

Sunday

'Together' Sunday Club 😊

10:00 – 11:00

A fun and social play session for children with additional 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.



Hypnobirthing

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

Booking essential

Please contact Gill or Jane on 07779504498 /07736054369 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

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?

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

FREE SERVICE

NEW

THE
VENUE
@ THE MAZCC



SINCE 1878
LJWB

PREGNANCY AND PRE-SCHOOL PROJECT
SPONSORED BY SIMON COPE

Our programme supports families throughout their child's most critical development. Our groups and activities start with pregnant mothers, and continue throughout the first 5 years of a child's life.



Come and see what fantastic activities and groups we have for families...
(March 2019)

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

Come and play together in our fantastic playroom, with great areas for learning - including role play, construction, small world and puzzles.

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

£2.50 for 1 child, £3.50 for 2, £3.50 for 3 or more.

Refreshments and snacks included!

Tuesday

(Baby Bubbles has moved to Thursdays for March)



Yoga with your Toddler

(9:20 arrive) 9:30 - 10:15

From 5th March

We are pleased to offer 4 weeks of drop-in Yoga. Classes are suitable for walkers to pre-school age.

£6 per class to be paid on the day

Yoga with your Baby

(10:20 arrive) 10:30 - 11:30

From 5th March

We are pleased to offer 4 weeks of drop-in Yoga. Classes are suitable for babies 12 weeks to walkers.



£7 per class to be paid on the day

You don't need to practice yoga or know anything about it to get started with your baby or toddler. Both groups include massage, holds, stretching, singing and rhymes, game playing and relaxation.

Places are limited, booking recommended by emailing melanie.tillman@ljwb.co.uk or calling 0113 218 5821



Wednesday

 **Stay and Play** 
9:30 – 12:00

Come and play together in our fantastic playroom, with great areas for learning - including role play, construction, small world and puzzles.

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

£2.50 for 1 child, £3.50 for 2, £3.50 for 3 or more.

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.

FREE taster available for newcomers.

Refreshments included!

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

'Early Days'

Support

14:15– 15:15

FREE SESSION



A drop-in session, run by a maternity support worker offering advice and support for late pregnancy and early parenthood. A chance to meet other new mums. Older siblings are welcome, toys will be available.

Refreshments included!

[Please text or call Julie on 07920 548085 to confirm attendance and for any queries.](tel:07920548085)

Thursday

Baby Bubbles

9:30 – 11:30



A fun, relaxed sensory group with singing, specifically for babies aged between 0-18 months with their parents/carers.

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

£2 per family.

Refreshments included!

Friday

Baking Buddies

(Challah Baking)

9:30 – 12:00



Join us for Challah baking! Come and make your very own bread and play whilst it cooks - with messy play, sensory play & more!

For parents/carers & children aged 0-5.

Booking preferred to ensure enough bread.

£2.50 for 1 child, £3.50 for 2, £3.50 for 3 or more.

Refreshments, challah and snacks included!

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

Other



Baby Massage

13:30-14:30

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

£25 for the course or £5 per week.

Refreshments and biscuits included!

[Please email melanie.tillman@ljwb.co.uk to be placed on the waiting list. Dates to be discussed on booking.](mailto:melanie.tillman@ljwb.co.uk)