

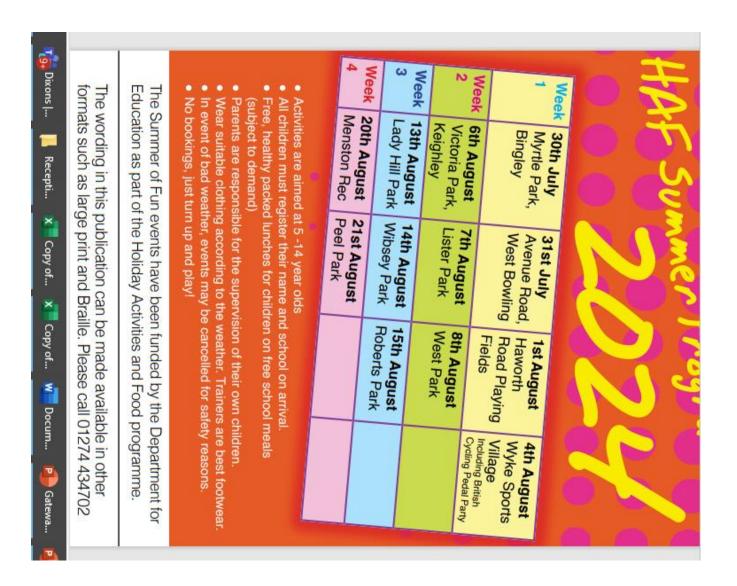
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#### Health room

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



SCAN ME

## 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



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

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

MINISTRY OF FOOD Cooking classes with delicious Ministry of Food recipes.

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.

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	ee
Fri 26 Jul	10:00- 12:00	Friday Pie Club - come and make a great-tasting pie with us	X

#### \* Free for those receiving free school meals 🔸

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

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

Mon 5 Aug	13:00- 15:00	Spicy Moroccan Stewed Fish	1
Tue 6 Aug	10:00- 12:00	Chicken Chow Mein	١
Wed 7 Aug	10:00- 12:00	Roast vegetable flaky parcel with feta cheese, tomato & basil sauce	١
	13:30- 15:30	Chicken fajitas with tomato salsa	
Thu 8 Aug	10:00- 12:00	Cheese and onion pie with baked beans	1
	13:00- 15:00	Sweet tomato gnocchi served with summer salad	(
12.50			٠

£3\*

Cooking

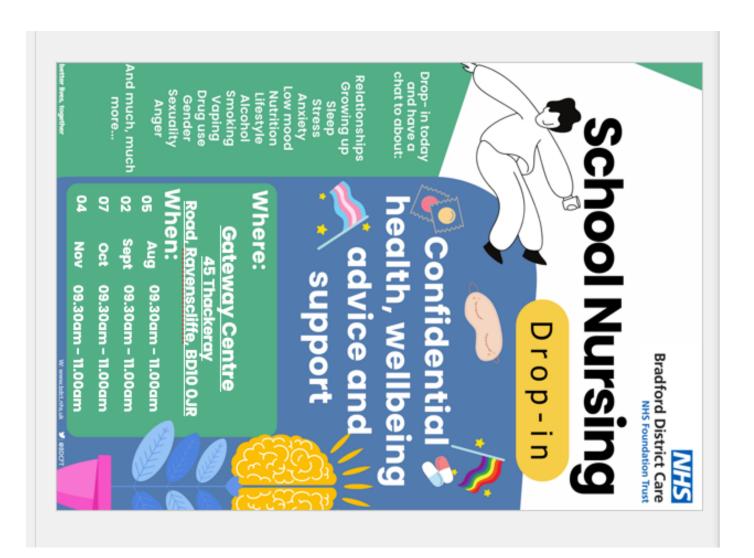
Book at innchurches.co.uk/cooking





10:00- Friday Pie Club - come and 12:00 make a great-tasting pie with us





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Non 12 Aug	13:00- 15:00	Sweet potato and chickpea chilli	
ue 3 ug	10:00- 12:00	Crispy salmon tacos	1
5	11:00- 15:00	Afternoon tea	
ri 6	10:00- 12:00	Friday Pie Club - come and make a great-tasting pie with us	1

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	VY
	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	7

\* Free for those receiving free school meals
Thanks to funding from the Department for Education.

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

Book at innchurches.co.uk/cooking







Inn Churches

Cooking