### **Baby Signing**



Signing, Songs, Instruments, Stories & Bubbles! Wednesdays 1.00–2.00pm

£4 per session (siblings free)



From babies to pre-schoolers
Fun, friendly atmosphere!
Qualified and experienced signer
Refreshments included

For more information contact

Rachel on 07952 016473 or email rachel@tinysigners.co.uk

# Baby Massage with Sarah

Learn how to massage your baby Infant massage may help with:

- Communication & bonding
- Relaxation & sleep
- Aid digestion
- Relieve wind & colic
- Reduce crying

For babies from 1 month to crawling.



For more information, please contact Sarah on: 0113 2185849 or sarah.frost@ljwb.co.uk



HYPNOBIRTHING • HYPNOTHERAPY

Expereince the benefits of calm, gentle breathing Release yourself from stress

www.shelleypeel.co.uk





We sing nursery rhymes, counting songs, knee bouncers, action songs and finger play rhymes. A wide range of props (pom poms, puppets, teddies) to help engage your child's attention and bring our sessions to life.

For more information, please contact Vicky on: leeds@musicbugs.co.uk



Baby yoga offers many benefits, such as:

- Helps balance, co-ordination and motor skills
- o Aids respiration and digestion
- o Allows babies to move freely
- o Strengthens their bodies and develops reflexes
- Aids bonding, trust and social interaction



To learn more visit: http://www.flutterbabies.co.uk or contact Samantha on:



#### **Community Support Services**



We have Community Support Workers, who provide one-to-one support for families within the home, focused around the needs of each family.

Please ask staff for further details.



Come and see what fantastic services we have for families...

Find us at 311 Stonegate Road Leeds LS17 6AZ 0113 268 4211 www.ljwb.co.uk



0113 203 4915 W: www.ljwb.co.uk E: the board@ljwb.co.uk

### Monday



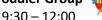
A drop-in group for parents/carers and preschool children, with a focus on learning and playing together.

£2.50 per family or 1 sticker.

# MESOOM



#### **Toddler Group**



A drop-in group for parents/carers and preschool children, with a focus on learning and playing together.

£2.50 per family or 1 sticker.

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A drop-in group for parents/carers and preschool children, with a focus on learning and playing together.

£2.50 per family or 1 sticker.

**Baby Signing** 13:00 - 14:00



Learn to communicate through signing. Please see advert overleaf for more details.

## Thursday

#### Toddler Group W W 9.30 - 12.00



A drop-in group for parents/carers and preschool children, with a focus on learning and playing together.

£2.50 per family or 1 sticker.

#### Music Bugs



13:00 – 14:00

Fun and learning through singing with all the trimmings.

Please see advert overleaf for more details.



#### **Baby Yoga**

14:00 - 15:00

A great opportunity to bond with your baby. Please see advert overleaf for more details.



#### Toddler Group



A drop-in group for parents/carers and preschool children, with a focus on learning and playing together.

£2.50 per family or 1 sticker.

### Other sessions we offer



#### **Baby Massage**

Baby massage offers many benefits. Please see advert overleaf for more details.



#### Hypnobirthing 3



Expereince the benefits of calm, gentle breathing. Please see advert overleaf for more details.

#### Other services @ MAZCC

Here are just some of the other community support services we offer:

#### **Community Carers Group**

Monthly on Mondays Support for all carers e.g. foster, kinship and SEN. Please contact Natasha on 01132185852 or natasha.niyati@lgwb.co.uk for more details.

#### **Adult Wellbeing Drop-In**

Thursday 9:30 - 12:30 Anyone needing practical advice & emotional support.

