

April - June 2023

Headingley, Horsforth & Ireland Wood Children's Centre



PUTTING CHILDREN FIRST

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

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

 **0113 2591786**

 **info@hhiwcc.org**

Like and follow us on Facebook to be always up-to-date:
www.facebook.com/hhiwcc



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.



Claire Birch
Children's Centre Manager



Justine
Deputy Manager



Kimberley
Senior Family Outreach Worker



Laura
Family Outreach Worker



Amy
Family Outreach Worker



Alina
Children's Centre Administrator



Natalie
Children's Centre Assistant



Georgia
Volunteer Counsellor



Kate
Volunteer Counsellor

**Meet
Our
Team**

**We Are
Stronger
Together**

**We've
Got
This!**

Headingley, Horsforth and Ireland Wood Children's Centre Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	
Headingley Children's Centre Outreach in the Community If you need support call us on 0113 2591786			Counselling Service Available Appointment only (referral process) If you need support call us on 0113 2591786 Free	10:00am - 10:30am Babble & Books at Headingley Community Hub and Library Ages 0-4 years Free	Counselling Service Available Appointment only (referral process) If you need support call us on 0113 2591786 Free	
		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	
Horsforth Children's Centre Outreach in the Community If you need support call us on 0113 2591786 Development Reviews with PHINS Team Pre-Booked appointments only	11:00am - 12:00pm Tiny Signers External Provider Call us or email admin@tinysigners.co.uk for more information. Free Taster session. Ages 6 mths - 4 years	9:30am - 11:30am ESOL Entry 1-3 & Creche 25/04/2023 - 11/07/2023 Term time only Call us to book your place Free	9:30am - 10:30am Stay and Play Ages 0-4 years £1.50 per family	10:00am - 11:00am Baby Massage External Provider Call us or Catherine 07825299390 to book your place. Gift vouchers available. Ages 0-12 mths	9:30am - 11:30am HENRY 19/05/2023 – 14/07/2023 Parenting course for parents / carers with children under 5s. Call us to book your place. Free	
		1:30pm - 2:30pm Baby Massage External Provider Call us or Catherine 07825299390 to book your place. Gift vouchers available. Ages 0-12 mths	2:00pm - 3:00pm Baby Stay and Play Ages 0-12 mths £1.50 per family		Rhythm Time 9:50am-10:20am Preschool Class ages 3+ approx (min age 2 yrs 6 mths) 10:35am-11:05am Toddler Class ages 13 mths+ approx (min age 12 mths) 11:25am-11:55am Baby Class ages 2 - 12/13 mths approx 12:15pm-12:45pm Young Baby Class ages 0 - 5/6 mths approx Call us or Georgina 07426869985 to book your place, visit rhythmtime.net	
		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
		Development Reviews with PHINS Team Pre-Booked appointments only	Development Reviews with PHINS Team Pre-Booked appointments only	Counselling Service Available Appointment only (referral process) If you need support call us on 0113 2591786 Free	Development Reviews with PHINS Team Pre-Booked appointments only	Development Reviews with PHINS Team Pre-Booked appointments only
Ireland Wood Children's Centre Outreach in the Community If you need support call us on 0113 2591786		10:00am - 11:00am Baby Stay and Play Ages 0-12 mths £1.50 per family	Counselling Service Available Appointment only (referral process) If you need support call us on 0113 2591786 Free	10:00am - 11:00am In It Together 04/05/2023, 08/06/2023, 06/07/2023, 07/09/2023, 05/10/2023, 09/11/2023, 07/12/2023 For families with children under 5 awaiting or going through a Complex Communication Needs Assessment or Autism diagnosis. Free	9:30am - 10:30am Stay and Play Ages 0-4 years £1.50 per family	
		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	



Babble & Books and Stay & Plays 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 Centres for the first time, we would recommend you to come 10 mins earlier to fill in the Registration Form. Thank you.



Useful Contacts

Further Support and Advice

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

Cluster Support - 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
Income Support: 03145 608 8545
Universal Credits: 0800 328 5644
Tax Credits: 0345 300 3900
Welfare Rights: 0113 3760452



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.

Mental Health

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

IAPT: 0113 8434388
Dial House: 0113 2609328
Samaritans: 0113 2456789

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

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 3760330

Vulnerable Citizens Support Leeds: 075496 18859 or through their Facebook page

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 1381111
Money Buddies: 0113 2350276
Better Leeds Communities: 0113 2754142

Housing Support

Leeds Housing Options:
0113 2224412
Issues with private rents or Landlords contact Private rented Housing Team:
0113 3784699
prs.housing@leeds.gov.uk

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

ESOL

Learning English
In Leeds
www.lel.help

School Admissions

Mon - Fri
9am - 5pm
0113 2224414

Local Baby & Toddler Groups in Headingley

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00am-12:00pm Toddler Takeover</p> <p>Left Bank, Leeds, LS6 1LJ</p> <p>Ages 0-4 years</p> <p>Booking Required: www.leftbankleeds.org.uk</p>		<p>10:00am-11:30am Café Tots</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>9:30-10:15am Summer Term: 20th April- 1st July</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>9:15am-11:00am Teeny Tots St Paul's Ireland Wood Ages 0-5 years</p> <p>Details on Facebook</p> <hr/> <p>1:15pm-2:45pm Tots Club Tinshill Free Church</p> <p>Book on Eventbrite</p>		<p>1:00pm-3:00pm Little Snappers Cookridge Village Hall</p> <p>Details on Facebook</p>

Local Baby & Toddler Groups in Horsforth

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00-11:30am Cragg Hill Baptist Church LS18 4NU Ages 0-4</p> <p>Booking required: tots@cbcl.org.uk</p>	<p>9:15-11:00am Little Rockets Term time only. No need to book</p> <p>St Margret's Church LS18 5LA Ages 0-4</p> <hr/> <p>9.30-11:30am Rainbows Café Dates: 02/05, 16/05, 30/05, 13/06, 27/06, 11/07, 25/07</p> <p>Lister Hill Baptist Church, LS18 5PW office@lhbc.org.uk</p>	<p>9:30-11:00am EBC Tots Term time only</p> <p>Emmanuel Baptist Church</p> <p>No booking required</p> <p>tots@ebcleeds.org.uk</p>	<p>9:30-11:15am Tots and Tykes Term time only</p> <p>The Gove Methodist Church Ages 0 - 4 years Booking required: 0113 2938458</p> <hr/> <p>9.30-11:30am Rainbows Café Dates: 27/04, 11/05, 25/05, 08/06, 22/06, 06/07, 20/07</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
Also visit 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.

