



Supporting children, young people and families across Bradford District

How Youth in Mind: Connect can help you

Youth in Mind: Connect can help when life feels hard. We work with you to build confidence, develop strong relationships and learn ways to cope with problems early on.

Support is available for children and young people aged 0–18, or up to 25 with additional needs. Each service offers something a little different, you can explore each service on the other side of this leaflet and online.

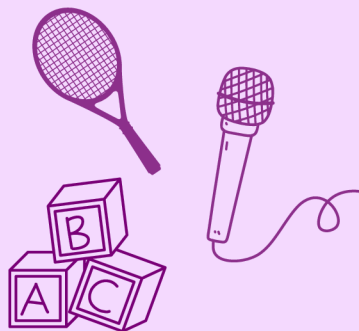
How to request support

Find full details of the activities and groups available on the website where you can also request support for yourself, a child, young person or family:

www.bdcmind.org.uk/connect

If you are unsure which service is best for you, or you would like some more information on how we can help, you can contact us by email:

yimconnect@bdcmind.org.uk



Funded by



Led by



Delivered by



Choose from a range of support



Play connect



Delivered by Family Action for families with children aged 0-5.

Play Connect provide warm, play-based sessions for babies, young children and their parents and carers.

Safety Nets



Delivered by Invictus Wellbeing for children and young people aged 11-16.

Safety Nets uses sport, movement and team activities to support emotional wellbeing in a fun and engaging way.

Thrive



Delivered by Invictus Wellbeing for children aged 5-11.

A creative and playful space to explore and express yourself through activity and movement whilst building relationships with others.

Spring



Delivered by Brathay Trust for children and young people aged 6-25.

A group programme that uses outdoor learning, creative activities and teamwork to support young people's emotional wellbeing and personal development.

Create, Express and Explore



Delivered by All Star Ents for children and young people aged 6-25.

A creative programme using music, media and the arts to support emotional wellbeing and self-expression.

Decider Life Skills



Delivered by Barnardo's for young people aged 11-25.

A group programme that helps young people build practical skills to support their emotional wellbeing and resilience.

When and where?

1st Thursday of the month

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

2nd Thursday of the month

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

3rd Thursday of the month

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

Important to know:

No diagnosis or care coordinator needed.
Everything shared is confidential (unless someone is at risk).

Free transport provided if needed.



REGISTER TO JOIN

Contact us to refer yourself or someone you know:



www.mindinbradford.org.uk/KidsTime



01274 730 815



kidstime@mindinbradford.org.uk



Supported by:

OUR TIME
CHARITY

NHS
Bradford District Care
NHS Foundation Trust



Bradford District
and Craven

KidsTime

Workshops



A safe, fun space for families where a parent or carer has a mental health condition.



Fun activities for children & young people



Free snacks and pizza



Free taxis if needed



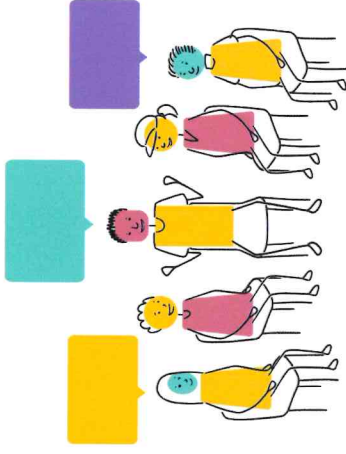
No diagnosis required

KidsTime is free, friendly, and welcoming.

What is a KidsTime Workshop?

KidsTime Workshops are monthly family sessions designed for parents, carers and children to:

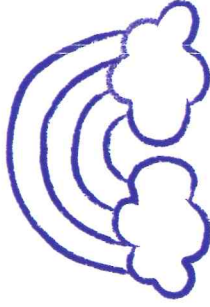
- Talk about mental health in a safe, supportive space
- Learn together in fun and creative ways
- Reduce fears and worries
- Spend quality time as a family



Workshops are relaxed and non-judgemental.
Families join in as much or as little as they want.

What happens during the workshops?

- 1** We start with a fun family activity and learn about mental health together.
- 2** Then we split into two groups: Parents/carers chat and share experiences while the children do drama, art, or games.
- 3** We finish with pizza, snacks and a chance to come back together as a family.



Why come along?

- Enjoy some time out with the whole family, have fun and chat.
- Make new friends and share knowledge and experiences.
- Get helpful information about mental health and ask questions.
- Explore myths and fears about mental ill health, and combat stigma.
- There's no pressure to talk and no-one is judged.
- Families are welcome to attend as and when they can.
- There will be separate groups for teenagers to take part.
- We provide snacks and refreshments - there's always pizza.
- We offer taxis for families that need them.

What do families say?

Layla says (age 8)

"KidsTime is a good place to go because you get to play games, run about, have fun and have pizza."



Jorge's story (parent)

"KidsTime means a lot to me and my daughter. To be able to share in a safe place and not be judged, but to be welcomed and understood by staff and members is a great help."

