

NEWSLETTER – MAY 2023

ABOUT US

Safety First Community Training Centre is a registered charity. We believe that it is important to work with disadvantaged adults to increase their opportunities and benefit themselves and their families – we do this within our charitable objectives of;

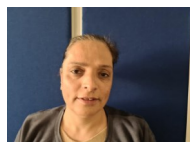
1. Providing a focal point in the community where People can become involved in a range of activities including Education, Training, Recreation and Health projects.
2. To provide a response to particular problems identified by the Community and residents.



USER GROUP COMMITTEE AT SAFETY FIRST



Zarka



Sabir



Manmohan

Our user group committee meets quarterly and helps to inform what we do at the Charity to ensure that we have the right support for everyone.



Shamsa



Cecila



Munim



UPCOMING EVENTS

- *Volunteer Training*
- *Smartboard Training*
- *Digital Skill Course*
- *Health & Well Being Support*



Call the Centre on (01274) 727233

Safety First Community Training Centre
 Howard House, 3rd Floor, 6 Bank Street
 Bradford, BD1 1EE

STAFF SPOTLIGHT

My name is Sarabjit Kaur. I am the volunteer manager at Safety First Community Training Centre.



I joined Safety First in 2018. Since then, I have worked with and supported many fantastic volunteers, who make such a difference in their local community. I recruit, manage and ensure retention of dedicated volunteers.

Through my job as a Volunteer Manager, I have met truly incredible volunteers. Some of whom have encountered difficulties in their own lives which has made them caring, thoughtful and truly fantastic at offering support and empathy to those who need it. Others are taking time out from work or study to gain skills and experience for their career. Whatever their motivation, all our volunteers are the most amazing, generous people I have ever encountered.

I am also a trained Mental Health First Aider. I have noticed that the people are struggling with the cost-of-living crisis and the effects of COVID. Many have lost jobs and family members. We offer a secure place for them to come and have a chat and a cup of tea. I find working at Safety First extremely rewarding. I love this place!



SUCCESSES @ SAFETY FIRST

We have had our most successful year since we became registered as a charity 14 years ago. We are proud to be working with the Good Things Foundation, Citizens Advice, Bradford Council and Colleges delivering much needed ICT, language and employment support to those who are furthest from the labour market.

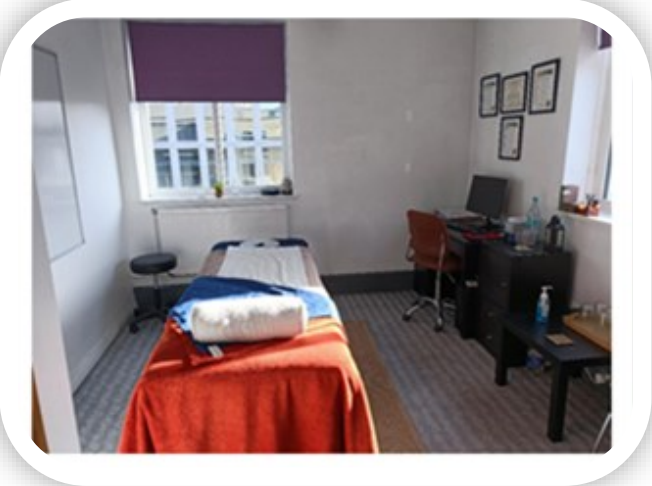
We would like to say thank you to all of our supporters, you help us to make a big difference to so many people.

CONTINUING GREAT PARTNERSHIP



In addition to our work with the two local Colleges; Bradford College and Shipley College, we also work with Bradford Council to support Asylum Seekers and the Anah Project working with victims of modern slavery or domestic abuse. In addition we have donated surplus food to other Bradford charities.

HEALTH & WELLBEING



There are more people presenting with mental health issues, predominately with stress and anxiety – we have tried to address this by increasing our Health and Wellbeing provision mainly supported by The National Lottery Community fund.

We have set up a referral partnership with Thornbury Health Hub and a local Health Centre in Bradford 3 where co-ordinators and social prescribers refer adults with mental health issues for face to face support.

WHAT OUR SERVICE USERS THINK OF US ;

My Adventure with Safety First. From volunteering to employment



Unsure of my next steps within life and my employment journey, I discovered Safety First Community Training Centre. They gave me a safe place and foundation to grow in with a direction that I never imagined at the time. To be honest the whole journey awoke my self worth and belief.

I began to volunteer and shadow the ESOL tutors, On reflection I felt extremely nervous but was given the right amount of support to begin to take leaps of faith and be more active within the ESOL classes.

