

Location & times

Rainbow Hub: 1st Thursday of each month
Rainbow family hub
Rainbow, Braithwaite Grove,
Keighley, BD22 6JB

Barkerend Hub: 2nd Thursday of each month
Barkerend family hub,
365 Barkerend Road,
Bradford, BD3 8QX

Reevy Hill Hub: 3rd Thursday of each month
Reevy Hill family hub,
Bedale Drive,
Bradford, BD6 3ST



Transport

During the week of the workshop we'll be in touch to find out whether you need a taxi.

Confidentiality

Everything discussed is always confidential, unless we think you or your child are at risk.

Register to join a workshop

Please discuss with a member of your care team for further information in how to access these workshops.

Workshops supported by

**OUR TIME
CHARITY**

Find resources and join our community at ourtimecharity.org.uk

@ourtimecharity

**OUR TIME
CHARITY**
KIDSTIME
WORKSHOPS

Bradford &
Craven



 **Mind**
Bradford District
and Craven


Bradford District Care
NHS Foundation Trust

What is a KidsTime Workshop?

KidsTime Workshops are fun, supportive group sessions for families where a parent or carer has a mental health condition.

They're a safe, relaxed and non-judgemental space for families to come together to learn and talk about mental health, without shame or stigma. Children get to meet other young people in the same situation, share experiences, get answers to questions and, most importantly, have fun!



How do they help?

- Children can express themselves, reducing their fears and worries
- Children de-stress, grow in confidence and learn about mental health conditions through games and drama
- Parents and carers can discuss parenting and mental health in a supportive group
- Families share experiences and offer advice, discussing problems and solutions

Why attend?

- 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 happens at the workshops?

1

After everyone has arrived and said hello, we start with an activity for all the families to enjoy together. This is when we learn about mental health.

2

The group splits into parents/carers and children. Parents/carers relax and chat, while children engage in drama, art, games, and make a short film.

3

At the end of the workshop, the group rejoins for refreshments – pizzas and snacks for everyone! We watch the children's film and share what we've been talking about in the parents/carers' and children's groups.

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."



Interested in attending?
Turn over to the [back page](#) for details