

Sharing Voices

September 2021 • Issue 6 • Volume 1

Women's Poetry Workshop

Working with the theme of confidence and positivity and its effect on our mental health, Ureeba invited the women in the Khushi group to have some user led sessions in the hopes of increasing independence and self-confidence. Two of our service users opted to lead the session and held a poetry workshop where they read out some of their own poems and helped the rest of the women write their own. A booklet will be made containing copies of each of the service user's work to act as an insight into the group and its shared history.

Feedback from our service users

"I never thought I'd have the confidence to stand up and teach again. I'm still nervous but it's shows how far I've come. "

" its made me feel better writing down what I feel."

Other service users were eager to hold other workshops such as music/ drumming workshops and knitting classes in order to show off their skillsets.

What's been going on? Muslim Council Event

SVB's Lilly was recently invited to the Muslim Council 40th anniversary event! She had a great time and had the opportunity to meet lots of new people, she looks forward to attending lots more events in the future



UOB Fresher's fair

SVB had a table at the Face to Face Freshers Fayre at Uni of Bradford. The aim was to spread the word about the services we offer as a BAME led Mental Health organisation. We did some creative consultation about mental health services and what people would like/is important/what they expect from a counselling service.



Children and Young peoples team

SVB's Sarah has been leading some great work as part of the children and young peoples team. It has been an exciting time for Sharing Voices team when schools reopen as it means we can access many students in what they consider to be their safe place. We have already had lots of request from schools we have worked with in the past requesting for us to engage with their students again this academic year. One school mentioned that the students have requested for us to come deliver our focused group workshops as they found them very helpful last year. This included workshops around various mental health themes including stress & anxiety, mindset, body image, de-stigmatising mental health etc. We are really excited to build on our relationships with school to help them support young people within our community around their mental health and wellbeing.



Sarah and Khadija at Bradford Academy



Sarah and Aqeebah at Feverisham Academy

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