



Ever wanted to be a detective or investigator?
Well now you can!

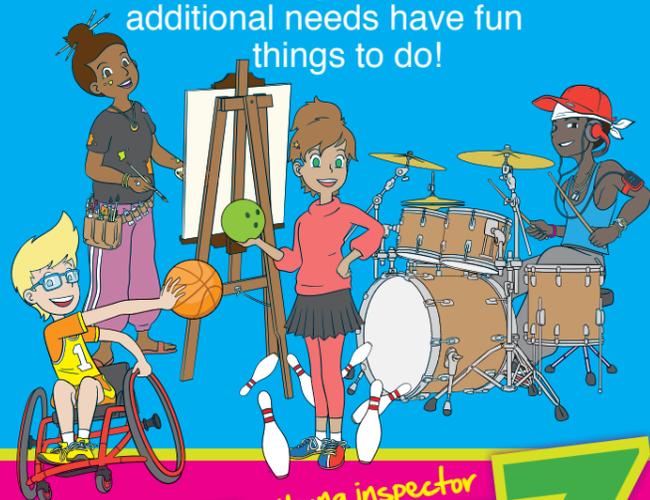
We are on the look out for young people to be a Buzz Young Inspector (BYI)

As a BYI you could visit places such as a football group, drama club, climbing group or a youth centre.

You will inspect, score and review the places you visit.

Tell us what you think about the things to do and places to go in Bradford and Keighley for young people with additional needs.

By becoming a BYI you can help to make sure young people with additional needs have fun things to do!



Contact Samina for more information

(young disabled people's participation worker)

Text 07795 665618 Call 01274 481183 or Email samina.tariq@barnardos.org.uk



THE BUZZ

Summer 2016

A newsletter for young people with additional needs aged 11+ in the Bradford district



Hello...

Welcome to the fourth edition of The buzz, a newsletter written by and for children and young people with additional needs living in Bradford district.

It's packed full of activities to do this summer where you live. You can also get involved in helping to review and score some of those activities (see the back page, which tells you about how you could be a Buzz Young Inspector).

The buzz would like to say a big thanks to Dixons Allerton Academy for their support and help with this edition.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 433861

In this issue

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PAGE 4-5 Find out about fun things to do this summer in Bradford district

PAGE 6 Your letters—read about going on a residential and advice from The buzz

and much more

Would you like to be an editor of The buzz?

If there's a group of you who'd like to be involved in creating an edition of The buzz, speak to a member of staff at school or a group you go to. Ask them to contact Samina at Barnardo's on 01274 481183



YOUR TIME YOUR INTERESTS

The buzz has been out and about in the district finding out about young people's hobbies and interests. The buzz also has a Facebook account. Find us on Facebook, and search for **The buzz-bradford**



Hello. My name is Michael and I'm 13 years old. I have a physical disability. I enjoy playing sports and am a member of a local wheelchair basketball team. I train twice a week and also play in championships. I like playing sport because it makes me feel part of a team and I get to meet my friends. There's a good social side to playing a team game and the group meets up to do other things together too.

Who uses a wheelchair?

A wheelchair is a chair with wheels. It comes in different forms, either where you move it by turning the rear wheels by hand, or it can be moved by motors.

Sometimes people use power assisted wheelchairs or adapted

wheelchairs for sports such as basketball, football or cycling.

There are sometimes handles behind the seat to allow it to be pushed by another person. Wheelchairs are used by people who find walking difficult or impossible due to illness, injury, or a disability.

What do you enjoy doing in your spare time?

Write in and tell me about it! Email thebuzz@bradford.gov.uk

I LOVE BEING A REPORTER



Hi, my name's Aaron Shaw and I'm a member of the Bradford Disability Football Club. As part of the 'Being a Bantam' project I got the chance to spend a day as a reporter at a Bradford City football match.

On the day of the match against Millwall, I sat in the press seats surrounded by well known people from Pulse 1, Sky, BBC Radio Leeds and Bantams Banter. As I sat there a question went through my head 'what's the best thing about match day?' So I went out on a mission to find out.

I asked a fan if he could describe the experience in one word, he said it was 'atmospheric', he's not wrong. The atmosphere of the stadium could change at any moment and it did, just as the football soared like a bullet into the goal! Explosions of cheering emerged from the stands as fans celebrated, clapping, singing, their hearts racing with excitement as they waved their hands in the air like they just didn't care!

There are people who work in the stadium behind the scenes like James Mason, the Chief Operating Officer. He thinks that the best part of the match day is the social side of football that brings people together and gives them a chance to bond.

Bantams Banter, who produce live podcasts of the match, said: "one of the best things is painting a picture with words to give people watching the same feeling of the atmosphere as if they were actually here!"

