

## Throughout the year we run programmes to support families.

Look out on Facebook with dates or sign up for the next programme by speaking to a Family Outreach Worker.

### **Preparation, Birth and Beyond (4-week course)**

Delivered by Health Visitors and Children's Centre Staff with input from a community midwife.

### **HENRY – (8-week course)** Health, Exercise, Nutrition for the Really Young.

For parents/carers with children aged 0 – 5

### **Incredible Babies (6-week course) and Incredible Toddlers (12-week course)**

Delivered by Leeds City Council Parenting Team for parents/carers.

### South Leeds Family Services Group 1 Outreach Team

We are Family Outreach workers supporting families with children under 5 years and cover some of Beeston, Cottingley and Middleton. We can assist you finding help and support with a range of services, e.g. family support, childcare, child development, home safety, play and learning, behaviour issues, adult training/employment, housing and benefits advice, information about local groups and services etc.

**If we do not know we will find out!**

Contact the outreach team on

Sonia Manning - 07891276065

Gemma Pullan - 07595216518

Marie Thornton - 07891275854

Vanessa Hawkins (Manager) -07712103413

### Northpoint Counselling service

Got young children? Finding life Hard? Free counselling available for parents and carers of under 5's [www.northpoint.org.uk](http://www.northpoint.org.uk)

**If you are struggling financially give any of the workers above a call and we will be able to signpost you to the right support for you and your family.**

# South Leeds Family Services Group 1

## What' On Guide Cottingley Children's Centre Two Willows Children's Centre Middleton Play and Learn

Follow us on Facebook for updates!



## You Have the Right to Live Your Life Free from Fear, Violence and Abuse

Domestic violence can involve physical, emotional, and financial abuse usually by a man towards a woman. You and your children may be abused by a partner, ex-partner or family member. Abuse is rarely a one-off event – it tends to get worse over time, there is help available. If you would like advice, information or somewhere safe to stay or simply someone to listen you can: -

**Contact a Family Outreach Worker** (at groups or by phone– see back page of this leaflet).

Go to [www.leedsdomesticviolenceandabuse.co.uk](http://www.leedsdomesticviolenceandabuse.co.uk)

Phone Leeds Domestic Violence 24 Hour Helpline 0113 2460401

### Middleton Play and Learn

Little Growers- Tuesdays 9am till 10.15am

Fun activities for parents/carers to enjoy with children aged 0-5 years. Term Time Only

Contact Sonia for booking 07891276065

### Cottingley Children's Centre

Stay and Play- Thursdays 1.30-2.30pm

Fun activities for parents/carers to enjoy with children aged 0-5 years. Term Time Only

Contact Gemma for booking 07595216518

### Cottingley Monthly Baby Boutique

See Facebook for next session

swap or buy pre-loved clothes 0-5yrs-If you are struggling to buy children's clothes

contact any of the outreach team for support

### Two Willows Children's Centre

Babbling babies Group- Tuesdays 1.30-2.30pm

A friendly group for expectant parents and parents/carers of babies and children up to 1 year. Term Time Only

Contact Marie for booking 07891275854

Or follow us on Facebook to see updates and all bookings.

### Did you know that we have Breast Pumps for hire?

Contact your health visitor a member of our team for more information.

**Would you like support with your breastfeeding journey?**

**Leeds Bosom Buddies** have support groups across

Leeds follow them on Facebook for info about all the groups!



### Two-Year-Old Free Early Education Entitlement

Have you received a golden ticket?

Does your two-year-old meet the eligibility criteria for 15 hours each week of free childcare?

(Term time only)

For more information visit [www.gov.uk/help-with-childcare-costs/free-childcare-2-year-olds](http://www.gov.uk/help-with-childcare-costs/free-childcare-2-year-olds)



### Useful Numbers

NHS - 111

West Yorkshire Fire Service Free smoke alarms & checks 0113 2904806

Child Benefit: 0845 302144

Tax Credits 0345 3003900

Universal Credit - 0800 3285644

Leeds City Council - Welfare Rights Unit - 0113 376 0452

Local Welfare Support Scheme- 0113 3760330

### Healthy Start

NHS

Check if you're eligible at [healthystart.nhs.uk](http://healthystart.nhs.uk)



Are you struggling to buy food?

Contact **Hamara Healthy Living Centre Food Bank**

01132773330

[www.hamara.org.uk](http://www.hamara.org.uk)

Or speak to one of our team for support