

Community Projects & Activities

2021

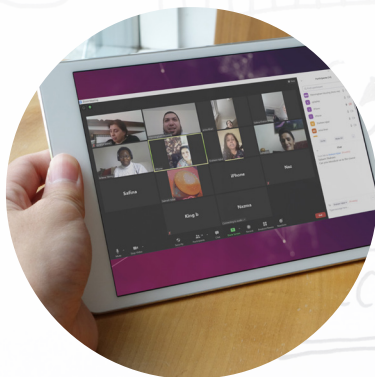
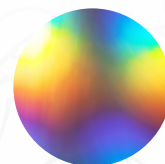


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Confidence Building Programme	Sangat Community Centre. For women and men from BAME communities. Online classes and support with budgeting, managing finances and online confidence building for integration into the community. 12-week programme, 1 hour session per week.	Start Wednesday 6 January 11am - 12pm Contact Riasat Ali : 01535 691413 / 610263 sangat1uk@yahoo.com BD21
Money Matters Programme	Sangat Community Centre. For women and men from BAME communities. Online classes with budgeting / managing finances and online confidence building for integration into the community. 10 week programme, 1 hour session per week.	Start Wednesday 6 January 12pm - 1pm Contact Riasat Ali : 01535 691413 / 610263 sangat1uk@yahoo.com BD21
Therapeutic Support through Mendhi, Arts and Crafts	Millan Centre. Online therapeutic sessions learning to do Mendhi and related arts and crafts. 10 week programme, 2 hour sessions per week.	Start Monday 18 January 6pm - 7pm Contact Aisha: 01274 480691 admin@millan.org.uk BD9
Creative Therapy – Confidence Building Through Arts and Crafts	Millan Centre. Therapeutic sessions online spending time learning to build self-confidence through different activities using arts and crafts materials. 10 week programme, 2 hour sessions per week.	Start Wednesday 20 January 12.30pm - 1.30pm Contact Aisha : 01274 480691 admin@millan.org.uk BD9
Online Healthy Eating and Cooking	BEAP Community Partnership. Learn how to cook healthy and nutritional food online and get to eat and enjoy the great food you have made while you are learning. 12 week programme, 1 hour sessions per week.	Contact Shanaz Ali: 01274 731020 beapcommunity@gmail.com BD8
Online Coffee Mornings / Mindset Coaching and Peer Mentoring with Tenx9	BEAP Community Partnership. Join in with our online coffee morning sessions, you can have a tea or a hot chocolate if you prefer! Talk with other likeminded people and discuss and share mindfulness ideas and positive thinking. 12 week programme, 1 hour sessions per week.	Contact Shanaz Ali : 01274 731020 beapcommunity@gmail.com BD8

Fighting Fit – Confidence Building and Mindfulness. Mental Health and Wellbeing	Miranda Ariei - Group programme for residents /members of the local refugee / asylum seeker community with identified mental health / emotional wellbeing needs. Confidence building, self-compassion, creative writing for self-expression and practical mindfulness. 16-week programme, 1.5-hour sessions.	Contact: hello@mirandaariei.co.uk 07932676007
Online Confidence Building	Meridian Centre. Confidence building sessions for men and women from BAME backgrounds to boost self-esteem. English is not the first language for the users. Age ranges from 25 onwards, up to 65 years old. 16-week programme, 1.5-hour sessions.	Contact Manningham Housing Association on: 01274 771144
Online Coffee Morning: Mindful Therapeutic Support	Meridian Centre. Coffee mornings to encourage self-esteem and confidence, positive thinking, develop mindfulness, stress relief, join a mindful community, nurture positive thoughts and experiences. 12-week programme, Thursdays, 2 hours a week.	Start date 14th Jan 2021 1-3pm Tutor: Ayesha Khan meridiancentre@hotmail.co.uk BD8
Job Club	Individual 1 to 1 support Careers advice and guidance Tips on CV writing and completing application forms Help with confidence building and Interview skills. Information and guidance on self-employment.	Every Day between 11am - 1.00pm Contact Zafar on: 07930 712456 Zafar.kayani@manninghamha.co.uk
Online Healthy Eating and Cooking	Meridian Centre. Affordable recipe ideas for the family, Ingredients on a budget. Discussions around healthy eating and cooking especially for BAME families, encourage exercise and wellbeing advice. 12-week programme, 2 hours a week.	Tutor: Nafeesa Latif, meridiancentre@hotmail.co.uk BD8
Online Yoga	Meridian Centre. Relieve tension, improve mindfulness, improve overall wellbeing and health, calm the mind, get into shape. 24-week programme. Start date to be confirmed, TBC due to Lockdown.	Tutor: Aishah Mazeena Zaki. 07760362626 meridiancentre@hotmail.co.uk BD8

