



From Bumps to Babies

A directory of local community services providing support through pregnancy and advice for parents of children aged 0-5.



For more information, please email
info@healthpartnership.org.uk

This booklet is a directory of services provided by the voluntary and community sector (otherwise known as 'VCS') in Bradford and Airedale. If you have difficulty reading this product and would like to order a larger print edition, please get in touch with us by emailing the address info@healthpartnership.org.uk or phoning 01535 665258.

Contents

PREGNANCY SUPPORT	p3
POST-NATAL SUPPORT (INCLUDING BREASTFEEDING)	p5
POST-NATAL DEPRESSION	p10
BABY and TODDLER GROUPS	p11
ADVICE & INFORMATION	p17
HOUSING SUPPORT	p20
COUNSELLING/THERAPY SERVICES	p22
DISABILITY & LONG TERM CONDITIONS	p24
DRUG & ALCOHOL SUPPORT	p26
BEREAVEMENT SERVICES	p27
GENETIC INHERITANCE	p29
CHILDREN'S CENTRES	p31
USEFUL CONTACTS	p38



Peer Breastfeeding Support

If you see this icon listed next to one of the entries in this directory, it means that the organisation offers peer breastfeeding support. These support groups are made up of volunteer trained mothers who have breastfed themselves and can provide advice to others. Just ask a co-ordinator for further information.

* Please note that services are subject to change, so please contact the organisation to confirm before you attend.

PREGNANCY SUPPORT



Bradford Choices | Shipley

Meets in homes across the Bradford district. Please contact co-ordinator Ruth Weston for local times and venues.

7.30pm, 2nd Tuesday of the month

Offers childbirth support and advice supported by an independent midwife in a safe space for parents-to-be to ask questions, discuss concerns, discover new information and gain support. Often has specialist speakers including aroma-therapists and hypnotherapists.

Tel: 07824 990345 / 01274 532111

Bradford Doulas | District-wide

60 Carlisle Road, Bradford BD8 8BD

9.00 am to 5.00 pm Monday to Friday

Doula Volunteers are experienced women that provide emotional and physical support through pregnancy and childbirth. Volunteers work with expectant mothers from two months before birth to 6 weeks after. Criteria for eligibility is an age of 18+ for expectant mothers, 2 months before birth to 6 weeks after. Referrals accepted from individuals and professionals. (This group is expanding but cannot currently guarantee coverage in Shipley/Bingley/Keighley).

Tel: 01274 223203 or 01274 223201

NCT Bumps and Babies | Saltaire

Saltaire Methodist Church, Saltaire Road, Shipley, BD18 3HJ

10.30am until 12.30pm Thursdays

Come along for a coffee and chat with other expectant mums and then bring your baby! Suggested donation of £1.50 to cover refreshments. For parents-to-be, parents, carers and pre-walking babies. This is an NCT group but membership is not required.

Tel: 08442 436059; bradfordairedalenct@hotmail.com

NCT (National Childbirth Trust) Antenatal Classes | Shipley

Church St, Windhill, Shipley BD18 2NR

The NCT runs a series of 16 hour courses from Windhill Community Centre which take place over Thursday evenings and Saturday daytime. The courses are geared towards expectant parents, who can refer themselves to these local classes using the NCT's national website. There are reduced fees available for those with low income.

Tel: 01274 588831; www.nctpregnancyandbabycare.com

Pregnancy, Birth and Beyond

NSPCC, Eastbrook Hall, 59 Leeds Road, Bradford BD1 5AE

Run by the NSPCC in various locations across the Bradford district. A peri-natal group work programme for groups of women (either with their partners or on their own) who have additional needs. Run by midwives and children services practitioners. Groups meet for 2 hourly sessions once a week for 6 weeks before birth and 2 weeks after birth. The programme promotes secure attachment between parents and babies and helps participants to improve their relationships with partners and others in preparation for the transition to parenthood. Women at 26 weeks or under can self-refer or be referred by a professional.

Tel: 01274 381440; bradford@nspcc.org.uk



Young Bumps | Keighley

Keighley Healthy Living , 13 Scott Street (behind Keighley library) BD21 2JH

1.00 – 3.00pm Tuesday

A postnatal and antenatal group which supports teenage parents and their infants from birth up to six months of age.

Tel: 01535 677177; admin@khl.org.uk



POST-NATAL & BREASTFEEDING SUPPORT



Babyzone | Bradford

Womenzone Community Centre, 19-21 Hubert Street, Bradford, BD3 9TE

Every Friday 1pm - 3pm

A safe and welcoming environment which empowers local women through social, educational and recreational activities. Babyzone is a breastfeeding support group hosted at the Womenzone centre.

Tel: 01274 665 270; nadia_womenzone@hotmail.co.uk

Canterbury Project | District-wide / Phone or email service

Advice service for parenting support.

Tel: 01274 577571; cheryl.holdsworth@family-action.org.uk



Community Works | Undercliffe

Community Works Nursery & Children's Centre, Undercliffe Lane, BD3 0DW

This baby group meets on Tuesdays. It is run by a worker who is accredited by the Bradford 2 day breastfeeding course, who will also home visit where required to support breastfeeding.

Tel: 01274 200589

CRY-SIS | District-wide / Phone or email service

Support and info for families with excessively crying babies and/or babies with sleep problems.

Tel: 08451 228669; www.cry-sis.org.uk

NCT 'Early Days' Postnatal Courses | Baildon

Baildon Link, Cliffe Avenue, Baildon

Wednesday mornings

6 week courses for small groups of parents and their babies. NCT postnatal courses help you to learn new ideas, share experiences with other new parents in your area, and become more confident in the decisions you make for your baby and family.

Tel: 08442 436853



Frizinghall Catch Up | Shipley

St Margaret's Church, Shipley Fields Road, Shipley, BD18 2DH

Tuesdays: 1.30pm – 4pm

Drop in session for expectant parents and parents/carers of young children with access to a midwife and family support worker.

