# 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





## **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** or call us.

### Our recent programmes include:

**Cygnet** – 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 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 <a href="mailto:fb.com/KeighleyandShipleyFamilyHub">fb.com/KeighleyandShipleyFamilyHub</a>
  - Email us at Familyhubkeighleyshipley@bradfordcft.org.uk

# Keighley and Shipley family hub - March timetable

# Monday

# Tuesday

#### Thursday Wednesday

# Friday

# Sensory room

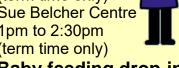
Rainbow 9-4pm Strong close nursery school (afternoon only)

### 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

## **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

# **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



## 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



# **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

