

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 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 & 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.

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.

Locals 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.

Keighley and Shipley Family Hub - May 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

Play and Learn sessions
(term time only)
at Shipley and Keighley
Libraries - times to be
confirmed, please check
with the hub for more
information



Baby health visitor clinic
Rainbow
19th May
1pm - 3pm

Locala drop-in
Rainbow
3pm - 5pm

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

School nurse
6th May
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
13th and 27th May

**SEND Parent-led
Support Group**
Rainbow, 1pm - 2.30pm
6th and 20th May

**Children's Community
Support Team**
Shipley Youth Cafe
(appointment only)
6th May, 9am - 3pm

**Parent-led 6-11 SEND play
session at Rainbow**
27th May: 9.30am - 11am
6th, 13th and 20th May:
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

**Children's Community
Support Team**
(appointment only)
Rainbow, 9am - 3pm
7th May

Baby feeding drop - in
Rainbow
11.30am - 2pm



Maternity Circle
Rainbow, 12pm - 2pm
14th and 28th May

**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



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



Arts and Crafts group
Rainbow
8th, 15th, 22nd and 29th
May 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

Locala drop-in
Rainbow
3pm - 5pm



Saturday

**Dads and male carer's
support/wellbeing group**
Valley Parade City Hub
24th May
10am to 1pm
(call 01535 618005 to book)