

## Useful Contacts

### Mental Health

If you need someone to talk to, please see some useful telephone numbers :

**IAPT: 0113 8434 388**

**Dial House: 0113 2609 328**

**Samaritans: 0113 24567 89**

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 2460 401**

**Men's Advice Line: 0113 222 4203**

**In an emergency dial 999.**

Or speak to one of the Children's Centre Team.

### Food Support

Are you in need of urgent food support? If so you can contact one of the services below:

**National Citizens Advice Line: 0808 2082138**

**Leeds Welfare Support: 0113 3760 330**

**Vulnerable Citizens Support Leeds: Through their Facebook page or by calling 075496 18859**

### Financial Support

If you are facing Financial difficulties or struggling with debts, here are some services who may be able to help:

**Step Change: 0800 138 1111**

**Money Buddies: 0113 2350276**

**Better Leeds Communities:**

**0113 2754 142**

### Substance Misuse

For advice for you or someone else around drug or alcohol addiction please call:

**Forward Leeds: 0113 887 2477**

**FRANK (Drugs): 0300 1236600**

**www.talk to frank.com**

### Housing Support

**Leeds Housing Options: 0113 222 4412**

Issues with private rents or Landlords contact Private rented Housing Team 0113 3784699

**Prs.housing@leeds.gov.uk**

### ESOL

Learning English In Leeds

**WWW.LEL.HELP**

### School Admissions

Mon—Fri

9am—5pm

**0113 222 4414**



May — August 2022

**Headingley, Horsforth and  
Ireland Wood Children's Centre**



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

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

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

Email: [Info@hhiwcc.org](mailto:Info@hhiwcc.org)

Telephone: 0113  
2591786

**Opening Times:**

Mon– Friday 9.00-3.30pm



Please Like us on our  
Facebook page

**@Headingley,Horsforth and  
Ireland Wood Children's  
Centre**



**facebook**



## Meet The Team



Justine

Deputy Manager



Claire Birch

Children's Centre Manager



Kimberley

Senior family Outreach worker



Natalie

Children's Centre Assistant



Laura

Family Outreach worker



Amy

Family Outreach worker



Charlotte

Children's Centre Administrator



Georgia

Volunteer Counsellor



Kate

Volunteer Counsellor








## Local Baby and Toddler Groups in Ireland Wood

Monday	Tuesday	Wednesday	Thursday	Friday
Know of any groups not on our list? Please let us know.		Teeny Tots 0-5 years at St Pauls Ireland Wood 9.15-11am Details on Facebook ----- Tinshill Free Church—Tots Club 1.15-2.45pm book on Eventbrite		Little Snappers Cookridge Village Hall 1-3pm—Find details on Face Book

## Things to do for Dads, Grandads, male Carers

Where	When	What's on	Cost
Emannual Church Horsforth Hall Lane, Horsforth, LS18 5JE	1st Saturday in every month. 9.45 - 11.15am	Who let the Dad's out! Coffee, Play and Craft Ages 0-5 years	FREE or suggested donation of £1.00
Also visit <a href="http://www.Leedsdads.org">www.Leedsdads.org</a>		For more information on what's available for Dad's across the City.	