Online Health and Wellbeing Discussions Including Literacy Skills	Roshni Ghar. Health and wellbeing conversations, around coping strategies, activities that would relieve stress. This programme also includes writing and opportunity to improve literacy skills (ESOL tutor). Develop English Skills in talking, listening building confidence. Improve mental, emotional and social wellbeing. 24-week programme, 2 hours a week. Sessions delivered on WhatsApp.	Wednesday 12 – 2pm. Tutor Carol Ann Farquhar. Contact 01535 609927. BD21
Online Seated Exercises	Roshni Ghar. Seated exercises aimed at learners with physical disabilities. Strengthen muscles and overall balance, keeping joints flexible and improve range of mobility, sessions delivered in Punjabi on WhatsApp. 24-week programme, 2 hours a week.	Tuesdays 12-2pm. Tutor Davinder Sehmbi. Contact: 01535 609927 BD21
Online Money Management / Budgeting	Roshni Ghar. Users to feel confident about managing finances during these difficult times, discussions around how to spend according to weekly/monthly income, numerical sessions regarding how to work out budgeting, help users feel at ease with regards to managing money and becoming money smart. 12 week programme - 1 hour a week, split into two groups (6 weeks)..	Started 14th Jan. Thursday 11-12pm OR Monday 1-2pm. Tutor Hira Rahman. Contact: 01535 609927 BD21
Online Music and Wellbeing	Womenzone. Learn how music therapy can improve overall wellbeing and communication and decrease anxiety, how music can relax the mind and help cope with stress. 4 Week Programme, every Monday.	Started 18th Jan 11-12pm via Zoom. Tutor Kate Frazer. kate@schoolzathome.co.uk BD3
Online Mindfulness	Freelance Sessional Worker Eyarun Nessa. Mindfulness activities such as Thai Chi prior to lockdown, online wellbeing discussions to improve mindfulness, coping strategies, YouTube discussions, how to incorporate meditation. Every Tuesday.	Started 14th December 2020. 9.30am via Zoom/WhatsApp. Contact: eyarunnessa@gmail.com
Online Mental Health Peer Group	Online peer group for both men and women with focus on improving mental wellbeing. Take part in structured discussion and tips to maintain resilience and develop strategies to maintain positive mental wellbeing. 6 weekly sessions, dates TBC. Delivered via Platform 1.	For details contact Tejinder: 07930 712 163 or email: Tejinder.Birk@manninghamha.co.uk

Online ICT Skills Course (Women Only)	Gain essential IT skills & confidence in using the internet & a range of digital applications. Learn from the comfort of your own home with our online interactive course. Brand new tablets are available to participants for the duration of the course. Gain an OCR Oxford & Cambridge University accredited level 1 IT qualification certificate presented by Bradford College on completion! Every Monday.	Starting 1st Feb 2021 12 - 1pm Contact 07930713129 to register.
Community Podcast (Masjid Omar)	10-week community interfaith programme, sessions to be held every Sunday. To Join: www.masjid-umar.net , YouTube – The paradise Academy, Facebook.com/masjidUmar	7pm - 8pm Bradford Contact: Sajid Safdar 07813084334 BD8
Community conversations (Masjid Abubakar)	Community confidence building, building self-esteem, workshops on crime, drugs, mental health, hate crime, recycling, pride of our neighbourhoods. 12 session programme, Every Saturday.	From 16th January 08:00pm-09:00pm Zoom Details: Meeting ID: 6027262354 Password: t0q12W Contact: Fazaldad
Community Fitness (Masjid Abubakar)	12 session programme on community fitness and wellbeing. Improve fitness, meet others and get more active. Every Saturday.	From 16th January 08:00pm-09:00pm Zoom Details: Meeting ID: 6027262354 Password: t0q12W
Online Coffee Morning (HYA)	12 sessions of Women's Only coffee mornings. Get together and meet others, catch up with one another every week. Every Saturday.	10am - 11am Zoom Details: Meeting ID: 6027262354 Password: t0q12W Contact: Haroondad 07397388689 BD3
Weekly Youth Sessions, Resilience, Confidence Building, Personal Development. (HYA)	12 sessions Online confidence building Issue based workshop: Drugs, Cyber Bullying/ Bullying, Hate Crime, Cohesion sessions, Understanding and improve understanding of multi- faith themes. Every Friday.	7:30 - 8:30 Zoom link: 8571211220 Password: HYA123 Contact: 01274315574, 07901341700 BD8

