

Armley • Castleton • Farnley • Wortley • Bramley • Hollybush • Kirkstall
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WEST GROUP 3

Children's Centre Family Services

September – December 2026

**Armley
Children's Centre**
Chapel Lane, Leeds,
LS12 1UT

**Little London
Children's Centre**
169a Meanwood Road,
Leeds, LS7 1SR

0113 5352241

Opening |Times:
Monday - Friday
9:00am - 4:00pm



Advice and Support for Families

Family support

Child Development
Support

Stay & Play

Groups & courses

Play in the home

Nursery / school
applications

Parenting support

Infant Feeding Support

Domestic abuse support

Drugs & alcohol
support

Mental health support

Benefits &
employment advice

We are here to support all families with children aged 0-5 years both in your home, in community and at our centres.

We can provide help, advice and guidance with a wide range of family needs. Our Children's Centre Family Services also offer a variety of evidence-based courses, activities and sessions, based on child development matters and your voices as parents and carers.

Whatever your circumstances, you don't have to face things alone. Our friendly team is here to listen and help you find the right support for you and your family.

Contact us **0113 5352241**

Meet Our Team

We keep children at the heart of everything we do
and celebrate that every child is unique.



Claire

Children's
Centre Family
Services
Manager

07851103044



Stacy

Assistant
Children's
Centre
Manager

07891270188



Diane

Admin
Assistant

01135352241



Bina

Senior
Family Help
Worker

07837107706



Sinead

Senior
Family Help
Worker

07891276824



Sarah

Family Help
Worker

07545605406



Emily

Family Help
Worker

07851103028



Kelly

Family Help
Worker

07712216187



Hayley

Family Help
Worker

07712216508

We provide a caring, welcoming and safe environment, build positive and trusting relationships and ensure every child's voice is heard. We work in partnership with other services, celebrate diversity and promote community cohesion.

Our timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Armley Children's Centre	If you require Domestic Abuse Support, please ring the LDVS 24 Hour Helpline 0113 2460401	9:00am - 4:00pm Baby Hub Appointments only. To book call the SPA on 0113 8435683	1:00pm - 3:00pm HENRY parenting course 09/09/2026-21/10/2026 Please contact us 0113 5352241 for more info or to book.	10:00am - 11:30am Baby Stay & Play Ages 0-12 months Baby weighing is available. No booking is required. £1 per family cash donation.	9:30am -11:30am Pregnancy, Birth and Beyond (PBB) 06/11/2026-27/11/2026 To book please call 0113 8435683, text a 0-19 specialist public health nurse on 07520619750 or email lch.pbbbooking@nhs.net
	10:00am - 11:30am Stay & Play Ages 0-4 years Baby weighing is available. No booking is required. £1 per family cash donation.	9:30am - 11:00am 1:00pm - 2:30pm SENSE Connect & Play For families with children 0-8 years old with complex disabilities. Referral process. Please contact ConnectAndPlay@sense.org.uk		10:00am - 11:30am Bosom Buddies Breastfeeding Peer Support Drop in for breastfeeding support, refreshments & to meet other families.	
Little London Children's Centre	9:30am - 11:30am Family Learning Fun with Songs & Rhymes Ages 0-4 years 14/09/2026 - 19/10/2026 02/11/2026 - 07/12/2026 no session on 26/10/2026 To enroll please attend first session of the course and bring ID and any benefit info. Contact Sinead for more info 07891276824 or sinead.broxbolme@leeds.gov.uk	9:15am - 11:30am ESOL with Creche 8/09/2026 - 08/12/2026 no session 27/10/2026 Limited creche places are available. Please contact us 0113 5352241 for more info or to book.	Support with Domestic Violence, Abuse, victim-survivors can call helpline on 0113 2460401. Services on offer include discreet drop-in service, community outreach, 24hr helpline, emergency accommodation, legal support and advocacy and support groups.	9:30am - 11:30am HENRY parenting course 08/10/2026 – 03/12/2026 no session 29/10/2026 Please contact us 0113 5352241 for more info or to book.	9:30am - 11:00am Stay & Play Ages 0-4 years Baby weighing is available. No booking is required. £1 per family cash donation.
		12:15pm - 2:30pm ESOL with Creche 8/09/2026 - 08/12/2026 no session 27/10/2026 Limited creche places are available. Please contact us 0113 5352241 for more info or to book.	1:30pm - 3:00pm Stay & Play Ages 0-4 years Baby weighing is available. No booking is required. £1 per family cash donation.		

