



**B D 4**  
**Community  
Trust**

Annual Review 2015/2016

# CHAIRMAN'S INTRODUCTION

Here is the Review of all that has been accomplished by BD4 Community Trust during this last year. We have continued to deliver successful initiatives that have effectively addressed the needs that are present in young families and the older generation in this part of South Bradford. It has been evident that these services are greatly valued by those that attend and it's been good to see new participants starting to get involved.

The Board of Trustees has again been strengthened this year and has been effective in overseeing the running of the Trust. I thank my fellow Trustees, Jan De Villiers, Lorna Brickman, Lynne Walker, Donald Smith, Jo Medd and Lisa Normington for their tremendous dedication, insight and wisdom. They, along with the staff members, and volunteers have sought further direction for the provision in this and the coming years. You will read in the review of new initiatives that have already started, as well as the way tried and tested programmes, so valued by participants, have continued.

We are so thankful to all those who have contributed to the work of the Trust, whether as individuals or corporations or grant making charitable trusts. We have been grateful for statutory funding from Bradford Council which continues to value the work amongst the older generation. Seeking funds to finance the initiatives has been no easy task and that continues to be the case. It is testimony to the hard work undertaken in fundraising that so much has been able to be done.

I believe you will be impressed by the weekly provision that has been accomplished through the imaginative and dedicated leadership of Mel Astin at BD4 Family and Lynne Walker at Gems. Thanks go to them, to the sessional workers and our numerous volunteers who give of their time and expertise so generously.

I am sure you will enjoy looking through this Review and I trust you will be encouraged as you read and see the detail of the various imaginative activities.

Howard Astin

## BD4 FAMILY

At BD4 Family we have seen a lot of new developments over this last academic year. It has been exciting to see new groups grow and existing provision flourish. We have welcomed new staff members and volunteers to our core team and also said goodbye to a few who we are pleased to announce join us now as service users with their own new babies.

Thanks to our successful application to the Trusthouse Charitable Foundation, we have been able to introduce new-targeted provision to our weekly timetable. This has allowed us to employ two extra team members and develop our First Friends and Movers & Groover's groups. Targeted at children 2 years and under our Movers & Groovers group has given parents the opportunity to encourage their young ones to stay active and strengthen their gross motor skills and cognitive brain development through movement and dance using various apparatus, rhythm sticks and action songs.

Our Parent and Toddler groups are still running well and we have tried to introduce new themes at each session to differentiate between the two days. Our families still enjoy the different crafts, soft play, stories and learning how to use signing during our rhyme time sessions at the end.



Our First Friends breastfeeding and emotional support group has been a lovely way to meet new parents and extend our weekly provision working more closely with our parents who have babies under one year or who may be pregnant. It has given parents time and space to form friendships with other parents experiencing similar circumstances in their family lives. This group also created a safer space for babies to explore and learn through sensory play; singing time, lending library and encouraging the parents to get their babies to experience and take part in messy play activities. We also work closely with local Health visiting teams and Family Action perinatal support.

Our two year olds at Tots Unlimited have had fun exploring and learning about various topics over the last year, including; people who help, life on the farm and our five senses. We have been on lots of trips together thanks to Peoples Health Trust funding and even got to visit the local trampoline centre, which all the children and their parents really enjoyed.

**95%** of parents attending our Tots session said that they feel better prepared and more confident about the transition to school life and that their child's development has benefitted and they are better equipped to start school.

In our Mums Unlimited session mums were able to enjoy lunch together after which they could take part in an adult focussed activity which have included, printmaking, cake decorating, Pilates and jewellery making.

**In 2015-16 140 children benefitted directly from our service along with 157 parents making a total of 297 beneficiaries across the year.**



We now offer our families two new evidence based courses to support them as parents and help create strategies within the home to support more empathetic relationships and nurturing parenting skills. We are also able to broaden our outreach work to support pregnant mums before their babies have even arrived. Sarah and myself were able to support one of our local primary schools early in the year by running the 10 week-nurturing programme for them at the school. We have also worked in partnership with one of our local Children's Centres to deliver the 8 week- Welcome to the World course for some of our pregnant parents.

The Culture Comforts group launched at the end of the year and some of our families supported us in organising a Street Party at Merchants court for all the residents there to enjoy. We worked in partnership with Halogen and Friends of Bowling Park to make it such a successful and fun event for all who came. The local families were offered free Albanian and Pakistani dishes and the children were entertained with bouncy castles, face painting, crafts and breakdancing classes.



# VOLUNTEERS

Both the BD4 Family project and the Gems project rely heavily on volunteer support and we are most fortunate to have an amazing army of dedicated volunteers who give their time week in week out so enthusiastically to enable sessions to take place - we really wouldn't be able to achieve all that we do without them.

## Tahire

I started coming to BD4 Family 5 and a half years ago and have been volunteering for 4 years. I had never done volunteering before; I started by helping to tidy up after the sessions. When my daughter left to go to nursery I didn't want to leave as I felt so at home here so I carried on coming. I like to help out wherever I am needed, you will usually find me in the kitchen but I help out with crafts, singing time, chatting to parents and home visits. I've done lots of training including breast feeding peer support. To me BD4 Family is everything - it's my 2nd family away from home.



## Shasta

I started volunteering at Gems in January 2014, after meeting some people who already helped out there. Right from the start I was made to feel welcome and I love the friendly, happy atmosphere there is at Gems. I enjoy being with the other volunteers and also spending time with the clients and getting to know them. Volunteering at Gems has made a big difference in my life as it means that I get out and have something useful and enjoyable to do.



