

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

Nursery Places at the Children's Centre 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:

Burley Park Children's Centre / St Matthias Street, LS4 2DZ

0113 2755044

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

0113 3782660

Quarry Mount Children's Centre / Quarry Street, LS6 2JU

0113 3782555



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.

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.



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**

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>



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).

Families can still go into their local library to browse and borrow the books and they also have a new selection of picture and board books.



On your visit to the library, you can collect a free Book Start pack from any of the open libraries.



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

Monday

Monday Friends - Little London Primary School

(Lower school)

Starting 9th January at 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 at Burley Park (In the cabin)

Every Monday, Starting on 16/01/23 – 13/03/23

Times: 1:00pm – 3:00pm

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



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

Tuesday

Family Fun Time - Burley Park (In the cabin)

Starting: 3rd January – 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.

ESOL— Social Conversation at Little London Primary School

(Lower School) Limited Creche

Starting on 10/01/23 for 12 weeks from 12:30pm – 3:00pm

Please contact **Mandy** : 07712 103 368 or **Sammi**: 07545603940 for a place.

Wednesday



Infant Massage at Little London Primary (Lower School)

Times: 1:30pm – 2:30pm (5 week course)

Starting on: 22/02/23 – 22/03/23

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



B.R.A—Breastfeeding a Real Adventure at Burley

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

Every 2 weeks starting **Wednesday 4th January** (Term time only)

Times: 1pm – 2:15pm at Burley Park (Children's Centre Cabin)

We also offer a breast pump hire service.

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

Thursday

PEEP – Parent's Learning Together Course at Quarry Mount

Starting 12/01/23 – 09/02/23 from 10am – 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.

Family Learning at Burley Park Children's Centre (Cabin)

'5 Steps to Wellbeing' - 11 weeks course (Limited Creche)

Every Thursday – starting on 12/01/23 at 9:30am – 11:30am.

Please contact **Sinead** for a place: 07891 276 824

Family Learning at Little London Primary School (Lower School)

'5 Steps to Wellbeing' - 11 week course

Every Thursday - from 12th January 2023 at (1:00pm – 3:00pm)

Please contact **Janine** : 07891271229 for a place.

(Limited Creche Availability)

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.