

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

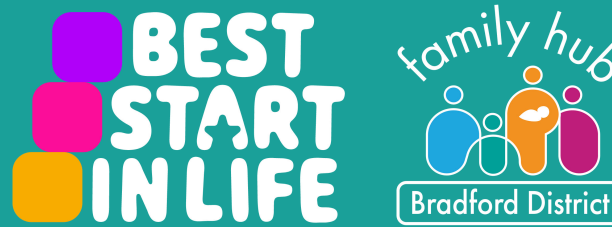
The Hive, Silsden
Elliott Street, Silsden, BD20 0DE

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 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.

Baby feeding support sessions - The Community Infant Feeding Team offer friendly, warm and specialist support, including social support from volunteers for all breastfeeding and other feeding situations, whatever the age of your baby.

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).

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 with any queries.

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.

SEND marketplace - Specialist SEND services providing information, advice and emotional support.

Ready to Learn in Reception - ensure your child has a great start to their learning journey. We're sharing tips and advice so your child can get dressed, go to the toilet, eat with utensils, listen to the teacher, feel confident and happy and more. Call us on 01274 221203 for an appointment.

School Nurse Team - Support with eating, lifestyles, relationships, sleep & more. Drop in/call 01274221203.

Well Baby/Weighing Clinic - For an appointment, call the Health Visiting service on 01274 221223 or text chat health on 07312263240.

Keighley and Shipley Family Hub - June 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

SEND marketplace
Shipley Library
9.30am - 11.30am
29th June

Play and Learn sessions

- Shipley Library:
9.30am - 10.30am
- Keighley Library:
1pm - 2pm

Well Baby/Weighing Clinic
Rainbow, 8th and 22nd June
1pm - 3pm

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
2nd June (appointment only)

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

Weekly Coffee Morning
Rainbow, 9am - 11am

Well Baby/Weighing Clinic
9.30am - 12 noon
2nd and 16th June
at Grange Park Surgery, Grange Road, Ilkley, LS29 7HG

Baby feeding drop - in
Wrose Health Centre, 1 - 3pm

School nurse
2nd June
- at Wrose Health Centre:
9.30am - 11am
- at Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
9th and 23rd June

Parent-led 6 - 11 SEND play session at Rainbow
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

Weekly Stay and Play
Owlet, 9am - 11am

Children's Community Support Team (SEND)
Rainbow, 9am - 3pm
10th June (appointment only)

Well Baby/Weighing Clinic
Bingley Canalside Health Centre, BD16 4RP
(txt Chat Health for a place)
9.30am - 12 noon

Baby feeding drop - in
Rainbow
11.30am - 2pm



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

Well Baby/Weighing Clinic
Shipley Health Centre,
BD18 3EG
(txt Chat Health for a place)
9.30am - 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

Ready to Learn in Reception
with School Nursing Team
Rainbow, 12th June
9.15am - 12.45pm

Well Baby/Weighing Clinic
The Hive, Silsden, BD20 0DE
(txt Chat Health for a place)
12th and 26th June
9.30am - 12 noon



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Keighley Community & Family Hub - June 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

1st and 15th June
10am - 12 noon

Meet a health visitor for any support you may need and have your baby weighed.

Breast Feeding support drop-in sessions

8th and 22nd June
9.30am - 11.30am

Do you need extra support with breastfeeding your baby? Come along to one of our support drop in sessions.

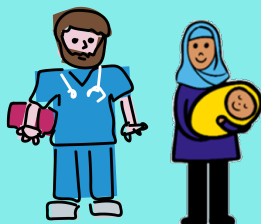
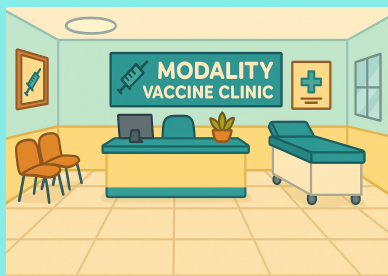


Tuesday

Vaccine Clinic

9am - 12.30pm

For Modality patients only; appointment and drop-in. Call your Modality practice for an appointment.



Wednesday

Urdu Labour and Birth Group

24th June, 10am - 12 noon

(appointment only)

For pregnant women who speak Urdu, planning to have their baby at Airedale Hospital. Please call 01535 292412 or email ahsft.parenteducation@nhs.net

Family Navigator Support

10th, 17th and 24th June
1pm - 3.30pm

Come chat with our friendly Family Navigators. We can welcome you into our Family Hub, find groups and activities and signpost to services/support.

Early Words Together at Two

From 10th June (5 week course)
1.30pm - 2.15pm (booking needed - use the QR code)



Enjoy exploring stories, rhymes being creative with your 2 year old. Book onto this course if you'd like your child to learn to become a confident talker, get ideas for free activities and spend quality time with your little one.

Young Carer's Session

10th and 24th June
3.30pm - 5.30pm

Are you a young carer supporting someone with illness, disability, mental health condition or addiction? Join our young carer support group to relax, take some time for yourself, make friends and have fun.

Thursday

Pop-up Children's Clinic

25th June

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!



Carer's Day Event

11th June
11am - 2pm

Come along for a day of activities, refreshments, wellbeing support and information for carers and families in our community. Signposting, support and health checks are available on the day.

Friday

SEND Parent-led support group

26th June

10am - 11.30am

Term time only. Are you the parent carer of a child or young person with SEND? Would you like to meet with other parent carers in a safe and welcoming space to share experiences and get support? If so, then please come along to our Parent-led support drop-in.



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