot](#)

Community Outreach

When? Thursday September 17th, 10.00 to 12.00

Where? City Library

[Book your spot](#)

Marketing Made Simple: Strategy, Content and Communications

When? Thursday Sept. 24th, 10.00 to 12.30

Where? Cardigan House (Bingley)

[Book your spot](#)

Getting Started – Manage Volunteers

When? Wednesday Sept. 30th, 13.30 to 15.00

Where? Online

[Book your spot](#)

Getting Started – DIY Fundraising

When? Thursday October 1st, 13.30 to 15.00

Where? Online

[Book your spot](#)

Getting Started – Protect your Data

When? Thursday October 6th, 10.30 to 12.00

Where? Online

[Book your spot](#)

Chairs and Trustees Network

When? Tuesday October 13th, 4pm to 5.30pm

Where? Online

[Book your spot](#)

Leader's Network

When? Wednesday October 14, 1.30pm to 3.30pm

Where? TBC

[Book your spot](#)

Community Outreach

When? Thursday October 15th, 10.00 to 12.00

Where? Bingley Library

[Book your spot](#)

The Big Meet 2027

Returning in **September 2027**, the Big Meet is the annual event that brings together the people who make this sector what it is: Chairs, Trustees, leaders and passionate VCSE colleagues who understand that we are stronger together.

If you'd like to be kept in the loop as a possible attendee, [fill out this form](#) and we'll share details with you as they are confirmed.

Big Advice Day

Returning in **June 2027**, the Big Advice day is designed specifically for VCSE organisations that want to learn, grow and connect, this will be a day not to be missed.

If you'd like to be kept in the loop as a possible attendee or stallholder, [fill out this form](#) and we'll share details with you as they are confirmed.

View our [Event calendar](#) or contact us info@cabad.org.uk for more information.



UK Recovery Walk 2026 is coming to Bradford

Bradford will welcome people from across the UK for the national [Recovery Walk Weekend 2026](#), bringing together three days of learning, connection, remembrance and celebration.

The UK Recovery Walk is the country's largest annual gathering celebrating recovery from addiction, helping to challenge stigma, remember those we have lost and demonstrate that recovery is real, visible and achievable. Hosted by [Create Strength Group \(CSG\)](#) in partnership with [Faces & Voices of Recovery UK \(FAVOR UK\)](#) and supported by Bradford partners, the weekend will bring together people in recovery, families, friends, professionals, mutual aid groups and community organisations.

Friday 11 September: Recovery Conference at Bradford Live (BD1 2EP). The weekend opens with a full-day Recovery Conference at Bradford Live, from 9.30am to 4pm, bringing together lived-experience leaders, practitioners and commissioners to explore how lived experience can shape treatment and support long-term recovery. Speakers include Professor Dame Carol Black, Anne Marie Ward of FAVOR UK and Dave Memery of Create Strength Group, with sessions on recovery capital, mental health and the Bradford Recovery Legacy Plan 2026.

Saturday 12 September: UK Recovery Walk and Recovery Village at Centenary Square (BD1 1HY). The main celebration takes place in Centenary Square, Bradford. The Recovery Village opens at 11am, with the Recovery Walk starting at 12pm and the village remaining open until 5pm. The walk follows an approximately one-mile pedestrianised route through the city centre, while the Recovery Village brings together recovery organisations, entertainment, food and family-friendly activities.

Sunday 13 September: Recovery Ramble at Salts School Car Park (BD17 7DB). The weekend concludes with a guided Recovery Ramble through Saltaire's green spaces, from 10am to 12pm, starting and finishing at Salts School Car Park.

Whether you are in recovery, supporting someone in recovery, work in the sector, are part of a mutual aid or community organisation, or simply want to show your support, **everyone is welcome**.

Come and be part of a weekend celebrating recovery, community, hope and the strength of lived experience. View the [full information pack](#) for daily schedules, costs, travel, parking and accommodation information.

Make Your Business Idea Happen

Have a business idea, passion project or side hustle you'd like to develop? [Participate Projects](#) is offering a practical series of sessions designed to help aspiring entrepreneurs turn their ideas into viable businesses.

