



RECLAIM THE NIGHT



Staying Put Welcome

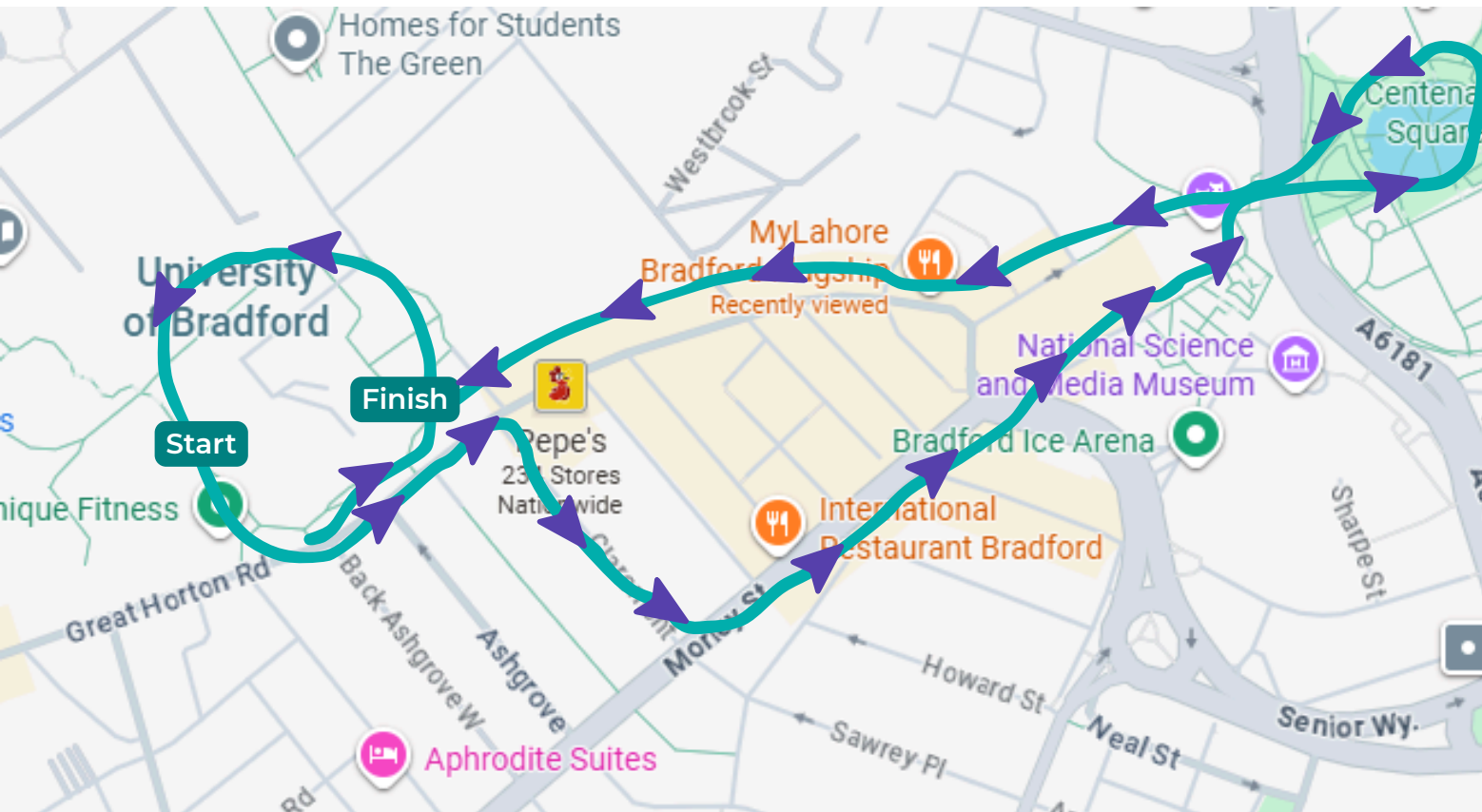
Thank you for joining our Reclaim The Night event. In this pack you will find the following:

- Route map
- Itinerary
- Speakers and performers
- Chants
- Safety information
- How to spread the word



Route map

Please ensure you walk on pavements and not in the roads.



Route:

- Start at Multi- Faith Prayer Room, Carlton Building, University of, Bradford, circle round the campus
- From here we leave the campus and come out at Unique Fitness.
- From Unique Fitness we rejoin Great Horton Road then turn down Claremont
- Join Morley street, follow this to the Science Museum, back to the Alhambra and then across the A6181 to Centenary Square
- Circle round Centenary Square, past Cake Ole to the lights on A6181
- Cross the road and walk up past Bradford Alhambra up Great Horton Road, passing MyLahore restaurant.
- From the restaurant up to Bradford University

Itinerary

4.00- 4.30pm	Meet at Multi- Faith Prayer Room, Carlton Building, University of, Bradford
4.30- 4.40pm	Welcome speech- Anita Pluckwell, Staying Put
4.40-4.50pm	Alison Lowe speech
4.50-5.00pm	Gather placards
5.00-5.30pm	Walk to Centenary Square
5.30-5.45pm	REN & university speeches, Sharena Lee Satti poem
5.50-6.15pm	Walk back
6.15-6.30pm	Performance from Soundproofbox
6.30-6.40pm	Lisa Bell speech
6.40-6.50pm	Anita Pluckwell closing

Speakers



Alison Lowe

Deputy Mayor of West Yorkshire Policing and Crime

Alison Lowe is the Deputy Mayor for Police and Crime in West Yorkshire. She started her role in July 2021 and was appointed by the new Metro Mayor, Tracy Brabin, because of her extensive voluntary sector, political and policing experience over a 30+ year period.

