

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, 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 Clinic
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 - 2pm
11th and 25th February
Baby feeding drop - in
The Hive, 11.45am - 1.15pm
11th February

Digital drop - in
Rainbow, 18th Feb
10am - 2pm

**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
3.30pm - 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
3.30pm - 4.30pm



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



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

Maternity Circle
Shipley Library
1.30pm - 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