

## *Our Team*

**Claire Howells** — Centre Manager  
**Joanne Gummerson** — Administrator  
**Vicky Evans** — Senior Outreach Worker 0-5  
**Becky Ridsdale** – Family Outreach Worker 0-5  
**Steph Cridland**— Cluster Outreach Worker 5-11  
**Amrit Kaur**— Chair of Advisory Board

## *Useful Numbers*

*Police (Non emergency)*

101

*NHS Helpline*

111

*Leeds Domestic Violence Helpline*

0113 246 0401

*National Domestic Violence Helpline*

0808 2000247

*Men's Domestic Violence Advice Line*

0808 8010327

*Support After Rape and Sexual Violence Leeds*

0808 802 3344

*Children's Centre Advice Service (Formally CAB)*

0113 2753498

*Leeds Dental Advice Line*

0800 2985787

*Family Information Service*

0800 7310640

[www.familyinformationserviceleeds.co.uk](http://www.familyinformationserviceleeds.co.uk)

*Forward Leeds*

Alcohol & drug service for Leeds.

0113 887 2477

[www.forwardleeds.co.uk](http://www.forwardleeds.co.uk)

## **West Leeds Food Bank**

Friday's 5:00-7:00pm

The Oak Church, Bradford Road, LS28 6EF

Food bank vouchers are available from the

Children's Centre if you are in need.

07707 160 156



# What's On at Farsley/Calverley Children's Centre Spring 2020

*Farsley/Calverley Children's Centre offers a wide range of groups and activities for local families with Children aged 0-5 years.*

## *What We Offer*

**Vicky and Becky** support families with children aged 0-5 years.

**Steph Cridland** supports families with children aged 5-11 years.

We can support you both in the home, at the centre or in the community.

We offer information on childcare, training, activities and groups in the community.

We also have a breast pump available for loan for those needing extra support with breast feeding.

*For more information please contact the Centre.*

## *Contact us*

Farsley/Calverley Children's Centre

Farsley Farfield Primary School

Infant Site, (North Building) , Cote Lane

LS28 5ED

Tel: 0113 2058134

**Email:** [childrenscentre@farsleyfarfield.org.uk](mailto:childrenscentre@farsleyfarfield.org.uk)

[www.facebook.com/farsleycalverleychildrenscentre](http://www.facebook.com/farsleycalverleychildrenscentre)



## Spring Term 2020

## Monday

### Childminders Drop In 9:15-10:45am

Group for registered childminders and the children in their care to take part in a fun learning experience.

Contact **Nicola Anderson**  
For more information  
on 07794 832587.



### Breastfeeding Peer Support Group 9:30-11am

Well Being Centre, Robin Lane  
Pudsey Contact:  
Gemma 07967 644607



## Tuesday

### Family Learning 9.00—11.30am Supporting Children's Mindfulness Starts 14th January 2020

A fun and creative group for adults.  
Creche available

**Booking is essential**

Please contact the **centre** for  
more information



### Baby Senses

4 week course

At Calverley Parkside School Community  
Room (inside the nursery)

Starts Tuesday 3rd March 2020

10.00-10.45am

Booking is essential



### Well Baby Clinic

1:00-3:00pm

10 minute appointments available

1:00-2:50pm.

To book an appointment please contact

Leeds Community Healthcare on

0113 843 5683.

Please bring your red book.



### Parent Space

Appointment only (9:00-4:00pm)

One-to-one time to explore emotions and  
share worries you may have about your  
child. Contact the centre for

More information.



## Wednesday



### Parent and Toddler Group

9:00-10:45am

(Term time only)

A fun session for children to enjoy new  
experiences and meet other children.

Please contact **Vicky or Becky** at the centre.

£2.00 per child, 50p sibling

### Pregnancy Birth and Beyond

Helping parents-to-be prepare for the arri-  
val of their baby and after birth  
experiences. Speak with your **midwife** or

**Health Visitor** for more information

on 0113 843 0500.



## Thursday

### Play and Learn for under 2's 2:00-3:15pm (Term time only)

A chance to meet parents and enjoy fun  
activities with your child.

Contact **Becky** at the centre for more  
information.

£1.50 per family



## Friday

### Baby Massage

Starts Friday 28th February 2020

10.00—11.00am

5 Week course

Calverley Parkside Nursery

Booking is essential

£25.00 for course

Come and join Vicky to learn techniques  
to massage your baby in line with IAIM.

Contact the centre to book your place on

0113 2058134



### Shake Rattle & Boogie

1.00-1.45pm

An exciting new dance and music  
class for toddlers and pre schoolers

Please contact Kimberley on  
07984 158281 to book your space!

