

# 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** – 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** - The Community Infant Feeding Team offer friendly, warm and specialist support, inc social support from volunteers. We provide support with all breastfeeding and other feeding situations, whatever the age of your baby.

**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.

**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.

**SEND marketplace** - help and advice for parent/carers for Autism/ADHD, sleeping difficulties, finance/benefits, speech and language development, relationship issues, information on education and learning and more.

**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.

**SEND Toilet Training Workshop with school nurse** - Children with SEND can take longer to be toilet trained and need more support. Open to families with children attending Bradford schools, home educated. To book please email [sendtoilettraining@bdct.nhs.uk](mailto:sendtoilettraining@bdct.nhs.uk)

**Open Access Youth Group** - A busy interactive youth club session, where young people can play pool, table tennis, sports, get involved in arts and crafts, group discussions, music and 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.

# Keighley and Shipley Family Hub - December 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**  
Keighley Library  
9.30am to 11.30am  
8th and 22nd December

**Well Baby/Weighing Clinic**  
9.30am to 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  
(appointment only)  
1st and 15th December  
1pm - 3pm

## Tuesday

**Care and Share**  
Rainbow Hub's FREE  
pre-loved shop - 9am - 4pm

**Children's Community  
Support Team**

Shipley Youth Cafe  
9am - 3pm, 2nd December  
(appointment only)

**Sensory room**  
Rainbow 9am - 4pm  
Owlet Family hub 9am - 12pm

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

**Weekly Coffee Morning**  
Rainbow, 9am - 11am  
**Baby feeding drop - in**

Wrose Health Centre  
1pm - 3pm

**School nurse**  
2nd December

Wrose Health Centre:  
9.30am - 11am

Rainbow: 1pm - 2.30pm  
**Well Baby/Weighing Clinic**

St Mary's Centre, LS29 7JL  
2nd and 16th December

9.30am to 12 noon  
**Maternity Circle**  
The Hive, 12pm - 2pm

9th and 23rd December  
**Christmas Family Fun  
Session at Rainbow**  
1pm to 3pm, 23rd December

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

9th December  
**Parent-led 6-11 SEND play  
session at Rainbow**  
3.30pm - 5pm (term time)  
9.30am - 11am (in holidays)



## 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)

**SEND School Nurse Toilet  
Training Workshop**  
Rainbow, 17th December  
9.30am to 11.30am

**Children's Community  
Support Team**  
Rainbow, 9am - 3pm  
3rd December  
(appointment only)

**Well Baby/Weighing Clinic**  
Bingley Canalside Health  
Centre, BD16 4RP  
9.30am to 12 noon

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

**Maternity Circle**  
Rainbow, 12pm - 2pm  
10th December

**Open Access Youth group**  
Rainbow, 6pm to 8.30pm

## 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, 11th December  
9am - 12 noon



**Well Baby/Weighing Clinic**  
Shipley Health Centre,  
BD18 3EG  
9.30am to 12 noon

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

## 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  
5th and 19th December  
9.30am to 12 noon



family hub  
Start for Life