

# 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:

**HENRY starting solids** – Have you started introducing your baby to solid foods, or are you about to? Join us for a FREE workshop, and come away feeling more confident and with new ideas.

## Our regular events

**Play and learn** – these drop-in sessions give you and your child lots of opportunities to explore learn together and have fun!

**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 on 01274 221203.

**Breastfeed Together** – experienced peer supporters lead this friendly group. Get pregnancy parenting and breastfeeding support and information and 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 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. Just drop in.

**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** - if you're concerned about your 18 month to 4 year old's language development, drop in to get expert advice.

**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 needs.

**Portage play group** - term time and referral only; contact Christine Browne on 07977160187 for details.

## 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@bradford.gov.uk](mailto:Familyhubkeighleyshipley@bradford.gov.uk)

# Keighley and Shipley Family Hub - January Timetable

## Monday

### Sensory room

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

### Midwife Clinics

Appointment only  
All day at  
Rainbow, Strong Close  
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)

### Breastfeed together

Trinity Centre  
29th January  
10am to 11.30am

### Care and Share

Rainbow, 9am - 4pm

### Wise Owls Language Development

Keighley Library  
9:00am to 10:00am

## Tuesday

### Sensory room

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

### Midwife Clinics

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

### School nurse

At Rainbow  
9th Jan, 1pm to  
2.30pm  
At Shipley Library  
9th Jan, 9.30 to 11am



### 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, 9am - 4pm



## Wednesday

### Sensory room

Rainbow 9-4pm  
Strong close 3.30-4.30pm

### Midwife Clinics

Appointment only  
All day at Strong Close  
and Owlet

### Portage play group

Trinity Centre, 10-11.15

### Breastfeed together

Rainbow - 10th and 24th,  
11:45 am to 1:15pm

### Jump aboard

Rainbow  
17th Jan, 1pm to 3pm

### Open access youth club

Rainbow, 6 - 8.30pm



### Care and Share

Rainbow, 9am - 4pm

## Thursday

### Sensory room

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



### Midwife Clinics

Appointment only  
All day at  
Rainbow, Strong  
Close and Owlet



### Care and Share

Rainbow, 9am - 4pm



## Friday

### Sensory room

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

### Midwife Clinics

Appointment only  
All day at Strong Close  
and Owlet; AM only at  
Rainbow

### Play and Learn

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



### Care and Share

Rainbow, 9am - 4pm