

Welcome to Family Hubs and Start for Life



**FREE services, support and
activities in the Bradford District.**

**For families during pregnancy, with
your new baby and with a young child.**



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Start for Life Journey

We want all of Bradford District's children to have the best start in life possible. Family Hubs and Start for Life brings together and expands Bradford District's support for families, helping to make the advice, information, and activities available from key organisations easier to find and access.

Our Start for Life offer increases what is available to you and your family, especially during the first 1,001 days of your child's life, during pregnancy and up to age 2. We know that families may need support, to give their child, or children, the best possible start in life.

This booklet guides you to the key services and the additional support that is being provided through Start for Life funding. You can find more details about the Start for Life offer, and lots of other support available to families, on the Bradford District's FYI (Families and Young Person's Information) website.

During your pregnancy

Care from your midwife

Pregnancy is an exciting but life changing journey, and our experienced team of midwives and doctors across Bradford and Airedale districts are here to care for you and your family. We will support you every step of the way and help you to make informed choices.

During pregnancy, most of your contact will be with your community midwife. They will see you regularly to make sure that both you and your baby are healthy, make referrals to other services that may be needed and to answer any questions you may have.

As soon as you find out you are pregnant it is important to book an appointment with a midwife, so you can receive all the information, advice, and screening tests as early as possible. You should have your first appointment with a midwife ideally no later than 10 weeks into your pregnancy.

Book your first appointment

If you choose to have your baby in Bradford, you can complete a short online referral. The form is on FYI, just scan the QR code below. If you need help, contact your GP surgery who will refer you.

If you choose to have your baby in Airedale, simply call the team on 01535 292411 any time between Monday to Friday 9.30am-4.00pm.

Find it on FYI





Did you know – the first 1,001 days of your baby's life (even from when mum gets pregnant) are one of the most important times for your baby's life-long health, wellbeing and development?



During pregnancy



Through birth and baby's first year



Up to age 2

Financial Support for parents to be

Hope 4U is delivering a free service to expectant and new mothers in the Bradford District. You can access a range of financial support and advice including maternity grants, benefit checks, help to lower your energy bills and much more.

Hope 4U will continue to support you and your family for as long as you need it, through pregnancy and for the first year following the birth. Support is provided by telephone, with interpreting if required. More information is also available on the FYI website under 'Grants'.

To refer yourself just email your name, contact number and details of the support you need to ngn@hope4u.co.uk.

If you need support to do this, please speak with your midwife or health visitor.



Stay healthy – access to free milk, fruit and vegetables and vitamins

If you are under 18 or on a low income, you might be able to receive a Healthy Start card which allows you to buy milk, fruit, vegetables and vitamins for you and your child. You can apply if you are more than 10 weeks pregnant and/or have a child under 4. For more information, visit the FYI website/ pregnancy or speak to your midwife or health visitor.



Find it on FYI



Getting ready for baby's arrival

Bradford and Airedale Teaching Hospitals provide a FREE range of online classes that can provide you with advice on how to have a healthy pregnancy, labour and birth, infant feeding and bonding, becoming a family and caring for your baby.

Details of how to book can be found on the FYI website/finding out you're pregnant or you can speak with your midwife.



Baby Steps – supporting you every step of the way to parenthood

Becoming a parent can be difficult for a whole variety of reasons, which is why the Baby Steps team is here to help. Through home visits and friendly online group sessions they will help you feel happier, healthier, more confident and in control. The group sessions are also a great way to meet other local parents, and the team can also help you access other services in your area.

HENRY – Preparation for Parenthood

This 6-session programme can help you prepare for the arrival of your baby, feel more confident about having a healthy pregnancy, giving birth, and bonding with and caring for your new baby.

Scan the QR code or speak with your midwife to find out more.



Dad matters via Home Start Bradford

Supporting dads during pregnancy and right up until baby is two years old. Whatever your worries, stress or anxiety, we can support with:

- Understanding and bonding with your baby
- Mental health
- Access to services

We provide information, education, groups/activities, signposting and one-to-one support.

Scan the QR code or call Mohammed on 07895 803318 or Louise on 07935 616261 to find out more.



SCAN ME!