I look around me and the picture I see is stands lined with claret and amber scarves wrapped around fans clapping in rhythm with the sounds of drums supporting their family, friends and heroes. They were right about the atmosphere, the stadium was consumed by chants for the entire match.

Fresh from the match I interviewed Phil Parkinson, manager of Bradford City. "The best thing about match day? WINNING!" He immediately said. Then went on to say "driving to the stadium to see the happy fans, it gives me pride to be the manager of Bradford City".

So you see, many people have different opinions about the match day experience. So what is the best thing about match day? Well for me, I chose two things, hey who said there couldn't be two. The first is the social side, because magic can also happen off the pitch like making friends, meeting your future partner or just spending time together as a family.



The second, speaking today as a reporter, and at other City matches as an average fan, it's the commitment and pride everyone shares after every match day when they walk home. There is one thought that repeats itself, one that will live through the future generations of Bradfordians "I'm city till I die...I'm city till I die...I know I am I'm sure I am.....I'm city till I die."

Share your favourite sport – email thebuzz@bradford.gov.uk

THINGS TO DO

Bradford Disability Football Club

Free football training sessions. All ages and all abilities welcome.

Tuesdays 6pm to 7pm:

University Academy Keighley
Green Head Rd, Keighley BD20 6EB

Fridays 6.30pm to 8.30pm:

Trinity Green College
Bradford, West Yorkshire BD7 1QX

Sundays 10am to 12noon:

Trinity Green College
Bradford, West Yorkshire BD7 1QX

For more information contact Paul Jubb on 07845 568226

Shine Together youth group

Shine Together is a free youth group for disabled young people aged 13 to 25 years of age.

The group meets on Saturdays from 1pm until 3pm at All Saints Landmark Centre, in All Saints Church, opposite St Luke's Hospital, Bradford BD5 0NG. There is a choice of fun activities including:

- playing board games and jigsaws
- using Lego and Duplo
- playing bowls, football and tennis
- crafts like colouring and collages
- den building and go-cart riding
- nature activities like making bird feeders and planting seeds.

Email shine@allsaints-landmark.co.uk or come down to a session to find out more.

Phabstastic

Try multi sports including cricket, football, archery, cycling and more at Roberts Park, Saltaire and Zara Sports Centre, Thorn Lane, Bradford BD9 6NA. If you take part you will receive certificates, medals and a photograph. **For more information contact Jaz on 07971 166919, email jijjy@hotmail.co.uk or visit www.bradfordphab.org.uk**

Sedbergh Centre, Odsal, Bradford
Activities for young people up to 18 years of age, including using the BMX track, playing tennis, cricket, music, playing on Wii Fit, making pizzas or cakes, creating arts and crafts and simply having fun with other young people.

New for this year: We now have a multi use games area and outdoor climbing frame with swings and slide.

The scheme will run from 25 July to 19 August 2016 from 9am until 3pm (Monday to Friday each week)

The holiday scheme costs £12 per person a day.

To book or for further information contact the Safety First Team on 01274 727233 or email admin.safetyfirst@btconnect.com

3 – 31 August 11am

Bradford Film Festival

3 Aug – Alvin & the Chipmunks – Road Trip (PG)

10 Aug – Cars (U)

17 Aug – Rio 2 (U)

24 Aug – Minions (U)

31 Aug – Big Hero 6 (PG)

Brought to you by UNESCO City of Film
bradford-city-of-film.com/big-screen/family

BRADFORD DISABILITY SPORT AND LEISURE (BDSL)

Sports for young people aged eight to 25. Try activities such as cricket, football, athletics, sailing, kayaking and tennis. You can book to attend an single day or a full week at either camp. All sports activities will be run by fully qualified sports coaches and leaders. Cost of the camp will be £25 per person a week or £6 per day. Limited transport available from selected pick up points.

All camps run from 10am until 3pm on the following dates:

Monday 25 July to Friday 29 July
University Academy Keighley (UAK),
Green Head Road, Utley,
Keighley BD20 6EB

Monday 1 August to Thursday 4 August
Southfield Grange, Haycliffe Lane,
Bradford BD5 9ET

Friday 5 August
Doe Park Water Activity Centre,
Foster Park View, Bradford BD13 4LN

There will also be extra leisure trips running during the summer holidays. Please contact us to find out more.

