

The Children's Centre works in partnership with the local Health Visiting staff and Community Midwives, together we form one **EARLY START TEAM**. We aim to get the **right services**, in the **right place**, at the **right time** for all children and families, from pregnancy up to your child being 5 years.

### Family Support & Well Being:

Our Children's Centres provide a full range of services and activities, including drop-in sessions where you can stay and play with your children, Music Sessions, Baby Massage, Baby Yoga, Sing & Sign, Parenting courses, ESOL classes, Breastfeeding support and baby Clinic's. We also offer a 1-1 Family Support Service to help families through challenging or difficult times or to signpost and offer advice on where to get help for; Housing, Debt, Health, Childcare, Child Development and other specialist services as appropriate.

### Training and Employment Advice:

Are you interested in becoming a centre volunteer, accessing training, starting or returning to work? If the answer is yes please speak to a member of staff who will be able to discuss the support and opportunities on offer.

**Information Regarding Local Services:** If you require information regarding local childcare providers, parent and toddler groups, starting nursery or school or any other local service please speak to your Family Support Workers.



### The Children's Centre Team:

Deborah Town	Children's Centre Services Manager
Keeley Thompson	Deputy Children's Centre Manager
Becki Storey	Lead Family Support Worker
Amber Duck	Family Support Worker
Lucy Hey	Family Support Worker
Tanya Cogan	Play & Learning Support Worker
Taranjit Kaur	Administrator

To contact a member of the team please contact the

Administrator based at:

**Alwoodley Children's Centre on 0113 217 0134**

### Useful Telephone Numbers:

- Health Visiting Team - 0113 843 5683
- Manny Singh (Jobcentre Plus) - 0776 972 5558
- National Domestic Violence Helpline - 0113 386 3520 (Daytime) or 0113 246 0401 (Evenings and Weekends)
- Citizens Advice Bureau - 0113 281 6703
- IAPT - Non-emergency help with depression, anxiety or any kind of emotional stress 0113 843 4388



Alwoodley, Roundhay & Moortown  
Children's Centre Group

### What's On Guide September to December 2017



We operate services from our three Children's Centre sites and other community locations.

Alwoodley - Lingfield Approach, LS17 7HL  
Roundhay - Brackenwood Drive, LS8 1QA  
Moortown - Lidgett Lane, LS17 6QP

Contact us on **0113 217 0134** or visit our website

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

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Monday	Activity	Venue	Info
9.30am - 11.00am	<b>Stay &amp; Play</b>	<b>Moortown Children's Centre</b> Lidgett Lane LS17 6QP	Open to All Drop In

Tuesday	Activity	Venue	Info
10.15am - 11.15am	<b>Baby Massage</b>	<b>Moortown Children's Centre</b> Lidgett Lane LS17 6QP	Book with Catherine on 0782 529 9390 <a href="http://www.lovingbabymassage.co.uk">www.lovingbabymassage.co.uk</a>
12.30pm - 1.30pm	<b>Baby Massage</b>	<b>Roundhay Children's Centre</b> Brackenwood Drive LS8 1QA	Book with Catherine on 0782 529 9390 <a href="http://www.lovingbabymassage.co.uk">www.lovingbabymassage.co.uk</a>

Wednesday	Activity	Venue	Info
9.30am - 11.30am	<b>Mamoni</b> (term time only)	<b>Moortown Children's Centre</b> Lidgett Lane LS17 6QP	BME Women Only Call Becki 0113 217 0134
9.30am - 11.30am	<b>ESOL</b> (term time only)	<b>Roundhay Children's Centre</b> Brackenwood Drive LS8 1QA	Call to book a place call 0113 217 0134
1.15pm - 2.30pm	<b>Messy Play</b>	<b>Alwoodley Children's Centre</b> Lingfield Approach LS17 7HL	<b>Drop In</b>

Thursday	Activity	Venue	Info
9.30am - 11.30am	<b>Baby Clinic</b>	<b>Moortown Children's Centre</b> Lidgett Lane LS17 6QP	Appointment Only Call the Health Team on 0113 843 5683
12.30pm - 1.30pm	<b>Baby Massage</b>	<b>Alwoodley Children's Centre</b> Lingfield Approach LS17 7HL	Book with Catherine on 0782 529 9390 <a href="http://www.lovingbabymassage.co.uk">www.lovingbabymassage.co.uk</a>
1.00pm - 2.30pm	<b>Messy Play</b> (Stay & Play)	<b>Roundhay Children's Centre</b> Brackenwood Drive LS8 1QA	Open to All Drop In
1.00pm - 2.30pm	<b>Breastfeeding Cafe</b> (Support group)	<b>Moortown Children's Centre</b> Lidgett Lane LS17 6QP	Open to All Drop In

Friday	Activity	Venue	Info
10.00am - 11.30am	<b>Tots &amp; Tinies Group</b>	<b>Moortown Children's Centre</b>	Stay and Play for Babies under 12mths
10.00am - 1.00pm	<b>Sing and Sign</b> 10am stage 1 (6-14 mths) 11am stage 2 (14- 30mths) 12pm babes (0-6mths)	<b>Roundhay Children's Centre</b> Brackenwood Drive LS8 1QA	Book online at <a href="http://www.bookmyclass.co.uk/singandsign/?fid=19">www.bookmyclass.co.uk/singandsign/?fid=19</a>
1.30pm - 2.30pm	<b>Baby Yoga</b>	<b>Roundhay Children's Centre</b> Brackenwood Drive LS8 1QA	To book call Sarah on 0759 669 4092 or book online <a href="http://www.littlelearnersleeds.co.uk">www.littlelearnersleeds.co.uk</a>
9.30 - 11.30	<b>ESOL</b> <b>Beginners</b>	<b>Lingfield Centre</b> Lingfield Approach LS17 7HL	To book a place call 0113 217 0134
1pm - 2pm	<b>Music Madness</b>	<b>Alwoodley Children's Centre</b> Lingfield Approach LS17 7HL	<b>Drop In</b>

Please check our website for the most up to date information & events

[www.armccgroup.org.uk](http://www.armccgroup.org.uk) or call us on 0113 217 0134

