

Kids Time
Workshops

Bradford



Friendly workshops
for families where a
parent has a mental
health difficulty

 mind
in Bradford


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 illness. They're a safe, relaxed and non-judgemental space for families to come together to learn and talk about mental illness, 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 illness through games and drama
- Parents can discuss parenting and mental health problems 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 illness and ask questions
- Explore myths and fears about mental ill health, and combat stigma
- Children and families get to decide what we talk about
- There's no pressure to talk and no-one is judged
- Families are welcome to attend as and when they can
- 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 illness.
- 2 Then the group splits into a parents' group and a children's group. In the parents' group, parents have a chance to relax and talk to each other, while the children take part in drama, art and games and create 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' 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 find out more



Location + times

Location and times

KidsTime Workshops take place on the second Thursday of the month, 5pm – 7.30pm at:
East Family Hub,
365 Barkerend Road,
Bradford, BD3 8QX

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

for children of parents
with a mental illness

Free info and advice at ourtime.org.uk