

Sharing Voices

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Women's Workshop with Usma

Our newest staff member Usma has been hosting some of the women's workshops here at SVB. We have received great feedback from service users alongside

This is an overview of one of the recent sessions she has held!

Planned Activity

Each woman drew her hand on a piece of paper and then decorated it. For each finger they wrote one thing they are grateful for. We then had a discussion about what they wrote.

We were faced with some challenges as one woman was unable to write due to a physical disability. So instead I spoke to her in person and we went over what she is grateful for. She said she was grateful for being able to do this activity and decorate the drawing of her hand. It's something she had never done before and thoroughly enjoyed it. Language barrier was also a problem however we overcame this by conversing in Urdu.

Goal of activity

To help the women focus on the positives in their lives. A positive attitude helps with positive mental health. I felt as though we had achieved this as one woman was feeling extremely down when she came to the session and by the end of it she had a huge smile on her face. Another woman said she was reluctant to do any arts and crafts related activity however she enjoyed it and calmed her anxiety.

Also one of the ladies had brought her baby in and wanted to do a footprint. Which we did using paint and paper. Overall it was a productive session with happy service users!

What's been going on? Black History Month

History

Black History Month was first launched in London in the 1980s, where the aim was for the local community to challenge racism and educate themselves and others about the British history that was not taught in schools.

BHM at SVB

As this month was Black History Month, we wanted to hold an event at our offices to celebrate BHM at SVB.

The Women's team held a BHM event, the ladies all ate, socialised and shared stories about how BHM resonated with them. It was a huge success and we hope to continue to hold this type of event every year!



Events

This month has been full of a range of events that the SVB staff/teams have been attending and getting involved with.

The Young People's Team had multiple stalls at Bradford College over the course of Safeguarding and Wellbeing Week/ Freshers Week, it was a great success as we got the chance to lots of new people and let people know how SVB can support BAME people in the community.

The Community Development Team have also been visiting places of worship and community centres to celebrate mental health day and open up the conversation around mental health.

We have had great feedback on all of our events, whilst meeting and learning about other organisations!



Upcoming events

Sharing Voices have many upcoming events planned, including

-The Christmas Perinatal event

Date: Thursday 16th December 2021

Time: 12- 4 pm

Venue: Sharing Voices

Included; guest speakers, food, party, gifts and games

-Women's Wednesday drop in

Date: Every Wednesday

Time: 10.30 - 2.30 pm

Venue: Sharing Voices

Contact Lilly Butt for further information on either of the events at 07591588697 or lilly.butt@sharingvoices.org.uk



SHARING VOICES Bradford
Here for you

WE WOULD LIKE TO INVITE
YOU TO OUR CHRISTMAS
PERINATAL CAMPAIGN

it's time to celebrate christmas!

INCLUDED; GUEST SPEAKERS, FOOD, PARTY,
GIFTS AND GAMES

DATE: THURSDAY 16TH DECEMBER 2021
TIME: 12- 4 PM
VENUE: SHARING VOICES, 10 MORNINGTON
VILLAS, BRADFORD, BD8 7HB

CONTACT LILLY BUTT FOR MORE INFO ON
07591588697 OR
LILLY.BUTT@SHARINGVOICES.ORG.UK



SHARING VOICES Bradford
Here for you

WOMEN'S WEDNESDAY
DROP IN

10.30 - 2.30 pm

ARE YOU ON OUR WAITING LIST?
DO YOU NEED TO BE SEEN URGENTLY?
WE ARE HERE TO HELP ☑
COME TO OUR DROP IN AT SVB
OUR CARING STAFF ARE HERE TO
LISTEN ☑

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