



Little Minds Matter

Bradford Infant Mental Health Service



Bradford District Care
NHS Foundation Trust



Little Minds Matter offers direct work to families who live within the Bradford Local Authority Area. We work with families who are pregnant or have a baby under the age of 24 months and are experiencing difficulties in the parent-infant relationship.

We can support families,

- on a 1:1 basis in the family home, a local Hub or another community setting
- through offering group based support such as baby massage and Circle of Security Parenting Programme
- by providing consultation to other professionals working with a family to support their involvement.

The first 1001 days (pregnancy to age 2) are the most critical for emotional, physical, cognitive and social development. We aim to help infants have the best possible start by supporting healthy first relationships.

Julie DGLISH will be at
Bradford West Family Hub at Farcliffe Centre,
56 Toller Lane, Bradford, BD8 8QH
Every Friday
from 11am to 3pm

Contact us: Tel: 01274 251298 Email: LittleMindsMatter@bdct.nhs.uk



better lives, together