For more information and to book your place



Pregnancy through to life with your new baby

Supporting your mental health in pregnancy and after birth

Being pregnant and having a baby can be a special and memorable time in a parent's life, but it can be a difficult time too. Having a baby can make you feel happy, sad, or worried. You might need support for lots of different reasons. If you live in the Bradford District, Little Minds Matter can support you and your family to get the best possible start in life.

You can contact the team Monday to Friday for an initial friendly chat:

Tel: 07766 568407 or email:
LMMsupport@bdct.nhs.uk

Family Action Peer Support

Here to support women during pregnancy and until baby's second birthday. The Perinatal Support Service can offer you a trained peer supporter who is there to listen to and encourage you to share your thoughts and feelings. We work with women experiencing low mood, overwhelming feelings, anxiety, depression, and/or social isolation.

Direct work is also offered to mothers to manage your mental health and improve emotional wellbeing, by building resilience and encouraging mindfulness and self-care.

To find out more or request support, email Family Action:
perinatalsupport@familyaction.org.uk
or call 07966 926849.

Care from your health visitor

All parents/carers and their children will see a health visitor face-to-face at six important points for their child's growth and development. These standard visits are to check that you and your child are healthy and developing well:

- Ante-natal visit before your baby is born (usually after 28 weeks of pregnancy).
- New birth visit, around 10-14 days after your baby is born.
- Postnatal visit when your baby is around 6-8 weeks.
- When your baby is 3-4 months
- When your baby is 9-12 months
- When your child is 2-2 ½ years

Remember, it's important to know that if you're worried about something in between visits, you can always contact your health visitor to get extra support. You do not need to wait.

Our Health Visiting service has people with SEND expertise who can support families.

You can contact the Health Visiting service by calling 01274 221223.

You can also text 07312 263240 with your question and you will receive a reply, usually within 24 hours.



Baby/Maternity Circles

Warm, safe spaces across the Bradford district where parents-to-be can connect with others, ask for advice, and receive support from pregnancy until their child is 2.

Look at the 'Whats On calendar' on the FYI site or call us on 01274 432626 to find a group near you.



Feeding your baby...

Support and information around feeding your baby is available for all parents. You will be able to discuss your thoughts about how you are planning to feed your baby before they are born and how to get the support you need once your baby is here.

Feeding your baby is part of building your relationship together and you will be offered help to do this throughout your feeding journey, using 'Ready to Relate' cards to support this. You can find more information about Ready to Relate on the FYI website by scanning the QR code below or speaking to your health visitor.

Your midwife, health visitor or staff in the Family Hubs will be able to direct you to the nearest support available throughout the district for feeding and relationship building.

Depending on where you live you may be contacted in the first few days after giving birth with the offer of extra support with breast or mixed feeding by one of our specialist infant feeding teams.



SCAN ME!

For more information and to book your place

Baby feeding support in the community

The Community Infant Feeding Team and Health For All deliver baby feeding support drop-in groups across the district for families. These are free groups where you can access support and chat to baby feeding practitioners, volunteer peer supporters and other parents in a relaxed, informal, community setting.

Breast pumps and other equipment to support breastfeeding are available for loan, once you've spoken with one of our feeding practitioners.

You may like to come along during your pregnancy to help you feel more prepared for feeding when your baby arrives. These sessions are a friendly space to chat and share experiences and tips.

To find the support closest to you, check out the Family Hub timetables on FYI or call your local Family Hub. You can also speak to your midwife or health visitor.



You can contact our Chat Health breastfeeding text service on 07312 263233.

Breastfeeding information and support is available 24 hours a day, every day of the year. Call the National Breastfeeding Helpline on 0300 100 0212.

From baby to toddler and pre-school

Support with speech and language

All children start talking at different times and develop language at different rates, but if you have any concerns about your child's speech and language development, help is available in a drop-in session called Wise Owls.

Wise Owls is available for families with children aged 18 months to 4 years. It is a welcoming space where you can meet with one of the supportive language development workers and have a chat while your child plays.

You can just drop into one of the sessions being held in your area. Find out more on the FYI website/Family Hubs and Start for Life or call your Family Hub.

Talking Bradford

We have a new online step-by-step guide to support your child's speech and language from bump to age 5. This is called the Talking Bradford speech and language pathway.