Alison worked in the Third Sector for more than 30 years, most recently as Chief Executive of Touchstone, a Mental Health Charity working across West Yorkshire. Touchstone work with and for people that are affected by mental health problems, and they specialise in working with people from different cultural backgrounds.



Anita Pluckwell

Head of Operations and Client Care- Staying Put

With a background in social care, Anita Pluckwell has worked across Europe, and set up a victim support scheme for service families in north-west Europe, before settling back in the UK and furthering her career in domestic abuse services. Previous to working at Staying Put, Anita worked for Trafford Domestic Abuse Services where she led a team delivering outreach services to survivors and developed domestic abuse training packages for professionals.

Anita's role as Head of Operations & Client Care means she oversees all our service delivery, across our Community Hub, One Front Door and Accommodation services.



Lisa Bell

Founder, Soundproofbox

With a background in acting and theatre directing for education companies, Lise founded Soundproofbox to channel her passion for addressing societal issues into creative solutions.

Lise is a dedicated advocate for both male and female domestic abuse survivors and has contributed to local and international initiatives, including being a part of the steering group for West Yorkshire Trauma Informed and a board member for International Change for Children. Alongside her community work, Lisa has authored two books on the subject of coercive control, published under her pen name Elise Kaye.

Speakers



Sharena Lee Satti

Poet

Sharena Lee Satti is an award-nominated published poet, performer, and WOW – Women of the World nominee whose work celebrates women's voices and community connection. Her poetry has been featured on BBC Radio, at major festivals, and shared internationally, including at a conference in Nepal.

Through her workshops, Sharena inspires self-expression and confidence, empowering young people and communities to find and share their stories.



Speaker

Race Equality Network



Speaker

University of Bradford



Soundproofbox CIC

Soundproofbox CIC is a Yorkshire-based social enterprise founded by Lise Kaye-Bell, with a mission to break cycles of abuse and create safer, healthier relationships through creative education and training.

The organisation's core approach is to use interactive theatre, storytelling, and workshops to bring to life the hidden dynamics of coercive control, toxic relationships, harassment, and abuse often under the banner of its flagship "Red Flags" performance. Its work spans schools, workplaces, public organisations, and community settings, with the intent to engage audiences, deepen understanding, and equip bystanders and survivors with tools to act.

Chants

CALL: WHO'S STREETS?
RESPONSE: OUR STREETS

CALL: MY BODY
RESPONSE: MY CHOICE
CALL: THEIR BODY
RESPONSE: THEIR CHOICE

CALL: WE HAVE THE POWER
RESPONSE: WE HAVE THE
MIGHT
CALL: THE STREETS ARE
OURS
RESPONSE: TAKE BACK THE
NIGHT

CALL: HEY HEY, HO HO
RESPONSE: THE
PATRICHARCHY'S GOT TO
GO

CALL: WHAT DO WE WANT?
RESPONSE: SAFE STREETS
CALL: WHEN DO WE WANT
THEM?
RESPONSE: NOW

CALL: WHATEVER WE WEAR,
WHEREVER WE GO
RESPONSE: YES MEANS YES
AND NO MEANS NO

CALL: 2, 4, 6, 8
RESPONSE: STOP THE
VIOLENCE, STOP THE HATE

Safety information

Before the event

- Plan your route: Know where the event starts and ends, and how you'll get home. Share your plans with a friend or family member.
- Go with others if possible: It's safer and more enjoyable to attend in a group.
- Charge your phone: Make sure it's fully charged, and consider carrying a portable power bank.
- Dress comfortably: Wear clothes and shoes that are suitable for walking and weather conditions.

During the event

- Please walk on pavements and not in the road
- Stay with the crowd: Keep close to the main group; safety in numbers is powerful.
- Be aware of your surroundings: Notice where event stewards, organisers, and exits are in case you need help.
- Listen to organisers: Follow any safety instructions given by march leaders or volunteers.
- Trust your instincts: If someone or something makes you feel uncomfortable, move closer to others or flag an organiser.

After the event

- Don't walk alone if you can avoid it: Head home with a friend, or use safe transport options like licensed taxis or trusted ride apps.
- Stay in well-lit areas: If walking, stick to busy streets rather than shortcuts.
- Check in with someone: Message a friend or family member when you arrive home safely.

Collective safety

- Look out for each other: If you see someone who looks uncomfortable, lost, or alone, check in with them.
- Emergency contacts: Have local emergency numbers saved and know where help points (like nearby shops or stations) are.

Spread the word

Social Channels

Please share our messaging far and wide on your social channels.

We mainly use Facebook, Instagram, Bluesky and LinkedIn. Our social channels are below:

- Facebook @stayingputuk
- Instagram @stayingputuk
- Bluesky @stayingputuk.bsky.social
- LinkedIn @Staying-put-Yorkshire

Please only share what you feel comfortable with and tag us in posts. Do not share images of other people without permission.

Hashtags

Please use the following:

#ReclaimTheNightBradford

#VAWG

Please note: There will be people from Staying Put taking pictures on the night. If you do not wish to have your picture taken please let an organiser know.

Bake Sale Fundraiser

at Reclaim the Night



Join us in supporting Ayesha's fundraiser for Staying Put while enjoying some delicious homemade treats (free hot drinks available!)

- *Bring cash to donate or buy treats*
- *Scan our QR code on the day to donate*



Thank you
