

# Bradford East Locality Family Hub

## Barkerend Family Hub

365 Barkerend Road, BD3 8QX

### We also deliver services at:

#### Gateway

43 Thackeray Road, Ravenscliffe, BD10 0JR

#### Woodroyd Centre

Woodroyd Road, West Bowling, BD5 8EL

#### Communityworks

Undercliffe Lane, BD3 0DW

#### Canterbury Nursery School

Basil Street, Canterbury, BD5 9HL

#### Fagley Primary School

Falsgrave Avenue, BD2 3PU

#### Eccleshill Library

Bolton Road, BD2 4SR

#### St Clare's RC Church

Moorside Road, BD2 3JD

For more information on where we are and what we do, scan the QR code or visit [fyi.bradford.gov.uk](http://fyi.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 [fyi.bradford.gov.uk](http://fyi.bradford.gov.uk) or call us.

### Recent programmes

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

**Family Links Nurturing Programme** - supporting positive parenting, encouraging emotional health and exploring the emotional needs behind behaviour. For parents and carers of children 3-12.

**Freedom Programme for Women** - for women 16+ who might be in or recovering from an abusive or controlling relationship

**HENRY preparation for parenthood** - a six session programme helping you prepare for the arrival of your baby

**HENRY cooking programme** - at Barkerend Health Centre. This will run from 27th August. Please contact the hub for more information.

**Incredible Years pre-school** - Promoting positive social, emotional, and language development for 3 and 4 year-olds

## Some of our regular events

**Sensory Room** - a therapeutic space for all families devoted to relaxing and developing the senses. Call us to book.

**SEND Parent/Carer's Coffee Morning** - a place for parent carers to share experiences and get support. Email [chaslam@carersresource.org](mailto:chaslam@carersresource.org) or call 0808 501593 for more information.

**Health Visitor, Baby and Midwife Clinics** - including Clover midwife clinic. Appointment only; speak to your health visitor or midwife.

**BHT Owlets Play Group** - A friendly Stay and Play for children 18 months to 3 years whose parents/carers who would like support to develop their child's language skills through play. Call BHT on 01274 730415 for more info and to book a place.

**Wise Owls** - If you have concerns about the language development of your child 18 months to 4 years of age, come and chat with our friendly language development workers. Available at playgroups; for further info call 01274 730415.

**Barkerend Buddies** - Messy play for 0-4s

**School Nurse Team** - Support with eating, lifestyles, relationships, sleep issues and more. Drop In or call 01274 221203.

**Jump Aboard** - educational psychologist drop-in sessions.

**Portage group** - an education group for under 5s with additional needs and their families supported by experienced Portage home visitors.

**SEND Community Support Team** - here for you to chat about difficulties you may have with your child/young person's behaviours/sleep difficulties.

**Baby Feeding Support Sessions** - run every week by friendly experienced infant feeding practitioners with specialist support available. Any questions or concerns can be supported as well as every day feeding support. Breast pumps are available to borrow if you have seen a practitioner and there is a need identified. Please do just drop in, no booking needed.

**Maternity Circle** - drop in, we run a wide range of sessions to support pregnant mums and those with children under 2.

**Barkerend Buddies** - Have fun with your little ones in this messy play session with sensory toys, singing, soft and sensory play and healthy snacks.

## Get in touch

- ☎ Call us on 01274 437523 (open Mon-Thur 8.30am-5pm, 8.30am-4.30pm Fri)
- F Visit us at [fb.com/BradfordEastFamilyHub](https://www.facebook.com/BradfordEastFamilyHub)
- @ Email us at [Familyhubeast@bradfordcft.org.uk](mailto:Familyhubeast@bradfordcft.org.uk)

# Bradford East Locality Family Hub - October 2024 Timetable

## Monday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre



**School nurse drop-in**  
Gateway  
7th October  
9am to 11.30am

**Barkerend Buddies**  
Barkerend  
(term time only)  
9.30am to 11am

**Maternity circle**  
Westminster Primary,  
BD3 0HW  
(term time only)  
9.30am to 11.30am

**Sensory Room  
Booking**  
Barkerend  
(all day)



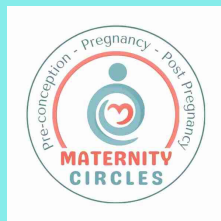
## Tuesday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre



**Health Visitor Baby  
Clinic**  
Barkerend  
9.30am to 11.30am

**Maternity Circle**  
Grange Interlink  
9.30am to 11.30am



**Sensory Room  
Booking**  
Barkerend (all day)

## Wednesday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre

**Health Visitor Baby  
Clinic**  
Gateway and  
CommunityWorks  
9.30am to 11.30am

**Sensory Room Booking**  
Barkerend  
(all day)



**DWP drop-in**  
Barkerend  
9am - 3pm

**Maternity Circle**  
Gateway  
9.30am - 11.30am

**Baby Feeding  
Support Sessions**  
Gateway  
10am to 12pm



## Thursday

**Midwife Clinics**  
Barkerend and Woodroyd

**SEND community  
support team**

Barkerend, 3rd October  
9am to 3pm

**Sensory room booking**  
Barkerend (all day)

**DWP drop-in**  
Barkerend, 9am to 3pm

**Coffee Morning**  
Barkerend, 9 to 11.30am  
- inc Living Well fitness  
session on 31st October

**School nurse drop-in**  
Barkerend, 3rd October  
9am to 11.30am

**Road Safety**  
Barkerend, 17th October  
9am to 11.30am

**Maternity Circle**  
Laisterdyke Library  
9.30am to 11.30am

**Health Visitor Baby Clinic**  
Wrose Health Centre  
9.30 to 11.30am

**Jump Aboard**  
Barkerend, 3rd October  
10am to 12 noon

**Skills House**  
Barkerend, 10th and 24th  
9am to 11.30am

## Friday

**Midwife Clinics**  
Barkerend and  
Woodroyd  
Centre



**Sensory Room  
Booking**  
Barkerend  
(all day)



**SEND community  
support team**  
Gateway  
11th October  
9am to 3pm

