

Sunday

ToGetHere

10:00 – 11:00

STARTING 12th NOVEMBER

A fun and social play session for children with Special Needs, to integrate into the community and develop socially. This also provides respite for parents/carers.

Run by an experienced, qualified teacher.

£5 per session.

Booking essential

[Please contact Melanie on 0113 218 5893 or melanie.tillman@ljwb.co.uk to register your interest.](mailto:melanie.tillman@ljwb.co.uk)

Other sessions we offer

coming soon

Baby Massage



A 5 week course designed to support bonding and many other benefits – sleeping, reducing stress, digestive problems and physical development.

[Please contact Melanie on 2185893 or melanie.tillman@ljwb.co.uk for any queries.](mailto:melanie.tillman@ljwb.co.uk)



Hypnobirthing



Experience the benefits of calm, gentle breathing. Empowering parents to have the birth they want.

[Please contact Melanie on 2185893 or melanie.tillman@ljwb.co.uk for any queries.](mailto:melanie.tillman@ljwb.co.uk)

We are working alongside a Community Support Group

Group for Single Parents

A friendship group run by single parents, designed to offer support for those in similar situations.

[Please contact Viktoria on northleedsgingerbread@gmail.com for any queries.](mailto:northleedsgingerbread@gmail.com)



Every family has its challenges – we are here to help	Questions? Please call 0113 2185875 or email css.info@ljwb.co.uk	Are you feeling lonely or isolated? Would you like to try new things?
Do you care for someone? Are you feeling anxious or low?		Need help getting back into work, volunteering, befriending?

Community Carers Group

Monthly on Mondays

Support for all carers e.g. foster, kinship and SEN.

[Please contact Natasha on natasha.niyati@ljwb.co.uk for any queries.](mailto:natasha.niyati@ljwb.co.uk)

Adult Wellbeing Drop-In

Thursday 9:30 – 12:30

Providing practical advice & emotional support.

[See reception for room location.](#)

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 07590 862507

FREE SERVICE

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THE VENUE @ THE MAZCC
140 YEARS
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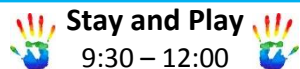
The first 1,001 Days

Supporting families during the most crucial development of their child's life.

Come and see what fantastic activities and groups we have for families... (October - December 2017)

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

Monday



9:30 – 12:00

Calling all parents/carers & children 0-5 years old, come and play together in our new playroom.

We have a sensory area, arts & crafts, messy play, rhyme time and much much more!

£4 per family or 1 sticker.

Refreshments and snack included!

Tuesday

NEW

Baby Bubbles

9:30 – 11:30



STARTING 31ST OCTOBER

A fun, relaxed sensory and singing group, specifically for children aged between 0-1 with their parents/carers.

Join us for sensory fun with bubbles, singing and more!

A FREE session.

Donations for refreshments welcomed.

Refreshments available!

NEW

Art Attack!

1:30 – 3:00



STARTING 31ST OCTOBER

Get creative with both messy play and crafts! A group suited for children aged 2-5 (younger children welcome) and their parents/carers.

Get stuck in with exploring your senses and inner-artist.

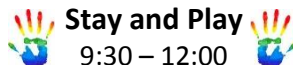
£4 per family or 1 sticker.

Refreshments and snack included!

Booking essential.

[Email melanie.tillman@ljwb.co.uk to book min 48 hours prior.](mailto:melanie.tillman@ljwb.co.uk)

Wednesday



9:30 – 12:00

Calling all parents/carers and children 0-5 years old, come and play together in our new playroom.

We have a sensory area, arts & crafts, messy play, rhyme time and much much more!

£4 per family or 1 sticker.

Refreshments and snack included!

Baby Signing

13:00 – 14:00



Learn to communicate through signing, a fun session with singing, stories, bubbles and more!

[Email Rachel@tinysigners.co.uk to book and for prices.](mailto:Rachel@tinysigners.co.uk)

Refreshments and biscuits included!

NEW

Bumps and Babes

14:15 – 15:45



JOIN US FOR A FREE TASTER SESSION

1ST NOVEMBER

Booking essential

Course to start 8th November

Run by Dr. Netalie Shalom PhD

A 5-week course for pregnant women and new parents.

Learn how to identify feeding cues, communication cues and to be more in-tune to your baby's needs.

Sensory play available for babies!

Older siblings welcome aged 0-5.

£50 for the course, payable in advance.

[Email melanie.tillman@ljwb.co.uk for more details.](mailto:melanie.tillman@ljwb.co.uk)

Refreshments included!

We offer refreshments and a snack at most of our sessions, please do not bring your own food to the centre.

Thursday



Fun Tales

9:30 – 12:00

A play session based around a book, aimed at children aged 2-5, younger children welcome.

With a structured craft time and a story, to support social development and nursery/school readiness.

£4 per family or 1 sticker.

Refreshments and snack included!

'Kiddy' Café

12:00 – 13:00



Children can get involved in making their own 'kiddy' inspired lunch and eat together with their friends.

£2.50 per child or £3.00 per family.

Booking essential if you are staying for lunch.

[Email melanie.tillman@ljwb.co.uk to book min 48 hours prior.](mailto:melanie.tillman@ljwb.co.uk)

Friday



**Baking Buddies
(Challah Baking)**



9:30 – 12:00

Join us for Challah baking, for parents/carers & children aged 0-5, along with messy play, sensory play & more!

£5 per family.

Or simply join us for a play session.

£4 per family.

Refreshments, bread and snack included!

Booking essential.

[Email melanie.tillman@ljwb.co.uk to book min 48 hours prior.](mailto:melanie.tillman@ljwb.co.uk)