Breastfeeding, weaning and general health advice available.

Managed by HALE working in partnership with Midwifery services and Surestart.

Tel: HALE Project on 01274 271088 or just come along



HALE Networkers Service

Outreach at various venues

Provides support with breastfeeding or for anyone with low level mental health needs. If you think you, or someone you know, may be experiencing Post Natal Depression, or just feeling anxious about the changes in their life, a Networker may be able to help. HALE can

accept referrals from friends and family as well as self referrals, for anyone in the Shipley or Frizinghall area.

Tel: HALE Project on 01274 271088



Health on the Streets Ante & Postnatal Drop In | Ecclehill

Ecclehill Clinic, Rillington Mead, Harrogate Road, Bradford BD10 0ED

A friendly relaxed drop in, where you can see midwives, health visitor, breastfeeding support worker and stop smoking support worker.

No appointment needed – just call in. Dads welcome too.

Tel: 01274 322170

Breast feeding support is also available on Tuesdays (home visits available).

Ring Rachel on 01274 322790 or e-mail Rachel.duxbury@bdct.nhs.uk to arrange.



Home-Start Bradford | District-wide

The Thornbury Centre, Leeds Old Road, Bradford, BD3 8JX

Home-Start recruits and trains volunteers to visit families with children under 5 in their own homes to provide support, friendship and practical help. The organisation's volunteers are required to have parenting experience and they all attend a 10-session course of preparation to ensure they provide the best support possible. The service covers Bradford and Shipley districts but excludes Keighley.

Tel: 01274 666711; www.home-start.org.uk



Keighley Asian Women's and Children's Centre (KAWACC)

Eastwood Centre, Marlborough Street, Keighley, BD21 3HU

KAWACC runs a number of projects which bring together young people of different faiths and backgrounds. The centre holds Esol classes, literacy and numeracy, adult guidance and placements, job search skills, health workshops, exercise classes, walking group,

photography, summer schemes, Bangla and Urdu language classes. Most classes for women have a free crèche.

Tel: 01535 667359



Keighley Breastfeeding Support Group | Keighley

Keighley Healthy Living, 13 Scott St (behind Keighley library) BD21 2JH

The group provides a free drop in and counseling for mums-to-be and breastfeeding mums. The group meets every Tuesday 10am - 12pm.

Tel: 01535 677177; breastfeeding-keighley@hotmail.co.uk



Kirkgate Katch Up | Shipley

Kirkgate Community Centre, Kirkgate, Shipley BD18 3EH

Mondays 9.30am – 1pm

A community café style drop-in for parents of small children and expecting parents, with access to a midwife (from 9.00 – 12.00), support worker for breastfeeding and weaning advice (from 10.00 – 12.00) and stop smoking support.

Tel: HALE Project on 01274 271088 or just come along



La Leche League | Ilkley | Shipley

Breastfeeding help through mother-to-mother support. Retains a large lending library of resources and information sheets on all aspects of breastfeeding, in addition to being a friendly forum for mother-to-mother pregnancy support.

Ilkley: 1st Friday of the month, 10am – 12pm: *Lower Hall, Christchurch, The Grove, Ilkley*

Shipley: 3rd Friday of the month, 10am – 12pm: *89 Bradford Road, Shipley BD18 3BX*

Contact Rebecca Cole on 01535 633788; notfromwhitby@hotmail.com

National helpline: 0845 120 2 918; www.laleche.org.uk

Lilies of the Valley | Keighley

72 Cavendish Street, Keighley, BD21 3RL

A warm and friendly place to eat, meet and chat. Provides **free** coffee, cake and play. All Mums with babies and pre-school children are welcome to come along (feel free to bring your own lunch). Features various courses throughout the year in such things as helping your child with homework; being a confident woman; healthy eating for families; music and movement for young children and money management. All courses are **free of charge** and a crèche is provided if necessary. Features two 'Practicing English' sessions once a week, for both men and women where English is not their first language.

Day	Session	Times
Monday	Mum's Drop In	12.30pm – 2.30pm
Wednesday	Mum's Drop In	12.30pm – 2.30pm
Thursday	MANaging English for Men	10.00am – 11.30am
	Chatting Mums for Women	1.00pm – 2.30pm
Friday	Mum's Drop In	10.00am – 12 noon

Tel: 07505 030758, visit the website at www.liliesofthevalley.org.uk or email info@liliesofthevalley.org.uk



POST-NATAL DEPRESSION

Aire Valley Counselling & Therapy | Keighley

182 Skipton Road, Keighley, BD20 2SY

Provides low cost counselling for adults who may have issues such as post-natal depression. No referral necessary. A free initial assessment is offered to help you work out if counselling is right for you. Open 6 days a week, including evenings and Saturdays.

Appointments: 01535 607047 or email counselling@versa.org.uk

Bradford Counselling Service (formerly 'Off The Record')

2nd Floor, 24 Barry Street, Bradford, BD1 2AW

A general counselling service dealing with issues including prenatal & postnatal depression. The service is offered free to people under the age of 18 and a sliding scale charge to adults, depending on income. Clients are offered a free initial appointment to discuss their options.

Tel: 01274 733080; admin@otrbradford.org.uk; www.offtherecord.org.uk

Being part of a relaxed and welcoming environment to learn about parenthood and socialise with new families is important. The emotional support you'll get from friends at community-based groups can be the key to dealing with postnatal depression.

There are a number of organisations not listed above which include help with postnatal depression as part of their care package. Often it is not the main focus of their work but is included as a topic in peer support groups and specific workshops.

