

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

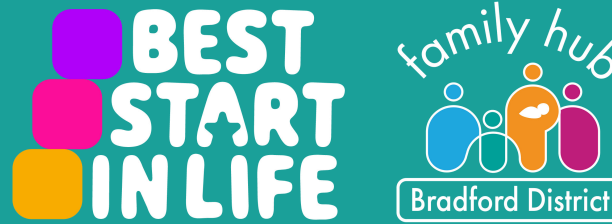
Elliott Street, Silsden, BD20 0DE

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).

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.

SEND Toilet Training Workshop - children with SEND may take longer to achieve toilet training and need more support. The SEND/School Nursing Team can help. Booking essential; email sendtoilettraining@bdct.nhs.uk or ask at the hub for info.

Labour/Birth support group for Urdu speaking families - antenatal class for women booked at Airedale to have their babies. Email anhsft.parenteducation@nhs.net for more information and to book a place. Partners welcome.

Keighley and Shipley Family Hub - April 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
13th and 27th April

Well Baby/Weighing Clinic
10am - 12 noon
13th and 27th April
at Keighley C&F Hub,
Airedale Shopping Centre

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



Well Baby/Weighing Clinic
Rainbow, 20th April
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
7th April (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
9.30am - 12 noon
7th and 21st April
at Grange Park Surgery, Grange
Road, Ilkley, LS29 7HG

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

School nurse
7th April
- at Wrose Health Centre:
9.30am - 11am
- at Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
14th and 28th April

**Easter Family Fun
Celebration at Rainbow**
7th April, 1pm - 3pm

**SEND Parent-led Support
Group at Rainbow**
14th and 28th April
1pm - 2.30pm

**Parent-led 6 - 11 SEND play
session at Rainbow**
14th, 21st and 28th April
3.30pm - 5pm

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
1st April
(appointment only)

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

**Labour/Birth support group
for Urdu speaking families**
(booking required)
Keighley C&F Hub, BD21 3QD
15th April, 10am - 12 noon

**Easter Family Fun
Celebration at Owlet**
8th April, 10am - 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

**Online SEND Toilet
Training Workshop**
9th April, 9.30am to 11.30am

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

Education drop-in
Rainbow
16th, 23rd and 30th April
10am - 12 noon

**Parent-led 6 - 11 SEND
play session at Rainbow**
2nd and 9th April
1pm - 3pm



Friday

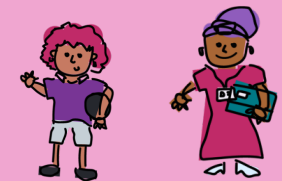
Care and Share
Rainbow Hub's FREE
pre-loved shop
9am - 4pm

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)
10th and 24th April
9.30am - 12 noon



family hub
Bradford District