

Keighley and Shipley area Family Hub

Find us at

Rainbow Family Hub

Braithwaite Grove, BD22 6JB

We also deliver services at

Keighley Library

North Street, BD21 3SX

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

Bradford City Hub

36 Valley Parade, BD8 7DY

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](https://www.facebook.com/KeighleyandShipleyFamilyHub)
- @ Familyhubkeighleyshipley@bradfordcft.org.uk



Parenting programmes

We have a range of fantastic parenting programmes for parents, carers and teens including online courses that you can access 'on demand', day or night, pause and come back to whenever suits you and groups that you can attend 'live' with other people or families, delivered both online and in person.

You don't need a referral from another service, you can apply yourself on fyi.bradford.gov.uk (select 'parenting programmes pathway') or call us.

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 this month

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 Owlet Family Centre call 01274 436600.

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 services (baby weighing available).

Arts and crafts group - After-school arts & crafts group open to all. No session on the first Thursday of the month.

SEND Parent-led support - meet other parent carers in a safe, welcoming space to share experiences and get support.

C-card scheme - sexual health advice, free support, contraception and signposting to sexual health screening for young people aged 13 to 24.

Education drop-in - come and join us for free advice, guidance, support and information relating to your child's (5 to 16 years old) educational needs.

HENRY Starting Solids - join this free workshop to give your little one the best start on their food journey. For families with babies aged 0-8 months. Apply on Bradford fyi or call 07394 568544.

Keighley and Shipley Family Hub - September timetable

Monday

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

Sensory room
Rainbow 9 - 4pm



Midwife Clinics
(appointment only)
All day at Rainbow and Owlet
9am - 4pm

Airedale Infant Feeding - Breastfeeding drop-ins
Keighley Library
9.30am to 11.30am
8th and 22nd September

Play and Learn sessions
(term time only)
- Shipley Library: 1pm - 2pm
- Keighley Library: 9.30am - 10.30am

Baby health visitor clinic
Rainbow
1st and 15th September
1pm - 3pm



Tuesday

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

Sensory room
Rainbow 9am - 4pm
Owlet Family hub 9am - 12pm

Midwife Clinic appointments
Owlet 9am - 4pm;
Rainbow 1.30am - 4pm

Coffee Morning
Rainbow, 9am - 11am

School nurse
2nd September
Wrose Health Centre: 9.30am - 11am
Rainbow: 1pm - 2.30pm



Maternity Circle
The Hive, 12pm - 2pm
9th and 23rd September

SEND Parent-led Support Group
Rainbow, 1pm - 2.30pm
2nd and 16th September

Parent-led 6-11 SEND play session at Rainbow
3.30pm - 5pm

HENRY Starting Solids
Online (application needed)
9th September
6.30pm - 8pm

Wednesday

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

Sensory room
Rainbow 9 - 4pm



Midwife Clinics
(Appointment only)
Owlet, 9am - 4pm

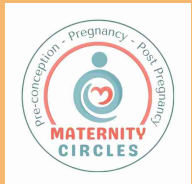


Stay and Play
Owlet, 9am - 11am
From 10th September

Baby feeding drop - in
Rainbow
11.30am - 2pm



Maternity Circle
Rainbow, 12pm - 2pm
10th and 24th September



Thursday

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

HENRY Starting Solids
The Hive
(application needed)
25th September
10am - 12 noon

Sensory room
Rainbow
9am - 4pm



Midwife Clinics
(appointment only)
All day at Rainbow and Owlet 9am - 4pm

Education drop-in
Rainbow
18th and 25th September
10am - 12 noon

Arts and Crafts group
Rainbow
11th, 18th, 25th September
3.30pm - 5pm



Friday

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

Sensory room
Rainbow 9am - 4pm
Owlet 9am - 12pm



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

