

# 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

Keighley Library  
North Street, BD21 3SX  
Shipley Library  
2 Well Croft, BD18 3QH  
The Trinity Centre  
John Escritt Road, Bingley, BD16 2ST  
Sue Belcher Centre  
63 Bracken Bank Avenue, BD22 7AE  
Denholme Primary School  
Minorca Mount, BD13 4AY  
Windhill Community Centre  
Church Street, Shipley, BD18 2NR  
Owlet Family Centre  
Barncroft, Shipley, BD18 2JG

**For more information  
on where we are and  
what we do, scan the  
QR code or visit  
[fyi.bradford.gov.uk](http://fyi.bradford.gov.uk)**



## Parenting programmes

We have a range of fantastic parenting programmes delivered at various times (we know how busy family life can be!) 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](http://fyi.bradford.gov.uk) or call us.

### Our recent programmes include:

**Cygnets** – For parents and carers of children 5-18 with an autism diagnosis. You'll develop your understanding of autism and learn practical solutions to support your child.

**Family Links Nurturing** – supporting positive parenting and exploring emotional needs behind behaviour. For parents/carers of children 2-13.

**Time out for dads** - helping dads build a better relationship with their children.

## Our regular events

**Play and learn** – our free play and learn sessions are 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 at home.

**School nurse parent drop-in** – help with eating, lifestyles, relationships, emotions, body changes, growing up, sleeping and more. If you can't come but still need help, call the school nurses: 01274 221203.

**Baby feeding drop-ins** - experienced peer supporters lead this friendly group. Pregnancy, parenting and breastfeeding support and information; meet other parents. Email [breastfeedtogether@bdct.nhs.uk](mailto:breastfeedtogether@bdct.nhs.uk) to book.

**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.

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

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

**Wise Owls Language development advice drop-in** - if you're concerned about your 18 month to 4 year old's language development, drop in to get advice from our language development workers.

**Care and Share** - Rainbow Hub's FREE Pre-loved shop, open weekdays 9-4.

**Jump aboard** - talk through concerns and how to support your child with an educational psychologist. Can help with autism, ADHD, speech and language, learning difficulties, social, emotional and sensory need

**Portage play group** - referral only; contact Christine on 07977160187 for details.

**Baby Clinic** - drop in to get your baby weighed  
**Maternity Circle** - a safe and welcoming space for women planning pregnancy, pregnant women and new mothers, providing information on maternal health and wellbeing and parenting until baby is 2.

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

## Get in touch

☎ Call us on 01535 618005 (open Mon-Thur 8.30am to 5pm, 8.30am to 4.30pm Fri)  
F Visit us at [fb.com/KeighleyandShipleyFamilyHub](http://fb.com/KeighleyandShipleyFamilyHub)  
✉ Email us at [Familyhubkeighleyshipley@bradfordcft.org.uk](mailto:Familyhubkeighleyshipley@bradfordcft.org.uk)

# Keighley and Shipley family hub - March timetable

## Monday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school (afternoon only)

### Midwife Clinics

Appointment only  
All day at Rainbow, Strong Close nursery school and Owlet

### Play and Learn

Keighley Library 9.30am to 10.30am (term time only)  
Sue Belcher Centre 1pm to 2:30pm (term time only)



### Baby feeding drop-in

Trinity Centre  
25th March 10 to 11.30am

### Care and Share

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

### Wise Owls Language Development

Keighley Library  
9:00am to 10:00am

### Baby Clinic

Rainbow, 1pm - 3pm

### Maternity Circle

Rainbow, 1pm - 3pm  
25th Mar

### CCST

Rainbow, 18th March

## Tuesday

### Sensory room

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

### Midwife Clinics

Appointment only  
All day at Strong Close nursery school and Owlet; PM only at Rainbow

### School nurse

5th March  
Rainbow 1pm to 2.30pm  
Shipley Library 9.30 to 11.00am



### Play and Learn

Denholme Primary School  
1pm to 2:30pm (term time only)

### Chit Chat Group

Rainbow Family Hub  
1:00pm to 2:30pm

### Care and Share

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

### PCSO drop-in

12th March  
Rainbow, 10 to 11am

### DWP supporting families advisor

Rainbow  
1pm - 2:30pm

## Wednesday

### Sensory room

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

### Midwife Clinics

Appointment only  
All day at Strong Close nursery school and Owlet

### Portage play group

Trinity Centre,  
10 - 11.15am  
Referral only

### Baby feeding drop-in

Rainbow  
11:30am to 1:30pm

### Open access youth club

Rainbow, 6 - 8.30pm

### Care and Share

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



## Thursday

### Sensory room

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



### Midwife Clinics

Appointment only  
All day at Rainbow, Strong Close nursery school and Owlet



### Care and Share

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

### Play and Learn

Baildon Glen Primary School  
7th, 14th, 21st March  
9am - 10:30am

### CCST

Shipley Library  
17th March



## Friday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school (morning only)

### Midwife Clinics

Appointment only  
All day at Rainbow

### Play and Learn

Windhill Community Centre  
9am to 10:30am (term time only)



### Jump aboard

Rainbow  
22nd March, 1pm to 3pm

### Care and Share

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

