Keighley and Shipley area Family Hub

Find us at

Rainbow Family Hub
Braithwaite Grove, BD22 6JB

Keighley Community & Family Hub
Airedale Shopping Centre, BD21 3QD

We also deliver services at

Owlet Family Hub
Barncroft, Shipley, BD18 2JG

Keighley Library
North Street, BD21 3SX

Shipley Library
2 Well Croft, BD18 3QH

The Trinity Centre
John Escritt Road, Bingley, BD16 2ST

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
@ Familyhubkeighleyshipley@bradfordcft.org.uk

BEST START IN LIFE

family hub Bradford District

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 - 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.

Sensory room – 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).

Children's Community Support Team - supporting families with children with SEND needs in the Keighley/Shipley area.

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.

Open Access Youth Group - A busy interactive youth club session, where young people can play games, sports, get involved in arts/crafts, group discussions, music & cooking.

Well Baby/Weighing Clinic - drop in and meet a health visitor, have your baby weighed and discuss any concerns.

Kids Time Workshop - a friendly group space for families where parents or carers experiencing a mental health difficulty and their children come together to explore mental health through creative activities and peer support. Pizza and transport provided. Referral only, call Mind on 01274 730815 for more information.

Education drop-in - for parents/carers of children 5 to 16. 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. Drop in; email Attendance@bradford.gov.uk for info.

Play and learn - 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.

Inside Out drop-in - for families (and professionals supporting them) who have a loved one in prison.

Parent/Carer Have Your Say - Give us your feedback on the family hub events that have taken place over the previous few months, and help us plan for the months to come. We'd love to hear your views!

Keighley and Shipley Family Hub - November timetable

Monday

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

Sensory room
Rainbow 9 - 4pm

Midwife Clinics
(appointment only)
Rainbow 9am - 4pm
Owlet 9am - 4pm

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

TLC: Early Speech, Language & communication support for under 5s
Shipley Library
9th and 23rd November
10am - 11am

Well Baby/Weighing Clinic
Rainbow, 9th and 23rd Nov
1pm - 3pm

Parent/Carer Have Your Say
Rainbow, 9th Nov
1pm - 2.30pm

Open Access Youth group
Rainbow, 6pm - 8.30pm

Tuesday

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

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

Children's Community Support Team (SEND)
Shipley Youth Cafe, 9am - 3pm
3rd Nov (appointment only)

Coffee Morning
Rainbow, 9am - 11am
(including Baby Week event on 17th Nov)

Midwife Clinic Appointments
Owlet 9am - 4pm;
Rainbow 1.30pm - 4pm

Well Baby/Weighing Clinic
9.30am - 12 noon
3rd and 17th Nov
at Grange Park Surgery, Grange Road, Ilkley, LS29 7HG

Baby Week - Baby Cafe Takeover (family fun morning)
Kirkgate Centre, Shipley
10am - 12 noon
17th Nov

Parent-led 6 - 11 SEND play session at Rainbow
3.30pm - 5pm

Inside Out drop-in (family member is in prison)
Rainbow, 17th Nov
4pm - 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

Stay and Play
Owlet, 9am - 11am
(including Baby Week event on 18th Nov)

Children's Community Support Team (SEND)
Rainbow, 9am - 3pm
4th Nov (appointment only)

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

Inside Out drop-in (family member is in prison)
Rainbow, 4th Nov
4pm - 5pm

Thursday

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

Sensory room
Rainbow, 9am - 4pm

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

Education drop-in
(term time only)
Rainbow, 10am - 12 noon

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

KidsTime Workshop
Rainbow, 26th Nov
5pm to 7.30pm
(by referral only)

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

First/Early Words Together
Shipley Library
Start 6th Nov (booking req'd)
- for under 2s: 12.30pm - 1pm
- for 2s: 1.30pm - 2.10pm

family hub
Bradford District

Keighley Community & Family Hub - November timetable

Monday (baby day!)

Baby Day Monday
Various support and services available - please see below

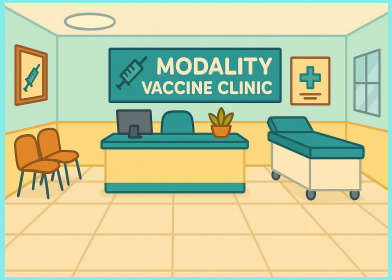
Maternity Circle
(every week)
9.30am - 2pm
A drop in for pregnant mums and parents with children 0-2. Support from specialist services, including infant feeding.

Baby Clinic
2nd and 16th November
10am - 12 noon
Meet a health visitor for any support you may need and have your baby weighed.

Breast Feeding support drop-in sessions
9th and 23rd November
9.30am - 11.30am
Do you need extra support with breastfeeding your baby? Come along to one of our support drop in sessions.

Tuesday

Vaccine Clinic
9am - 12.30pm
For Modality patients only; appointment and drop-in. Call your Modality practice for an appointment.



Wednesday

Family Navigator Support
1pm - 3.30pm
(drop-in session)
Come chat with our friendly Family Navigators. We can welcome you into our Family Hub, find groups and activities and signpost to services/support.

Young Carer's Session (Utime)
4th and 18th November
4pm - 5.30pm
For young carers 11-14 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

Young Carer's Session (Budz)
11th and 25th November
4pm - 5.30pm
For young carers 5-11 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

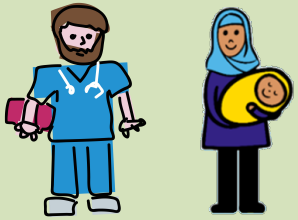
Thursday

Pop-up Children's Clinic
19th November
9.30am - 12.30pm
Drop in for a family friendly health service; including baby weigh in station, childhood immunisations, health and wellbeing information. No appointment needed.

Baby Week Family Fun Day
Airedale Shopping Centre
19th November
10am - 1pm
Fun activities for 0-5s including baby raves and storytelling adventures, as well as baby vaccination clinic, free goodie bags, Story Bus and more. It's the perfect opportunity to play, learn and explore together, while finding out about local support and services available across the district. Whether you're a parent, grandparent, carer or parent-to-be, come along and join the fun!

Friday

SEND Support Group: And Breathe Now
13th November
9.30am - 11am
A friendly support group for families, carers and professionals of children and young people with SEND. Meet and connect at our coffee morning. Share experiences, get support and advice. We have an experienced advocate available to offer support and guidance and help you to navigate SEND systems.



TLC: Early Speech, Language and communication support for under 5s
6th and 20th November
10am - 11am
Do you have a child under 5? Do you have worries or questions about your child's speech, talking or communication skills? Chat to a Speech & Language Therapist. Meet our friendly team. Children under 5 welcome.