Delivered at [Lower Grange Community Association](#), with enterprise coaching support from Participate Projects, the programme introduces the essentials of starting and running a business.

Participants will explore business basics, identify their target audience, understand their market and learn how to attract customers. The sessions will also cover pricing and finance, as well as different business structures, helping attendees build the confidence and knowledge needed to take their next steps.

Whether the goal is to launch a new venture or develop an existing idea, the programme offers valuable guidance, practical tools and signposting to further support. This is a great opportunity for anyone ready to turn their passion into a business that works for them. Sessions can be booked via [Eventbrite](#):

- **What's your idea?** (Business basics): 8 September, from 1pm to 2.30pm
- **How to find paying customers** (Marketing): 15 September, from 1pm to 2.30pm
- **How to cost your idea** (Finances): 22 September, from 1pm to 2.30pm
- **What type of business am I?** (Structures): 29 September, from 1pm to 2.30pm

Free Mindfulness Garden Taster Session and Eight-Week Course

This September, [Horton Community Farm](#) is welcoming people aged 50 and over and carers of any age to take part in a free [Mindfulness Garden](#) taster session and eight-week wellbeing course.

The programme begins with a free taster session on **10 September, 1pm to 3pm**, giving participants the opportunity to experience the programme and decide whether it is right for them. The full **eight-week course** starts on **17 September, running from 1pm to 3.30pm each week**.

Designed to support wellbeing in a calm and welcoming outdoor setting, the course combines mindfulness, breathwork, meditation, nature connection and gardening activities. It is particularly suited to those experiencing stress, isolation, chronic pain or physical or mental health challenges.

More than just a course, Mindfulness Garden offers a chance to slow down, connect with nature, meet new people and develop practical self-care skills in a supportive environment.

Horton Community Farm is fully accessible, with raised beds, wide paths, a wheelchair-accessible entrance and ramp access. Anyone interested is welcome to arrange a visit beforehand to ensure the site meets their needs. Refreshments will be provided, and participants are welcome to bring their own lunch. With sheltered spaces, comfortable seating, blankets, pillows and even hot water bottles available, every effort is made to create a warm and relaxing experience. To book a place on the taster session, [complete the online form](#). For more information, email mindfulness@hcf.org.uk.

EducateHer Climate Initiative Empowers Young Women Climate Leaders in Bradford

The EducateHer Climate Initiative, delivered by [Real Hope Initiative CIC](#) in partnership with [Voice4Change England](#), [Gender Inclusive Climate Change Governance \(GENCOV\)](#) and the [University of Bradford](#), aims to equip **young women aged 14 to 29** with the knowledge, confidence and opportunities needed to engage in climate leadership and drive positive change within their communities.

Recognising that climate change often impacts women and girls disproportionately, the initiative promotes diverse voices in environmental discussions and decision-making. Based in Bradford, it combines education, practical experience and leadership development through a range of engaging activities. Participants attend workshops on climate change, sustainability and leadership, helping them understand environmental challenges and develop solutions.

The programme also hosts Climate Cafés, creating safe and inclusive spaces for discussion, reflection and the exchange of ideas. These conversations allow participants to explore climate-related issues, share experiences and build supportive networks with like-minded individuals who are passionate about creating a greener future.

Through nature-based activities, young women connect with the environment while building awareness of local ecosystems and sustainable living. Participants also have the opportunity to attend a national conference, where they can engage with policymakers, academics and environmental leaders, ensuring their views contribute to wider climate conversations.

At the heart of the programme is the belief that young women have the potential to drive meaningful change, reflected in its message: *"The girls most affected by the climate crisis are also the girls most capable of solving it, if given the tools, the space and the belief that their leadership matters."*

Launched in August 2026, the initiative continues to equip young women across Bradford with the confidence, skills and networks needed to help shape a more sustainable future.

Sensory Play Story Times in Bradford Libraries

Little Learners will be offering sensory play story times in Bradford Libraries during the autumn term.

