

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

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 delivered at various times. 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 or call us.

NEW: Support for parents, carers, teens and adults - free online courses that you can access 'on demand', day or night, pause and come back to whenever suits you.

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, from November, 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 and 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 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 - 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 - for families with children aged 6-11. Places are limited so please book your place by calling us.

Cliffe Castle SEND event - please get in touch with Rainbow family hub for more details and to book.

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 local 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 - For adults and children aged 0-4.

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

Jump Aboard - educational psychologist drop-in. Can help with autism, ADHD, speech and language, learning difficulties, social, emotional and sensory needs.

Drug and alcohol awareness - are you concerned about your child/young person using substances or alcohol? Book onto our online course by emailing claire.priestman@bradford.gov.uk

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
Strong close nursery
school 12.30-4.30pm



Midwife Clinics
Appointment only
All day at Rainbow, Strong
Close nursery school and
Owlet 9am-4pm

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

Baby Massage courses
Starting 11th November
9.30am to 11.30am, venue
TBC. Strictly by appointment
apply via fyi.bradford.gov.uk

**Baby feeding
support sessions**
Trinity Centre
25th Nov, 10am to 11.30am



Baby health visitor clinic
Rainbow
11th and 25th November
1pm to 3pm

Tuesday

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

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

Coffee Morning
Rainbow, 9am to 11am

School nurse
5th November
Wrose Health Centre:
9.30am - 11am
Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm to 2pm
5th and 19th November

**SEND Parent-led
Support Group**
12th and 26th November
Rainbow, 1pm - 2.30pm
SEND inclusive session
Keighley Library
5th Nov 9.30am - 10:30am
**Children's Community
Support Team**
Shipley Youth Cafe
(referral only)
5th Nov 9am - 3pm

Wednesday

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

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



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

**Children's Community
Support Team**
6th Nov
Rainbow, 9am - 3pm

Baby Massage courses
Starting 13th November
9.30am to 11.30am, venue
TBC. Strictly by appointment
apply via fyi.bradford.gov.uk

**Baby Week event: Music in
the Museum and playbus**
Cliffe castle (drop-in)
20th November
10.30am - 2pm

Baby feeding drop-in
Rainbow
11.30am - 2pm
Jump Aboard
Rainbow, 9.30am - 11.30am
6th November
Maternity Circle
Rainbow, 12pm - 2pm
13th and 27th November
Open Access Youth Club
Rainbow
6pm to 8.30pm

Thursday

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

Sensory room
Rainbow 9-4pm
Strong close
nursery school
3.30am to 4.30pm



Midwife Clinics
Appointment
only
All day at Rainbow,
Strong Close
nursery school
Owlet 9am to 4pm



**Drug and Alcohol
awareness course**
Online, 10am - 12 noon
21st November

Arts and Crafts group
Rainbow
1.30pm to 3pm

Maternity Circle
Shipley Library
1.30pm to 3pm



Friday

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

Sensory room
Rainbow 9am - 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 Centre
9.30am to 10.30am
(term time only)

**SEND Family
Wellbeing session**
Cliffe Castle
1st Nov, 1pm - 3pm

**Parent-led SEND play
session for 6-11 years**
Appointment only; book
via Rainbow hub
3.30pm to 5pm

