

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

Owlet Family Centre

Barncroft, Shipley, BD18 2JG

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 delivered at various times. 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.

NEW: Support for parents, carers, teens and adults - free online courses that you can access 'on demand', day or night, pause and come back to whenever suits you.

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 regular events

Play and learn – our 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.

Baby feeding support sessions - run every week by friendly experienced infant feeding practitioners with specialist support available. Any questions or concerns can be supported as well as every day feeding support. Breast pumps are available to borrow if you have seen a practitioner and there is a need identified. Please do just drop in, no booking needed.

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. For Owlet call 01274 436600.

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

Parent Led SEND play - for families with children aged 6-11. Please call us for more information.

Baby Clinic - drop in to get your baby weighed

Maternity Circle - offer a safe and welcoming space in a community environment. Come along to one of our sessions and meet other pregnant women, new mums and babies. We will 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 - appointment based support for families with children and young people with SEND. Referral only; contact Kelly on 07582109892 or Naina on 07582101003 for more information.

Arts and crafts group - Afterschool arts & crafts group open to all. No session on the first Thursday of the month.

SEND Parent-led support - meet other parent carers in a safe, welcoming space to share experiences & get support.

Local Drop-in - sexual health advice, support and signposting to sexual health screening for young people aged 13 to 24. We'll also be offering the C-card Scheme so young people can access free contraception.

Free Easter Fun Day - Come along and have lots of fun making Easter decorations, fun and games for all ages. Light Refreshments available. Sensory room will be open for families to enjoy. We will be welcoming a surprise visitor so bring along some carrots!

Free Easter Holiday Fun Session - Come along and have lots of fun making some lovely spring decorations, fun and games for all ages. Sensory room open for families to enjoy. Light Refreshments will be available.

Keighley and Shipley Family Hub - April timetable

Monday

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

Sensory room
Rainbow 9 - 4pm
Strong close nursery
school 12.30 - 4.30pm

Midwife Clinics
(appointment only)
All day at Rainbow, Strong
Close nursery school and
Owlet 9am - 4pm



Digital drop-in
Rainbow, 9am to 10.30am
7th April

Play and Learn sessions
28th April only (due to
school holidays)
at Shipley Library - 9.30am
to 10.30am
at Keighley Library - 1pm to
2pm

**Baby feeding
support sessions**
Trinity Centre
28th April, 10am - 11.30am



Baby health visitor clinic
Rainbow
7th and 21st April
1pm - 3pm

Locals drop-in
Rainbow
3pm - 5pm

Tuesday

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

Sensory room
Rainbow 9am - 4pm
Strong close 3.30am - 4.30pm
Owlet Family hub 9am - 12pm

Midwife Clinic appointments
Strong Close nursery
school and Owlet 9am-4pm;
Rainbow 1.30am - 4pm

Coffee Morning
Rainbow, 9am - 11am

School nurse
1st April
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
8th and 22nd April

**SEND Parent-led
Support Group**
Rainbow, 1pm - 2.30pm
1st and 15th April

**Children's Community
Support Team**
Shipley Youth Cafe
(appointment only)
1st April, 9am - 3pm

**Parent-led 6-11 SEND play
session at Rainbow**
8th & 15th: 9.30am - 11am
1st, 22nd & 29th:
3.30pm - 5pm

Wednesday

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

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



Midwife Clinics
Appointment only
Strong Close nursery and
Owlet 9am - 4pm

**Children's Community
Support Team**
(appointment only)
Rainbow, 9am - 3pm
2nd April

Baby feeding drop - in
Rainbow
11.30am - 2pm



Maternity Circle
Rainbow, 12pm - 2pm
9th and 23rd April

Open Access Youth Club
Rainbow
6pm to 8.30pm
(term time only)

Thursday

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

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



Midwife Clinics
Appointment only
All day at Rainbow, Strong
Close nursery school
Owlet 9am - 4pm

Arts and Crafts group
Rainbow
10th, 17th and 24th April
3.30pm - 5pm

Maternity Circle
Shipley Library
1.30pm - 3pm

Free Easter Fun Day
Rainbow
10th April
1pm - 3pm

**Free Easter Holiday Fun
Session**
Rainbow
17th April
1pm - 3pm



Friday

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



Sensory room
Rainbow 9am - 4pm
Strong close nursery school
9am - 12.30pm
Owlet 9am - 12pm

Midwife Clinics
Appointment only
Rainbow 9am - 12.30pm
Owlet 9am - 4pm

Locals drop-in
Rainbow
3pm - 5pm



Saturday

More events to follow
Please check with the
Family Hub!