The summer fun is not over yet. Little Learners will be bringing exciting sensory play, stories and mark making sessions to Bradford Libraries throughout the autumn. These popular sessions offer a fantastic opportunity for children to play, explore and enjoy stories in a welcoming library setting.

Get ready for a fun-filled adventure with Little Learners, featuring sensory play, stories and mark making at [Shipley Library](#) every Wednesday from **2 September to 30 September, 10.45am to 11.45am**. *Booking is essential.*

Book by phone on 01274 437150 or email Shipley.library@bradford.gov.uk.

[Keighley Library](#) will welcome Little Learners for sensory play, stories and mark making every Wednesday from **14 October to 11 November, 10.30am to 11.30am**. *Booking is essential.* Book by phone on 01535 618212 or email Keighley.library@bradford.gov.uk.

Walking Together for Wellbeing

[WellWalk CIC](#) helps people improve their wellbeing through gentle walking, connection and supportive companionship. Many of the people WellWalk supports feel isolated, anxious or low in confidence. WellWalk matches each person one-to-one with a trained, DBS-checked volunteer walk buddy for a friendly weekly walk of up to an hour in their local area, at their own pace.

Would you like a walking buddy? Anyone can join. People can contact WellWalk directly, or ask a GP, social prescriber, community group or family member to make a referral. WellWalk takes the time to get to know you, including your confidence levels, health and interests, before thoughtfully matching you with the right volunteer. Your walk buddy will meet you at home at a time that suits you and WellWalk will check in regularly to make sure everything is going well. You can expect kindness and respect, a trained DBS-checked volunteer, clear and robust policies, confidentiality and a friendly, reliable service.

Could you be a walk buddy? Are you warm, patient and a good listener? Then you're exactly the type of person WellWalk is looking for, and WellWalk would love to hear from you. As a walk buddy, you will enjoy gentle, friendly walks with the person you have been paired with, offering encouragement, conversation and a supportive presence along the way. You will help build confidence in people who may feel anxious or isolated and keep in touch with WellWalk to share walk updates or raise any concerns.

As a volunteer, you'll make a real difference, benefit from walking and connection, join a friendly team, receive simple, effective training and choose what suits you: one to two walks a week.

WellWalk CIC exists for one purpose: helping people feel seen, supported and confident enough to take the next step. **Walking towards wellbeing, one step at a time.**

Holmegrown: Supporting Young People into Positive Futures

Out Loud Ltd is delivering a free eight-week Alternative Education programme for **16 to 19-year-olds** in Bradford (BD4) who are not in education, employment or training (NEET), or who are at risk of becoming NEET.

Starting on **Monday 14 September** (subject to referrals), sessions will run every Monday until **2 November** at the TFD Centre, Holmewood. Support with travel costs is available for eligible young people.

The programme supports personal and professional development through tailored activities, workshops and industry-based experiences in areas such as animal care, catering, tattoo design, vehicle maintenance, hair and beauty, business start-up skills, games design and coding.

Referrals for the September cohort are now open. Submit a referral [via the online form](#). For more information, email holmegrown@outloudltd.co.uk

We have a long history of supporting voluntary and community groups across Bradford district, from brand new community groups to established charities. Many of our services are free for smaller organisations and low cost for larger ones.

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

Whether you're just getting started or have been around for years, there's likely something we can help with. Our development officers work directly with groups to tackle day-to-day challenges, while our training programme covers a wide range of topics to help you and your team build skills and confidence. The peer networks are a great way to connect with others in similar roles, share experiences and find practical solutions together. For advice or queries, email info@cabad.org.uk.

Volunteer Management and Recruitment: Support for Groups

As part of the support available to groups, Community Action provides comprehensive volunteer management and recruitment support and resources. This includes ongoing training courses, one-to-one consultancy and guidance, volunteer assessments and access to a wide range of resources.

Support can include developing key documents such as a volunteer policy, volunteer handbook, volunteer application form and volunteer agreement, as well as implementing effective support and supervision processes that follow volunteering best practice guidelines.

Organisations can access information on volunteer recruitment, volunteering best practice and training opportunities, alongside signposting to volunteer recruitment platforms and resources.

