# **Bradford South area Family Hub**

### **Reevy Hill Family Hub**

Bedale Drive, BD6 3ST

### **TFD Community Centre**

Broadstone Way, BD4 9BU

### We also deliver services at:

Holme Wood Children's Centre Haslemere Close, Holme Wood, BD4 9EB

Woodside Children's Centre Fenwick Drive, BD6 2PG

Wyke Community Centre Huddersfield Road, Wyke, BD12 8AA

**Great Horton Community Hub** 69 Beldon Rd, Bradford BD7 3PE



For more information on where we are and what we do, scan the QR code or visit fyi.bradford.gov.uk

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.

**Parenting programmes** 

You don't need a referral from another service, you can simply apply yourself on **fyi.bradford.gov.uk** or call us.

Who's in Charge – 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.

Family Links Nurturing – supporting positive parenting and exploring the emotional needs behind behaviour. For parents/carers of 2-13s.

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

### Get in touch

- © Call us on 01274 434940 (open Mon-Thur 8.30am-5pm, 8.30am-4.30pm Fri)
- F Visit us at fb.com/BradfordSouthFamilyHub
- Email us: Familyhubsouth@bradfordcft.org.uk



### FREE SIM cards - support for digital access

Need additional data to enable you to study/ apply for jobs/ housing or support you to access appointments? We can now provide 6 months of data to families through a FREE SIM card. For more information please contact us or pop in to Reevy Hill or TFD and see one of our lovely Family Navigators!

### Some of our regular events

School Nurse Team – Drop In or call 01274 221203

Health visitor clinics – speak to your health visitor or call 01274 221223 to book.

**Strength of Mind** - Men's fitness class for all abilities, led by a personal trainer. Call 01274 668881 for more information.

**Jump Aboard educational psychologist** - Free Consultation on topics such as Autism, ADHD, speech and language needs,learning difficulties, social emotional and sensory needs, EHC (education, health and care) assessments and EHCPs.

**Coffee mornings** - Free coffee morning with surplus food available. Support available around return to work, finance,mental health, housing and much more.

Baby Čircles - Calling all pregnant women. Grab a cuppa, connect with other pregnant women, seek wider support all whilst relaxing and enjoying a wide range of wellbeing and self-care activities. Baby feeding support sessions - run every week by friendly experienced baby feeding support workers. 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. We look forward to seeing you.

**Play and learn** - for children 0-5. No need to book, come play along with your children and make new friends.

**Community drop-in** - family navigators available to support you with all things family hub and signpost you to services to support your family, from cost of living to SEND services.

**TFD open access support** - via TFD library - free Wi-Fi, phone charging, access to computers, printing, support for digital access, support from family navigators, community connect support, emergency food parcels, tea and coffee.

Sensory Space Sessions - Our new sensory space is now open for families to book. It's a wonderful space with light/ sound and textures for children and babies to explore. If you would like to book a slot please contact the family hub.

St Vincent's Advice - to book an appointment please call St Vincent's directly on 01274 731909

**SEND event** - a variety of services available to discuss support for parents, young people and children with additional needs.

**C-card scheme** - supporting Young People aged 13 to 24 to access FREE contraception, information and advice. Drop in to the hubs to sign up to the scheme and access in a safe and confidential space.

Women's personal safety session - fun interactive and practical course for women to learn increased personal safety, confidence and escape danger. 6 week course. For info call: 07538 218 491.

**Anger Management Course** - learn techniques to help you understand why and where your anger comes from and how to take back your control. FREE refreshments available. For more info call 07538 218 491

**Summer Holiday Family Fun** - Various FREE family fun activities throughout the school holidays.

Gingerbread club - parent - led group offering a friendly space for lone parents to chat, fun activities. Kids welcome in school holidays. Women's yoga and mindfulness - Free women's only Yoga and Mindfulness, led by a qualified female instructor, no previous expereince needed; no need to book just turn up

## Bradford South Area Family Hub - September Timetable

Wednesday

### Monday

### Tuesday

## Thursday

## Friday

#### **Coffee Morning**

Reevy Hill 9am - 11.30am

#### School nurse drop-in

2nd September

- at Reevy Hill: 9am to 12 noon
- at TFD: 1pm to 2.30pm

### **Health Visitor Baby Weighing Clinic**

BY APPOINTMENT ONLY 9.30am - 11.30am Reevy Hill

#### Saifspace Community drop-in

Ridge Medical Practice, BD6 3UD 10am - 11am

### Library OPEN

TFD Centre 10am - 2pm



#### Gingerbread club (lone parents)

9th and 23rd September Reevy Hill 1pm - 3pm

#### Sensory space sessions

Reevy Hill 3pm - 5pm

#### C-card scheme

Reevy Hill and TFD 3pm - 5pm

### Bogle Boxing - age 11 to 17

TFD Centre 3.45pm - 7pm

### SEND marketplace event

9.30am to 12.30pm 10th Sept (drop-in)

### **Community drop-in**

- at The Meeting Place, Town Gate, Wyke, BD12 9JA 10:30am - noon
- at Great Horton Hub/Library 1pm - 3pm

### Jump aboard educational psychologist

Reevy Hill 10th September, 12.30pm - 3pm To book an appointment please call 01274 434940

#### **Sensory Space Sessions**

Reevy Hill 3pm - 5pm

#### **C-card scheme**

Reevy Hill and TFD 3pm - 5pm

### Strength of Mind - men's fitness

The Home Centre - Madison Avenue, BD4 0JE 7.15 - 8.15pm



### Health Visitor Clinic BY APPOINTMENT ONLY

8.30am - 1pm TFD Centre

### Cuppa and a chat

TFD Centre 9am - noon (drop-in)



### St Vincent's Debt and Benefit Advice

TFD Centre 4th and 18th September 9.30 - 12 noon

#### **Library OPEN**

TFD Centre 10am - 2pm

#### TFD open access support, reception and digital resources 10am - 2pm

## Women's personal safety and breakaway session

TFD 4th September 11.30pm - 12.30pm

#### C-card scheme

Reevy Hill and TFD 3pm - 5pm

#### **Tea Time Club**

Reevy Hill 3pm to 4.30pm



### DWP benefit advice and work coach

TFD Centre 10am - 3pm (drop-in)

### Coffee Morning and community drop-in

TFD Centre, 9.30am - noon inc Cost of living support on 26th

#### Baby Feeding Support Sessions

Reevy Hill 10am - noon



### Makin Dixon Legal advice

TFD Centre 10am - noon

#### **Baby Circles**

TFD Centre 12.30pm - 2pm

#### Stay and Play

Reevy Hill (term time only) 1pm to 2.30pm

#### Locala sexual health drop-in

TFD, 26th September 1.30pm - 4pm

#### C-card scheme

Reevy Hill and TFD 3pm - 5pm

### **Sensory Space Sessions**

Reevy Hill 3pm - 5pm

### Sensory Space Sessions

Reevy Hill 9am - 4pm

### **Library OPEN**

TFD Centre 10am - 2pm

## TFD open access support, reception and digital resources

Via library access 10am - 2pm

### DWP benefit advice and work coach

Reevy Hill 9.30am - 12.30pm (drop-in)

### Baby and Toddler reading and rhymes session

TFD (term time only) 10am - 11.30am

#### C-card scheme

Reevy Hill and TFD 3pm - 5pm



### Reevy Hill Family Hub and TFD Community Centre

Open every day for advice and guidance in person and/or you can call 01274 434940