For example, certain groups listed under the **Postnatal Support** and **Counselling/Therapy** sections of this directory might be able to help, depending on their current programmes:

- *Bradford Doulas (p3)*
- *HALE Networkers Service (p6)*
- *Home Start (p7)*
- *Isis Project (p22)*
- *Relate Bradford (p23)*



BABY & TODDLER GROUPS

BD4 Family Parent and Toddler Group | Bradford

St Johns Church Hall, Neville Road, East Bowling, Bradford, BD4 7LE

- Monday and Friday 9.30am – 11.30am Parents & toddlers
- Monday 1.30pm - 2.30pm: Fitness session for children
- Tuesday 12pm-2.00pm: Lunch group for children
- Wednesday: Tots Unlimited (children aged 2 - 5)

Contact Mel Astin: 01274 730346

Bolton Woods Play & Learn | Bradford

Bolton Woods Community Centre, Bolton Woods, Bradford, BD2 1BD

- Tuesdays 9.30am – 11.00am: Parents & toddlers
- Wednesdays 11.00 – 1.00: Young parents group (in partnership with Owlet Children and Family Centre).
- How to get the best out of family life. An ongoing nurturing course (10 week programme). Run throughout the year, please contact for more details and times.

Contact : 01274 588684; www.boltonwoodsc.co.uk

Creepy Crawlies Baby Group | Bingley

Little House, Market Street, Bingley, BD16 2HP

Fridays 10am – 12am

Provide a fun place for babies to meet new friends and enjoy new activities. Aims to have one guest speaker every month to chat about different topics relating to the little ones' development, in addition to local support from the Bingley Health Visiting Team. Babies must be registered with the Canalside Health Centre to attend.

Tel: 07791 033126

Cullingworth Toddlers | Bingley

Cullingworth Methodist Church, Dellside fold, Bradford BD13

Tuesday 9.15am – 11.15am

Contact Sarah: 07947 147866 or Emma: 01535 272334

The Family Project | Holme Wood

Upper Room Centre, Vulcan Street, off Tong Street, Bradford, BD4 9QY

- Tuesday 10.00am – 11.15am
- Thursday 9.30am – 10.30am

Contact: 01274 652539; nadine.osuji@yahoo.com

First Steps Toddlers | Bingley

Church House, Old Main Street, Bingley, BD16

Tuesday, Wednesday, Thursday: 9.30am - 11.00am

Contact Christine Bondarenko: 01274 774974

Hamara Waqt | District-wide

Victoria Primary School, Cartmel Rd, Keighley BD21 2RD

Bilingual carer and toddler group with Lots of activities and fun for parents, carers and under 5s.

Tel: 01535 618485; highfieldchildrenscentre@bradford.gov.uk



Jelly Tots Group | Greengates

St. John's Anglican Church, Harrogate Road, Greengates, Bradford BD10 0LX

Two peer supporters help to run this group which is hosted in the local church on Mondays from 1pm- 3pm. There is a £1.50 charge per session.

Tel: 01274 405421 (via St. John's Church)

Lesbian Mums and Toddlers Group

Various venues

A support group for lesbians with babies and young children in Bradford. Have a cuppa and meet other lesbian mums whilst your little ones have fun too.

Tel: 01274 727759/79 (c/o Rachel at the Equity Partnership)

rachel@equitypartnership.org.uk

Little Lady Birds | Keighley

Haworth Community Centre, Butt Lane, Haworth, Keighley, BD22 8PB

Tuesdays, Thursdays and Fridays 10am to 11.30am including some half terms (please phone for details).

Contact: 01535 645604; denisegant@talktalk.net

Menston Baby and Toddler Group | Menston

St John's Church Hall, Menston, Ilkley LS29 6EU

Meets every Monday (except Bank Holidays) from 9.30-11.30am and every Tuesday (all year round) from 9.15-11.15am. All pre-school children are welcome.

Tel: 01943 875324

NCT Toddlers | Saltaire

Saltaire Methodist Church, Saltaire Road, Shipley, BD18 3HJ

10.30am until 12.30pm Thursdays. Come along for a coffee and chat and let your children play! There is a suggested donation of £1.50 to

cover refreshments. For parents-to-be, parents, carers and pre-walking babies. This is an NCT group but membership is not required. Suitable for parents, carers and pre-walking babies.

Tel: 08442 436059; bradfordairedalenct@hotmail.com

North East Windhill Community Association | Shipley

Church St, Windhill, Shipley BD18 2NR

- Sure Start Baby Club (for parents and babies up to age 1)
- Carer & Toddler Group on Monday afternoons from 1 to 3pm.
- NCT Antenatal classes are run in blocks of sessions on Thursday evenings and some Saturdays.

Tel: 01274 588831/588842; windhillcc@yahoo.co.uk;

www.windhillcommunity.co.uk

Oakworth Toddler Group | Oakworth

Holden Hall, Oakworth Road, Oakworth, Keighley, BD22 7PB

Tuesdays 9.15am - 11.15am

Contact: 07733 228645; claire.anderson@blueyonder.co.uk

Otley Stay-and-Play | Otley

Ashfield School, Weston Lane, Otley LS21 2DF

Runs Monday from 10.00am – 11.30am and 1.30pm to 3.00pm. For parents and carers with children under five.

Tel: 01943 467379; www.otleychildrenscentre.co.uk

Oxenhope Under Fives | Oxenhope

Oxenhope Community Centre, Oxenhope, Bradford

Preschool for children from 2 to 5 years of age. Runs daily from 9.00am – 12.00pm

Contact Sally Binns: 01535 275357

The Point | Idle

Christ Church, 2 Leyton Drive, Idle, Bradford, BD10 8RQ

Tuesday 9.15 am to 11.15am

Tel: 01274 395081

Pram to Primary | Otley

Ashfield School, Weston Lane, Otley LS21 2DF

Fridays from 1pm – 3pm.

Parenting course for families with young children. A crèche is offered to attendees.