Youth Physical Activities (HYA)	<p>12 sessions on multi-sports and recreational activities. Get active meet peers and find something to do at the weekend, fitness activities and increase wellbeing. Every Saturday at Frame 2.</p>	<p>4pm - 5pm Keyworkers bubble only (Pre booked sessions limited spaces)</p> <p>Contact: 01274315574, 07901341700 BD8</p>
Community Conversations/ Confidence Building, Personal Development (Support Black Unite)	<p>12 sessions over 6 weeks with various topics which celebrates communities through conversation. Tackling: mental health, build self-esteem, building bridges among communities of the African diaspora. Activating community conversation, sense of belonging and pride and confidence building through education / positive impact. Every Wednesday & Friday.</p>	<p>7pm - 8pm Starts: January 20th, 2021</p> <p>Contact: 07930712461, 07930712348</p>
Community Conversations with West Yorkshire Police	<p>10 sessions over 10 weeks on a range of topics shaped by communities. Examples of topics: community cohesion, hate crime, anti-social behaviour, effective policing and racial discrimination. Every Friday.</p>	<p>7pm - 8pm Starts: January 22nd, 2021 Contact: 07930712461, 07930712348</p>
Cooking Classes with My Kitchen Rules (Channel 4's Semi-Finalist; Genevieve Belle)	<p>12 sessions over 10 weeks. A food trip around the world with virtual culinary classes, live cooking, tasting, eating and learning about different cultures through the lived experiences of the various participants. Each participant will get to know stories from different lands and what role food plays in their family and community lives, as well as the impact immigration has had on their food stories. Every Tuesday.</p>	<p>6:30 - 8:30pm Starts: 19th January</p> <p>Zoom link Meeting ID: 854 1150 7632 Passcode: 233514</p> <p>Contact: 07930712461, 07930712348</p>
Cooking Classes with a Community Champion Gloria Hailbron	<p>10 sessions over 10 weeks. Bringing together families and communities through healthy cooking. With parental supervision, even children from the age of 3-12 years old can take part. The session takes participants across the globe with its unique ingredients. See Fairies Wardrobe, Bridges Bradford Facebook Page.</p>	<p>Times: Flexible for family needs Starts: January 16th, 2020 Contact: 07449567212, 07930712461, 07930712348</p>

Craftercise / Arts and Crafts for All Family Members- Building, Personal Development. (HYA)	10 sessions over 10 weeks. Bringing together families and communities through 'Craftercise'. We provide the materials to make various craft and art. Also includes outdoor activities such as scavenger hunts and family walk and talk. See Fairies Wardrobe, Bridges Bradford Facebook Page.	Starts: January 9th, 2020 Contact: 07449567212, 07930712461, 07930712348 Times: Flexible for family needs.
Confidence Building/ Community Conversations with Tenx9	5 sessions over 10 weeks where (9) people have up to ten minutes to tell a real story from their lives. This session also has a workshop where participants will build confidence and unleash their inner power to build relationships through story telling. Every Friday excluding February 19th.	7:30 - 8:45/9pm Starts: January 29th, 2021 Contact: 07540977950, 07930712461, 07930712348
Free2B-Me (LGBTQ+) Community Conversations/ Confidence Building Sessions	6 sessions over 10 weeks. Open to all participants 18+ Anonymity is paramount, participants will be given the opportunity to partake in workshop activities. Bringing diverse groups and voices together to discuss the issues affecting the LGBTQ+ community during the pandemic. Thursdays fortnightly.	1-2pm Starts: January 14th, 2021 Contact: 07935135001 07930712461 07930712348
Young People's Engagement on Issue-Based Topics. Khidmat Community Centre	Workshops with young people, topics include: Intergenerational workshops, faith and cohesion, hate crime, criminality & young people, police workshop, bullying and violence, joining local action groups, and 'Watch our Neighbourhood'. 12 week online programme.	Please contact: Sofia - 01274521792 Quasim - 07511372082 BD7
Zumba Fitness Sessions for South Asian women. Khidmat Community Centre	Weekly keep fit Zumba Sessions for Women only.	Started Saturday 16/1/21 Contact Khidmat Centre: 01274 521792
Maths Revision Sessions	Online revision classes for those aged 13-16 with a focus on Maths for only £10.00. Delivered by Mr Khan, secondary school teacher.	Every Sunday 1.30 – 2.30pm. Contact 07930712348 to register.

