

School Nursing

Drop-in

Drop-in today
and have a
chat to about:

Relationships
Growing up
Sleep
Stress
Anxiety
Low mood
Nutrition
Lifestyle
Alcohol
Smoking
Vaping
Drug use
Gender
Sexuality
Anger
And much, much
more...

Confidential
health, wellbeing
advice and
support

Where:

Barkerend Family Hub
365 Barkerend Road,

BD3 8QX

When:

01	Aug	09.00am - 11.30am
05	Sept	09.00am - 11.30am
03	Oct	09.00am - 11.30am
07	Nov	09.00am - 11.30am

Better lives, together

WE www.bdcft.nhs.uk @BDCFT



Free Summer of Family Fun Activities in the Parks

Activities for children and young
people during the summer holidays
at parks in the Bradford District!

- * Sports games
- * Climbing tower
- * Bouncy castles
- * Sports Inflatables
- * Dance
- * Arts and Crafts
- * Adventure play
- * And lots more!

Please see our website for the latest information:

bradford.gov.uk/summer

HAF Summer 1 Program 2024

Week	30th July	31st July	1st August	4th August
Week 1	Myrtle Park, Bingley	Avenue Road, West Bowling	Haworth Road Playing Fields	Wyke Sports Village Including British Cycling Pedal Party
Week 2	6th August Victoria Park, Keighley	7th August Lister Park	8th August West Park	
Week 3	13th August Lady Hill Park	14th August Wibsey Park	15th August Roberts Park	
Week 4	20th August Menston Rec	21st August Peel Park		

- Activities are aimed at 5 - 14 year olds
- All children must register their name and school on arrival.
- Free, healthy packed lunches for children on free school meals (subject to demand)
- Parents are responsible for the supervision of their own children.
- Wear suitable clothing according to the weather. Trainers are best footwear.
- In event of bad weather, events may be cancelled for safety reasons.
- No bookings, just turn up and play!

The Summer of Fun events have been funded by the Department for Education as part of the Holiday Activities and Food programme.

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 434702

T9+ Dixons |...

Receipt...

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Health room

Our health room is used for midwife appointments. While visiting your midwife, why not ask at reception about what else is on offer to support you and your partner during pregnancy and with a new baby?



Our Family Hub's friendly team includes:

Family support workers – direct work with families in need of kindly professional support for everyday family challenges.
Parenting workers – delivering a variety of parenting programmes to help you 'become the best parent you can be'.
Early help co-ordinators – working with schools, early years settings and other services to help families access support services and plans.
Family navigators – often the first point of contact to help you 'navigate' or find the support you need. They are often available at sessions or events in the hub and the community so you can have a chat with them whenever you need to.
Business support officers – welcoming you on the front desk, answering the phone, responding to email and Facebook queries to provide you with the right information and help when you need it.

365 Barkerend Road, Bradford, BD3 8QX

FamilyHubEast@bradfordcft.org.uk

01274 437523

Bradford East Family Hub



fyi.bradford.gov.uk/familyhubsandstartforlife



Welcome to



Barkerend Family Hub



Bradford district's Family Hubs support families with children and young people of all ages and at every stage of family life.

A place, in your community to...

Take part in courses, groups and activities for all ages

Attend midwife and health visitor appointments

Have a chat

Get advice and support

Use the sensory space! FREE to use (booking needed)



Our welcoming reception

- Get connected with free WiFi
- Charge your phone up
- Ask about Data Sim cards for free mobile data
- Ask to chat with one of our family navigators



Multiplay room (creche and playroom)



Groups available in our Multiplay room and creche include:

- Barkerend Buddies play and learn (Monday morning)
- Health visitor baby clinic (Tuesday morning)
- Coffee morning (Thursday morning)
- SEND monthly drop in sessions - meet Jump Aboard team, school nurses and Children Community Support Team (CCST)
- Various parenting courses and programmes (details on FYI website)
- Plus lots more - it's all on our timetable!

Our Multiplay room is bookable for new groups - please ask for information.



Our garden includes an outdoor play area with lots of play equipment. This joins onto the Multiplay room and is available to groups booking space in the Family Hub.

We have a large hall with kitchen area, which can also be divided into two separate spaces. These can be booked for sessions or meetings.



Step inside our sensory room!

A specially designed space that provides controlled and immersive sensory experiences. This space can support babies, children and young people with a space to relax and relieve stress.