Bradford Disability Sport and Leisure Service on 01274 437093, email info@bdsi.net or visit www.bdsi.net

BRADFORD YOUTH SERVICE

There's lots of things planned for from the Youth Service this summer, from cook and eat sessions to a cycle ride in Lister Park to trips to local places of interest, arts and crafts, music workshops and more. **Find out more by contacting a youth worker where you live:**

Bradford South Anthony Casson
call 01274 431158

Keighley Jonathan Whitaker
call 01535 618191

Bradford West Shaun Wilkinson
call 01274 437350

Bradford East Norrina Rashid
call 01274 431066

Shipley Carys Bose
call 01274 437158

MIND THE GAP SUMMER SCHOOL

Mind the Gap will be running two four day long summer schools for young people with a learning disability aged 14+

Monday 1 to Thursday 4 August

'Present Yourself' media summer school

You will learn how to be a TV presenter and how to present yourself in front of a camera. You will work with professional tutors and enjoy a day trip to the National Media Museum.

Monday 15 to Thursday 18 August

'Picture Yourself' photography summer school

You will learn how to take amazing photographs, getting tuition from a professional photographer learning techniques like framing and lighting.

You can choose to do just one or both summer schools. Each week costs £48. Places are limited.

For more information, call 01274 487390 or visit www.mind-the-gap.org.uk

Mind the Gap Studios, Silk Warehouse, Patent Street, Bradford BD9 4SA

DON'T FORGET

If you do something fun this summer if you share anything on social media don't forget to add our hashtag #fun4allBD

YOUR LETTERS

I'm going to stay overnight at a camp this summer away from my family. I'm a bit worried. CAN YOU GIVE ME ANY ADVICE?

YOUR VIEWS !!!

THE BUZZ SAYS

Here's some ideas for things you could do to feel less worried.

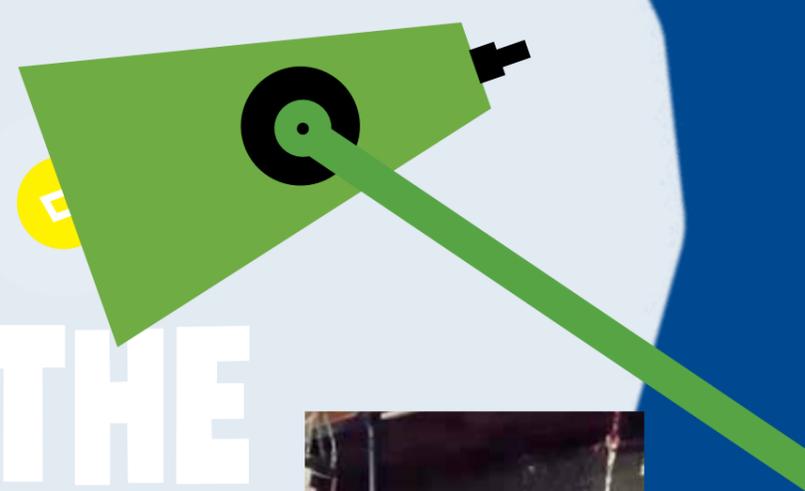
- write to or ring your family while you are away.
- Take something from home with you, for example a scarf or a cuddly toy so you have it close if you feel homesick.
- Remember the experience will help you to be more independent, so in the future you might be glad you did it.
- Go on the trip with confidence, you will be able to get through it.
- It's normal to feel worried, but try to relax and step outside your comfort zone. Enjoy the adventure.
- Try to speak to other people on the camp and share the experience together. It's likely everyone else feels the same!
- Write a checklist of things you need to take with you so you don't forget anything.

EXAMPLE CHECKLIST

- ✓ mobile phone (if you have one to stay in touch with family)
- ✓ toy or item from home
- ✓ medication you need
- ✓ the right clothing e.g. warm jumper for cold days or evenings or waterproof coat.
- ✓ toiletries e.g. shampoo and shower gel or personal care items.
- ✓ money (if you need to buy things while away)
- ✓ Anything else you need (you could ask a friend or family member for help)

Do you have a letter you'd like us to answer? email thebuzz@bradford.gov.uk

YOU'RE UNDER THE SPOTLIGHT



My name is Hamza. I am 15 years old and I go to Dixons Allerton Academy.



My favourite subject at school is Design Technology because I like creative subjects.

At the weekends I go to a boxing club on Leeds Road called M.A club. I started my boxing career at 10 years of age. I started boxing because I found it an interesting sport.

Boxing is a sport that requires mental, emotional and physical strength. I enjoy boxing because I get a sense of satisfaction and achievement from it.

Boxing is highly motivating and rewarding. One thing you will need to perfect in any sport is a high level of resilience and self-motivation. When I first started on this adventure I faced many challenges. Over time I overcame these challenges by not giving up and persevering.

My ambition, when I leave school is to become a successful businessman like my dad, who is a role model to me. I will also continue to pursue my passion for boxing and may go on to teach it to other people in the future.

Share your favourite hobby
email: thebuzz@bradford.gov.uk