Tel: 01943 467379; www.otleychildrenscentre.co.uk

Rockwell Babies & Toddlers | Thorpe Edge

Rockwell Community Centre, 6 Summerfield Road, Thorpe Edge, Bradford, BD10 8DP

- Wednesday 9.30am - 11.30am (Babies Group)
- Wednesday 12.30pm – 2.30pm (Mums and Tots Group)

Contact Kim Steele: 01274 615300

Salvation Army Parent & Toddler Group | Holme Wood

Salvation Army, St Margaret's Avenue, Holme Wood, Bradford, BD4 9BD

- Monday: 9.30am - 11.30am (Parent and Toddler Group)
- Thursday: 1.30-2.30pm (Toddler/Baby Gym)

Tel: 01274 684230



Sangat Parent & Toddler Group | Keighley

Sangat Centre, Marlborough St, Keighley BD21 3HU

A group for parents and toddlers aged 0-5 years old. Meets on Wednesday afternoons from 1.30-3.30pm.

Tel: 01535 610263

Squeals on Wheels | Eccleshill

St Luke's Church, Harrogate Road, Eccleshill, Bradford, BD2 2NS

Wednesday 1.30pm - 3pm.

Tel: 01274 636403

St Marks Under Fives | Keighley

St. Mark's Church Hall, Utley, Keighley BD20 6ED

Monday to Friday from 9.30-11am, during term time only.

Tel: 01535 607003; www.stmarksutley.org.uk

Tiddlywinks Toddler Group | Bradford

St Clement's Church, 294a Barkerend Rd, BD3 9DF

9.30 - 11.30 Thursday (Term time only)

For parents with young children from 0 - 4 years old. Provides friendship and support to parents of young children in addition to encouraging toddlers' play and social interaction.

Tel: 01274 743054; families@anchorproject.org.uk

Tuesday Baby & Toddler Group | Menston

St John's Church Hall, Burley Lane, Menston LS29 6EU

Open Tuesday 9.15am – 11.15am (Including term time)

Tel: 07711 131142

Who Let the Dads Out?

Open to all dads and male carers (grandads, etc). Caters for all pre-school aged children.

Shipley Baptist Church (*New Kirkgate, BD18 3QY*): runs every 3rd Saturday of the month, 10.00-11.30am; Tel: 07765 223177

St Marks Church (*Utley BD20 6ED*): runs last Saturday of the month, 10.00 – 11.30am (subject to change); Tel: 01535 607003

ADVICE & INFORMATION



Advice Network & Training Partnership

125 Thornton Road Bradford, BD1 2EP

Every year, millions of pounds in benefits and tax credits go unclaimed – make sure you don't miss out! And if you've got debt problems or other money worries, ask for help to get back control of your finances. You can get free, independent and reliable advice about money problems from local advice centres, including the Citizens Advice Bureau. The website below helps you to find all the free, confidential, independent and quality assured advice services in Bradford District, including some Legal Aid solicitors:

www.divabradford.org.uk/advice-services

Bradford Trident: Healthy Lifestyles Project | Bradford (BD5 area)

Park Lane Centre, Park Lane, Bradford, BD5 0LN

9.00am – 5.00pm, Monday to Friday

A community approach to health and its impact on the lives of young children and parents. The Healthy Lifestyles Project aims to support and enable individuals from all backgrounds and ages to make behaviour changes and positive life choices. The project works in particular with expectant and new fathers to ensure positive health choices for both parent and child. Delivers cook-and-eats, activities and also recently helped publish a book. Also delivering a programme to unearth the facts around cousin marriages and children.

Tel: 01274 431441; www.bradfordtrident.co.uk

Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, financial and other problems by providing free, impartial advice and information. As the UK's largest advice provider they are equipped to deal with any issue, from anyone, spanning debt and employment to housing and immigration plus everything in between.

CAB: Bradford

George Street, Bradford, BD1 5AA
0845 120 2909

CAB: Keighley

Central Hall, Alice Street, Keighley, BD21 3JD
01535 665877

www.citizensadvice.org.uk

DIVA (District Index of Voluntary Organisations) | Online

The DIVA project brings together information on voluntary and community groups in a single database - from sports and leisure clubs, through support and self-help groups, community centres and campaign groups to local non-profit bodies, advice centres and branches of national charities. They include organisations right across the Bradford District - including Bingley, Ilkley, Keighley and Shipley, as well as the city of Bradford.

www.divabradford.org.uk

Families Information Service | District-wide

Bradford Early Years, Childcare and Play, 1 City Road, Bradford, BD8 AER

The Families Information Service (formerly known as Children's Information Link) provides comprehensive up-to-date information

about childcare, nursery education, children's activities and family support services for parents, carers, families and others.

Tel: 01274 437503

Information Shop for Young People | Bradford

Culture Fusion, 125 Thornton Road Bradford BD1 2EP

Monday to Thursday 11.00 am to 2.00pm

The Information Shop offers advice on welfare benefits, housing and debt based in the information shop for young people which provides information on education, employment, health, environment, justice, sports and leisure activities etc.

Tel: 01274 432431; www.bradford.gov.uk/infoshop

Pay and Employment Rights Service | Helpline

Unit 14, Batley Enterprise Centre, 513 Bradford Road, Batley, WF17 8LL

PERS provides advice and guidance to workers on all aspects of employment law. Our team of specialist employment rights advisors provide support ranging from basic employment law information to step-by-step intensive support in preparing for tribunals. Individuals can contact PERS directly without the need for referral. Those working in the Voluntary and Community Sector can access the PERS helpline free of charge, for others there is a small charge.

Tel: 01924 428 030; admin@pers.org.uk

Yorkshire MESMAC | Bradford

Bradford City Centre. PO Box 267, Bradford, BD15XT

Providing sexual health and sexual orientation support. A variety of different projects and groups are hosted; including HIV support, youth services, volunteering etc. Specifically for members of the LGBT

community or people living with or affected by HIV. Opening hours vary, please contact for more details or to make an appointment.

