

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).
- 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.
- SEND 'Life admin'** - A friendly, parent-led drop-in session for families with a child with SEND. Helping you work through paperwork, forms and admin - with a cuppa and a chat.
- Teddy Bear's Picnic** - please ask at the hub 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 - May timetable

Monday

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
11th and 25th May

Well Baby/Weighing Clinic
10am - 12 noon
11th and 25th May
at Keighley C&F Hub,
Airedale Shopping Centre

Play and Learn sessions
(11th and 18th May only)
- Shipley Library:
9.30am - 10.30am
- Keighley Library:
1pm - 2pm

Well Baby/Weighing Clinic
Rainbow, 18th May
1pm - 3pm



Open Access Youth group
Rainbow, 6pm - 8.30pm
(11th and 18th May only)

Tuesday

Sensory room
Rainbow 9am - 4pm
Owlet Family hub 9am - 12pm

**Children's Community Support
Team (SEND)**
Shipley Youth Cafe, 9am - 3pm
5th May (appointment only)

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

Weekly Coffee Morning
Rainbow, 9am - 11am
(term time only - not on 26th)

Ready to Learn in Reception
with School Nursing Team
Shipley Library, 12th May
9.15am - 12.45pm

Well Baby/Weighing Clinic
9.30am - 12 noon
5th and 19th May
at Grange Park Surgery, Grange
Road, Ilkley, LS29 7HG

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

School nurse
5th May
- at Wrose Health Centre:
9.30am - 11am
- at Rainbow: 1pm - 2.30pm

Maternity Circle
The Hive, 12pm - 2pm
12th and 26th May

**Parent-led 6 - 11 SEND
play session at Rainbow**
5th, 12th and 19th May
3.30pm - 5pm

Teddy Bear's Picnic
Rainbow, 26th May
1pm - 3pm

Wednesday

Sensory room
Rainbow 9 - 4pm

Midwife Clinics
(Appointment only)
Owlet, 9am - 4pm



Weekly Stay and Play
Owlet, 9am - 11am
(term time only - not on 27th)

**Children's Community
Support Team (SEND)**
Rainbow, 9am - 3pm
6th May
(appointment only)

**SEND Toilet Training
Workshop at Rainbow**
13th May
9.30am - 11.30am

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

Sensory room
Rainbow 9am - 4pm

Midwife Clinics
(appointment only)
All day at Rainbow
Owlet 9am - 4pm

**Parent-led 6 - 11 SEND play
session at Rainbow**
28th May, 9.30am - 11am

SEND 'Life Admin'
Keighley C&F Hub
14th May, 10am - 2pm



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

Parent and Carer Panel
Rainbow, 14th May
10am - 12 noon

Education drop-in
Rainbow
7th, 14th and 21st May
10am - 12 noon

Ready to Learn in Reception
with School Nursing Team
Rainbow, 21st May
1pm - 4.30pm



Friday

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)
8th and 22nd May
9.30am - 12 noon

SEND Toilet Training
Online via MS Teams
29th May
9.30am - 11.30am
sendtoilettraining@
bdct.nhs.uk to book

family hub
Bradford District