

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.



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.

REMEMBER TO...

Grab a book of 6 stickers for £14 - that's ONLY £2.33 a session!

We offer refreshments & snacks our sessions. Please only bring fruit/veg to The Centre.

The café will serve toast/teacakes etc. in the playroom, along with Ella's Kitchen pouches.



COMMUNITY SUPPORT SERVICES

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

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

NEW **FREE SERVICE**

LJWB
POSITIVELY CHANGING LIVES

THE VENUE @ THE MAZCC



SINCE 1878
LJWB

PREGNANCY AND PRE-SCHOOL PROJECT
SPONSORED BY SIMON COPE



SUMMER

TIMETABLE

29th July – 30th August 2019

*older siblings are welcome

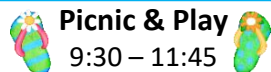
The Marjorie and Arnold Ziff Community Centre 311 Stonegate Road Moor-town Leeds LS17 6AZ T: 0113 268 4211



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

NEW

Monday



9:30 – 11:45

29th JULY, 5th and 12th AUGUST

Join us for outdoor play with painting, messy play and sporting fun – fingers crossed for sunshine.

You'll also find lots to do inside - including rhyme time! For children aged 0-5 and their parents/carers.

***older siblings are welcome.** No booking required.

£2.50 for 1 child, £3.50 for 2, £4.50 for 3 or more.

Refreshments and snacks included!

PLAYROOM OPEN FOR UN-STAFFED PLAY 19TH AUGUST

Stay for a PICNIC

11:45 – 12:45



29th JULY, 5th and 12th AUGUST

Make your own pizzas & eat together with your friends.

Fresh fruit smoothies and yogurts too!

***also available for parents.** No booking required.

Please inform us of any dietary requirements.

£1.50 each.



Baby Cinema

Film showing 10:00

5th AUGUST AND 2ND SEPTEMBER



Bring your baby and watch a film in a welcoming and relaxed environment in our Shul. No need to book. For parents/carers and babies 0-12 months (approx.).

£2 per family.

Drinks/snacks available to purchase from the café.



Baby Massage

1:30 – 2:30

NEW COURSE STARTING NOVEMBER

Discover the relaxing benefits of Baby Massage in our 4-week course - support sleep, colic and bonding.

£20 to be paid in advance.

Booking essential. Email melanie.tillman@LJWB.co.uk.

Tuesday



Yoga with your Baby

yoga

10:30 - 11:30 AND 11:45 – 12:45 with debs

TWO NEW COURSES STARTING SEPTEMBER

Contact debsgrossman@gmail.com/0785 7537905 to book.



Ma Club colleagues

12:30

6th AUGUST



Grab your popcorn and chill with...

For children of all ages. No booking required.

***toys available for younger children.**

£2 for 1 child, £3 for 2, £4 for 3 or more.

Popcorn & drinks included, snacks available from the café.

NEW

Wednesday

Messy Monsters!

9:30 – 12:00

31ST JULY, 7th and 14th AUGUST

Get mucky and creative with a whole morning of messy fun!

Explore your senses and imagination.

For children aged 0-5 and their parents/carers.

***older siblings are welcome.** No booking required.

£2.50 for 1 child, £3.50 for 2, £4.50 for 3 or more.

Refreshments and snacks included!

PLAYROOM OPEN FOR UN-STAFFED PLAY 21ST & 28TH AUGUST



Baby Signing

13:00 – 14:00

NEW GROUP STARTING 4th SEPTEMBER

A drop-in session with singing, stories, bubbles & more!

'Early Days' Support

14:15– 15:15



FREE SESSION Drop-in with a maternity support worker.

Contact Julie on 07920 548085 to confirm attendance.

Thursday

Baby Bubbles

9:30 – 11:30

1st, 8th and 16th AUGUST

A fun, relaxed sensory group, for babies 0-18 months – singing included! Arrive and leave when suits you.

***separate toddler area available.** No booking required
£2 for 1 child, £3 for 2, £4 for 3 or more.

Refreshments included!

PLAYROOM OPEN FOR UN-STAFFED PLAY 22ND & 29TH AUGUST

Friday

Baking Buddies

9:30 – 12:00

2nd, 9th and 16th AUGUST

Join us for a fun play session with added Challah baking, along with messy play, rhyme time, outdoor play and more!

For children aged 0-5 and their parents/carers.

***older siblings are welcome.** No booking required.

£2.50 for 1 child, £3.50 for 2, £4.50 for 3 or more.

Refreshments, challah and snacks included!

PLAYROOM CLOSED 23RD AUGUST FOR THE EVENT BELOW...

PJ Library



FRIDAY 23.8.19 10:30-12:30

Join LJWB for SUMMER FUN to celebrate the launch of PJ Library in Leeds.

ALL families welcome £3 per child. No need to book!

Email melanie.tillman@ljwb.co.uk for location & queries.

Bouncy castle and a free book from PJ Library.

PICNIC LUNCH INCLUDED!