

# Sunday

## ToGetHere

10:00 – 11:00

A fun and social play session for children with Special Needs, to integrate into the community and develop socially. A chance for parents/carers to relax and socialise.

Run by an experienced, qualified teacher.

£5 per session.

### **Booking essential**

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

## 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 218 5893 or [melanie.tillman@ljwb.co.uk](mailto:melanie.tillman@ljwb.co.uk) for any queries.



### **Hypnobirthing**



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

Please contact Gill or Jane on 07779504498 /07736054369 for any queries.

### **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](mailto:northleedsgingerbread@gmail.com) for any queries.



Every family has its challenges – we are here to help

Questions? Please call 0113 2185875 or email [css.info@ljwb.co.uk](mailto: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](mailto:natasha.niyati@ljwb.co.uk) for any queries.

### **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

FREE SERVICE

To find out more call Carole Hooks in confidence on our LISTENING LINE 07590 862507



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

THE VENUE @ THE MAZCC

140 YEARS LJWB POSITIVELY CHANGING LIVES



## 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... (Spring 2018)



0113 203 4915 W: [www.ljwb.co.uk](http://www.ljwb.co.uk) E: [the.board@ljwb.co.uk](mailto:the.board@ljwb.co.uk)

## Monday



### Stay and Play

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 snacks included!**

## Tuesday

### Baby Bubbles

9:30 – 11:30



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

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

A FREE session.

Donations for refreshments welcome.

**Refreshments included!**

### Art Attack!

1:30 – 3:00



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 express your inner-artist.

£4 per family or 1 sticker.

**Refreshments and snacks included!**

**Booking essential.**

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

## Wednesday



### Stay and Play

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 snacks included!**

### Baby Signing

13:00 – 14:00



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

**Refreshments included!**

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

### 'Brand New Baby'

#### Cafe

14:15 – 15:15



**FREE SESSION**

A drop in session for babies up to 1 month old. Run by a maternity support worker offering advice and guidance on feeding your brand new baby. A chance to meet other new mums.

Baby weighing will also be offered.

Older siblings are welcome, toys will be available.

**Refreshments included!**

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



## 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 snacks included!**

## 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 or 1 sticker.

**Refreshments, challah and snacks included!**

**Booking essential.**

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

**We offer refreshments and a snack at most of our sessions. Please do not bring your own food into The Centre.**