

# Keighley and Shipley area Family Hub

## Find us at

### Rainbow Family Hub

14 Braithwaite Grove, BD22 6JB

### Strong Close Nursery School

Airedale Road, BD21 4LW

## 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

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)



## Parenting programmes

We have a range of fantastic parenting programmes delivered at various times (we know how busy family life can be!) You'll meet others in a similar situation in an informal and supportive atmosphere.

You don't need a referral from another service, you can simply apply yourself on [fyi.bradford.gov.uk](http://fyi.bradford.gov.uk) or call us.

### Our recent programmes include:

**Family Links Nurturing** - supporting positive parenting and exploring emotional needs behind behaviour. For parents/carers of children 2-13.

**Time out for dads** - helping dads build a better relationship with their children.

## 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 and development.

**School nurse parent drop-in** - help with eating, lifestyles, relationships, emotions, body changes, growing up, sleeping and more. Call 01274 221203 for appointments or more info.

**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. We look forward to seeing you.

**Sensory room** - Call or email us to book sessions at Rainbow. For sessions at Strong Close Nursery (Term Time) call 01535 605272. During school holidays contact Rainbow. For Owlet call 01274 436600.

**SEND inclusive drop-in** - open to all parents, carers and their children. Includes multi-sensory story time & access to SEND resources to promote speech, language & sensory exploration.

**Youth Club** - for ages 11-19. A warm, safe and inviting space for young people with lots of activities on offer.

**Wise Owls Language development advice drop-in** - if you're concerned about your 18m-4 year old's language development, come get advice from our language development workers.

**Parent Led SEND play** - A parent-led play session for SEND, for families with children aged 6-11. Places are limited so please book your place by calling us.

**Jump aboard** - talk through concerns and how to support your child with an educational psychologist. Can help with autism, ADHD, speech & language, learning difficulties, social, emotional and sensory needs

**Portage play group** - referral only; contact Christine on 07977160187 for details.

**Baby Clinic** - drop in to get your baby weighed

**Maternity Circle** - a safe and welcoming space for women planning pregnancy, pregnant women and new mothers, providing information on maternal health and wellbeing and parenting until baby is 2.

**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 info.

**Arts and crafts group** - For adults and children aged 0-4.

**Coffee Mornings** - come and join us for a cuppa and a chat! This coffee morning is aimed at supporting parent's/carer's wellbeing.

**SEND Parent-led support group** - meet with other parent carers in a safe and welcoming space to share experiences and get support.

## Get in touch

☎ Call us on 01535 618005 (open Mon-Thur 8.30am to 5pm, 8.30am to 4.30pm Fri)

F Visit us at [fb.com/KeighleyandShipleyFamilyHub](http://fb.com/KeighleyandShipleyFamilyHub)

✉ Email us at [Familyhubkeighleyshipley@bradfordcft.org.uk](mailto:Familyhubkeighleyshipley@bradfordcft.org.uk)

# Keighley and Shipley Family Hub - July timetable

## Monday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school 12.30-4.30pm

### Midwife Clinics

Appointment only  
All day at Rainbow, Strong Close nursery school and Owlet

### Play and Learn

Keighley Library 9.30am to 10.30am (term time only)  
Shipley Library 1pm to 2pm (term time only)



### Baby feeding support sessions

Trinity Centre  
29th July, 10am to 11.30am

### Care and Share

Rainbow Hub's FREE pre-loved shop  
9am to 4pm

### Baby health visitor clinic

Rainbow, 1pm to 3pm

### DWP supporting families employment advisor

Referral only  
Rainbow  
1.30pm to 3pm

## Tuesday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school 3.30-4.30pm  
Owlet Family hub 9-12pm

### Midwife Clinics

Appointment only  
Strong Close nursery school and Owlet 9am-4pm;  
Rainbow 1.30 - 4pm

### School nurse

2nd July  
Rainbow 1pm to 2.30pm  
Shipley Library 9.30 to 11.00am



### Care and Share

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

### Coffee Mornings

Rainbow  
9am to 11am

### SEND Parent-led Support Group

9th and 23rd July  
Rainbow, 1pm - 2.30pm

### SEND inclusive session

Keighley Library  
2nd July 9.30 - 10.30am

### Children's Community Support Team

Shipley Library  
2nd July 9am - 3pm

## Wednesday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school 3.30-4.30pm

### Midwife Clinics

Appointment only Strong Close nursery and Owlet  
9am - 4pm

### Under 5's School

### Readiness Session with the school nurse

Rainbow (appointment only)  
9.30am - 3.30pm, 31st July

### Portage play group

Trinity Centre  
10 - 11.15am  
Referral only

### Baby feeding drop-in

Rainbow, 11:30am - 2:30pm

### Open access youth club

Rainbow  
Juniors (9-12): 4.30 - 6.30pm  
Seniors (11-16): 6 - 8.30pm

### Care and Share

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

### Jump Aboard Educational Psychologist

Rainbow  
17th July, 1pm - 3pm

### Maternity Circle

Rainbow, 12pm - 2pm  
10th and 24th July

### Children's Community Support Team

3rd July  
Rainbow, 9am - 3pm

## Thursday

### Sensory room

Rainbow 9-4pm  
Strong close nursery school 3.30 - 4.30pm



### Midwife Clinics

Appointment only  
All day at Rainbow, Strong Close nursery school and Owlet



### Care and Share

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

### Arts and Crafts group

Rainbow  
1.30pm - 3pm

### Little Minds Matter baby massage

(referral only)  
Trinity  
9am to 12pm



## Friday

### Sensory room

Rainbow 9 - 4pm  
Strong close nursery school 9am - 12.30pm  
Owlet 9am - 12pm

### Midwife Clinics

Appointment only  
Rainbow 9am - 12:30pm  
Owlet 9am - 4pm

### Wise Owls Language Development

Owlet Family Hub (term time only)  
9.30am to 10.30am

### Care and Share

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

### Parent-led SEND play session for 6-11 years

Book via Rainbow hub on 5th, 12th and 19th - 3.30pm to 5pm  
on 26th - 9.30am to 11am (appointment only)