We can also support active recruitment through [Snicket](#) volunteer advert placements and, where appropriate, signpost organisations to [Volunteer Ilkley](#).

The support is designed to be as accessible and relevant as possible for all groups involving volunteers, including those new to volunteer management and those looking to strengthen existing practices. This could include supporting charities, community facilities and not-for-profit organisations across the Bradford district that manage either small or large numbers of volunteers.

Our aim is to meet the needs of your organisation, with bespoke support available where required.

In addition to open-access volunteering training sessions, we can provide bespoke or in-house training tailored to your organisation's needs. Specialist support can also be offered following an initial assessment, helping organisations put the right foundations in place, strengthen volunteer confidence and skills, improve volunteer retention and enhance the overall volunteering experience. A reassessment can be completed at the end of the support period to review progress and identify further development opportunities.

[Getting Started - Manage Volunteers](#) : Wednesday 30 September, from 1.30pm to 3pm

Our full training schedule can be found on [our events page](#).

[Book time](#) with Development Officer Chris Bulmer or contact him via email: chris.bulmer@cabad.org.uk or by phone: 07816 045309 to discuss any support needs.

For information on any of our support offers, please contact info@cabad.org.uk

Supporting vaccination for children and young people with Special Educational Needs and Disabilities (SEND)

To support the delivery of school-aged vaccination programmes for children with special educational needs and disabilities (SEND), the [UK Government](#) has released two new guidance leaflets.

One resource is designed for [parents and carers](#), while the other is intended for [specialist providers and SEND coordinators](#) within schools.

The leaflets explain the importance of vaccines and the role they play in protecting individuals and communities from serious infectious diseases. They outline the routine childhood immunisation programme, explaining the vaccines recommended at different stages of childhood and the diseases they help prevent. The leaflets also include guidance on vaccine suitability, helping parents and carers understand who can safely receive vaccines and when additional advice may be needed. General safety information is provided to address common questions and concerns about vaccination. In addition, the leaflets contain links to trusted sources of vaccine information for those who would like to learn more. They also explain the process for giving vaccines in school settings, including what families can expect before, during and after vaccination sessions.

Workplace Mental Health Toolkit

[Healthy Working Life](#), a partnership between the [West Yorkshire Combined Authority](#) and [NHS West Yorkshire Integrated Care Board \(ICB\)](#), delivers programmes that help people across West Yorkshire stay healthy, supported and engaged at work.

Recognising the unique challenges faced by the health and care workforce, dedicated funding has been used to provide access to specialist mental health support for colleagues experiencing difficulties in the workplace. As part of this work, the Workplace Mental Health Toolkit has been made available across the region. Originally developed by psychologists at Calderdale and Huddersfield NHS Foundation Trust, the toolkit has been introduced through the Healthy Working Life programme to support health and care staff throughout West Yorkshire.

The Workplace Mental Health Toolkit is a digital self-help resource comprising six chapters that explore the factors affecting mental health at work. It offers practical guidance on understanding workplace wellbeing, recognising common challenges and developing strategies to manage them effectively.

Topics covered include low mood, anxiety, traumatic experiences and workplace relationships. Health and care colleagues across West Yorkshire can access the toolkit for a period of two months.

To gain access, [complete the Workplace Mental Health Toolkit registration form](#). For further information or assistance, contact StaffPsychologyService@cht.nhs.uk.

Born in Bradford Study Highlights Youth Gambling Concerns

New findings from the [Born in Bradford Age of Wonder](#) research programme have revealed that nearly three in ten Bradford secondary school pupils surveyed reported spending money on gambling activities.

[The study](#), which involved more than 7,000 young people aged 12 to 15, raises important questions about the impact of gambling on the health and wellbeing of children and young people's health and wellbeing. The most common type of gambling was fruit or slot machines, with one in six young people saying they had used them. Placing private bets (such as with friends) and playing cards for money were also common.

The findings are particularly relevant to VCSE organisations working with young people, families and schools, and highlight the need for education, early intervention and support to address gambling-related harm.

Community organisations can play a key role in raising awareness and helping young people make informed choices.



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

Be in the next issue!

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