



Sharing Voices

July 2021 • Issue 4 • Volume 1

Sharing Voices presents Community Conversations - Postnatal Depression

The next gathering will take place on Thursday 29th July, 5pm – 6:30pm, on Zoom.

The theme of the conversation this time is: Postnatal Depression

'Community Conversations' is a monthly gathering to speak, listen and learn with compassion, on issues related to mental health & wellbeing from a faith & cultural perspective in Bradford. Each month has a different theme.

Everyone is welcome to attend. These conversations are centred on mental health narratives, from a 'BAME' cultural perspective.

For July's Community Conversations, we are teaming up with Bradford South Asian Heritage Month to highlight the topic of Post-natal Depression, from a social and community perspective, exploring the heritage of health.

Our guest speakers are Yunis Alam and Amira Akhtar from University of Bradford.

Please get in touch with Uzma for more information:
uzma.kazi@sharingvoices.org.uk /
07591 588 706

What's been going on? Interfaith Cricket Match

Aqeebah and Mohammed Zahid from our faith and wellbeing team attended a community inter-faith cricket match with Bradford's mayor also there. It was a great day as there was members of the local places of worship all playing sport together. We look forward to getting involved with more community events.



Women's team get creative!

Lilly invited a beautiful lady from Bradford College. Nabeela showed us how we can create bags, rugs and baskets from

recyclables, we are excited to do some collaborative working in the new term.



SVB's Faith and Wellbeing team visit places of worship across Bradford

Over the past few weeks the Faith team have visited several places of worship, including the Guru Gobind Singh Gurdwara, Jamia masjid and Hindu Cultural Society of Bradford as part of an initiative for the South Asian Heritage month.

SVB's Aqeebah and Mohammed Zahid (Youth & Faith Workers at Sharing Voices Bradford) as we celebrate South Asian Heritage and architecture in Bradford are creating a short film which includes an open discussion on heritage and identity. The film features three prominent faith buildings, their settings, the people they serve and their history. We will look back at the beginning of our heritage in faith in our city of Bradford. Followed by discussion, Q&A and networking. The footage from these visits will form part of a subsequent live round table event, which will include the oldest places of worship in Bradford for Hindu's Sikhs and Muslims, the event will be at 6pm on Monday 2nd August 2021 and will be aired live.



Image 1- Mohammed Zahid and Deepak Sharma



Image 2- Mohammed Zahid filming in the Jamia masjid



Image 3 - Mohammed Zahid being filmed by Faisal with the Gurdwara committee members