



# Summer 2025 Newsletter

## OAC ACTIVITIES IN BRADFORD

### Funded projects

These are the projects we have funded so far:



Gym sessions  
at Pinnacle  
Performance, BD1



Cricket  
JUMP at Bowling  
cricket club, BD5



Multisports  
at Skills Kitchen,  
Salts Hub, BD18



Boccia  
at Summat  
Creative, BD17



Boxfit  
at Summat  
Creative, BD17

### Funding available

We have seed funding available for activities to get people with learning disabilities in Bradford active.

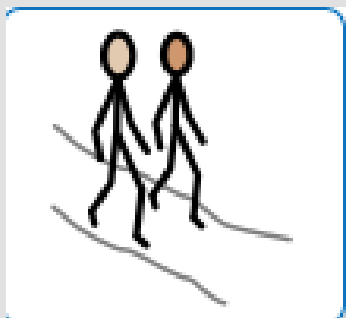
If you have an idea of a sport or physical activity you would like to set up, please get in touch with us at [alex.craddock@mencap.org.uk](mailto:alex.craddock@mencap.org.uk)



## BEING ACTIVE! GET OUT AND ABOUT WALKING

Each newsletter, we will have a video with different ideas on how to be active out in the community. This time we are looking at **walking**!

Please click [here](#) to watch our Walking Workshop video on YouTube, or you can scan the QR code on your phone, which will take you to the video!



For more information please contact :  
[alex.craddock@mencap.org.uk](mailto:alex.craddock@mencap.org.uk)

## What Barney and Jason have been doing...

Barney visited **Keighley Healthy Living Conversation Cafe** to hear about everything they offer. We hope to work more with them soon.

Jason visited **Pinnacle Fitness** in Bradford. They offer sessions for people with physical and learning disabilities and those who are neurodivergent. Jason said "the facilities are really good and the staff are lovely. It is near the bus station and there is plenty of parking".

Barney and Jason visited a group at **People First Keighley and Craven**. They asked the group how they feel connected to their community and the activities they take part in. It was a great morning and will help us to support more activities in the Keighley area.



## Mencap Active Community Conference

**Mencap Active Community is delighted to announce that our national tour of conferences is coming to Bradford. The conference is FREE and we would love for you to join us.**

**Book your place here online or scan the QR code:**

<https://www.eventbrite.co.uk/e/bradford-mencap-active-community-our-active-community-conference-tickets-1411742121689?aff=oddttdtcreator>



**Mercure Bradford Bankfield  
Hotel**  
**Bradford Road Bingley BD16 1TU**



**Wednesday 29<sup>th</sup> October**



For more information please contact :  
[alex.craddock@mencap.org.uk](mailto:alex.craddock@mencap.org.uk)



# OAC GATHERINGS

We're thrilled to share something exciting with you – we're looking to create **four brand-new "Our Active Community" gatherings** across Bradford District, and we'd love for you to be part of it.

We're planning to host these gatherings in:

- **Bradford City Centre**
- **Shipley**
- **Ilkley**
- **Keighley**

These events will be more than just conversations – they'll be **collaborative spaces** where we can:

- Explore how to make Bradford & District a **happier, healthier place** for people with a learning disability
- Talk about **funding opportunities**
- Break down **barriers to physical activity**
- Celebrate and connect the **strengths and assets** already in our communities

Whether you're:

- An organisation supporting people with a learning disability
- A person with lived experience
- A sports or physical activity provider
- A group with a passion for inclusion and wellbeing
- Or simply someone who cares deeply about your community...

**You're invited. You're needed. You're welcome.**

We're looking for people to **join, host, or help shape** these gatherings. If you're interested – or just want to chat about the idea – please get in touch. This is a **collaborative effort**, and your voice matters.

Got questions? Want to spread the word? Please share this far and wide – we want to hear from as many people and organisations as possible. Let's come together to create something brilliant.