

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
Rabia Qayyum	Family 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

January to April 2019



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

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Monday	Activity	Venue	Info
9.30am - 11.00am	Stay & Play	Moortown Children's Centre Lidgett Lane LS17 6QP	Under 5's Drop In
1.00pm-2.30pm	Baby Clinic	Alwoodley Children's Centre Lingfield Approach LS17 7HL	Appointment Only Call the Health Team on 0113 843 5683

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

Wednesday	Activity	Venue	Info
1.00pm - 2.30pm	Stay & Play	Alwoodley Children's Centre Lingfield Approach LS17 7HL	Under 5's

Thursday	Activity	Venue	Info
9.30am - 11.00am	Weigh & Play Self-Weigh Drop In	Moortown Children's Centre Lidgett Lane LS17 6QP	Open to All Drop In
12.30pm - 1.30pm	Baby Massage	Alwoodley Children's Centre Lingfield Approach LS17 7HL	Book with Catherine on 0782 529 9390 www.lovingbabymassage.co.uk
1.00pm 2.30pm	Messy Play (Stay & Play) Term time only	Roundhay Children's Centre Brackenwood Drive LS8 1QA	Under 5's Drop In
1.00pm - 2.30pm	Breastfeeding Cafe (Support group)	Moortown Children's Centre Lidgett Lane LS17 6QP	Open to All Drop In

Friday	Activity	Venue	Info
10.00am - 11.30am	Tots & Tinies Group	Moortown Children's Centre	Stay and Play for Babies under 12mths
10.00am - 1.00pm	Sing and Sign 10am stage 1 (6-14 mths) 11am stage 2 (14- 30mths) 12pm babes (0-6mths)	Roundhay Children's Centre Brackenwood Drive LS8 1QA	Book online at www.bookmyclass.co.uk/singandsign/?fid=19

Please be aware there may be changes to the time table following printing, so please check our website for the most up to date information.

www.armccgroup.org.uk or call us on 0113 217 0134

