



September-December 2022
**Headingly, Horsforth and
 Ireland Wood Children's Centre**



**Headingly
 Children's Centre**

C/o Shire Oak Primary
 School, Wood Lane,
 Headingly,
 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
 Telephone: **0113 2591786**

Opening Times:
 Mon - Friday 9.00am - 3.30pm



Please Like us on our
 Facebook page

@Headingly, Horsforth and
 Ireland Wood Children's
 Centre



**Our Children's Centres Offer
 Advice and Support for Families**



Our Team works across three sites at Headingly, Horsforth and Ireland Wood Children's Centre. They work 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 behavior management, domestic violence, drug and alcohol dependency, counselling, seeking asylum and employment advice. Our family outreach workers Justine, Laura, Kimberly 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 - We Work With

- Headingly 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 15 hours free childcare depending on your family income and circumstances, please contact the centre for more details.



Headingley, Horsforth and Ireland Wood Children's Centre Activities



Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Headingley AM	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Babble & Books - Ages 0-4 10am - 10.30am 1st Dec, 8th Dec, 15th Dec at Headingley Community Hub and Library</p>	<p>Counselling Service Available 9am - 12pm Appointment only (Referral process) If you need support call us on 0113 2591786</p>
Headingley PM	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>
Horsforth AM	<p>Tiny Signer's 11am - 12pm Ages approx. 6mths –4 years External Provider Please email admin@tinysigners.co.uk to book your place.</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>Midwife appointments-ante natal and post natal</p> <p>ESOL 13/09/2022 - 13/12/2022 Creche Available 9.30am - 11.30am</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>9.30am - 10.30am Stay and Play - Ages 0-4 £1.50 per family</p> <p>Outreach in the Community If you need support call us on 0113 2591786</p> <p>Counselling Service 9am - 12pm Appointment only (Referral process) If you need support call us on 0113 2591786</p>	<p>10am - 11am Baby Massage External provider call Catherine on 07825299390</p> <p>PREGNANCY, BIRTH AND BEYOND 9.30am - 11.30am 10/11/2022 - 24/11/2022 New Course dates are coming in January</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>Counselling Service 9am - 12pm</p> <p>Appointment only (Referral process)</p> <p>If you need support call us on 0113 2591786</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>
Horsforth PM	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>1.30pm - 2.30pm Baby Massage External Provider call Catherine On 07825299390</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>2pm - 3pm Baby Stay and Play - Ages 0-12mths £1.50 per family</p> <p>Outreach in the Community If you need support call us on 0113 2591786</p> <p>Counselling Service 1pm - 3pm Appointment only (Referral process) If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p> <p>Development Reviews with PHINS Team Pre-Booked appointments only</p>
Ireland Wood AM	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>10am - 11am Baby Stay and Play - Ages 0-12mths</p> <p>£1.50 per family</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>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 0113 2591 786</p> <p>0113 2591786 HENRY 29/09/2022 - 24/11/2022 9.30AM - 11.30AM New Course dates are coming in January</p>	<p>9.30 - 10.30am Stay and Play - Ages 0-4 £1.50 per family</p> <p>Counselling Service Available 9am - 12pm Appointment only (Referral process) If you need support call us on 0113 2591786</p>
Ireland Wood PM	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>	<p>Outreach in the Community</p> <p>If you need support call us on 0113 2591786</p>



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



Alina
Children's Centre
Administrator



Georgia
Volunteer Counsellor



Kate
Volunteer Counsellor

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: 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 138 1111
Money Buddies: 0113 2350276
Better Leeds Communities: 0113 2754 142

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

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.talktofrank.com

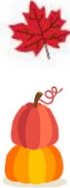

ESOL

Learning English
In Leeds
WWW.LEL.HELP



School Admissions

Mon - Fri
9am - 5pm
0113 222 4414


Local Baby & 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>In the Sanctuary Ages 0-4 years 10am-11.30am</p> <p>Booking Required: 01132 754989</p>		<p>Richmond House Tots, Richmond House School 170 Otley Rd, LS16 5LG</p> <p>Ages 18mths-4 years 9.30-10.15am Summer Term: 20th April- 1st July</p> <p>Booking Required: 0113 275 2670</p>

Local Baby & Toddler Groups in Horsforth

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cragg Hill Baptist Church LS18 4NU Ages 0-4 10am-11.30am Booking Required Email: tots@cbcl.org.uk</p>	<p>St Margret's Church LS18 5LA Ages 0-4 Little Rockets 9.15 -11am Term time only - no need to book</p> <hr/> <p>Lister Hill Baptist Church LS18 5PW Rainbows Cafe 9.30 -11:30am 29th Nov, 13th Dec</p>	<p>EBC Tots Emmanuel Baptist Church 9.30am-10.00am during term time. Booking required tots@ebcleeds.org.uk</p>	<p>Tots and Tykes The Gove Methodist Church Ages 0 - 4 years 9.30-11.15am Term time only. Booking Required 0113 2938458</p> 	

Local Baby & Toddler Groups in Ireland Wood

Monday	Tuesday	Wednesday	Thursday	Friday
	 	<p>St Paul's Ireland Wood Teeny Tots 0-5 years 9.15-11:00am</p> <p>Details on Facebook</p> <hr/> <p>Tinshill Free Church Tots Club 1.15-2.45pm</p> <p>Book on Eventbrite</p>		<p>Cookridge Village Hall</p> <p>Little Snappers 1-3pm</p> <p>Find details on Facebook</p>

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

Things To Do For Dads, Grandads, male Carers

Where	When	What's on	Cost
<p>Emmanuel Baptist Church, Hall Lane, Horsforth, LS18 5JE</p> <p>dads@ebcleeds.org.uk</p>	<p>1st Saturday in every month</p> <p>9.45-11.15am</p>	<p>Who let the Dad's out!</p> <p>Coffee, Play & Craft Ages 0-5 years</p>	<p>FREE or suggested donation of £1.00</p>
<p>Also visit www.Leedsdads.org</p>		<p>For more information on what's available for Dad's across the City.</p>	