## Pam

I started volunteering at Gems about 5 years ago when I occasionally helped out when Gail, who then did the cooking, was away. When Gail 'retired' from Gems I took over the cooking of the meals on Thursdays. I put together a menu each week, do the shopping and then, with the help of other volunteers who prepare the vegetables, etc., cook the meals on the day. I really enjoy talking to the clients and spend as much time as I can with them, and I also enjoy being with the other volunteers each week. It's especially rewarding to see people enjoying the meals I have prepared for them!



Over **6000** hours of  
volunteer time have  
been invested in  
BD4 Family & Gems  
during 2015-16

# GEMS

At Gems we aim to combat the isolation and loneliness often experienced by the older people in our community by providing activities and healthy meals, together with opportunities to meet with others and to socialise.

Each Tuesday we take people in a minibus to the local supermarket for their weekly shop and back home afterwards with someone to help carry their shopping to the door. For some this perpetuates their independence and enables them to spend time choosing their preferred items, as well as providing much-needed social interaction with others.

On Thursdays we meet in the church hall of St John's, Bowling, Bradford, BD4, catering for between 30 and 40 people. There are various activities which take place during the morning including Keep Fit, Indoor Bowls and Well-being Therapies. For those who prefer, there is an area of the church hall set out for reading newspapers and chatting. Everyone comes back together in the church hall between 11.30 – 12 noon, giving opportunity to browse the nearly-new/bric-a-brac stall and to catch up with friends. At 12 noon we sit down to a nutritious, homemade lunch.

Throughout the year Gems also provides home visits, hospital visiting, bereavement counselling, liaison with families and social workers as well as prayer and friendship. There are also trips out at various times, particularly during the summer.



Over this last year we have enjoyed fish and chips at Murgatroyd's, Yeadon and a carvery at the Silver Birch restaurant, Cleckheaton. In the summer we visited Brodsworth Hall, near Doncaster and also Ilkley, where we had lunch at a similar day centre to Gems. In the autumn we visited Millstones for lots of eating and dancing and we had Christmas lunch at a local golf club.

Once again throughout the year we have enjoyed visits from groups of young people from Bradford Academy taking part in the Archbishop of York's Award Scheme. These visits continue to be very successful in overcoming prejudices and preconceptions on both sides of the age range and are always eagerly looked forward to by everyone at Gems.

During 2015 we began 'Gems Online', a 5-week computer course based at Bierley Life Centre. There was some initial reluctance and fears, but all those who took part enjoyed learning new skills and were excited by the opportunities to email and share photos with grandchildren and other family members who live away.



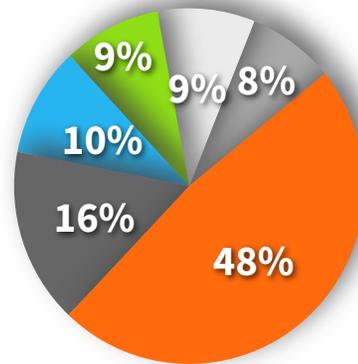
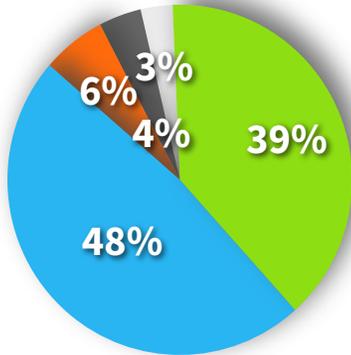
Another new initiative this year was the reminiscence group, which started in July. We have used music quizzes, old newspapers and magazines and other activities to stimulate memories and conversation, as well as a series of DVDs made by Yorkshire Film Archive which show various aspects of life from the 1920s to the 1970s in Yorkshire. The reminiscence sessions provided opportunities to discover things we never knew before about the backgrounds of others in the group, as well as lots of laughter along the way. We also organised trips to the Abbey House Museum, Leeds, an afternoon at the Alhambra Theatre to see 'The Sound of Music', afternoon tea at a 1920s-themed café in Shipley, and a trip to Millstones to celebrate the Queen's 90<sup>th</sup> birthday where we enjoyed singing popular songs from the first five decades of the Queen's life. We also had a visit from a Yorkshire dialect story-teller, which brought back many memories and provided much laughter.



**'I have been coming to Gems for about 4 years. I mostly enjoy being at Gems for the good company and the lovely lunches. Gems makes a lot of difference to my life – I live by myself and look forward to the opportunity to go out.'**

# FINANCE

BD4 Community Trust Income & Expenditure 2015/16



Income		£103,353
Gems Grants & Donations	39%	£40,476
BD4 Family Grants & Donations	48%	£49,678
Gems Activities	6%	£5,954
BD4 Family Activities	4%	£4,067
BD4 Family Earned Income	3%	£3,178

Expenditure		£82,953
Staff costs	48%	£40,140
Overheads/Building Hire	16%	£13,228
BD4 Family Activity Costs	10%	£8,270
Gems Activity Costs	9%	£7,301
Office & Admin Costs	9%	£7,104
Development Costs	8%	£6,910

A copy of the full audited accounts is available on the Charity Commission website or by request from the Charity's registered office.

## A BIG thank you to our many supporters and partners

The Bradford City Challenge Foundation, Sovereign Healthcare Charitable Trust, Woodroyd Children's Centre, Newlands Community Transport, Scurrah Wainwright, CBMDC, Lowerfields Primary School, BUFA, Olive Branch Trust, Sure Start BHT, The Big Lottery, Better Start Bradford, The Allen Lane Foundation, Souter Charitable Trust, The Charles & Elsie Sykes Trust, The Albert Hunt Trust, The Austin & Hope Pilkington Trust, The Trusthouse Charitable Foundation, The Sobell Foundation, Near Neighbours, TMC, The Life Centre, Healthy Lifestyles, e:merge, Peoples Health Trust, Outworks Bradford.

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