

# 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



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)

### 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://fb.com/BradfordEastFamilyHub)
- @ Email us at [Familyhubeast@bradfordcft.org.uk](mailto:Familyhubeast@bradfordcft.org.uk)



## Parenting Programmes

We have a range of fantastic parenting programmes delivered at various times (we know how busy family life can be!) 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 aged 3-12.

**Who's in Charge** - For 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.

**LMM Baby Massage** - learn to massage your baby on this free five-week course.

## Some of our regular events

**Play and Learn** - space for you and your child to learn together and have fun! Just drop in.

**Story and Rhyme** - fun, interactive story, craft and rhyme session for 0-3s. Call Sumiyya on 01274 730415 or 07519414464 to book.

**Baby Steps** - A friendly group for parents-to-be to meet and get emotional and practical support.

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

**SEND Parent/Carer's Coffee Morning with Carer's Resource** - a place for parent carers to share experiences and get support. Email [chaslam@carersresource.org](mailto:chaslam@carersresource.org) or call 0800 5015939 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** - Stay and play for children 18 months to 3 years. A friendly group for parents/carers who would like support to develop their child's language skills through play. Call BHT on 01274 730415 for more information and to book a place.

**Baby Massage** - learn to massage your baby on this free five-week course. To book a place, email Little Minds Matter at [LMMsupport@bdct.nhs.uk](mailto:LMMsupport@bdct.nhs.uk) or call 07766568407.

**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** - drop-in sessions with an educational psychologist.

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

# East Family Hub – February Timetable

## Monday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre



**Barkerend Buddies**  
Barkerend  
9:30am to 11am  
(term time only)

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

**School nurse drop-in**  
Gateway - 5th Feb  
9.30 to 11am

**Carers Resource**  
Parent carer coffee  
Morning  
Barkerend – 5th Feb  
11.00am to 12.45pm

**Story and Rhyme**  
Barkerend  
1pm to 2pm  
(term time only)



## Tuesday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre



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

**Parent/Carer  
Coffee  
Morning**  
Community  
Works  
10.30am to  
12.00pm (term time only)



**Family Links  
Nurturing Programme**  
Barkerend  
Started 9th Jan  
10.00am to 12.00pm

**Wise Owls**  
Canterbury Nursery  
1pm-2pm  
(term time only)

**Play and Learn**  
Eccleshill Library  
1pm to 2pm  
(term time only)



**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



**Play and Learn**  
Community Works  
12.45pm to 2.15pm  
(term time only)



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



**Family Links  
Nurturing Programme**  
St Clare's Catholic  
Primary School  
Started 10th January  
9.15am to 11.15am

**Talking Teens**  
Barkerend  
9.30 to 11.30am  
Starts 21st Feb

## Thursday

**Midwife Clinics**  
Barkerend and  
Woodroyd Centre

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

**Parent/Carer  
Coffee Morning**  
Barkerend  
9.00am to 11.30am  
(term time only)



Inc Living Well on 29th  
Feb

**Jump Aboard**  
Barkerend - 8th Feb  
9.00am to 11.30am

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

**School nurse drop-in**  
Barkerend - 1st Feb  
9.30 to 11am

**Baby Massage– LMM**  
Barkerend  
Started 11th Jan  
10am to 11.30am

**HENRY Parenting  
Programme**  
Barkerend  
Started 11th Jan  
12.15pm to 14.45pm

## Friday

**Midwife Clinics**  
Barkerend and  
Woodroyd  
Centre



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



**Family Links  
Nurturing Programme**  
Gateway  
Started 12th Jan  
9.30am to 11.30am