



**Beeston,
Cottingley &
Middleton Cluster**

Working in Partnership to help Children, Young People and Families reach their goals

Useful Services and Agencies December 2024

Service / Agency	Support offered	Contact details	Useful for
MIC Money Info Centre	Food Parcels Legal, money, confidential advice Debt, money, advice	Leeds.gov.uk/leedsmic	All community
Welfare Rights	Benefits advice	0113 376 0452 Email: welfare.rights@leeds.gov.uk	All community
CAB	Legal, money, confidential advice Debt, money, advice	0808 2787878 Citizensadviceleeds.org.uk	
Money Buddies		0113 2350276 admin@egac.org	
Local Welfare Support Scheme	Food bank, benefits, emergency fuel	Leeds.gov.uk/benefits/help-with-food-and-bills 0113 3760330	All community
Middleton Family Centre	Food pantry	Health For All £3.50 each shop Thursday ring 07508601337	All community
Cranmore and Rayland's Community Centre	Food pantry	Health For All £3.50 each shop Tuesday 07399 782739	All community
Beeston Village Community Centre	Food Pantry	Health For All £3.50 each shop Thursday 07498734603	All community
Cottingley Community Centre	Food pantry	Health For All £3.50 each shop Friday 07399 078968	All community
Watsonia Building Cross Flatts Park	Food pantry	Health For All £3.50 each shop 07495 031908 Wednesday	All community
Salvation Army	Food parcels	0113 2445898 leeds.central@salvationarmy.org.uk	All community
St Vincent's	Food parcels, clothing, financial advice, emergency support	0113 248 4126	All community
Holbeck Food Bank	Food parcels delivery service	holbeckfoodbank@gmail.com	LS11 only
Teen Connect Help line	Emotional well-being support	0808 8001212 (Call) (6pm-2am) 07984436680 (Text) https://www.lslcs.org.uk/services/connect-helpline/teen-connect/	11-18year olds
Kooth	Free, safe & anonymous online support - counselling and emotional	Kooth.com	Children and young

	well-being platform for children and young people		people over 10 years old
Night Owls	Emotional Well-being support for Children and young people	https://www.lslcs.org.uk/services/night-owls-helpline/ 0800 1488 244 Text 07984376950	Children, Young people, Parents and carers.
Leeds Housing Options	Housing support and advice	0113 222 4412 07891273939 (out of hours 5pm-8am)	Parents/ Carers
Forward Leeds	Advice and support about drug and alcohol use	0113 8872477 Monday – Friday 9am- 5pm	Parents/ Carers and Young People
Mental Health Crisis Team	Adult MH crisis support	0300 300 1485	Adults
Leeds Mental Wellbeing Service	Adult mental health support	https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/	Adults
Leeds Food Aid Network	Emergency food parcels	www.leedsfoodaidnetwork.co.uk mary@leedsfoodaidnetwork.co.uk	All community
Front Door Safeguarding Hub	Safeguarding, child protection	0113 2224403	Public
Childline	Support and counselling for young people	0800 1111 (Freephone) Childline.org.uk	Young people
NSPCC		https://www.nspcc.org.uk/	
Emergency Service	Health / Emergency Services	999	All
Non-Emergency		101	
NHS Helpline		111	
National Domestic Violence Helpline	DV support	0808 2000 247 (24 hours a day – freephone) 0113 2460401 https://ldvs.uk/	All
Leeds Domestic Violence Service			