

# 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](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 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](http://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.

**Baby feeding support sessions** - The Community Infant Feeding Team offer friendly, warm and specialist support, including social support from volunteers for all breastfeeding and other feeding situations, whatever the age of your baby.

**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).

**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](mailto:Attendance@bradford.gov.uk) with any queries.

**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.

**Warm Space** - Come and chill out with us at the hub, bring your friends and family. We have arts, crafts and other activities. We will have free snacks and drinks available.

**Education drop-in** - drop-in session for parents/ carers of children 5 to 16. Non-judgmental support with school attendance concerns. Discuss worries, connect with support services, and receive advice from attendance support workers Drop-in; email [Attendance@bradford.gov.uk](mailto:Attendance@bradford.gov.uk) with any queries.

**SEND Toilet Training** - helping you to create a consistent, positive toileting journey for your child with SEND. Email [sendtoilettraining@bdct.nhs.uk](mailto:sendtoilettraining@bdct.nhs.uk) to book or for more info.

**Kid's Time Workshop** - Parents with mental illness and children 0-19 work together in dispelling stigma and building stronger families. The children can be 0-19 yrs. Ask us for more information.

# Keighley and Shipley Family Hub - February 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**  
at Keighley Library  
9.30am - 11.30am  
9th and 23th February

**Well Baby/Weighing Clinic**  
(txt Chat Health for a place)  
9.30am - 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  
(txt Chat Health for a place)  
2nd and 16th February  
1pm - 3pm

**Open Access Youth group**  
Rainbow, 6pm - 8.30pm  
(term time only)

## 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**  
Shipley Youth Cafe  
9am - 3pm, 3rd February  
(appointment only)

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

**Weekly Coffee Morning**  
Rainbow, 9am - 11am  
(term time only)

**Well Baby/Weighing Clinic**  
St Mary's Centre, LS29 7JL  
(txt Chat Health for a place)  
3rd and 17th February  
9.30am - 12 noon

**Baby feeding drop - in**  
Wrose Health Centre, 1 - 3pm

**School nurse**  
3rd February  
- at Wrose Health Centre:  
9.30am - 11am  
- at Rainbow: 1pm - 2.30pm

**Maternity Circle**  
The Hive, 12pm - 2pm  
10th and 24th February

**SEND Parent-led Support  
Group at Rainbow**  
3rd and 17th February  
1pm - 2.30pm

**Parent-led 6 - 11 SEND play  
session at Rainbow**  
3.30pm - 5pm (5th, 12th, 26th)  
9.30am - 11am (17th)

## 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  
(term time only)

**Children's Community  
Support Team**  
Rainbow, 9am - 3pm  
4th February  
(appointment only)

**SEND School Nurse Toilet  
Training Workshop**  
Rainbow, 9.30am to 11.30am  
11th February  
(appointment only)

**Well Baby/Weighing Clinic**  
Bingley Canalside Health  
Centre, BD16 4RP  
(txt Chat Health for a place)  
9.30am - 12 noon

**Baby feeding drop - in**  
Rainbow  
11.30am - 2pm

**Maternity Circle**  
Rainbow, 12pm - 2pm  
11th and 25th February



## 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, 12th February  
9am - 12 noon

**Well Baby/Weighing Clinic**  
Shipley Health Centre,  
BD18 3EG  
(txt Chat Health for a place)  
9.30am - 12 noon

**Education drop-in**  
Rainbow  
10am - 12 noon

**Kids Time Workshop**  
(appointment only)  
Rainbow, 5th February  
5pm to 7.30pm



## 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)  
6th and 20th February  
9.30am - 12 noon



family hub  
Start for Life