Tel: 01274 395815; bradford@mesmac.co.uk

HOUSING SUPPORT



Keyhouse | Bradford/Keighley

130 North Street, Keighley, BD21 3JD

Offers advice services focused on welfare benefits and housing. There are fully accessible offices in both Bradford and Keighley. Provides supported housing across all the Bradford district, plus an emergency hostel for 16 - 25 year olds. NVQ training is also available. The head office on Keighley's North Street is staffed during normal office hours and is open to the public for advice sessions on Mondays, Wednesdays or Fridays from 10.00am – 1.00pm.

Tel: 01535 211311; www.keyhouse.co.uk

MAPSS | Bradford

165 Birch Lane, West Bowling, Bradford, BD5 8PA

MAPSS floating support is an outreach service which provides short term support to pregnant teenagers/young women and teenage/young parents either in their own homes or elsewhere if they are homeless and seeking accommodation. You can access MAPSS if you are pregnant or have recently become a new parent; are aged between 16 and 25, are homeless or inadequately housed, or you need support to access, manage and sustain your own home.

Tel: 01274 731989; mapss.house@hortonhousing.co.uk

The MASTS Project | Bradford

4 Bell Dean Road, Bradford, West Yorkshire, BD8 0QE

MASTS is a floating housing support service offered to young people aged 16-25 based in Bradford, West Yorkshire. It offers the following individual services:

- **GEM Service** - for young women aged 16 to 25 who are pregnant or have a child and are homeless and/or have support needs.
- **Teenage Pregnancy Service** - support for young women aged 16 to 18 who are homeless and/or have support needs and are 6 months + pregnant or have a child.
- **Ordinary service** - for single young people who are aged 16 to 25 and who are homeless and/or have support needs.

Tel: 01274 228980; www.mastsproject.co.uk

The following services do not have a focus on maternity issues but can provide essential support or help signpost you to assistance if you are in urgent need of housing:

Bradford City Centre Project	08451 416666
Bradford Foyer	01274 200500
Bradford Women's Aid	01274 668049
Hope Housing	01274 900764
Shout Solutions Housing Ltd.	07796 687434



COUNSELLING / THERAPY

Airevalley Counselling & Therapy | Keighley

182 Skipton Road, Keighley, BD20 2SY

Funded by Bradford and Airedale PCT to provide low cost counselling for adults who may have issues such as post-natal depression, adjusting to parenthood, abortion, miscarriage, anxiety, loss of confidence etc. No referral necessary. A free initial assessment is offered to help you work out if counselling is right for you. Open 6 days a week, including evenings and Saturdays.

Appointments: 01535 607047 or email counselling@versa.org.uk

The Alma Street Project | Bradford

207 Cutler Heights Lane, Bradford, BD4 9JB

Provides therapeutic recovery work and witness support for children aged 5-17 who have been sexually abused. Accepts both referrals from professionals and self-referrals. Open from 9am-5pm.

Tel: 01274 651652; bradford@family-action.org.uk

Bradford Counselling Service (formerly 'Off The Record')

2nd Floor, 24 Barry Street, Bradford, BD1 2AW

A general counselling service dealing with any issue including prenatal & postnatal depression, health issues and bereavement. The service is offered free to people under the age of 18 and a sliding scale charge to adults, depending on income. Clients are offered a free initial appointment to discuss their counselling options.

Tel: 01274 733080; admin@otrbradford.org.uk; www.offtherecord.org.uk

Hope | Bradford

207 Cutler Heights Lane, Bradford, BD4 9JB

Open 9am – 5pm

Provides individual support and group work for children aged 5-13 who have experienced domestic abuse. Accepts referrals from professionals and self-referrals from Bradford postcodes BD 1,2,3,4,5,6,7,9,10 and 12.

Tel: 01274 651652; bradford@family-action.org.uk

The Isis Project | Shipley (and District-Wide)

ISIS, Crown Buildings, John Street, Shipley, BD18 3HU

Helps women and their children to survive the trauma of mental distress by providing time and space within a safe and nurturing environment for healing and recovery to take place. A crèche is provided for 0-5s. Access to this service is by written referral only. This can be provided through your GP, a Mental Health Centre, Hospital, Health Visitor, Women's Centre etc.

Tel: 01274 532858; www.isisproject.co.uk

Relate | Bradford

7th Floor City House, 21-27 Cheapside, Bradford BD1 4HR

Open 9am – 9pm Monday to Thursday and 9am – 3pm on Friday.

Relate Bradford offers advice, relationship counselling, sex therapy, workshops, consultations and support face-to-face and by phone. Relate makes a charge for some of the services it provides but does not make a profit. This enables subsidised services to people who live within the Bradford Metropolitan District and are unable to meet the full cost of counselling. Services for young people are currently free.

Tel: 01274 726096; www.relatebradford.com

Staying Put | District-Wide

PO Box 449, Bradford, West Yorkshire, BD1 2XB

Enables women and children experiencing domestic abuse to remain safely in their own homes. A range of direct services are currently provided across the Bradford district, including Crisis Intervention support and assistance, Floating Support, culturally specific support, Independent Domestic Violence Advisors (IDVA), Legal Assistance and home security measures.

Tel: 01274 667104; www.stayingput.uk.net

DISABILITY / LONG TERM CONDITIONS



Bradnet - Outreach and Advocacy Service | Bradford

Noor House, 11 Bradford Lane, Laisterdyke, Bradford, BD3 8LP

Open 9am – 5pm

Empowers disabled people to lead their chosen lifestyle by providing appropriate services such as person-centred outreach and advocacy, one-to-one support and welfare rights advice, as well as help in education and on social care issues. The Outreach and Advocacy Team assists disabled people with any barriers they may face in their lives. Support is available for service users of all ages.

