

April - June 2024



**Headingley  
Children's Centre**  
C/o Shire Oak Primary  
School, Wood Lane,  
Headingley, LS6 2DT

**Horsforth  
Children's Centre**  
C/o Broadgate Primary  
School, North Broadgate  
Lane, Horsforth, LS18 5AF

**Ireland Wood  
Children's Centre**  
C/o Ireland Wood Primary  
School, Raynel Gardens,  
Leeds, LS16 6BW

0113 2591786  
[info@hhiwcc.org](mailto:info@hhiwcc.org)

**Opening Times:**  
Monday - Friday  
9:00 am - 3:30 pm

Follow us on Facebook:  
[www.facebook.com/hhiwcc](https://www.facebook.com/hhiwcc)



## PUTTING CHILDREN FIRST

- Improving outcomes for families with young children
- Child development and school readiness
- Improving parenting aspirations
- Improving child & family health



**Claire**  
Children's  
Centre  
Manager



**Justine**  
Children's  
Centre  
Deputy  
Manager



**Kimberley**  
Senior Family  
Outreach  
Worker  
  
Domestic  
Violence,  
SEND Lead



**Laura**  
Family  
Outreach  
Worker  
  
Perinatal,  
Mental Health,  
Breastfeeding  
Lead



**Amy**  
Family  
Outreach  
Worker  
  
Early Years,  
Young Parents  
Lead

## Our Children's Centre Offers Advice and Support for Families

Our Team works across three sites at Headingley, Horsforth and Ireland Wood to support families with children age 0-5 years both in their home and at our centres, providing help and advice on issues such as childcare, benefits, parenting and behaviour management, domestic violence, drug and alcohol dependency, counselling, seeking asylum and employment advice.

Our Children's Centre runs a selection of evidence-based courses and classes meeting a variety of needs and requests of the parents within our community.

