

January - March 2023

Headingley, Horsforth & Ireland Wood Children's Centre



**Our Children's Centres Offer
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 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 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 - 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.

**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**

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

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



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	Outreach in the Community If you need support call us on 0113 2591786	Counselling Service Available Free Appointment only (referral process) If you need support call us on 0113 2591786	10:00am - 10:30am Free Babble & Books at Headingley Community Hub and Library Ages 0-4 years	Counselling Service Available Free Appointment only (referral process) 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	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 Free ESOL Entry 1-3 & Creche 18/04/2023 - 18/07/2023 Term time only Call us to book your place	9:30am - 10:30am £1.50 per family Stay and Play Ages 0-4 years	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 Free HENRY 20/01/2023 – 17/03/2023 Parenting course for parents / carers with children under 5s. Call us to book your place.
	Outreach in the Community If you need support call us on 0113 2591786	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 £1.50 per family Baby Stay and Play Ages 0-12 mths	Outreach in the Community If you need support call us on 0113 2591786	Counselling Service Available Free Appointment only (referral process) If you need support call us on 0113 2591786
	Development Reviews with PHINS Team Pre-Booked appointments only	Midwife appointments-ante natal and post natal	Counselling Service Available Free Appointment only (referral process) 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
Ireland Wood Children's Centre	Outreach in the Community If you need support call us on 0113 2591786	10:00am - 11:00am £1.50 per family Baby Stay and Play Ages 0-12 mths	Counselling Service Available Free Appointment only (referral process) If you need support call us on 0113 2591786	10:00am - 11:00am Free In It Together 02/03/2023, 04/05/2023, 08/06/2023, 06/07/2023, 07/09/2023, 05/10/2023, 09/11/2023, 07/12/2023 Support group for parents / carers with children under 5 awaiting or going through Complex Needs Diagnosis. Call us for more information.	9:30am - 10:30am £1.50 per family Stay and Play Ages 0-4 years
		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	9:30am - 11:30am Free Pregnancy, Birth and Beyond 02/03/2023 - 23/03/2023 Call us for more information



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 as you'll need to fill in the Registration Form.

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 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: 10/01, 24/01, 07/02, 21/02, 07/03, 21/03</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: 02/02, 16/02, 02/03, 16/03, 30/03</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
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.**

