

Let's Talk

mental health & wellbeing

Children's Centre Counselling Service delivered by Northpoint

We provide free counselling for parents and carers of young children in the Leeds area. This support is available to anyone who has a caring responsibility for a child aged five or under or who is pregnant or whose partner is pregnant.

Please use the link below where client's can self refer or speak to the outreach team for support: <https://northpoint.org.uk/childrens-centre-counselling->

MindMate

Do you need support with your emotional wellbeing? Feeling down and want someone to talk to?

If so please contact our MindMate Spa Lead: Mandy Quayle - 07712103368 or please visit: www.mindmate.org.uk

Leeds Mental Wellbeing Service provides support and psychological therapies for common mental health problems such as anxiety and depression.

They offer a range of evidenced based psychological interventions including 1:1 therapies and online support. For more information call: 0113 8434388 or email leeds.mws@nhs.net

If you need someone to talk to, please contact any of these useful numbers:

iapt

iapt

⇒

Leeds Mind 0113 3055800

⇒

Dial House: 0113 2609328

⇒

Samaritans: 0113 2456789



If you require urgent support, please contact the **Crisis Team on 0300 300 1485** or if you feel you may harm yourself or others please call **999** immediately. You can also speak to your GP, Health Visitor or one of the Outreach Team for support or advice.

What's On in Burley, Little London and Quarry Mount

2023



2023

Are you pregnant or have children under the age of 5 years old?
Would you like support around any issues concerning your child's development?

Do you need support and advice?

We can provide you with practical and emotional support by working alongside you and partners to ensure you receive the right support at the right time.



North West One Family Services covers the Burley Park, Little London and Quarry Mount areas of Leeds.



We work alongside the 0-19's Public Health Integrated Nursing Service and the local Children's Centres to help families who are in need of support.

The Family Outreach Workers can support and provide advice to parents/carers and parents to be, by offering one to one support in the family home, in a private place or over the phone.

Please feel free to contact someone from the Family Outreach Team for more information or speak with your local Children's Centre:

Family Outreach Team

Mandy (Manager) - 07712103368 Steph - 07891276825

Sinead - 07891276824 Hayley - 07712216508

Sammi - 07545603940 Janine: 07891271229

Heather— heather.mccrory@leeds.gov.uk

Nursery Places at our Little Owls children centres for 2 and 3 year olds:



Do you have a child who is 2 or 3 years old? Your local Children's Centre may be able to offer a nursery place for your child. You may be eligible for 15 hours of free nursery education. For nursery provision please contact your nearest Children's Centre for more details:

Little Owls Burley Park Children's Centre — St Matthias Street, LS4 2DZ

0113 2755044

Little Owls Little London Children's Centre — 169a Meanwood Road, LS7 1SR

0113 3782660

Little Owls Quarry Mount Children's Centre — Quarry Street, LS6 2JU

0113 3782555

Please like and join our Facebook page for up to date information about our services we offer in all areas —



Just search for the following link to like and share the page:

<https://fb.me/northwestonefamilyservices>



West Yorkshire Fire Service - Free smoke alarms & checks:
0800 5874536

Child Benefit: 0300 200 3100

Tax Credits: 0345 300 3900

Universal Credit: 0800 328 5644

Housing, General Enquiries and Repairs: 0800 188 4000

Housing Options: 0113 2224412

Welfare Rights: 0113 3760452

Advisory Forum

If you would like to be involved in the advisory forum please feel free to contact the Family Services Manager, Mandy for more information: 07712 103 368

Play in the Home Project



The play in the home project is a 6 week programme with one of our Family Outreach Workers.



Each week we will provide activities based around a specific area to support your child's development.

In each pack there will be resources, leaflets, activity cards and prompt sheets.

If you would like any more information please contact
Sammi: 07545603940 or Janine: 07891271229

Chatterbox Project

This scheme will take place in the home environment which is a familiar and comfortable place for the child

There will be 4 activities that will take place over a 4 week period

Each week a Family Outreach Worker will role model an activity with you and your child. The resources will be left with you for a week so that you can continue to support your child's learning.