*We are always here to help and support you.*



**Alina**  
Children's  
Centre  
Administrator  
  
Marketing,  
Communications  
Lead



**Natalie**  
Children's  
Centre  
Play Worker  
  
Early Years,  
PEEP  
Lead



**Kate**  
Children's  
Centre  
Counsellor



**Bethan**  
Student  
Social  
Worker



**Zahra**  
Children's  
Centre  
Volunteer

# Headingley, Horsforth and Ireland Wood Children's Centre Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Headingley</b> Children's Centre	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	<b>Counselling Service Available</b> Appointment only (referral process) If you need support call us on 0113 2591786 <span style="float: right;">Free</span>	<b>10:00am - 10:30am</b> <b>Babble &amp; Books</b> at Headingley Community Hub and Library Ages 0-4 years <span style="float: right;">Free</span>	Outreach in the Community If you need support call us on 0113 2591786
	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786
<b>Horsforth</b> Children's Centre	<b>11:00am - 12:00pm</b> <b>Tiny Signers</b> Ages 6 mths - 4 years For more information, please call 07742296160 or visit <a href="http://www.tinysigners.co.uk">www.tinysigners.co.uk</a> No need to pre-book it. Free Taster session.	<b>9:30am - 11:30am</b> <b>ESOL Social Conversations</b> 16/04/2024 – 15/07/2024 English for Speakers of Other Languages, 10 weeks, term time only. Contact us to book your place for the next course. <span style="float: right;">Free</span>	<b>9:00am - 1:00pm</b> <b>Early Communication Group</b> 17/04/2024 – 24/07/2024 Appointments only. <span style="float: right;">Free</span>	<b>10:00am - 11:00am</b> <b>Baby Massage</b> Ages 0-12 mths Call Catherine 07825299390 to book your place, visit <a href="http://www.lovingbabymassage.co.uk">www.lovingbabymassage.co.uk</a> Gift vouchers available.	<b>9:00am - 4:00pm</b> <b>Maternity Infant Feeding Team</b> <b>Breastfeeding Support</b> 1:1 session, appointments only. Email <a href="mailto:leedsth-tr.breastfeedingclinic@nhs.net">leedsth-tr.breastfeedingclinic@nhs.net</a> to book your place. <span style="float: right;">Free</span>
		<b>Northern Arts Factory</b> <b>10:15am - 11:00am Didi Drama</b> Ages 18 mths - 3 yrs approx. <b>11:15am - 12:00pm Mini Drama</b> Ages 3 yrs + Free Taster session. Call Sally 07747105277 to book your place, visit <a href="http://www.northernartsfactory.co.uk">www.northernartsfactory.co.uk</a>	<b>9:30am - 10:30am</b> <b>Stay and Play</b> Ages 0-4 years <span style="float: right;">£2.00 per family cash only</span>		<b>Rhythm Time</b> <b>10:00am-10:30am Preschool Class</b> ages 3+ approx (min age 2 yrs 6 mths) <b>10:45am-11:15am Toddler Class</b> ages 13 mths+ approx (min age 12 mths) <b>11:30am-12:00am Toddler Class</b> ages 13 mths+ approx (min age 12 mths) <b>12:15pm-12:45pm Baby Class</b> ages 2 - 12/13 mths approx <b>1:00pm-1:30pm Young Baby Class</b> ages 0 - 5/6 mths approx Call Georgina 07426869985 to book your place, visit <a href="http://www.rhythmtime.net">www.rhythmtime.net</a>
		<b>1:30pm - 2:30pm</b> <b>Baby Massage</b> Ages 0-12 mths Call Catherine 07825299390 to book your place, visit <a href="http://www.lovingbabymassage.co.uk">www.lovingbabymassage.co.uk</a> Gift vouchers available.	<b>2:00pm - 3:00pm</b> <b>Baby Stay and Play</b> Ages 0-12 mths <span style="float: right;">£2.00 per family cash only</span>	Outreach in the Community If you need support call us on 0113 2591786	<b>1:00pm-1:30pm Young Baby Class</b> ages 0 - 5/6 mths approx Call Georgina 07426869985 to book your place, visit <a href="http://www.rhythmtime.net">www.rhythmtime.net</a>
	Outreach in the Community If you need support call us on 0113 2591786	<b>12:00pm - 4:00pm</b> <b>Antenatal and Postnatal Midwife</b> Appointments only <span style="float: right;">Free</span>	<b>Counselling Service Available</b> Appointment only (referral process) If you need support call us on 0113 2591786 <span style="float: right;">Free</span>	<b>Counselling Service Available</b> Appointment only (referral process) If you need support call us on 0113 2591786 <span style="float: right;">Free</span>	<b>9:30am - 11:30am</b> <b>HENRY parenting course</b> 17/05/2024 - 12/07/2024 8 weeks, term time only. Can be attended with non-independently mobile babies. <b>Contact us to book your place.</b> <span style="float: right;">Free</span>
	Development Reviews with 0-19 PHINS Team. Pre-Booked appointments only	Development Reviews with 0-19 PHINS Team. Pre-Booked appointments only	Outreach in the Community If you need support call us on 0113 2591786	Development Reviews with 0-19 PHINS Team. Pre-Booked appointments only	Development Reviews with 0-19 PHINS Team. Pre-Booked appointments only
<b>Ireland Wood</b> Children's Centre		<b>1:00pm - 2:00pm</b> <b>Baby Stay and Play</b> Ages 0-12 mths <span style="float: right;">£2.00 per family cash only</span>	<b>Counselling Service Available</b> Appointment only (referral process) If you need support call us on 0113 2591786 <span style="float: right;">Free</span>	<b>10:00am - 11:00am</b> <b>In It Together</b> 02/05/2024, 06/06/2024, 04/07/2024 For families with children under 5 awaiting or going through a Complex Communication Needs Assessment or Autism diagnosis. <span style="float: right;">Free</span>	<b>9:30am - 10:30am</b> <b>Stay and Play</b> Ages 0-4 years <span style="float: right;">£2.00 per family cash only</span>
	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786	Outreach in the Community If you need support call us on 0113 2591786



**Stay & Plays, Baby Stay & Plays and Babble & Books** are Children's Centre weekly sessions, and you don't need to pre-book it. They're term time only and the sessions don't run the first week after the holidays / half-terms.

If you're visiting our Children's Centre for the first time or if we're updating information, we would ask you to fill in the Registration Form. Thank you.



Contact us 0113 2591786

### Further Support and Advice

### Other Useful Numbers

**Child Benefit:** 0300 300 3100  
**Income Support:** 03145 608 8545  
**Universal Credits:** 0800 328 5644  
**Tax Credits:** 0345 300 3900  
**Welfare Rights:** 0113 3760452  
**CSWS Duty and Advice team:**  
0113 3760336 Mon-Fri 9am-5pm  
out of hours emergency  
0113 5350600

**Free Places For 2 Year Old**  
Your child may be eligible for 15 hours free childcare, depending on your family income and circumstances. Please contact the centre for more details.

**Antenatal Classes**  
If you are looking for an Antenatal class and you are 24 weeks plus pregnant, please go to [eventbrite.co.uk](http://eventbrite.co.uk) **PBB Leeds** to find our nearest class available.

Single Point Access for the health Visiting Team: **0113 8435683**

### Cluster Support We Work With

**Headingley and Kirkstall Partnership:**  
0113 2844020  
**Northwest Leeds Children's Services:**  
07891270346  
**Horsforth Children's Services:**  
0113 3367724

## Useful Contacts

**Mental Health**  
**Leeds Mental Wellbeing Service:**  
[www.leedscommunityhealthcare.nhs.uk](http://www.leedscommunityhealthcare.nhs.uk)  
0113 8434388  
**MindWell:**  
[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)  
If you require urgent support, please contact **Crisis team on: 0300 300 1485**  
or if you feel you may harm yourself or others, please call **999** immediately.

**Domestic Abuse**  
If you or someone else, you know is experiencing Domestic Abuse the following support and advice services are available:  
**Leeds Domestic Violence Service:**  
0113 2460401  
**Men's Advice Line:** 0113 2224203  
**In an emergency dial 999.**  
Or speak to one of the Children's Centre Team.

