Bradford South area Family Hub

Reevy Hill Family Hub Bedale Drive, BD6 3ST

TFD Community Centre Broadstone Way, BD4 9BU

We also deliver services at:

Holme Wood Children's Centre Haslemere Close, Holme Wood, BD4 9EB

Woodside Children's Centre Fenwick Drive, BD6 2PG

Wyke Community Centre Huddersfield Road, Wyke, BD12 8AA



For more information on where we are and what we do, scan the QR code or visit fyi.bradford.gov.uk

Get in touch

- Call us on 01274 434940 (open Mon-Thur 8.30am-5pm, 8.30am-4.30pm Fri)
- F Visit us at <u>fb.com/BradfordSouthFamilyHub</u>
- Email us: Familyhubsouth@bradford.gov.uk



Parenting programmes

We have a range of fantastic parenting programmes delivered at various times. You'll meet others in a similar situation in an informal and supportive atmosphere.

You don't need a referral from another service, you can simply apply yourself on <u>fyi.bradford.gov.uk</u> or call us.

Who's in Charge – Parents and primary carers who care for children aged 8 to 18 years of age, who are abusive or violent towards them or who appear out of parental control.

HENRY – Parents with children aged 0 to 5 years. Providing parents with skills, knowledge and confidence to give babies and young children a healthy start in life.

Family Links Nurturing – supporting positive parenting and exploring the emotional needs behind behaviour. For parents/carers of 2-13s. **DICE –** a support programme for parents and carers to raise awareness of the risks of exploitation.

Talking Teens – positive parenting and relationship building for parents/carers of 11-18s. Covers understanding your teen, managing conflict, communicating and more.

Some of our regular events

School Nurse Team – Drop In or call 01274 221203 Health visitor clinics – speak to your health visitor or call 01274 221223 to book.

Foster Carers Support Group - if you are a foster carer and would like further information please contact Shahnaz Zaman: shahnaz.zaman@bradfordcft.org.uk

Jump Aboard educational psychologist - Free Consultation on topics such as Autism, ADHD, speech and language needs, learning difficulties, social emotional and sensory needs, information on education, health and care (EHC) assessments and EHCP (education, health & care plan).

Coffee mornings - Green Doctors will be attending on 29th Feb to give advice on saving energy and money. **Arts and crafts sessions** - open to all.

Wise Owls - language development drop-in for parents/carers of children 18 months to 4 years. Baby Circles - CALLING ALL PREGNANT WOMEN. Grab a cuppa, connect with other pregnant women,seek wider support all whilst relaxing and enjoying a wide range of wellbeing and self-care activities.

Little Minds Matter Circle of Security - Being a parent isn't always easy and at time we can feel lost or confused. What does my child want from me? Why is my baby behaving like this? Am I getting this right? Circle of security is an 8 week programme, weekly session. Creche available. For more information call 07766 568 407 or email LMMsupport@bdct.nhs.uk

Baby Massage -Enjoy and strengthen baby-parent communication. Helps to relax parent and baby and can encourage deeper sleep and relieve wind, colic and constipation. to book call 07766 568 407 or email LMMsupport@bdct.nhs.uk.

Warm Space - All welcome to keep warm, play games, enjoy crafts and free tea, coffee and soup. Baby and Toddler Reading and Rhymes - Free Baby and toddler Reading and Rhyme session. Come along and enjoy the newly refurbished library at TFD Centre. Free book packs to take away.

Digital resource centre - at TFD library - Free Wi-Fi,phone charging, access to computers, printing,support for digital access, support from family navigators, community connect support, emergency food parcels, tea and coffee. **Beyond the margin community cafe** - is for anyone and everyone, a free warm meal with different main meals every week. We will have some crafts on at the same timecome down for just a cuppa or for some company or a warm meal.

Bradford South area Family Hub – February timetable