For more information please contact
Hayley: 07712216508



Children's Library, Leeds Central Library



Daily Storytime - Follow Leeds Libraries on [Twitter](#) and/ or [Facebook](#) where they are sharing a daily story time from our favourite Authors, Illustrators and Storytellers every morning (Mon - Fri).

Money Buddies

Need any financial advice or support? / FREE debt advice in Leeds.

<https://moneybuddies.org.uk/> Call 0113 2350276



Leeds Domestic Violence Service (LDVS)

Leeds Domestic Violence Service operates a 24 hour telephone support line for women, men and families in Leeds.

Leeds Domestic Violence Service 0113 2460401

Men's Advice Line 0808 801 0327

In an emergency dial 999 / Non emergency 101

Unable to speak but need police assistance then dial 55 when prompted and the call operator will send officers to your location.

These numbers may show up on your telephone / mobile bill.

Are you in need of a food parcel?

National Citizens Advice support families who are in need of food.

If you require a food parcel please contact one of the Family Outreach Workers for more information and support with food parcels.



Monday

Monday Friends - Little London Primary School

(Lower school - Community entrance – Gate C)

Mondays 1:30pm–3:00pm (Term time only)

A stay and play group for parents and children under 5 years.

Please contact **Steph: 07891276825** or **Janine: 07891271229** for further details.



HENRY - Burley Park Children's centre (In the cabin)

Every Monday — starting on 02/10/23 until 27/11/23

Times: 1:00pm-3:00pm

Limited Creche - Please book to secure a place.

HENRY is an 8 week course which promotes healthy lifestyles and positive parenting techniques.

Please contact **Sinead** to book a place on **07891276824**.



Tuesday



B.R.A—Breastfeeding a Real Adventure at Little London Primary School (Lower school—Community entrance — Gate C)

Breast feeding support group for mothers who are breastfeeding babies under 1 years old.

Every 2 weeks (Term time only)

12-09-2023

26-09-2023

10-10-2023

24-10-2023

Times: 10:00am–11:30am

We also offer a breast pump hire service.

For more information or advice please contact **Sammi: 07545603940**





Family Fun Time - Burley Park (In the cabin)

Tuesdays — 1:15pm-2:45pm

(Term time only) 50p donation for snack.

Family group, full of fun and messy activities.

Please contact **Sinead: 07891276824** or **Hayley: 07712216508** for further details.

Family Learning at Burley Park Children's Centre (In the cabin)

Limited Creche - Please book to secure a place.

Every Tuesday — Starting 19/09/23

Time to be confirmed (AM)

Please contact **Sinead—07891276824** for a place.



Family Learning — 'ESOL' - Little London Primary School

Lower school - Community entrance—gate C

Limited Creche - Please book to secure a place.

Every Tuesday — Starting 03/10/23—12:45pm-2:45pm

Please contact **Sammi: 07545603940** for a place.

Wednesday

B.R.A—Breastfeeding a Real Adventure at Burley Park Children's Centre



Breast feeding support group for mothers who are breastfeeding babies under 1 years old. We also offer a breast pump hire service.

Every 2 weeks starting (Term time only)

06-09-2023 20-09-2023 04-10-2023 18-10-2023 25-10-2023

Time: 1.00pm — 2:30pm

For more information please contact **Sammi: 07545603940**

Infant Massage at Burley Park Children's centre

(In the cabin)

Time: 10am-11am (5 week course)

Starting on: Wednesday 27/09/2023—25/10/2023

If you would like further information please contact **Steph on: 07891276825.**



Thursday



Come along to our PEEP Group

Little London Primary School (Lower School - Community entrance— Gate C)

Starting Thursday 16/11/23 until 14/12/23

Time: 10:00am-11:30am

Come along and learn and share simple ways of supporting your child's learning and development in everyday life.

Booking is essential—please contact **Hayley : 07712216508** or

Janine: 07891271229 for further information.

Understanding your Baby Course:

For parents/carers of babies who are under 6 months, learn about: your baby's brain, your relationship with your baby, reading your baby's cues and your baby's behaviour.

If you are interested in accessing a 4 week piece of work in your home around Understanding your Baby , please contact one of the Family Outreach Workers.