

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.



£15 for 5 weeks.
100% Baby-led class

For more information,
please contact Sarah on:

0113 2185849 or
sarah.frost@ljwb.co.uk



HYPNOBIRTHING • HYPNOTHERAPY

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

www.shelleypeel.co.uk



6-24 months

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
- Aids respiration and digestion
- Allows babies to move freely
- 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:

samantha@flutterbabies.co.uk & 07768 538527



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.

THE
VENUE
@ THE MAZCC



LJWB
POSITIVELY CHANGING LIVES



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



The Marjorie and Arnold Ziff Community Centre 311 Stonegate Road Moortown Leeds LS17 6AZ T: 0113 268 4211



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

Monday



Toddler Group
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.

Tuesday



Toddler Group
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.

Wednesday



Toddler Group
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.

Baby Signing

13:00 – 14:00



Learn to communicate through signing.

Please see advert overleaf for more details.

Thursday

Toddler Group

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.

Friday



Toddler Group
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.

Other sessions we offer



Baby Massage

Baby massage offers many benefits.

Please see advert overleaf for more details.



Hypnobirthing



Experience 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.

HOW ARE YOU?



DO YOU NEED A CHAT?

Then we are here for you



To find out more call Carole Hooks in confidence on our

LISTENING LINE 0113 218 5875

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POSITIVELY CHANGING LIVES