Tel: 01274 224444; enquiries@bradnet.org.uk

Carers' Resource | Keighley

15 Park View Court, St Pauls Road, Shipley, BD18 4DZ

An independent charity who provide support and information to unpaid carers of people with disabilities or a child with additional needs. They offer a personalised information service and emergency

planning service for carers and the professionals who support them. Services are also available in Urdu and Punjabi.

Tel: 01274 449660. Carers from Airedale can also contact 01756 700888.

www.carersresource.org

Down Syndrome Training & Support Service Ltd

The Pamela Sunter Centre, 101 Town Lane, Thackley, Bradford BD10 8LP

Provides information, support, guidance and training to families and professionals living and working with children and young people who have Down syndrome. Training includes courses on basic awareness, teaching basic number skills, language development, signing and behavioural issues. Also offers early development groups for children aged 10 months to 5 years and speech & language groups for children and young people aged 10month upwards. Home visits, family Saturday sessions, monthly newsletter, summer trips, library of resources, dance sessions, family swim and a going out club are also available. The charity has over 12 years experience of health, education and social issues faced by families. Open during school hours, plus occasional weekends and holiday sessions.

Tel: 07816 465845

The OUR Project (Part of MESMAC) | **Bradford**

Open Monday to Friday, 10am – 6pm

A charity that provides social support for people living with and affected by HIV in the Bradford and Airedale district, which aims to ensure that HIV positive people are treated fairly without stigma and discrimination. The OUR Project also offers training on issues relating to HIV to GPs, Dentists, Hospital Staff, Schools, Universities, statutory and non-statutory agencies.

Tel: 01274 740548; our@mesmac.co.uk



DRUG & ALCOHOL SUPPORT

Bridge Project | Bradford

35 Salem Street, Bradford, BD1 4HQ

Provides advice and information for drug users on reducing the risks of drug use and issues around hepatitis and HIV/AIDS. The Bridge Project offers a Young People and Families Service, in addition to a Women's Clinic. Telephone and face-to-face counselling is provided. Please telephone to check opening times of individual services as each service runs at least one late night per week.

Tel: 01274 723863; www.bridge-bradford.org.uk

Piccadilly Project | Bradford

1st Floor, Auburn House, Upper Piccadilly, Bradford, BD1 3NU

Open 10am – 5pm (Telephone enquiries 9am – 5pm)

Alcohol advisory service (for people aged 18+) which is based in Bradford City Centre. Provides free and confidential advice, information and support to alcohol users, their relatives, carers and friends living in the Bradford district, as well as working with parents and children together. Services include open access sessions, one-to-one support, a physical health nurse and referral to detox/rehab. Evening appointments are available on Tuesday or Wednesday.

Tel: 01274 735775

Project 6; Integrated Family Recovery Service | Keighley

18 Temple Street, Keighley BD21 2AD

Open 10am – 5pm (Except Wednesday: 1pm – 8pm)

Offers pre-pregnancy information, advice and support when planning a family such as pre-conception care and advice about sexual health and contraception. Also provides antenatal and postnatal support to

drug and/or alcohol users and works in partnership with a specialist drug and alcohol liaison midwife, a substance misuse nurse from ACDAT and specialist drug and alcohol workers. The project offers family support to drug and/or alcohol users either on a one-to-one basis or in group, parenting programmes, one-to-one and group support for children as well as working with parents and children together.

Tel: 01535 610180; www.project6.org.uk

BEREAVEMENT SERVICES



Bradford Bereavement Support

A free service and confidentiality is assured. Counselling sessions are usually an hour long. The numbers of sessions is always determined by individuals needs. BBS provides quiet rooms for meeting clients in many areas of Bradford. In special circumstances, home visits can be arranged.

*Tel: 01274 771545/6; info@bradfordbereavement.org.uk;
www.bradfordbereavement.org.uk*

Bereaved Parents Link | Bradford

A group of adults bereaved of a child who meet to help each other by sharing experiences. Open to anyone who has been bereaved by the death of a son or daughter of any age or in any circumstance. Meet first Wednesday of each month, 7.30pm at The Upper Room Centre, Vulcan Street, off Tong Street, Bradford.

Tel: 01274 582962 / 01274 735155

Children & Loss Project (Family Action) | Bradford

207 Cutler Heights Lane, Bradford, BD4 9JB

Open 9am – 5pm Monday to Friday

Supports children aged 5-17 in the Bradford area who have experienced the death of a significant person in their lives. Also offer information and advice to parents, carers and training or consultation for professionals about ways of supporting the bereaved child/young person.

Tel: 01274 651652; bradford@family-action.org.uk

Child Bereavement Charity | Nationwide

Supports families and educates professionals both when a child dies and when a child is bereaved.

www.childbereavement.org.uk

Cruse Bereavement Care | Skipton

1D Royal Oak Yard, Raikes Road, Skipton, BD23 1NP

Provide a free and confidential service to bereaved children and adults, helping all bereaved people to understand their grief and cope with their loss. This can be on a one-to-one basis or as part of a group. Clients can be seen at the Cruse offices in Skipton, at your home or a suitable meeting place.

Local helpline 01756 797799; national helpline: 0844 477 9400.

www.crusebereavementcare.org.uk

RD4U | Nationwide

RD4U is a website designed for young people by young people. It is part of Cruse Bereavement Care's Youth Involvement Project and supports people after the death of someone close.

helpline: 0808 808 1677; helpline@rd4u.org.uk; www.rd4u.org.uk

GENETIC INHERITANCE



Families from all communities can be affected by genetic disorders. Talk to your GP if you think that a child in your own or your wider family may be affected by an inherited disorder. Your GP can help you to assess the risks and if necessary book you an appointment with a genetic counsellor.

