

Keighley and Shipley area Family Hub

Find us at

Rainbow Family Hub
Braithwaite Grove, BD22 6JB

Keighley Community & Family Hub
Airedale Shopping Centre, BD21 3QD

We also deliver services at

Owlet Family Hub
Barncroft, Shipley, BD18 2JG

Keighley Library
North Street, BD21 3SX

Shipley Library
2 Well Croft, BD18 3QH

The Trinity Centre
John Escritt Road, Bingley, BD16 2ST

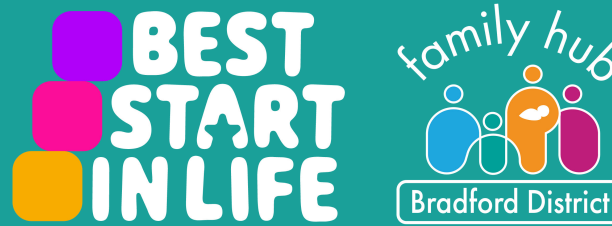
The Hive, Silsden
Elliott Street, Silsden, BD20 0DE

**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](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 include

Play and learn - 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.

Sensory room - 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.

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

Children's Community Support Team - supporting families with children with SEND needs in the Keighley/Shipley area.

Well Baby/Weighing Clinic - For an appointment at the Well Baby clinic, call Health Visiting service on 01274 221223 or text chat health on 07312263240.

Open Access Youth Group - A busy interactive youth club session, where young people can play games, sports, get involved in arts/crafts, group discussions, music & cooking.

Well Baby/Weighing Clinic - For an appointment, call 01274 221223 or text chat health on 07312263240.

Kids Time Workshop - a friendly group space for families where parents or carers experiencing a mental health difficulty and their children come together to explore mental health through creative activities and peer support. Pizza and transport provided. Referral only, call Mind on 01274 730815 for more information.

Education drop-in - for parents/carers of children 5 to 16. Non-judgmental support with school attendance concerns. It's a safe space for you to discuss worries, connect with support services, and receive advice from attendance support workers. No booking required; email Attendance@bradford.gov.uk for queries.

Play and learn - 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.

Emotionally Based School Avoidance - support group for parents whose child is struggling to go to school due to feelings of worry or stress. Booking is essential - email ebsa@bradford.gov.uk or call 01274 439444.

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)
Rainbow, 9am - 4pm
Owlet 9am - 4pm



Play and Learn sessions

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

Well Baby/Weighing Clinic

Rainbow, 14th and 28th Sept
1pm - 3pm



Open Access Youth group

Rainbow, 6pm - 8.30pm

Tuesday

Care and Share

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

Sensory room

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

Children's Community Support Team (SEND)

Shipley Youth Cafe, 9am - 3pm
1st Sept (appointment only)

School nurse

1st September
- at Wrose Health Centre:
9.30am - 11am
- at Rainbow: 1pm - 2.30pm

Coffee Morning

Rainbow, 9am - 11am
(term time only)

Midwife Clinic Appointments

Owlet 9am - 4pm;
Rainbow 1.30pm - 4pm

Well Baby/Weighing Clinic

9.30am - 12 noon
1st and 15th Sept
at Grange Park Surgery, Grange
Road, Ilkley, LS29 7HG

Maternity Circle

The Hive, 12pm - 2pm
8th and 22nd Sept

Parent-led 6 - 11 SEND play session at Rainbow

9.30am - 11am (1st Sept)
3.30pm - 5pm (8th, 15th, 22nd,
29th Sept)

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

(term time only)
Owlet, 9am - 11am

Children's Community Support Team (SEND)

Rainbow, 9am - 3pm
2nd Sept (appointment only)

Well Baby/Weighing Clinic

Bingley Canalside Health
Centre, BD16 4RP
(txt Chat Health for a place)
9.30am - 12 noon

Emotionally Based School Avoidance (EBSA) parent support group

Online via MS Teams
30th Sept, 1pm - 2.30pm



Thursday

Care and Share

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

Sensory room

Rainbow 9am - 4pm

Midwife Clinics

(appointment only)
Rainbow and Owlet
9am - 4pm

Education drop-in

Rainbow, 10am - 12 noon

Well Baby/Weighing Clinic

Shipley Health Centre,
BD18 3EG
(txt Chat Health for a place)
9.30am - 12 noon

KidsTime Workshop

Rainbow, 24th Sept
5pm to 7.30pm
(by referral only)



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

Well Baby/Weighing Clinic

The Hive, Silsden, BD20 0DE
(txt Chat Health for a place)
11th and 25th Sept
9.30am - 12 noon



Keighley Community & Family Hub - September timetable

Monday (baby day!)

Baby Day Monday

Various support and services available - please see below

Maternity Circle

(every week)

9.30am - 2pm

A drop in for pregnant mums and parents with children 0-2. Support from specialist services, including infant feeding.



Baby Clinic

7th and 21st Sept

10am - 12 noon

Meet a health visitor for any support you may need and have your baby weighed.



Breast Feeding support drop-in sessions

28th Sept

9.30am - 11.30am

Do you need extra support with breastfeeding your baby? Come along to one of our support drop in sessions.

Young Carer's Session (Utime)

7th and 21st Sept

4pm - 5.30pm

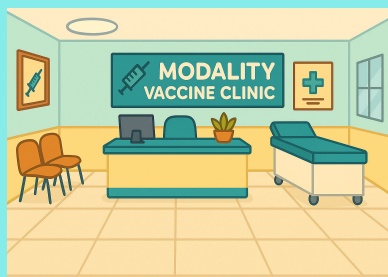
For young carers 11-14 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

Tuesday

Vaccine Clinic

9am - 12.30pm

For Modality patients only; appointment and drop-in. Call your Modality practice for an appointment.



Wednesday

Early Words Together at Two

Starts 9th Sept, 12.30pm - 2pm

Enjoy exploring stories, rhymes and being creative with your two-year-old once a week for five weeks. Would you like to help your child learn, get idea's for free activities, help your child become a confident talker, spend quality time with your child - then book on our 5 week course. For more info, email connect@eyalliance.org.uk

Family Navigator Support

1pm - 3.30pm

(drop-in session)

Come chat with our friendly Family Navigators. We can welcome you into our Family Hub, find groups and activities and signpost to services/support.



Young Carer's Session (Budz)

2nd, 16th and 30th Sept

4pm - 5.30pm

For young carers 5-11 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

Thursday

Pop-up Children's Clinic

9.30am - 12.30pm

Drop in for a family friendly health service; including baby weigh in station, childhood immunisations, health and wellbeing information. No appointment needed.



Friday

SEND Parent Led Support Group - DATES TBC

10am - 11.30am

Are you the parent carer of a child or young person with SEND? Would you like to meet with other parent carers in a safe and welcoming space to share experiences and get support? If so, then please come along to our Parent-led support drop-in.

