

# 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](http://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](mailto: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](http://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 ages. No session on the first Thursday of every month.

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

# 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 (term time only)  
at Keighley Library - 1pm to  
2pm (term time only)



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

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

## 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)  
2nd April  
Rainbow, 9am - 3pm

**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



## 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



## Saturday

**More events to follow**  
Please check with the  
Family Hub!