

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 to register your interest.

Other sessions we offer



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 for any queries.



COMMUNITY SUPPORT SERVICES

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.

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

FREE SERVICE

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...
(September-October 2018)

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



0113 203 4915 W: www.ljwb.co.uk E: the.board@ljwb.co.uk


Monday

 **Stay and Play** 
9:30 – 12:00

For parents/carers & children 0-5 years old, come and play together in our fantastic playroom. We have a sensory area, arts & crafts, messy play, rhyme time and much, much more!

£4 per family or 1 sticker, or £2 for under 1s.
Refreshments and snacks included!

Tuesday


Baby Bubbles 
9:30 – 11:30

A fun, relaxed sensory and singing group, specifically for babies aged between 0-1.5 with their parents/carers. Join us for sensory fun with bubbles, singing and more!

£2 per family.
Refreshments included!

We offer refreshments and a snack at most of our sessions. Please only bring fruit to the centre.

Wednesday

FunTales 
9:30 – 12:00

A play session with crafts and messy play based around well-loved stories - along with lots of free-play. With a story time, to support social development and nursery/school readiness.

£4 per family or 1 sticker, or £2 for under 1s.
Refreshments and snacks included!



Baby Signing
13:00 – 14:00

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

Classes start again 5th September.

Refreshments included!

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

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

Thursday

 **Stay and Play** 
9:30 – 12:00

Calling all parents/carers and children 0-5 years old, come and play together in our fantastic playroom. We have a sensory area, arts & crafts, messy play, rhyme time and much, much more!

£4 per family or 1 sticker, or £2 for under 1s.
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Baby Massage
1:30 – 3:00

STARTING 6th SEPTEMBER

Discover the relaxing and calming benefits of Baby Massage in our new 5-week course. For babies from 2 months (approx..) to crawling.



Booking required

£30 for the whole course.

Refreshments and biscuits included!

[Please email melanie.tillman@ljwb.co.uk to book.](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!

Booking preferred to ensure enough bread.

£4 per family or 1 sticker, or £2 for under 1s.

Refreshments, challah and snacks included!

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