Centre	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Headingley AM</b>	Outreach in the Community If you need support call us on 01132 591786	Outreach in the Community If you need support call us on 01132 591786 	Counselling Service 9am –12pm Appointment only (Referral process ) If you need support call us on 01132 59178	9.30am - 11.00am Stay and Play—Ages 0-4 At Shire Oak Primary School, LS18 5AF £1.50 per family ***PLEASE CALL US OR CHECK OUR FB PAGE AS SESSION MAY NOT BE WEEKLY ** 01132 591786	Outreach in the Community If you need support call us on 01132 591786  
<b>Headingley PM</b>	Outreach in the Community If you need support call us on 01132 591786	1.30pm—2.30pm Baby Stay and Play Ages 0 - 12mths At Shire Oak Primary School, LS18 5AF £1.50 per family	Outreach in the Community If you need support call us on 01132 591786 	Outreach in the Community If you need support call us on 01132 591786 	Outreach in the Community If you need support call us on 01132 591786
<b>Horsforth AM</b>	Tiny Signer's 11am - 12pm Ages approx. 6mths –4 years External Provider Please email admin@tinysigners.co.uk to book your place. Development Reviews with PHINS Team Pre Booked appointments only 	Outreach in the Community If you need support call us on 01132 591786 Development Reviews with PHINS Team Pre Booked appointments only 	9.30am –11.00am Stay and Play—Ages 0-4 £1.50 per family Counselling Service 9am –12pm Appointment only (Referral process ) If you need support call us on 01132 59178  	10.00am –11.00am Baby Massage External provider call Catherine On 07825299390 Development Reviews with PHINS Team Pre Booked appointments only 	Outreach in the Community If you need support call us on 01132 591786 Development Reviews with PHINS Team Pre Booked appointments only 
<b>Horsforth PM</b>	Outreach in the Community If you need support call us on 01132 591786 Development Reviews with PHINS Team Pre Booked appointments only 	1.30pm –2.30pm Baby Massage External Provider call Catherine On 07825299390 Development Reviews with PHINS Team Pre Booked appointments only  	2.00pm– 3.00pm Baby Stay and Play –Ages 0-12mths £1.50 per family  	Outreach in the Community If you need support call us on 01132 591 786 Development Reviews with PHINS Team Pre Booked appointments only	1PM—2PM Understanding Your Baby 17/06/2022—08/07/2022 Parenting Course Call 01132 591786 to book! Development Reviews with PHINS Team Pre Booked appointments only 
<b>Ireland Wood AM</b>	Outreach in the Community If you need support call us on 01132 591786 	10.00am –11.00am Baby Stay and Play Ages 0-12mths £1.50 per family 	Outreach in the Community If you need support call us on 01132 591786	Pregnancy Birth and Beyond Antenatal Class for first time parents 9.30am—11.30am 30/06/2022—21/07/2022 Monthly—In It Together Support Group for Parents /Carers with children under 5 awaiting or going through Complex Needs Diagnosis 10AM –11AM Please call us 	9.30am-11.00am Stay and Play—Ages 0-4 £1.50 per family 
<b>Ireland Wood PM</b>	Outreach in the Community If you need support call us on 01132 591786	Outreach in the Community If you need support call us on 01132 591786 	Counselling Service 9am –12pm Appointment only (Referral process ) If you need support call us on 01132 59178  	Outreach in the Community If you need support call us on 01132 591786 	Outreach in the Community If you need support call us on 01132 591786 



## Local Baby and Toddler Groups in Headingley



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Left Bank Leeds, LS6 1LJ</p> <p>Toddler Takeover Ages 0—4 years 10am –12pm</p> <p>Booking Required: www.leftbankleeds.org.uk</p> 	 	<p>Café Tots Corner Stone Baptist Church, Kirkstall Lane, LS6 3LF</p> <p>Ages 0—4 years</p> <p>Comerstone Baptist Church In the Sanctuary 10am -11.30am</p> <p>Booking Required: 01132 754989</p>	<p>Know of any groups not on our list? Please let us know.</p>  	<p>Richmond House Tots</p> <p>Richmond House School 170 Otley Rd LS16 5LG</p> <p>Ages 0-4 years 9.30am -10.15am</p> <p>Autumn Term: Friday 10 September until Friday 15 October</p> <p>Booking Required: 0113 275 2670</p>



## Local Baby and Toddler Groups in Horsforth



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cragg Hill Baptist Church, LS18 4NU</p> <p>Ages 0-4 10am – 11.30am</p> <p>Booking Required</p> <p>Email: tots@cbcl.org.uk</p>	<p>St Margret's Church LS18 5LA</p> <p>Ages 0-4 years</p> <p>Little Rockets 9.15am -11am</p> <p>Term time only—no need to book.</p> 	<p>Toddler Group at Emmanuel Baptist Church 9.30- 10.30 am</p> <p>during term time. booking required</p> <p>Bumps &amp; Babies at Emmanuel Baptist Church 10.30-11.30. NB This is a half termly sign up .</p> <p>0113 2591283</p> 	<p>Tots and Tykes The Gove Methodist Church</p> <p>Ages 0– 4 years</p> <p>9.30AM – 11.15AM</p> <p>Term time only. Booking Required 0113 2938458</p> 	<p>Know of any groups not on our list?</p> <p>Please let us know.</p> 



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



Offers Advice and Support for Families

Our Team works across three sites at Headingley, Horsforth and Ireland Wood Children's Centre. They work to support families with children age 0-5 yrs both in their home and at our centre's, providing help and advice on issues such as child care, benefits, parenting and behavior management, domestic violence, drug and alcohol dependency, counselling, seeking asylum and employment advice. Our family outreach workers Justine, Laura, Kimberley and Amy are here to support you.

Further Support and Advice

Call the Single Point Access number on 0113 8435683 and ask for the Health Visiting Team.

### Cluster Support—Who we work with



Headingley and Kirkstall Partnership — 0113 2844020

ESNW Cluster—Extended Services North West - 07891270346

Horsforth Children's Services - 0113 3367724

### Other Useful Numbers

Child Benefit 0300 300 3100 Tax Credits: 0345 300 3900

Income Support: 03145 608 8545 Welfare Rights: 0113 3760452

Universal Credits: 0800 328 5644

### FREE Places for 2 year olds

Your child may be eligible for 15hours free childcare depending on your family income and circumstances, please contact the centre for more details.