**Food Support**  
**Leeds North & West Foodbank:**  
0113 2692985  
**Headingley Vineyard House Pantry:**  
0113 230 2139  
**Butcher Hill Community Pantry:**  
07990 119116  
**Ireland Wood St Paul's Church:**  
Thursdays 10:30am - 12:30pm  
**Coming soon:** food pantries at Horsforth and Ireland Wood.  
Please contact us if you need a referral.

**Financial Support**  
If you are facing Financial difficulties or struggling with debts, here are some services who may be able to help:  
**Better Leeds Communities:**  
0113 2754142  
**Step Change:** 0800 1381111  
**Money Buddies:** 0113 2350276

**Substance Misuse**  
For advice for you or someone else around drug or alcohol addiction please call:  
**Forward Leeds:** 0113 8872477  
**FRANK (Drugs):** 0300 1236600  
[www.talktofrank.com](http://www.talktofrank.com)

**Housing Support**  
**Leeds Housing Options:**  
0113 222 4412, emergency out of hours call 0113 378 8366  
[housing.options@leeds.gov.uk](mailto:housing.options@leeds.gov.uk)  
**Leeds Homes:**  
[www.leedshomes.org.uk](http://www.leedshomes.org.uk)  
**Issues with private rents or Landlords contact Private rented Housing Team:**  
0113 3784699  
[prs.housing@leeds.gov.uk](mailto:prs.housing@leeds.gov.uk)

**Citizens Advice**  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**ESOL**  
Learning English In Leeds  
[www.lsl.help](http://www.lsl.help)

**School Admissions**  
Mon - Fri  
9am - 5pm  
**0113 2224414**

## Local Baby & Toddler Groups in Headingley

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10:00am-12:00pm Toddler Takeover</b></p> <p>Left Bank, Leeds, LS6 1LJ</p> <p>Ages 0-4 years</p> <p>Booking Required: www.leftbankleeds.org.uk</p>		<p><b>10:00am-11:30am Café Tots</b></p> <p>In the Sanctuary Corner Stone Baptist Church, Kirkstall Lane, LS6 3LF</p> <p>Ages 0-4 years</p> <p>Booking Required: 01132 754989</p>		<p><b>9:30-10:15am Summer Term: 20th April- 1st July</b></p> <p>Richmond House Tots, Richmond House School 170 Otley Rd, LS16 5LG</p> <p>Ages 18mths-4 years</p> <p>Booking Required: 0113 2752670</p>

## Local Baby & Toddler Groups in Ireland Wood

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>9:15am-11:00am Teeny Tots</b> St Paul's Ireland Wood Ages 0-5 years</p> <p>Details on Facebook</p> <hr/> <p><b>1:15pm-2:45pm Tots Club Tinshill Free Church</b></p> <p>Book on Eventbrite</p>		<p><b>1:00pm-3:00pm Little Snappers</b> Cookridge Village Hall</p> <p>Details on Facebook</p>

## Local Baby & Toddler Groups in Horsforth

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10:00-11:30am</b> Cragg Hill Baptist Church LS18 4NU Ages 0-4</p> <p>Booking required: tots@cbcl.org.uk</p>	<p><b>9:15-11:00am Little Rockets</b> Term time only. No need to book</p> <p>St Margret's Church LS18 5LA Ages 0-4</p> <hr/> <p><b>9.30-11:30am Rainbows Café Dates: 16/04, 30/04</b></p> <p>Lister Hill Baptist Church, LS18 5PW office@lhbc.org.uk</p>	<p><b>9:30-11:00am EBC Tots</b> Term time only</p> <p>Emmanuel Baptist Church</p> <p>No booking required</p> <p>tots@ebcleeds.org.uk</p>	<p><b>9:30-11:15am Tots and Tykes</b> Term time only</p> <p>The Gove Methodist Church Ages 0 - 4 years Booking required: 0113 2938458</p> <hr/> <p><b>9.30-11:30am Rainbows Café Dates: 11/04, 25/04</b></p> <p>Lister Hill Baptist Church, LS18 5PW office@lhbc.org.uk</p>	

## Things To Do For Dads, Grandads, Male Carers

Where	When	What's on	Cost
Emmanuel Baptist Church, Hall Lane, Horsforth, LS18 5JE  dads@ebcleeds.org.uk	1st Saturday in every month  9:45am-11:15am	Who let the Dad's out!  Coffee, Play & Craft Ages 0-7 years	FREE or suggested donation of £1.00
Dads & Little'Uns St Chad's Parish Centre Otley Road, Far Headingley LS16 5JT  redeemer.dads@gmail.com	Once a month on a Saturday morning  9:45am-11:15am	Play, craft, coffee & snacks  Ages 0-5 years	FREE
<b>Also visit</b> www.leedsdads.org	For more information on what's available for Dad's across the City.		



**Know of any groups not on our list? Please let us know.**



HEADINGLEY  
HORSFORTH  
IRELAND WOOD

CHILDREN'S  
CENTRE

*May your days blossom with joy, love and hope.*