Scan the QR code to visit the pathway or speak to your health visitor for support to access.



TALKING Bradford

Incredible Years Pre-School

The pre-school programme is for families with children aged 3 or 4 years and offers support around speech and language developments, child attachment, routines, boundaries, and positive social interactions. The sessions are delivered by trained facilitators, in-person, at convenient venues across the Bradford District.

There is more information and an online application form on the FYI website/parenting programmes, or you can call us on 01274 432626 for help and support to apply.

Confident communicators to tiny talkers

Join our FREE online programme from the Early Years Alliance. During this three-week programme we will discuss the importance of communicating with babies, as well as sharing tips and ideas about supporting communication at home to help children grow into tiny talkers. These sessions will have lots of fun interactions for children and babies with activities, songs, and stories throughout.



SCAN ME!
For more information and to book your place



Family Connect

Family Connects are one-off FREE online events provided through the Early Years Alliance. They are a great chance to connect with other parents and carers on Zoom and learn about topics relevant to families and children aged 0-5.



SCAN ME!

For more information and to book your place



Support for sleep problems

'Sleep Tight Bradford and Craven' provides specialist one-to-one sessions for parents and carers of children aged 2-11 years old who are experiencing sleep difficulties. Sessions are held online or on the phone with parents/carers. At the session, a sleep practitioner will work with your family to create a personalised sleep plan for children - so that everyone can get a good night's sleep.

There is more information and an online application form on the FYI website/sleep support, or you can call us on 01274 432626 for help and support to apply.



Help with childcare

There is a friendly, supportive team who can help you find early education and childcare that suits your family. There are funded hours available for some working and non-working families with children aged 2, 3 and 4.

Between September 2024 and September 2025, help will be available to eligible working parents from 9 months old.

Visit the FYI/Early Education and Childcare webpage for more information and to sign up for updates.

You can also call 01274 437503 for help or pop in to your local Family Hub.



Family Relationships

Supporting parents with their relationships

Family Support

All families go through trying times at some point during their busy lives. It could be that you're worried about your child's health, development, or behaviour, or perhaps because you are caring for a disabled child. You may be struggling to send your child to school or maybe your family is affected by drugs/alcohol or you are experiencing personal distress, anxiety, financial or housing problems. By getting help from the right services at the right time, and as early in a child's life as possible, we can help to prevent or reduce potential problems for children as they grow up.

Sometimes, someone that you know and already have a relationship with such as your health visitor or your children's teacher, may be able support you or find you the right service who can.

You can also ask for support in your local Family Hub or by calling our free helpline on 0800 953 0966

Parenting Programmes

We have a fantastic offer of support, online and in person, and available to everyone. Support ranges from pregnancy through to life with babies, toddlers, older children, and for teens and beyond!

We support parents and carers to develop the knowledge, confidence and skills to build a strong, happy, thriving family life. All parents have questions and worries. You can get support and answers through our online courses or groups that you can attend 'live' with other people or families.

Scan the QR code or speak with a professional supporting you to apply. You can also call the FYI team on 01274 432626.



Domestic Abuse

Domestic abuse can happen to anyone and it's not your fault. You have the right to live your life free from fear, abuse, and violence. You are not alone, there are a range of services across the district that support women, children, young people, and men who are experiencing domestic abuse.

We have a dedicated website:
www.bradford-dasv.co.uk

Or you can call our local service, Bradford Survive and Thrive One Front Door between Monday and Friday, 9.30am to 4.30pm on 0808 2800 999.

In an emergency always call 999.



Things to do across the district

50 things to do before you're 5.

We know that being a parent or carer can be expensive. The good news is that - when it comes to keeping your kids active, learning, and entertained - there's a lot you can do in and around your home that's either free or very low cost. 50 things is a FREE app and website that helps support your children to:

- Learn to read, write, and speak.
- Live a healthy lifestyle.
- Get ready for when they start school
- Explore, play and have fun

There is information on the FYI website about how to download the app, but if you are unsure pop into one of our Family Hubs and we will support you or provide you with a paper version.



Libraries

Libraries really are friendly places to go, and there is always a children's area where nobody minds if your child makes noise or wants to look at lots of books. Joining your local library is free and includes free activities for children such as story time, rhyme time, play and learn, dulplo building, craft sessions and much more!

