

Our Team

Claire Howells — Centre Manager
Joanne Gummerson — Administrator
Vicky Evans — Senior Outreach Worker 0-5
Becky Matthews – 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

Pudsey Cluster (Over 5's)

0113 387 1885

Leeds Domestic Violence Helpline

0113 246 0401

Men's Domestic Violence Advice Line

0808 801 0327

Leeds Welfare Support

(Help with food and household bills) 0113 376 0330

Leeds Welfare Rights

(Free confidential benefit advice) 0113 376 0452

Universal Credit Helpline

0800 328 5644

Leeds Housing Options

0113 222 4412

Leeds Crisis Team / Mental Health Helpline

0300 300 1485

Better Leeds Communities (Offering practical debt solutions and services)

0113 275 4142

Citizens Advice Leeds

0808 278 7878

Leeds Dental Advice Line

0800 298 5787

Family Information Service (www.familyinformationserviceleeds.co.uk)

0800 731 0640

Forward Leeds (Alcohol & drug service for Leeds)

0113 887 2477 www.forwardleeds.co.uk

Leeds Community Healthcare Hub

(The Early Start Health Visiting Team) 0113 843 5683



What's On at Farsley/Calverley Children's Centre Spring 2022

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.

For more information please contact the Centre.

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



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

www.facebook.com/farsleycalverleychildrenscentre



Spring Term 2022

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 **Cheryl Suddards**

Breastfeeding Peer Support Group 9:30-11am

Well Being Centre, Robin Lane,
No need to book drop in's welcome



Tuesday

Family Learning 9.00—11.00am

New course coming soon
Starts April 2022

A fun and creative group for adults.

Booking is essential

Please contact the centre
for more information



Baby Sensory Play

4 week course - £15.00

At Farsley Calverley Children's Centre
(in the Community Room)

Starts 1st March 2022

1.00-1.45pm

Booking is essential



Creative Critter Bugs

For Babies 6 months to 18 months

Tuesday 15th and Tuesday 29th March 10.00—
11.00am. £5.00 per session

At Farsley Calverley Children's Centre Room
(Calverley Parkside Primary School)

Booking is essential

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.

Booking is essential

£2.00 per child, 50p sibling



Thursday

Incredible Years

9.30—11.30 am (Term time only)

Starts Thursday 10th March for 12 weeks

This is a 12 week programme that develops positive relationships and assists in preventing and supporting behaviour problems.

Play and Learn for under 2's

1:00-2:15pm (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

Booking is essential



Friday

Baby Massage 5 Week course

Starts Friday 4th March 2022

10.00-11.00am

Farsley Calverley Children's Centre

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 205 8134



Shake Rattle & Boogie

Monthly at the Children's Centre

An exciting new dance and music class for toddlers and pre schoolers. Please contact Kimberley on 07984 158281 to book your space!



Baby Self Weigh Appointments COMING SOON

15 minute appointment slots

Booking is essential—Please call 0113 205 8134

ROSPA



Please contact the Centre if you would like to book a home safety assessment.

Courses & Groups coming soon

Please contact the Centre on 0113 205 8134 if you are interested in attending any of the following



Pregnancy Birth and Beyond

Helping parents-to-be prepare for the arrival of their baby and after birth experiences. Speak with your **midwife** or **Health Visitor** for more information on 0113 843 0500

Starting Solids

FREE One off 2-hour session looking specifically at weaning your baby. The course allows you to ask any questions relating to weaning including baby led weaning.

HENRY

Health, Exercise and Nutrition for the Really Young-gives young children a healthy start in life and helps prevent child obesity. The course recognises that emotional well-being and confident responsive parenting are just as important for a healthy lifestyle as nutrition and activity.

Incredible Babies/Incredible Toddlers

Incredible Babies is a programme for parents/carers of babies aged 0 to 12 months. This programme promotes social, emotional, physical and language development by increasing parent's positive relationships, secure attachment and understanding of their baby's needs.

Incredible Toddlers is a programme designed to teach parents how to foster positive child development, positive relationships and effective techniques for dealing with common problems such as crying, sleeping and behaviour issues. Suitable for parents of children aged 1 to 3.