

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



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OUR TIME
CHARITY

NHS
Bradford District Care
NHS Foundation Trust

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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."