Community Genetics Project | District-Wide

There are now a number of community and family support workers across the district trained to help people learn more about recessive genetic disorders. They work with people interested in understanding the link between cousin marriage and inherited disorders on a one-to-one or group session basis. Although the workers are situated in four localities across the district, they can be contacted for information and support from any parent or professional. These centres also offer additional services. Please see their respective entries in this directory for more information:

1. KAWACC (page 7)

- Contact Naz Kazmi on 01535 667359

2. Bradford Trident

- Contact Kamran Siddique on 01274 431441

3. Barkerend Children's Centre (page 28)

4. St. Edmund's Children's Centre (page 33)

Keighley Health Centre | Keighley

Keighley Health Centre, Oakworth Rd, Keighley BD21 1SA

The Haemoglobinopathy services provide a confidential Counselling Service, on inherited disorders of Haemoglobin such as Thalassaemia and Sickle Cell Disease. They provide antenatal and partner testing for those couples at risk of a major disorder and counselling prior to Pre-

natal diagnosis. The service operates an open door policy for those requesting testing and also provides carrier and extended family screening, with advice and information on the major disorders and carrier states.

Tel: 01535 606111

Newlife Foundation | Nationwide

Provide equipment to help individual children, nurse led support services, pioneering medical research, awareness and campaigning. Newlife Nurse Services are professionally trained nurses who offer free support and information on who to contact locally or nationally, what a condition and the long medical words mean or what questions to ask at appointments. They can also explain the often complex benefit systems and help you to understand your rights.

Tel: 0800 902 0095; nurses@newlifecharity.co.uk

Special Source | Nationwide

Free condition information service dedicated to inborn conditions (birth defects). The service has been created by UK professionals to give families, patients and other professionals understandable, regularly updated key information.

www.specialsource.org

*** Useful websites for more information about genetic conditions:**

www.nhs.uk/conditions/genetics

Introduction and advice about genetic conditions

www.rarechromo.co.uk

Rare chromosomal disorders

www.geneticalliance.org.uk/multilingual

Index for leaflets explaining genetic conditions (and translations)

www.cafamily.org.uk

Making contacts for families with disabled children

CHILDREN'S CENTRES



Sure Start Children's Centres offer integrated education, care, family and health to support families with a child under 5 years of age. There are 41 Centres which between them cover the whole of the Bradford District, offering a range of activities and services tailored to meet the local needs of each area. Your local Children's centre will offer many of the following - and more!

- *Support and advice with breast-feeding*
- *Cook and eat*
- *Toddler Groups / stay and play*
- *baby massage or yoga*
- *help with stopping smoking*
- *home visits*
- *jobcentre plus*
- *dads groups*
- *parent classes*
- *debt advice*
- *childcare support*

*Please drop in or telephone your local centre to find out the current activities programme and services within each Centre as these are regularly updated. **All Children's Centres are helpful forums for breast-feeding advice** but we have marked venues with particularly active peer support groups (indicated by a circular green icon.)*

Abbey Green Nursery School and Children's Centre | Bradford
Green Lane, Manningham, Bradford, BD8 8HT
Open Monday to Friday from 8.00am – 6.00pm.
Tel: 01274 722070

Allerton Children's Centre | Bradford

Avenel Road, Allerton, Bradford, BD15 7PA

Tel: 01274 493089

Baildon Children's Centre | Shipley

Sandal Primary School, West Lane, Baildon, BD17 5DH

Tel: 01274 435090

Barkerend Children's Centre | Bradford

365 Barkerend Road, Bradford, BD3 8QX

Tel: 01274 437300



Bierley Children's Centre | Bradford

Newhall Road, Bierley, Bradford, BD4 6AF

Tel: 01274 653917

Bingley Rural Children's Centre | Bingley

Littlelands, Cottingley, Bingley, BD16 4AL

Tel: 01274 435850; www.bingleyrural.childrencentre.org

Bingley Town Children's Centre | Bingley

Trinity 5-Rise Children's Centre, John Escritt Road, Bingley, BD16 2ST

Tel: 01274 435850



Bolton Woods Community Centre | Bradford

Livingstone Road, Bradford, BD2 1BD

Tel: 01274 588684; boltonwoodsc@gmail.com

Burnett Fields Children and Family Centre | Bradford

42 Greaves Street, Bradford, BD5 7PE

Tel: 01274 436500

Canterbury Nursery School & Centre for Families & Children

Basil Street, Canterbury, Bradford, BD5 9HL

Tel: 01274 574539



Community Works | Bradford

Undercliffe Lane, Bradford, BD3 0DW

Tel: 01274 200589

North Craven Children's Centre | Skipton

Kendal Rd, Hellifield, Skipton BD24 4HA

Tel: 0845 0349408 / 01609 533990; northcravenCC@northyorks.gov.uk



South Craven Children's Centre | Keighley

Colne Road, Glusburn, Keighley, BD20 8PJ

Tel: 0845 0349686 or 07816 165613; southcravenCC@northyorks.gov.uk

Crossley Hall Primary School and Children's Centre | Bradford

Thornton Road, Fairweather Green, Bradford, BD8 0HJ

Tel: 01274 495753

Daisy Chain Children's Centre | Keighley

Elliott Street, Silsden, Keighley, BD20 0DE

Tel: 01535 618668

Frizinghall Children's Centre | Bradford

St Margaret's Church, Shipley Fields Road, Bradford, BD18 2DL

Tel: 01274 437070



Fagley Primary School and Children's Centre | Bradford

Falsgrave Avenue, Fagley, Bradford, BD2 3PU

Tel: 01274 770434

 **Farcliffe and Lilycroft Children and Family Centre | Bradford**
56 Toller Lane, Bradford, BD8 8QH
Tel: 01274 436700

Farnham Road Children's Centre | Bradford
Farnham Road, Bradford, BD7 3JE
Tel: 01274 524050


