

# Better Lives Spring 2026 Bulletin

## Hello and welcome to our Spring 2026 Bulletin edition

Hello from the Better Lives Charity team! We have been busy, working away in the background to provide you with an exciting summer of fundraising and we are delighted to have the support of all our colleagues and communities across the Bradford district.

Better Lives ran two successful Quiz Nights plus stalls at medical centres across the Bradford district, raising over £3000 since December 2025. We are planning our next Quiz Night at a new venue and with a new menu for early September - keep in touch through our [Facebook](#) and [BDCFT](#) pages to find out more.

On behalf of the patients and colleagues, we would like to say a huge thank you to everyone who continues to support us, whether you are a staff member who gives through you pay, have taken on a personal challenge, took part in one of our quizzes or volunteered your time – a great big heartfelt Thank You!



# Exercising the Body and Mind



Our second Festive Curry and Quiz Night at Habibs, Thornbury was once again a huge success, raising an impressive £1,174. Congratulations go to the winning team, The OT Crowd, who went on to continue their winning streak by also taking first place at the March Quiz Night held at The Potting Shed, Bingley.

March's quiz night was a smaller but lively event, raising £1,000 in total. We would like to extend a special thank you to Bob Champion, Chief People Officer at BDCFT, whose very generous donation of £577 made reaching the £1,000 milestone possible.

A huge thank you to everyone who attended, donated, and supported these incredible evenings.



In September 2025 we had 8 fabulous runners taking on the Great North Run, raising an amazing £5400 between them. We have places for the 2026 Great North Run, so please get in touch if you are interested in taking part in the best half marathon in the North and raising vital funds to enable us to continue to enhance the care the Trust provides.



# Celebrating Success



In September 2025 the Early Interventions in Psychosis team, following an 18 month fundraising campaign to raise £9000, supported by the Better Lives Charity team, took 10 services users on a Voyage to Recovery – a 5-day sailing trip off the coast of Britain. The team are about to launch their new fundraising campaign to repeat the trip with a new group of service users in 2027.



In October 2025 Better Lives Charity were, for the first time, the headline sponsor for the Trusts annual Staff Awards. The You're a Star Awards is a fabulous evening which celebrates staff and volunteers from across the Trust who demonstrate the Trust Values, go above and beyond in working together, innovating, making a difference and in some cases are unsung heroes. It's an amazing way for the Charity to show its gratitude to all staff within the Trust.



# School Health Hub Update



In January 2025, we told you about the amazing £199,278 grant we received from NHS Charities Together to deliver Health Hubs in two schools, one year into this two-year project we are seeing the difference this project is making. The Health Hubs at Dixons Allerton Academy and Oastlers are strengthening the link between health and education. Health, home life and wider social factors can all affect behaviour, wellbeing and school attendance.

Attendance is a priority, but low attendance is often a sign of underlying issues. Through collaborative wellbeing assessments, tailored action plans are developed with students, families and schools, and reviewed regularly.

This joined-up approach is already helping to improve attendance. Staff can refer students for additional support beyond what school alone can offer. Mental health and emotional wellbeing are common themes, so the hubs bring partner agencies together to provide support, guidance and signposting for students and families.

Better Lives Charity and Children's Services collaborated to create this 2-year health programme for young people. It is funded by NHS Charities Together and BDC NHS FT Children's Health Services.

All the projects we fund sit outside the NHS core budgets and make a huge positive difference to the lives of patients, their families and communities. Grants and kind donations have helped. Please contact us to find out more.

# Upcoming Events



Bradford District Care  
NHS Foundation Trust Charity  
Charity number 1130011

Golf Day - 12 June

Leeds Inflatable Obstacle Course - 20 June

Dragon Boat Race - 5 July

Yorkshire 3 Peaks - 8 July

Great North Run - 13 Sep

York Inflatable Obstacle Course - 26 Sep

To sign up for any of the above click here:

[FLOW PAGE BETTER LIVES EVENTS](#)

DYOF: Do your own Fundraising - cycle, run, swim, knit, bake, craft, ski, paddle.... the list is endless!

For information on any of the above or to discuss DYOF please contact us at [betterlivescharity@bdct.nhs.uk](mailto:betterlivescharity@bdct.nhs.uk)

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