

Keighley and Shipley area Family Hub

Find us at

Rainbow Family Hub

Braithwaite Grove, BD22 6JB

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

Bradford City Hub

36 Valley Parade, BD8 7DY

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 – 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 by friendly infant feeding practitioners with specialist support available. 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 Owlet Family Centre call 01274 436600.

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 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).

Arts and crafts group - After-school 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, share experiences and get support.

Education drop-in - for parents and carers of children 5 to 16 which provides 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 with any queries.

Autumn Family Fun Session - Our FREE Autumn Family Fun Day on Tuesday 28th October 1pm-3pm

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

Baby week coffee morning and stay and play - for baby week we are running a coffee morning and a stay and play session, both focusing on self-care and relaxation

SEND marketplace - help and advice for parent/carers for Autism/ADHD, sleeping difficulties, finance/benefits, speech and language development, relationship issues, information on education and learning and more.

Baby Week - Caring for You, Caring for Baby - Lots of free activities, play opportunities and support services for families of children aged 0-4. Plus pop-up baby clinic.

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.

Keighley and Shipley Family Hub - November timetable

Monday

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

Sensory room
Rainbow 9 - 4pm



Midwife Clinics
(appointment only)
All day at Rainbow
Owlet 9am - 4pm

**Airedale Infant Feeding -
Breastfeeding drop-ins**
Keighley Library
9.30am to 11.30am
10th and 24th November

**Well Baby/Weighing
Clinic**
9.30am to 11.30am
Highfield Children's Centre
BD21 2QG

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

**Well Baby/Weighing
Clinic**
Rainbow
3rd and 17th November
1pm - 3pm



Tuesday

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

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

Midwife Clinic appointments
Owlet 9am - 4pm;
Rainbow 1.30am - 4pm

Weekly Coffee Morning
Rainbow, 9am - 11am
(inc special event on 18th
November - Baby Week:
Caring for You, Caring for
Baby)

School nurse
4th November
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm

Well Baby/Weighing Clinic
St Mary's Parish Centre
LS29 7JL
4th and 18th Nov
9.30am to 11.30am

Maternity Circle
The Hive, 12pm - 2pm
11th and 25th November

**SEND Parent-led
Support Group**
Rainbow, 1pm - 2.30pm
11th and 25th November

**Parent-led 6-11 SEND play
session at Rainbow**
3.30pm - 5pm

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

Weekly Stay and Play
Owlet, 9am - 11am
(inc special event on 19th
November: Baby Week:
Caring for You, Caring for
Baby)

**Children's Community
Support Team**
Rainbow, 9am - 3pm
5th November (appointment
only)

Well Baby/Weighing Clinic
Bingley Canalside Health
Centre, BD16 4RP
9.30am to 12 noon

Baby feeding drop - in
Rainbow
11.30am - 2pm

Maternity Circle
Rainbow, 12pm - 2pm
12th and 26th November

Thursday

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

Sensory room
Rainbow
9am - 4pm



Midwife Clinics
(appointment only)
All day at Rainbow and
Owlet 9am - 4pm

Warm space event
Rainbow, 13th November
9am - 12 noon

Well Baby/Weighing Clinic
Shipley Health Centre,
BD18 3EG
9.30am to 12 noon

SEND marketplace
Shipley Library,
20th November
9.30am - 11.30am



Education drop-in
Rainbow 10am - 12 noon

**Baby Week Event: Caring
for You, Caring for Baby**
Airedale Shopping Centre
13th November
9.30am - 12.30pm

Arts and Crafts group
Rainbow
13th, 20th and 27th
November, 3.30pm - 5pm

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
7th and 21st Nov
9.30am to 12 noon



family hub

Start for Life