

Keighley and Shipley area Family Hub

Find us at
Rainbow Family Hub
Braithwaite Grove, BD22 6JB

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).

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

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.

Kid's Time Workshop - Parents with mental illness and children 0-19 work together in dispelling stigma and building stronger families. The children can be 0-19 yrs. Referral only, call Mind on 01274 730815 for more info.

Parent and Carer panel - help to improve services in the district for parents/carers. Please ask us for details.

Eid Celebration - Eid Celebration taking place at the Rainbow Family Hub.

Keighley and Shipley Family Hub - March 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



**Airedale Infant Feeding
-Breastfeeding drop-ins**
at Keighley Library
9.30am - 11.30am
9th and 23rd March

Well Baby/Weighing Clinic
(txt Chat Health for a place)
9.30am - 11.30am
Highfield Children's Centre
BD21 2QG

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

Parent Carer Panel
Rainbow, 23rd March
10am - 12 noon

Well Baby/Weighing Clinic
Rainbow
(txt Chat Health for a place)
2nd and 16th March
1pm - 3pm

Open Access Youth group
Rainbow, 6pm - 8.30pm (term
time only)

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 March (appointment only)

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

Weekly Coffee Morning
Rainbow, 9am - 11am
(term time only)

Well Baby/Weighing Clinic
St Mary's Centre, LS29 7JL
(txt Chat Health for a place)
3rd, 17th and 31st March
9.30am - 12 noon

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

School nurse
3rd March
- at Wrose Health Centre:
9.30am - 11am
- at Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
10th and 24th March

Eid Celebration at Rainbow
31st March, 1pm - 3pm

**SEND Parent-led Support
Group at Rainbow**
3rd and 17th March
1pm - 2.30pm
**Parent-led 6 - 11 SEND play
session at Rainbow**
3.30pm - 5pm
3rd, 10th, 17th and 24th March

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
(term time only)

**Children's Community
Support Team (SEND)**
Rainbow, 9am - 3pm
4th March
(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)
All day at 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
(term time only)

Kids Time Workshop
(appointment only)
Rainbow, 5th March
5pm to 7.30pm



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

Well Baby/Weighing Clinic
The Hive, Silsden, BD20 0DE
(txt Chat Health for a place)
6th and 20th March
9.30am - 12 noon



family hub
Start for Life