

Welcome to your local Family Hubs:

Rainbow Family Hub and Strong Close Family Hub



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**Rainbow: Braithwaite Grove, Keighley, BD22 6JB
Strong Close Nursery School: Airedale Road,
Keighley, BD21 4LW**



**FAMILIES & YOUNG
PERSONS INFORMATION
BRADFORD DISTRICT**

Find out more about all our
Family Hubs on the FYI website:

fyi.bradford.gov.uk/
FamilyHubsAndStartForLife
or tel: 01274 432626

SCAN ME!



**Rainbow Family Hub and Strong Close
Family Hub are part of Keighley/Shipley
area.**

**Keighley/Shipley also provides services at
these places:**

- Keighley Library, BD21 3SX
- Shipley Library, 2 Well Croft, BD18 3QH
- The Trinity Centre, John Escritt Road, BD16 2ST
- Sue Belcher Centre, BD22 7AE
- Denholme Primary School, BD13 4AY
- Windhill Community Centre, BD18 2NR
- Owlet Family Centre, BD18 2JG





Did you know – the first 1,001 days of your baby's life (even from when mum gets pregnant) are one of the most important times for your baby's life-long health, wellbeing and development?



During pregnancy



Through birth and baby's first year



Up to age 2

Family Hubs and Start for Life brings together the support available to families.

Start for Life provides extra support to families to improve children's lives, especially during the first 1,001 days.



What is a Family Hub?

Family Hubs are our network of support for families.

This includes places where you can attend appointments, meet with staff for a chat, or take part in courses and activities.

It also includes advice and information available in other ways (e.g. online) from organisations that help with family life.

Our Family Hubs support families with children and young people aged up to 19 (24 with SEND) and at every stage of family life.

Extra help through Start for Life will include support for:

- Mental wellbeing before and after your baby is born
- Helping you build a good relationship with your baby
- Supporting you to get through everyday parenting challenges
- Helping you with feeding your baby
- The first stages of learning to talk and other important childhood skills
- Involving families in decisions about services
- Making information easier to find

Keep visiting your Family Hub, or look at the FYI website and sign up for updates: fyi.bradford.gov.uk