

# 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 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.

**Locala 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 feeding  
support sessions**  
Trinity Centre  
26th May, 10am - 11.30am

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

**Locals 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

**Locals 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)