Better Lives Charity Autumn Bulletin

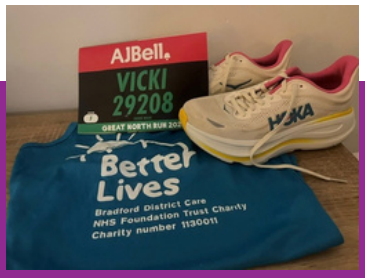
Bradford District Care
NHS Foundation Trust Charity
Charity number 1130011



The Charity team with the Communications team at the Annual Members Meeting in September wearing our new sporty charity t-shirts. Bright and bold!

Great North Run 2026
A great fundraising success

A hearty thanks to our runners at this year's AJ Bell Great North Run. They raised an amazing £3000. We are pleased to say that all funds raised through our events and activities go towards grants at BDCFT.



Latest News

We have so much exciting news to share in our Autumn Bulletin and across our social media!

Let's start with YASA - an evening full of celebration and joy.

We were delighted to sponsor our BDCFT You're A Star staff awards (YASA) for the second year. The awards recognise our hardworking teams and individual staff members for their outstanding commitment, effort, and achievement and celebrate their dedication, professionalism, and willingness to go the extra mile continue to make a real difference. Held on the 1st October at the Midland Hotel Bradford, and hosted by TV presenter Tanya Arnold, the evening was a heartwarming celebration for all present. We would like to extend our congratulations to all the winners, shortlisted and nominated staff and teams.





Upcoming Festive Curry Quiz Night

Join our Quiz Night and see if your team has what it takes to claim the top spot. Great questions, great company, and plenty of laughs guaranteed!
Test your knowledge, enjoy good food, and spend the evening in mirth and merriment.
Venue: Habib's Restaurant, Killinghall Road, Bradford.
Friday 4th December, 6.30pm to 9.30pm.
BYOB. Scan the QR code to sign up!



Bradford 10k



Enter now for £25

Minimum sponsorship £125

Sunday 28 February 2027

What's included?
Charity place
Charity running t-shirt
Fundraising support



Better Lives
Bradford District Care
NHS Foundation Trust Charity
Charity number 1130011

WIN UP TO £10,000

PLAY OUR LOTTERY

AND HELP CHANGE LIVES

TAKE THE LEAP, TRANSFORM LIVES

Charity Skydive Challenge

Ready to do something extraordinary?
Join Team Better Lives for an unforgettable skydiving experience and take on the ultimate challenge while raising funds to make a lasting difference.
Whether you're conquering a fear, celebrating a milestone, ticking off a bucket-list experience or simply looking for an incredible adventure, a tandem skydive offers the perfect opportunity to challenge yourself while supporting a great cause. Sign up via the QR code for the thrill of a lifetime!



From April to September 2026 you have helped us raise £15,000 through our events and activities. All funds go towards grants for Bradford District Care Trust NHS teams for added extras that improve spaces and activities for patients.

On behalf of our patients and communities - THANK YOU!

Join Better Lives Charity in buying a Christmas gift for all our inpatients

Help us spread festive cheer across our hospitals by supporting the charity to buy every person on the wards a small gift to open on the day.



How can you help?

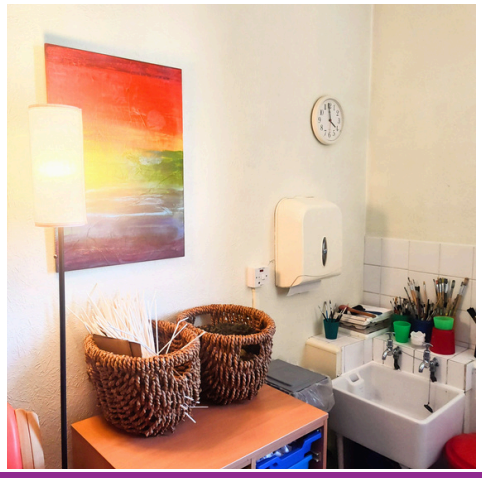
Sponsor a gift - scan QR code

Have a bake sale.

Run a Christmas jumper competition.

Hold a raffle or tombola.

Join our festive curry and quiz night.





Examples of funded projects, improving theraputic spaces and resources for theraputic acitivities



For further information about our events and how to fundraise please contact us betterlivescharity@bdct.nhs.uk

Visit our website: Better Lives Charity
Facebook page: Better Lives Charity
Linkedin: Better Lives Charity

For sign-ups to upcoming events please click the links below:

Curry and Quiz Night 2026
Sky Dive 2027
Christmas Fundraising