- **See:** lights, projected images and patterns
- **Touch:** toys and textures to feel and explore. Use our interactive light board to make colour and shapes.
- **Hear:** - play music and sounds to add to the experience!

Please give us a call, email or speak to our lovely team to book a FREE individual slot or longer group session.



Kids' Holiday Cook+Eat

Summer 2024



£3*

Bring your kids (aged 7-15) to one of our fun and informative hands-on cooking workshops. They'll be inspired to learn valuable cooking skills and create a great-tasting nutritious dish using fresh ingredients to share with the family.

Shaw House, 22 Rawson Road, BD1 3SQ

Jamie's MINISTRY OF FOOD We've partnered with Jamie's Ministry of Food to deliver fun and friendly cooking classes with delicious Ministry of Food recipes. We're also running classes with our own tasty recipes.

* Free for those receiving free school meals

Thanks to funding from the Department for Education. Contact cooking@innchurches.co.uk to book free places.

Thu 25 Jul	10:00-12:00	Kitty's Kits pizza with side salad
	13:30-15:30	Salmon fishcake with oven-baked sweet potato fries and green salad
Fri 26 Jul	10:00-12:00	Friday Pie Club - come and make a great-tasting pie with us

Week 1

Mon 29 Jul	12:30-14:30	Chicken stir fry with noodles
Tue 30 Jul	10:00-12:00	Mac and cheese with fresh tomato salad
Wed 31 Jul	10:00-12:00	Chicken stir fry with noodles
	13:00-15:00	Mac and cheese with fresh tomato salad
Thu 1 Aug	10:00-12:00	Celebrate Yorkshire Day with a surprise recipe
	13:30-15:30	Celebrate Yorkshire Day with a surprise recipe

Week 2

Mon 5 Aug	13:00-15:00	Spicy Moroccan Stewed Fish
Tue 6 Aug	10:00-12:00	Chicken Chow Mein
Wed 7 Aug	10:00-12:00	Roast vegetable flaky parcel with feta cheese, tomato & basil sauce
	13:30-15:30	Chicken fajitas with tomato salsa
Thu 8 Aug	10:00-12:00	Cheese and onion pie with baked beans
	13:00-15:00	Sweet tomato gnocchi served with summer salad
Fri 9 Aug	10:00-12:00	Friday Pie Club - come and make a great-tasting pie with us

Week 3

Book at innchurches.co.uk/cooking





Bradford District Care
NHS Foundation Trust

School Nursing

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- Relationships
- Growing up
- Sleep
- Stress
- Anxiety
- Low mood
- Nutrition
- Lifestyle
- Alcohol
- Smoking
- Vaping
- Drug use
- Gender
- Sexuality
- Anger

And much, much
more...

Where:

Gateway Centre
45 Thackeray
Road, Ravenscliffe, BD10 0JR

When:

05 Aug	09.30am – 11.00am
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www.bdcf.nhs.uk

BD100T

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Mon 12 Aug	13:00-15:00	Sweet potato and chickpea chilli
Tue 13 Aug	10:00-12:00	Crispy salmon tacos
Thu 15 Aug	11:00-15:00	Afternoon tea
Fri 16 Aug	10:00-12:00	Friday Pie Club - come and make a great-tasting pie with us

Week 4

Mon 19 Aug	13:00-15:00	Pancake stack with fresh berries
Tue 20 Aug	10:00-12:00	Picnic in the garden
	13:00-15:00	Picnic in the garden
Wed 21 Aug	10:00-12:00	Fish and chips with smashed peas
	13:30-15:30	Veggie tikka masala with fluffy rice
Thu 22 Aug	10:00-12:00	Come and celebrate national burger day
	13:30-15:30	Come and celebrate national burger day
Fri 23 Aug	10:00-12:00	Friday Pie Club - come and make a great-tasting pie with us

Week 5

*** Free for those receiving free school meals**
Thanks to funding from the Department for Education. Contact cooking@innchurches.co.uk to book free places.

Tue 27 Aug	13:30-15:30	Sweet potato Chilli with rice
Wed 28 Aug	10:00-12:00	Keema curry with garlic naan
	13:30-15:30	Butternut squash muffins
Thu 29 Aug	10:00-12:00	Chicken tikka masala with garlic dough balls
	13:30-15:30	Kitty's Kits pizza
Fri 30 Aug	10:00-12:00	Friday Pie Club - come and make a great-tasting pie with us

Week 6

Book at innchurches.co.uk/cooking

