

# Sunday

## ToGeTher☺

10:00 – 11:00

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 family.

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

## Other sessions we offer

### 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	<b>Questions?</b> Please call <b>0113 2185875</b> or email <a href="mailto:css.info@ljwb.co.uk">css.info@ljwb.co.uk</a>	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**

**LJWB**  
POSITIVELY CHANGING LIVES

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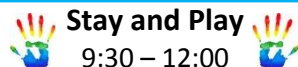
# The first 1,001 Days

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

**Come and see what fantastic activities and groups we have for families... (From 3<sup>rd</sup> July 2017)**

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

# Monday



## Stay and Play

9:30 – 12:00

Calling parents/carers & children 0-5 years old, come and play together in our new playroom. We have baby sensory, arts & crafts, messy play, rhyme time and much much more!  
£4 per family or 1 sticker.

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

**Refreshments and snack included!**

## Postnatal Natter

14:00 – 15:30

A relaxed session for new parents/carers and their babies. Join us for sensory play and the chance to meet others with babies the same age.  
£4 per family or 1 sticker.

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

**Refreshments included!**

# Tuesday



## Fun Tales

9:30 – 12:00

A play session based around a story, for parents/carers & children aged 2-5 (**younger siblings welcome!**). We will include some structure and activities to support social development and school readiness.  
£4 per family or 1 sticker.

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

**Refreshments and snack included!**

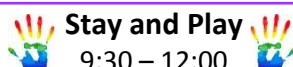
## 'Kiddy' Café

12:00 – 12:30

Children can get involved in making their own 'kiddy' inspired lunch and eating together with their friends.  
£3.50 per child

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

# Wednesday



## Stay and Play

9:30 – 12:00

Calling parents/carers and children 0-5 years old, come and play together in our new playroom. We have baby sensory, arts & crafts, messy play, rhyme time and much much more!  
£4 per family or 1 sticker.

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

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

## Bumps and Babes

14:00 – 15:30



Run by Dr. Netalie Shalom PhD

A 5 week course for pregnant and new parents, to learn together and share information on popular topics whilst meeting others. Babies welcome!  
£50 for the course, payable in advance.

[Email melanie.tillman@ljwb.co.uk to book min 1 week prior.](mailto:melanie.tillman@ljwb.co.uk)

**Refreshments included!**

**With every session, refreshments  
&/or snacks will be provided.**

**Please don't bring your own food  
into the centre.**

# Thursday

## Bubbles

9:30 – 12:00



A sensory and singing group for parents/carers & children aged 0-2 (**older siblings welcome**). Join us for sensory fun with bubbles, singing and more!  
£4 per family or 1 sticker.

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

**Refreshments and snack included!**



## Music Bugs

13:00 – 14:00

Fun and learning through singing with all the trimmings. Sensory and play-based music and singing!

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

**\*COMING SOON\***

## Baby Yoga

14:00 – 15:00



Fun, friendly and interactive, a great opportunity to bond with your baby and to make new friends.

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

# Friday



## Boogie and Bake (Challah Baking)



9:30 – 12:00

Join us for Challah baking, for parents/carers & children aged 0-5, along with active games, dancing and more!  
£5 per child.

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

**Refreshments, ingredients and snack included!**