

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 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 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 to share experiences and get support.

Education drop-in - A drop-in session for parents and carers of children aged 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

SEND toilet training workshop - booking essential - please call the hub to find out more.

Children's Community Support Team - supporting families with children with SEND needs in the Keighley/Shipley area. Booking essential, call us to book.

Sendiverse 2025 event - music, story telling and much more. Just drop in.

Keighley and Shipley Family Hub - October 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 and Owlet
9am - 4pm

**Airedale Infant Feeding -
Breastfeeding drop-ins**
Keighley Library
9.30am to 11.30am
13th and 27th October

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

Baby health visitor clinic
Rainbow
6th and 20th October
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

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

School nurse
7th October
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm



Maternity Circle
The Hive, 12pm - 2pm
14th and 28th October

Autumn Family Fun Day
Rainbow, 1pm - 3pm
28th October

**SEND Parent-led
Support Group**
Rainbow, 1pm - 2.30pm
14th October

**Parent-led 6-11 SEND play
session at Rainbow**
9.30am - 11am - on 28th
October
3.30pm - 5pm - on 7th, 14th
and 21st October

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

Stay and Play
Owlet, 9am - 11am
(term time only)

**Children's Community
Support Team**
Rainbow, 9am - 3pm
1st October

**SEND School nurse toilet
training workshop**
Rainbow (appointment only)
9.30am - 11.30am
15th October

Baby feeding drop - in
Rainbow
11.30am - 2pm

Maternity Circle
Rainbow, 12pm - 2pm
8th and 22nd October

Sendiverse event 2025
Owlet
9.30am - 11.30am
29th October



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

Education drop-in
Rainbow
10am - 12 noon



Arts and Crafts group
Rainbow
9th, 16th, 23rd and 30th
October, 3.30pm - 5pm

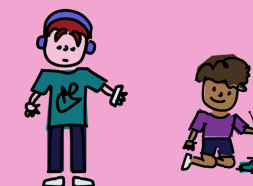


Friday

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