 **The Gateway Children's Centre | Bradford**
43 Thackeray Road, Ravenscliffe, Bradford, BD10 0JR
Tel: 01274 634800

 **Heaton Children's Services | Bradford**
Heaton Primary School, Haworth Road, Bradford, BD9 6LL
Tel: 01274 363070

 **Highfield Children's Centre | Keighley**
Drewry Rd, Keighley BD21 2QG
Tel: 01535 618485; highfieldchildrenscentre@bradford.gov.uk;
www.highfield.childrencentre.org

Hirst Wood Nursery School & Children's Centre | Shipley
Clarence Rd, Shipley BD18 4NJ
Tel: 01274 584368; www.hirstwoodschoo.co.uk

 **Holme Wood Children's Centre | Bradford**
Haslemere Close, Holme Wood, Bradford, BD4 9EB
Tel: 01274 684455

 **Lidget Green Primary School and Children's Centre | Bradford**
Birks Fold, Lidget Green, Bradford, BD7 2QN
Tel: 01274 579576

Little Lane Children's Centre | Ilkley

Little Lane, Ilkley, LS29 8HZ

Tel: 01943 436263/4



Low Fold Children and Family Centre | Keighley

Exley Rd, Keighley BD21 1LT

Tel: 01535 618300; www.lowfoldchildrenandfamilycentre.org.uk

Menston & Burley Children's Centre | Ilkley District

Main Street, Menston, Ilkley, LS29 6LG

Tel: 01274 436261



Midland Road Nursery School and Children's Centre | Bradford

Bateman Street, Manningham, Bradford, BD8 7DJ

Tel: 01274 546492



Mortimer House Children's Centre | Bradford

20 Mortimer Avenue, Bradford Moor, Bradford, BD3 7EY

Tel: 01274 262740

Otley Children's Centre | Otley

Ashfield School, Weston Lane, Otley LS21 2DF

Tel: 01943 467379; www.otleychildrenscentre.co.uk

Owlet Children and Family Centre | Shipley

Barncroft Off Owlet Rd, Windhill, Shipley

Tel: 01274 597717; owlet.childrencentre.org



Parkland Primary School and Children's Centre | Bradford

Old Park Road, Thorpe Edge, Bradford, BD10 9BG

Tel: 01274 617405



Princeville Primary School and Children's Centre | Bradford

Willowfield Street, Bradford, BD7 2AH

Tel: 01274 570164



Rainbow Children's Centre | Keighley

Braithwaite Grove, Keighley BD22 6JB

Tel: 01535 604687; www.rainbow.childrencentre.org



Reevy Hill Primary School and Children's Centre | Bradford

Bedale Drive, Bradford, BD6 3ST

Tel: 01274 672561

Skipton Children's Centre | Skipton

c/o Brougham Street Nursery School, Brougham St, Skipton BD23 2ES

Tel: 01609 536114; skiptoncc@northyorks.gov.uk



St Edmund's Nursery School & Children's Centre | Bradford

Washington Street, Girlington, Bradford, BD8 9QW

Tel: 01274 543282



Strong Close Nursery School & Children's Centre | Keighley

Airedale Rd, Keighley BD21 4LW

Tel: 01535 605272

Thornton Primary School and Children's Centre | Bradford

Thornton Road, Thornton, Bradford, BD13 3NN

Tel: 01274 830960

Tree Tops Children's Centre | Haworth

Rawdon Road, Haworth, Keighley, BD22 8DW

Tel: 01535 618083

Trinity 5 Rise Children's Centre | Bingley

John Escritt Road, Bingley, BD16 4ST

Tel: 01274 435850; www.trinity5-rise.childrencentre.org



Tyersal Children's Centre | Bradford

51 Kyffin Place, Bradford, BD4 8DX

Tel: 01274 668881



Victoria Hall Children's Centre | Bradford

Station Road, Queensbury, Bradford, BD13 1AB

Tel: 01274 432690



Woodroyd Children's Centre | Bradford

Woodroyd Road, West Bowling, Bradford, BD5 8EL

Tel: 01274 777035

Woodside Primary School and Children's Centre | Bradford

Fenwick Drive, Bradford, BD6 2PG

Tel: 01274 410324



Wyke Community and Children's Centre | Bradford

Huddersfield Road, Wyke, Bradford, BD12 8AA

Tel: 01274 606881



Upper Wharfedale Children's Centre | Grassington

Grassington Primary School, Acre Lane, Grassington BD23 5LB

Tel: 0845 521 3894; upperwharfedaleCC@northyorks.gov.uk

USEFUL CONTACTS



LOCAL

Airedale Midwives	01535 292120
Bevan House	01274 322400
Bradford Midwives	01274 364502
Disabled Children's Service (DCIS)	01274 437503 or online at Information www.bradford.gov.uk/dcis DCIS@bradford.gov.uk
Every Baby Matters	www.everybabymatters.org.uk
Home Safety Equipment	01274 437979
Jobcentre Benefits Line	01274 336200
NSPCC	01274 769800
PALS (NHS Patient Advice)	01274 237555
Social Services (Children)	01274 437500
Stop Smoking Service	01274 202793
Substance Misuse Help	08450 508465

NATIONAL

Advice Guide	www.adviceguide.org.uk
Be a Star	www.beastar.org.uk
Benefit Enquiries	0800 882 200
Bounty	www.bounty.com
Breastfeeding NHS	www.breastfeedingnhs.uk
National Debtline	0808 808 4000

This directory was produced by the Health Partnership Project. Please phone **01535 665258** or see www.healthpartnership.org.uk for more information. *From Bumps to Babies* is an ongoing work so we welcome corrections, updates and new additions.

Directory Version 1.4

Contact details generally approved as of August 2011
Housing & Postnatal Depression data sourced January 2012
Revisions to Children's Centre data reconfirmed February 2012
Active peer breastfeeding groups updated February/March 2012
Feedback from VCS and other stakeholders incorporated April 2012

