

Keighley and Shipley area Family Hub

Find us at

Rainbow Family Hub

14 Braithwaite Grove, BD22 6JB

Strong Close Nursery School

Airedale Road, BD21 4LW

We also deliver services at

Central Hall

Alice Street, Keighley BD21 3JD

Shipley Library

2 Well Croft, BD18 3QH

The Trinity Centre

John Escritt Road, Bingley, BD16 2ST

Owlet Family Centre

Barncroft, Shipley, BD18 2JG

The Hive, Silsden

Elliott Street, Silsden, BD20 0DE

For more information on where we are and what we do, scan the QR code or visit fyi.bradford.gov.uk



Get in touch

- ☎ Call us on 01535 618005 (open Mon-Thur 8.30am to 5pm, 8.30am to 4.30pm Fri)
- F fb.com/KeighleyandShipleyFamilyHub
- @ Familyhubkeighleyshipley@bradfordcft.org.uk



Parenting programmes

We have a range of fantastic parenting programmes delivered at various times. You'll meet others in a similar situation in an informal and supportive atmosphere. You don't need a referral from another service, you can simply apply yourself on fyi.bradford.gov.uk or call us.

NEW: Support for parents, carers, teens and adults - free online courses that you can access 'on demand', day or night, pause and come back to whenever suits you.

Digital Spaces

Do you need data, access to a laptop, or help to get online? Maybe you need to study, apply for a job, a school place or look for housing?

At Rainbow Family Hub, you can access free wi-fi, use our computers and quiet space, headphones and printing facilities.

We can also give you support with getting online if you need it. Give us a call, a message on social media or send us an email for more information.

FREE SIM cards

We can now provide 6 months of data to families through a FREE SIM card. For more information please contact us or pop in to Keighley Family Hub and see one of our lovely Family Navigators!



Our events for March 2025

Play and learn – our free sessions open to all families with children 0-5. Enjoy fun activities songs and stories as well as tips to support your child's wellbeing and development.

Baby feeding support sessions - run every week by friendly experienced infant feeding practitioners with specialist support available. Any questions or concerns can be supported as well as every day feeding support. Breast pumps are available to borrow if you have seen a practitioner and there is a need identified. Please do just drop in, no booking needed.

Sensory room – Call or email us to book sessions at Rainbow. For sessions at Strong Close Nursery (Term Time) call 01535 605272. During school holidays contact Rainbow. For Owlet call 01274 436600.

SEND inclusive drop-in - open to all parents, carers and their children. Includes multi-sensory story time & access to SEND resources to promote speech, language & sensory exploration.

Youth Club - for ages 11-19. A warm, safe and inviting space for young people with lots of activities on offer.

Parent Led SEND play - for families with children aged 6-11. Please call us for more information.

Baby Clinic - drop in to get your baby weighed

Maternity Circle - offer a safe and welcoming space in a community environment. Come along to one of our sessions and meet other pregnant women, new mums and babies. We will provide information around maternal health, wellbeing and parenting as well as the wider support available from other local services (baby weighing available).

Children's Community Support Team - appointment based support for families with children and young people with SEND. Referral only; contact Kelly on 07582109892 or Naina on 07582101003 for more information.

Arts and crafts group - Afterschool arts & crafts group open to all ages. No session on the first Thursday of every month
SEND Parent-led support - meet with other parent carers in a safe, welcoming space to share experiences and get support.

Jump Aboard educational psychologist team - Free appointment on topics such as Autism, ADHD, speech and language needs, learning difficulties, social emotional and sensory needs, signposting and info on SEND processes.

World Book Day Event - Live story performer, followed by arts and crafts. Goodies, inc free book tokens! Kids welcome to dress up.

Bin The Bottle - Is your baby aged over one? Using a bottle could harm their teeth. Bin the Bottle and use a feeder cup instead. Get a free toothbrushing pack and feeder cup for under 5's at these special events!

Keighley and Shipley Family Hub - March timetable

Monday

Care and Share
Rainbow Hub's FREE
pre-loved shop
9am - 4pm

Sensory room
Rainbow 9 - 4pm
Strong close nursery
school 12.30 - 4.30pm



Midwife Clinics
Appointment only
All day at Rainbow, Strong
Close nursery school and
Owlet 9am - 4pm

**Play and Learn Central
Hall**
17th, 24th and 31st March
9.30am to 10.30am (term
time only)

**Play and Learn Shipley
Library**
24th March
1pm to 2pm

**Play and Learn Owlet
Family Centre**
31st March
1pm to 2pm



**Baby feeding
support sessions**
Trinity Centre
31st March
10am - 11.30am

Baby health visitor clinic
Rainbow
3rd and 17th March
1pm - 3pm

Tuesday

Care and Share
Rainbow Hub's FREE
pre-loved shop - 9am - 4pm

Sensory room
Rainbow 9 - 4pm
Strong close 3.30 - 4.30pm
Owlet Family hub 9 - 12pm

Midwife Clinic
Appointment only
Strong Close nursery
school and Owlet 9am - 4pm;
Rainbow 1.30am - 4pm

Coffee Morning
Rainbow, 9am - 11am

School nurse
4th March
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
11th and 25th March

Baby feeding drop - in
The Hive, 11.45am - 1.15pm
11th March

**SEND Parent-led
Support Group**
Rainbow, 1pm - 2.30pm
4th and 18th March
(including SENDIASS on
4th March)

SEND inclusive session
Keighley Library
4th Mar 9.30am - 10.30am

**Children's Community
Support Team**
Shipley Youth Cafe
(appointment only)
4th Mar, 9am - 3pm

Wednesday

Care and Share
Rainbow Hub's FREE
pre-loved shop
9am - 4pm

Sensory room
Rainbow 9 - 4pm
Strong close nursery school
3.30pm - 4.30pm



Midwife Clinics
Appointment only
Strong Close nursery and
Owlet 9am - 4pm

**Children's Community
Support Team**
(appointment only)
5th March
Rainbow, 9am - 3pm

Jump Aboard
Rainbow, 9.30am - 11.30am
(appointment only)
5th March

Baby feeding drop - in
Rainbow
11.30am - 2pm



Maternity Circle
Rainbow, 12pm - 2pm
12th and 26th March

**Open Access
Youth Club**
Rainbow
6pm to 8.30pm



Thursday

Care and Share
Rainbow Hub's FREE
pre-loved shop
9am - 4pm

Sensory room
Rainbow 9 - 4pm
Strong close
nursery school
3.30pm - 4.30pm

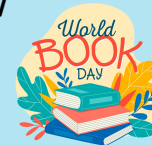


Midwife Clinics
Appointment only
All day at Rainbow, Strong
Close nursery and Owlet
9am - 4pm

Bin The Bottle
- at Rainbow: 20th March,
9.30am to 3pm
- at Strong Close: 27th March,
9.30am to 4pm

Maternity Circle
Shipley Library, 1.30pm - 3pm

**World Book Day/
Story Time**
Rainbow
6th March
1.30pm to 3pm



Arts and Crafts group
Rainbow
13th, 20th and
27th March
3.30pm - 5pm



Friday

Care and Share
Rainbow Hub's FREE
pre-loved shop
9am - 4pm

Sensory room
Rainbow 9am - 4pm
Strong close nursery school
9am - 12.30pm
Owlet 9am - 12pm

Midwife Clinics
Appointment only
Rainbow 9am - 12.30pm
Owlet 9am - 4pm



**Parent - led SEND play
session for 6 - 11 years**
(booking required)
Rainbow
3.30pm - 5pm