

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

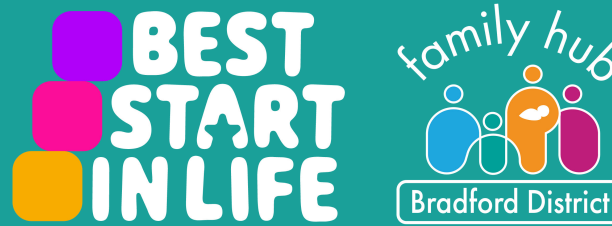
The Hive, Silsden
Elliott Street, Silsden, BD20 0DE

**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).

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.

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.

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

Kids Time Workshop - a friendly group space for families where parents or carers experiencing a mental health difficulty and their children come together to explore mental health through creative activities and peer support. Pizza and transport provided. Referral only, call Mind on 01274 730815 for more information.

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.

Keighley and Shipley Family Hub - August 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

Well Baby/Weighing Clinic
Rainbow, 10th and 24th Aug
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
4th Aug (appointment only)

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

Well Baby/Weighing Clinic
9.30am - 12 noon
4th and 18th Aug
at Grange Park Surgery, Grange Road, Ilkley, LS29 7HG

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

Maternity Circle
The Hive, 12pm - 2pm
11th and 25th Aug

Parent-led 6 - 11 SEND play sessions
Rainbow, 9.30am - 11am
4th Aug: Sensory Play
11th Aug: Baking and food tasting experience
18th Aug: Arts, crafts and Storytime



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



Children's Community Support Team (SEND)
Rainbow, 9am - 3pm
5th Aug (appointment only)

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

SEND Family Fun Session
Owlet, 9.30am - 11am
26th Aug

Baby feeding drop-in
Rainbow
11.30am - 1.30pm



Rainbow Fest
Rainbow, 1pm - 3pm
19th Aug

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

Ready to Learn in Reception
Shipley Library, 13th Aug
9.30am - 4pm

Well Baby/Weighing Clinic
Shipley Health Centre, BD18 3EG
(txt Chat Health for a place)
9.30am - 12 noon

KidsTime Workshop
Rainbow, 27th Aug
5pm to 7.30pm
(by referral only)



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)
14th and 28th Aug
9.30am - 12 noon



Keighley Community & Family Hub - August 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

3rd and 17th Aug

10am - 12 noon

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



Breast Feeding support drop-in sessions

10th and 24th Aug

9.30am - 11.30am

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

Young Carer's Session (Utime)

10th and 24th Aug

4pm - 5.30pm

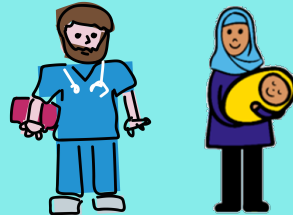
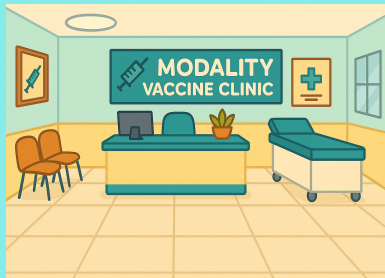
For young carers 11-14 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

Tuesday

Vaccine Clinic

9am - 12.30pm

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



Wednesday

Family Fun Session

12th Aug, 10am - 2pm

Joining us there will be Access & Take Up and the School Nurse

Family Navigator Support

1pm - 3.30pm

(drop-in session)

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



Young Carer's Session (Budz)

5th and 19th Aug

4pm - 5.30pm

For young carers 5-11 to have a respite from their caring role. Come play games, do crafting or just chill and chat. An opportunity to share experiences and get support from peers with similar lived experience.

Thursday

Pop-up Children's Clinic

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.



More events coming soon!