Through the Bookstart scheme, our district's libraries gift a free book pack to every baby born in Bradford.

Find out more on the FYI website/ Fun with books for under 5's or call us on 01274 432626 to find your local library.

Play and Learn Sessions

We have funded The Early Years Alliance to provide FREE play and learn sessions for families with young children aged 0-5 years across the Bradford district. They are delivered from our Family Hub sites and can be found on our Family Hub timetables.



Bradford District Parks

Throughout the year, Bradford's parks and greenspaces host a range of activities and events including concerts, charity fun days, fetes, health and wellbeing activities. In the summer holidays there are some amazing free activities for all children in our district's parks. We also provide special events for those children who either receive free school meals, have Special Educational Needs or a Disability or have other additional needs.

Family Hubs support for you and your Family

Family Hubs are our network of local support for families. This includes places where you can attend appointments, meet with staff for a chat, take part in courses and activities or use the free facilities such as our sensory rooms.

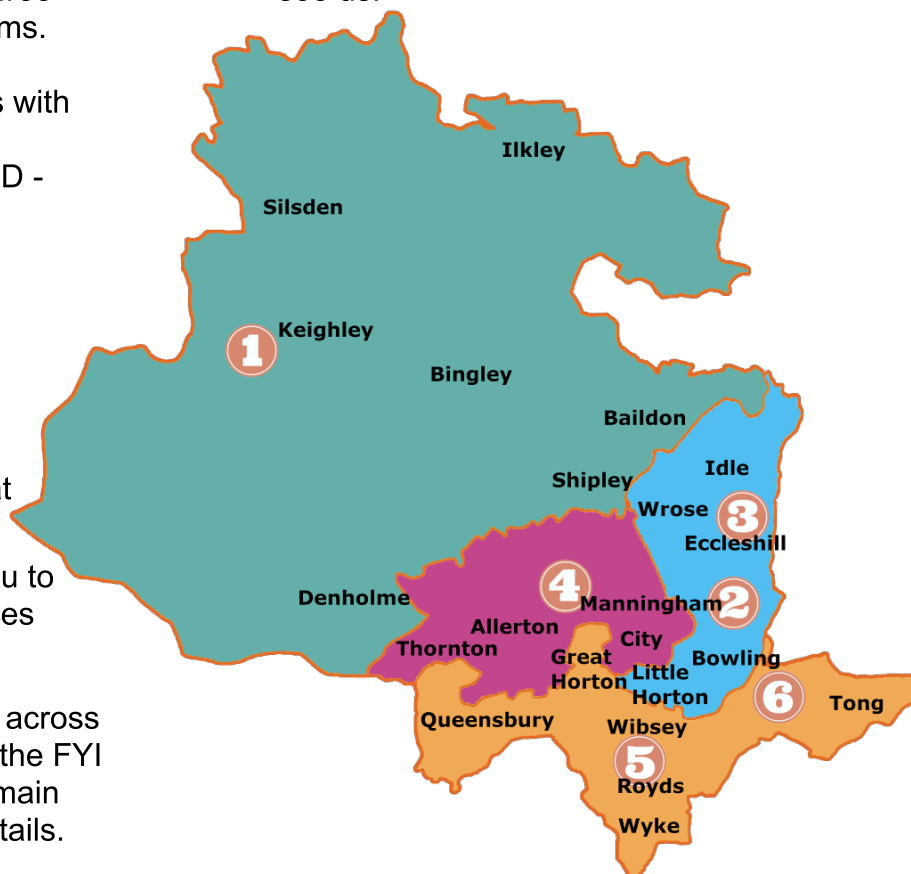
Our Family Hubs support families with children and young people from pregnancy up to 19 (25 with SEND - Special Educational Needs and Disabilities).

