

Learn. Connect. Be stronger.

# Friends & Family Hub

For families of children with disabilities and learning difficulties

Do you have a friend or family member who is a child or young person with a disability?



Would you like to connect with other families and friends?



Could you meet up to listen to guest speakers, share information or learn new skills?



## WE NEED TO GET TOGETHER

We know you provide amazing support for your children and young people. We also know that connecting friends and families together can be beneficial for everyone. Sharing and building information, knowledge, skills, friendships and support networks, makes life easier and more enjoyable. If we don't connect, we can miss out on activities and opportunities just because we are unaware of them.

We have three Hubs which meet monthly in

## Keighley/Bradford/Menston

We hold sessions on a range of topics including The SEND Agenda, Benefits, Mental Health, CAMHS, Self Care, Mindfulness, Sleep and Transitions. There is no pressure and no commitment required, and you are welcome to bring a friend or relative with you if you arrange to come along.

If you would like to find out more about the groups, what we do and how you can get involved, please email

[claire@thinkingbiguk.org](mailto:claire@thinkingbiguk.org)

Working in Partnership with



Thinking Big is a non-profit, independent, social enterprise. Our aim is to promote social inclusion, opportunity and wellbeing.

You can find out more about us by visiting [www.thinkingbiguk.org](http://www.thinkingbiguk.org)

If you want to ask anything about the Friends & Family Hub you can email [claire@thinkingbiguk.org](mailto:claire@thinkingbiguk.org)

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