

# 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](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 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](http://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. Please call us for more information.

**Free Family Wellbeing 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** - Afterschool arts & crafts group open to all ages. No session on the first Thursday of every month

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

**Jump Aboard educational psychologist team** - Free appointment on topics such as Autism, ADHD, speech and language needs, learning difficulties, social emotional and sensory needs, signposting and info on SEND processes. To book an appointment please call 01535 618005.

# Keighley and Shipley Family Hub - February 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 feeding  
support sessions**  
Trinity Centre  
24th Feb, 10am - 11.30am

**Baby health visitor clinic**  
Rainbow  
3rd and 17th February  
1pm - 3pm

## Tuesday

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

**Sensory room**  
Rainbow 9 - 4pm  
Strong close 3.30 - 4.30pm  
Owlet Family hub 9 - 12pm

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

**Coffee Morning**  
Rainbow, 9am - 11am

**School nurse**  
4th February  
Wrose Health Centre:  
9.30am - 11am  
Rainbow: 1pm - 2.30pm

**Maternity Circle**  
The Hive, 12pm to 2pm  
11th and 25th February

**Baby feeding drop-in**  
The Hive, 11.45am to 1.15pm  
11th February

**SEND Parent-led  
Support Group**  
Rainbow, 1pm - 2.30pm  
4th and 18th February

**SEND inclusive session**  
Keighley Library  
4th Feb 9.30am - 10.30am

**Children's Community  
Support Team**  
Shipley Youth Cafe  
(appointment only)  
4th Feb, 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**  
(appointment only)  
5th February  
Rainbow, 9am - 3pm

**Free Family Wellbeing  
Session** (booking required)  
Cliffe Castle, 19th Feb  
9.30am - 11.30am

**Jump Aboard**  
Rainbow, 9.30am - 11.30am  
(appointment only)  
5th and 12th February

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



**Maternity Circle**  
Rainbow, 12pm - 2pm  
12th and 26th February

**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



**Arts and Crafts group**  
Rainbow  
13th, 20th and 27th  
Feb: 3.30pm to 5pm

**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

**Free Family Wellbeing  
Session** (booking required)  
Cliffe Castle, 21st Feb  
9.30am - 11.30am

**Wise Owls language  
development**  
Owlet Family Centre  
9.30am - 10.30am  
(term time only)

**Parent-led SEND play  
session for 6 -11 years**  
Drop-in sessions  
21st Feb: 9.30am - 11am  
7th, 14th and 28th Feb:  
3.30pm - 5pm

## Saturday

**Free Family Wellbeing  
Session** (booking required)  
Cliffe Castle, 22nd Feb  
9.30am - 11.30am