<p>Basic English Course</p>	<p>This course is designed for those people who have very less or no prior English skills and is delivered online. Aims to Build confidence in reading writing and listening.</p>	<p>Contact Person: Kiran Ghauri Contact: 07533705053 kiran_ghauri@yahoo.com Area: Keighley, BD21</p>
<p>Basic IT Training</p>	<p>The I.T training course is for beginners with NO prior skills or Knowledge on computers. The trainer will also provide 121 support for those people who are struggling with creating Email accounts, registering for online banking etc, Zoom and Microsoft Teams.</p> <p>New group sessions for beginners are due to start on Monday 1st of February 2021. Delivery date: Thursday & Friday 11am to 1pm. Group sessions and training course on Monday 1pm to 2pm. Area: Manningham Bradford</p>	<p>Contact: Tausif Mohammed 07930712140 tausif.mohammed @manninghamha.co.uk Manningham Bradford, BD8</p>
<p>Coffee Mornings</p>	<p>The Coffee morning sessions are for women to help them build confidence and meet new people. The coffee morning is a place where women can share new ideas and learn new skills from each other. Furthermore, discuss issues affecting women. We may have professional speakers delivering various sessions. Every Monday.</p>	<p>11am - 1pm The session will be delivered by Salma & Noreen. Contact: 07930712140 tausif.mohammed @manninghamha.co.uk Manningham Bradford BD8</p>

BYO Health sessions	<p>Men's Health Session (18 to 50 yrs.) Active health walk and talk session. Women's Health Session Multi sports sessions for 2 hrs. Aims to work with ladies from the local community with health issues, like Diabetes. These sessions aim to promote a healthy lifestyle amongst its users. Older Men Health Session (50 + Yrs.) Active health, walking sessions for 2 hrs. BYO Youth & Community.</p> <p>(Online Health Session)</p>	<p>Starts: 25th Jan 2021.</p> <p>Mohammed Joynal: 07828820059 byo1982@hotmail.com</p> <p>Area: BD8</p>
Online Confidence Building	<p>The online Confidence sessions. The sessions focus on building confidence and developing resilience and a must for anyone wanting to increase their confidence and overall wellbeing.</p> <p>These sessions will be delivered on Tuesdays & Wednesdays until March 31st 2021, with facilitator: Kay Baig.</p>	<p>Tuesday 10am - 12 noon Wednesday 1pm - 3pm</p> <p>Aisha Begum: 07930712115 Aisha.Begum @manninghamha.co.uk</p> <p>Area: Online All Bradford</p>
Zumba & Yoga Online	<p>The Online Zumba & Yoga sessions are for women only. Be part of a group online and discover more about the benefits of Yoga and take part in some gentle exercise and is suitable for beginners and people of all fitness levels. A weekly rota is given out every Sunday.</p>	<p>Instructor: Humera</p> <p>To join contact Humera through WhatsApp: 07521183422</p>

Financial Inclusion Services	Advice and support for customers. Universal Credits, Housing Benefit, budgeting, fuel poverty, debt management and much more. Advice available in English, Urdu and PunjabiActive health, walking sessions for 2 hrs. BYO Youth & Community.	Contact MHA on 01274 77 11 44 - Faisal Khan, Welfare Benefits & Financial Support Officer
Xperience project – volunteer information session	Are you interested in volunteering with Manningham Housing association or within the Bradford District? Learn about the application process, training opportunities and development. 10th of February & 10th of March.	2pm – 3pm To book a place Call: 07930712253 Email: luke.waltham@manninghamha.co.uk
The Art of Doodling and stop motion animation	Exploring therapeutic drawing techniques from Zentangles & mandalas. Develop your drawings to become a video animation 9th, 16th, 23rd, 2nd, 9th, 16th, 23rd. Every Tuesday. First Session 9th Feb – 16th March. Materials needed; Paper, Pencil, Black ink pen, Coloured pens/pencils.	10am – 11.30am. For more info or support Call: 07930712253 Email: luke.waltham@manninghamha.co.uk
Origami	Exploring the Art of Origami - 'Ori' Meaning fold and 'gami' meaning paper is a traditional Japanese art form dating back to 1603. Simple activity to improve mental well-being. Tuesdays 9th, 16th, 23rd Feb.	2pm – 4pm. For more info or support Call: 07930712253 Email: luke.waltham@manninghamha.co.uk
Creative writing and story telling	Do you want to improve your English skills in a fun creative way? Come along and develop your creative writing skills by sharing your story. Tuesdays 9th, 16th, 23rd March. Materials needed; Old magazines/newspapers, Paper, pencil, pens, coloured pens.	2pm - 4pm For more info or support Call: 07930712253 Email: luke.waltham@manninghamha.co.uk

Community Projects & Activities



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www.manninghamhousing.co.uk

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