A whole new chapter opened for me when Safety First asked if I would like to attend a course at Shipley College to enable me to learn how to lesson plan and the correct learning tools to become a positive Volunteer ESOL teacher. Meeting others on the course and learning about their journey was also inspiring. Our tutor explained and guided us on the course very well and were really supportive.

When returning to Safety First, I would always be asked how college went and everyone would share advice and experiences to help me grow. The ESOL learners within class are a true inspiration and being a part of seeing them grow in confidence made me smile and also strive to be more myself.

I will always remember the kindness and guidance from you all at Safety First and without this I may not have taken the leap to apply for the paid role I have now as a Community Development worker.

Safety First is a true gem in the heart of the community !
 Thank you all Diana Peace (May 2023)



Cecilia is originally from El Salvador , is one of our Kitchen Volunteers and is also part of our Centre user group committee.

WORKING WITH FARESHARE YORKSHIRE



Safety First Community Training Centre continue to work alongside Fare Share Yorkshire in helping to re-distribute surplus food to those most in need.

We are providing two course meals on a PAYF (Pay As You Feel) basis , Monday to Thursday.

In addition, we are supporting people with Food Parcels, including fresh bread, milk, cheese, vegetables and baked goods. The ambient/chilled and freezer deliveries have been supported this forthcoming year by Inn Churches with a generous donation to the Centre.

We are delighted to have received a visit from Environmental Health at the end of October 2022, which resulted in us maintaining our 5* Food Hygiene rating. We also have two fantastic new volunteers helping in the kitchen/café area.



Weekly Programme from January 2023

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Employment Support	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm
I.T & Digital Support	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm	10 - 12 & 12.30 – 2.30pm
ESOL Support	10 - 12 & 12.30 - 2.30pm	10 - 12 & 12.30 - 2.30pm	10 - 12 & 12.30 - 2.30pm	10 - 12 & 12.30 - 2.30pm
Health & Wellbeing			Women 10 - 12pm & 1 - 3pm	Men 10 – 12pm
Food Support	Community Shop Fareshare free vegetables Hot Lunches £2.00 Free tea & coffee	Hot lunches £2.00 Free tea & coffee	Community Shop Hot lunches £2.00 Free tea & coffee	Hot lunches £2.00 Free tea & coffee
Energy Support	Arrange with staff		Arrange with staff	
Numbers for Employment Maths Support		10 - 12 & 12.30 - 2pm		
English Language Support		10 - 12 & 12.30 - 2pm	10 - 12 & 12.30 - 2pm	
Warm Spaces		10am – 3pm		

- The programme is subject to change as more activities are added throughout the year
- Check with us for further details on 01274 727233 or email: admin.safetyfirst@btconnect.com

FUNDERS THANK YOU

This year we have received support from:

- Brelms Trust
- Inn Churches
- Bradford Council
- Bradford College
- Local Community Support Fund
- Citizens Advice – Energy Best Deal
- The National Lottery Community Fund
- Garfield Weston Foundation
- Good Things Foundation
- Yorkshire Building Society
- People Health Trust
- The VCS Alliance
- Shipley College

BEATING ISOLATION WITH WARM SPACES

With help from Bradford Council, we were able to support people who needed somewhere warm and safe to stay during the worst of the Winter cold snap.



People would come along, enjoy a warm drink and biscuits. Those who wanted to could have a hot meal at lunchtime.

Most were people living with various health conditions or were coping with isolation. It was nice to see them talking together, smiling faces and laughter over a board game or lively discussion!

I am pleased to report that Bradford Council are supporting us again for a second year with Warm Spaces and the new Welcoming Spaces initiative .

CASE STUDY—BESN (BIG ENERGY SAVING NETWORK)



Since October 2022, we have been delivering the Big Energy Saving Network project on behalf of Citizens Advice. Lots of our service users have struggled more this winter than in previous years, despite the government's Energy Bills Support Scheme to help.

We have found that once again, those most in need who use pre-payment meters found it harder than others. Their support arrived in the post and had to be redeemed locally. There were quite a number of learners who, because of their limited understanding of English and the postal strikes, did not understand about the scheme or did not receive their voucher in a timely way. We were able to help them navigate the system.

In addition, one service user had received massive bills up to £1,800.00 with little electrical items in the flat. The energy company concerned refused to assist her. With our help, she made a referral to the Ombudsman. This resulted, after a few months of perseverance, in the Ombudsman making the decision in favour of our learner. Her bills were reduced by over £900.00 and she received a £100 good will payment. We hope to be able to continue support people with Energy Advice over the forthcoming winter.

THANK YOU



Without this support we would be unable to help as many people as we do.

We have had support from the National Lottery

We have worked with many of our service users and Partners to decide on the best way forward