We aim to provide:

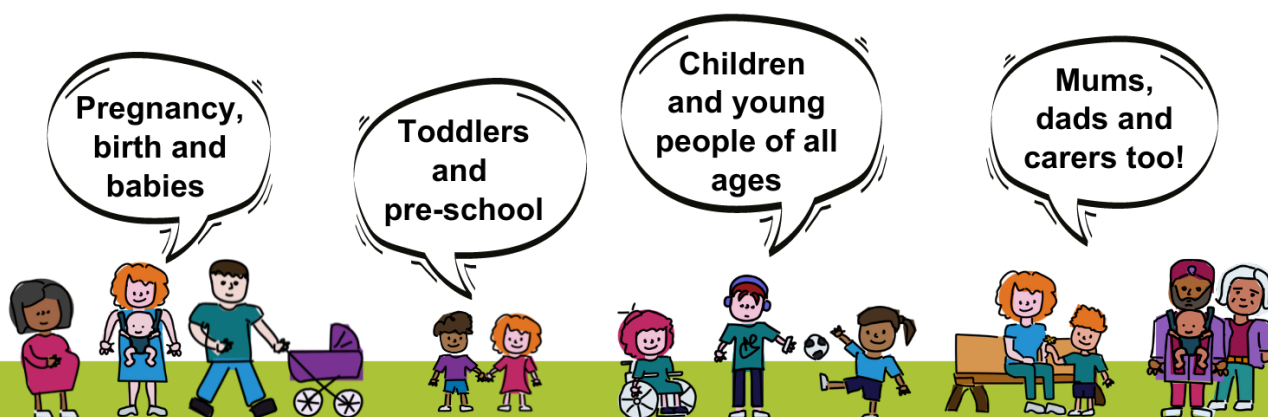
- A warm, welcoming space.
- A friendly face to listen to what matters to you and yours.
- A supportive hand to guide you to local and wider support services when needed.

We have lots of Family Hub sites across the district and full details are on the FYI website. Listed opposite are the main Family Hubs and their contact details.

Everyone needs some help and support at some point in their life so if you are worried about anything in your family life, give us a call or pop in and see us.



Family Hubs support families with children and young people aged up to 19 (25 with SEND) and at every stage of family life.



Keighley/Shipley

1) Rainbow Family Hub, Braithwaite Grove,
Keighley, BD22 6JB

FamilyHubKeighleyShipley@bradfordcft.org
.uk or call 01535 618005.

West

4) Farcliffe Family Hub, 56 Toller Lane,
Bradford, BD8 8QH

FamilyHubWest@bradfordcft.org.uk or
call 01274 436700.

East

2) Barkerend Family Hub, 365 Barkerend
Road, Bradford, BD3 8QX

3) Gateway Centre, 43 Thackeray Road,
Ravenscliffe, Bradford, BD10 0JR

FamilyHubEast@bradfordcft.org.uk or
call 01274 437523.

South

5) Reevy Hill Family Hub, Bedale Drive,
Bradford, BD6 3ST

6) TFD Family Hub, Broadstone Way,
Bradford, BD4 9BU

FamilyHubSouth@bradfordcft.org.uk or
call 01274 434940.

Have a look at some of our amazing facilities!



Family Hubs for Under 5s

What is available in our Family Hubs for families with children under 5?

Our Family hubs have a jam-packed timetable of FREE events and activities for families such as:

- Play and learn - a space for you and your child to learn together and just have fun.
- Story and rhyme - fun, interactive story, craft, and rhyme session for 0-3s.
- Baby feeding - friendly support groups for parents and carers.
- Wise Owls - a drop-in session for parents who have concerns about speech and language development with children aged between 18 months and 4 years old.
- Sensory rooms - newly refurbished and are available to all children and families, but are bookable in one-hourly slots.
- Midwife Clinics
- Health Visitor Clinics
- SEND carer drop in - a place for parent carers to share experiences and get support they need.
- ...and much more aimed at families with children and young people up to the age of 18 (25 with SEND)

When the weather is being kind to us most of our hubs have fantastic outdoor space with play equipment to capture the imagination of your child when you visit us.



Family Hubs Parent and carer panels

Are you currently expecting a baby or do you have a child under the age of 2?

If so, we would love for you to be a part of our Parent and Carer Panels.

We need your help to improve the services in the Bradford district for all parents/carers - from pregnancy, to the child's second birthday and beyond. Your voice will help us to provide the best for you and your family, and to help us shape the services offered through our Family Hubs and Start for Life offer.

We want to enable a wide range of people to take part, so we will discuss with you what you need to join us. A few examples of what we can offer include:

- creche/childcare for meetings where necessary
- offer meetings across the district and or virtually
- travel expenses to meetings
- interpreting services

We will support with any other accessibility needs to enable you to fully participate in meetings/training.

You can register your interest using the QR code below, or pop into one of our Family Hubs.



Useful Contacts

Help with benefits

Useful websites

www.gov.uk/browse/benefits

www.turn2us.org.uk

Useful contact numbers

Universal Credit Helpline: 0800 328 5644

Council Benefits: 01274 432772

Help finding housing or if you're homeless

Useful websites

www.bradfordhomes.org.uk

www.citizensadvice.org.uk

www.stepchange.org

Useful contact numbers

Housing Options: 01274 435999

Rough Sleepers: 01274 309165

Day Shelter: 01274 397217

Help if you're in debt

Useful websites

www.citizensadvice.org.uk

www.stepchange.org

Useful contact numbers

CAB debt advice: 01274 758047

Step change: 0800 138 1111

National debt line: 0808 808 4000

Help with addiction

Useful websites

www.mylivingwell.co.uk

www.talktofrank.com

www.gamcare.org.uk

Useful contact numbers

Stop Smoking service: 01274 437700

Bridge drugs and alcohol service (under 21): 01274 745636

New Vision drugs and alcohol service (18 +): 01274 296023

Drink line: 0300 123 1110

Northern Gambling service: 0300 3001490

Reporting concerns about a child

Useful websites

www.bradfordcft.org.uk

Useful contact numbers

During office hours: 0800 953 0966

Emergency Duty Team: 01274 431010

If you have reason to believe a child is at risk of immediate harm, always call 999

Helping babies and children in the Bradford District have the best start in life.



All our information is on the FYI
(Families and Young People's
Information) website:
fyi.bradford.gov.uk/
FamilyHubsAndStartForLife
or tel: 01274 432626



You can use FYI in
your own language



Select Language

Możesz skorzystać ze strony internetowej do
Twojej wiadomości w Polski! Kliknij 'Wybierz
język Select Language' i wybierz język którego
potrzebujesz. (POLISH)

يمكنك استخدام موقع "اف واي آي FYI (لمعلوماتك)"
الإلكتروني باللغة العربية، انقر فوق "اختيار اللغة
Language" و اختر اللغة التي تحتاجها (ARABIC)

તમે FYI વેબસાઇટનો ઉપયોગ આમાં કરી શકો
છો ગુજરાતી! 'ભાષા પસંદ કરો Select
Language' પર ક્લિક કરો અને તમારે જરૂરી
ભાષા પસંદ કરો. (GUJARATI)

ਤੁਸੀਂ FYI ਵੈੱਬਸਾਈਟ ਦੀ ਵਰਤੋਂ ਕਰ ਸਕਦੇ ਹੋ ਪੰਜਾਬੀ!
'ਭਾਸ਼ਾ ਚੁਣੋ' Select Language 'ਤੇ ਕਲਿੱਕ ਕਰੋ ਅਤੇ
ਲੋੜੀਂਦੀ ਭਾਸ਼ਾ ਚੁਣੋ। (PUNJABI)

آپ اردو زبان میں بھی FYI ویب سائٹ کا استعمال کر
سکتے ہیں! 'زبان منتخب کریں Select Language' پر
کلک کریں اور اپنی ضرورت کی زبان منتخب کریں۔ (URDU)

تاسو کولی شئ په دي کي د FYI ویب پانه وکاروئ [د هغه
ژبي نوم وليکئ چي تاسو يي ژباړئ] په 'Select
Language' باندی کليک وکړئ او هغه ژبه وټاکي چي
تاسو ورته اړتيا لري. (PASHTO)

আপনি FYI ওয়েবসাইট ব্যবহার করতে পারেন বাংলা!
'ভাষা নির্বাচন করুন Select Language' এ ক্লিক করুন
এবং আপনার প্রয়োজনীয় ভাষা নির্বাচন করুন। (BENGALI)

FYI has lots of accessibility
tools - use these buttons



Accessibility Tools



This version printed
January 2025



Funded by
UK Government

Bradford District and Craven
Health and Care Partnership