* **Stay & Plays** are Children's Centre weekly sessions, and you don't need to pre-book it. They're term time only, and the sessions don't run during the first week of the new term. **£1 is a voluntary contribution to cover the cost of our resources.** Kindly be aware that there is limited capacity for these sessions. If you're visiting our Children's Centre for the first time or if we're updating information, we will ask you to fill in a Registration Form. Privacy notice available on request. Thank you.

Groups and Courses



Healthy Start, Brighter Future

The 8-week HENRY programme will help you develop a healthy, happy, and supportive home for your whole family.

Do you have a child aged 0-5 years?
Would you like some parenting support, healthy mealtime tips, activity ideas and health and wellbeing support?
Would you like to meet other parents?

You can book onto the HENRY programme by visiting: www.leedscommunityhealthcare.nhs.uk/0-19/HENRY, by scanning the QR code below, or by calling our 0-19 Single Point of Access (SPA) on 0113 843 5683. You can also speak with one of our 0-19 practitioners or your local Children's Centre.



0-19 Public Health Integrated Nursing Service



Leeds Learning Hub helps Leeds residents learn English through ESOL courses at Little London Children's Centre and has lots of other education opportunities.

www.leedsadultlearning.co.uk

Preparation for Birth and Beyond (PBB)

Antenatal free programme for first-time parents.

It helps you learn about:

- your baby's development
- how to care for your baby
- how life may change
- how to keep your baby safe
- what to expect during birth
- how to understand your baby's needs

Courses run face-to-face during the day or virtually in the evening.

Each course includes four weekly antenatal sessions (2 hours each), one reunion session after your baby is born. Sessions run over four weeks.

Contact us:

0113 8435683

Text a 0-19 specialist public health nurse on **07520619750**

lch.pbbbbooking@nhs.net

Infant Feeding Support

Breast Pump Hire

6 week - £12.50. Please call 0113 5352241 for more information.

Infant Feeding Support via Children's Centre Help Team call us 0113 5352241

Bosom Buddies Breastfeeding Peer Support

at Armley Children's Centre. Join the group during pregnancy and when your baby is born for mum-to-mum support, informal chat and a cuppa.



0-19 Public Health Integrated Nursing Service Single Point of Access: **0113 8435683**

Free Places For 2-Year-Old

Your child may be eligible for 15 hours free childcare, depending on your family income and circumstances.

This is called 'FEEE' which means 'Free Early Education Entitlement'. There are many childcare providers across the City including childminders, private providers and Little Owls nurseries.

Please contact us **0113 5352241** for more information or visit **www.beststartinlife.gov.uk** **www.gov.uk/get-childcare**

Food Support

visit **www.leedsfoodaidnetwork.co.uk/parish-pantries**

Rainbow Junktion Foodshare:

All Hallows Church,
24 Regent Terrace, LS6 1NP

Mon, Thu, Fri 11:30am - 3:00pm
operates a "pay-as-you-feel" café and food share.

9:30am-11:00am Breakfast Time
exclusively for young children and their parents / carers.

The Little London Community Food Pantry:

Little London Community Centre,
Oatland Lane, Leeds, LS7 1SR
Fridays 12:00pm - 2:00pm
leedsafricancommunities@gmail.com
0798 5608692

YUM Community Pantry:

Mon, Wed and Fri 1:00pm - 4:00pm
Sat 10:00am -12:00pm
Unit 9, Gelder Road, Armley, LS12 3UF
armleyyum@gmail.com



We support anyone in Leeds affected by domestic violence and abuse.

Contact us for more information about how we can support you:

 **0113 246 0401**
 **hello@ldvs.uk**
 **www.ldvs.uk**

Our services include:

- Discreet drop in service
- Community outreach
- 24hr helpline & online chat
- Emergency accomodation
- Legal support & advocacy
- Support groups

Leeds Domestic Violence Service (LDVS) is operated as a partnership with three specialist organisations: Leeds Women's Aid, Behind Closed Doors and Women's Health Matters.

Useful Contacts

Mental Health

Leeds Mental Wellbeing Service:
www.leedscommunityhealthcare.nhs.uk
0113 8434388

MindWell: www.mindwell-leeds.org.uk
MindMate: www.mindmate.org.uk

If you require urgent support, please contact **Crisis team on: 0300 300 1485**

or if you feel you may harm yourself or others, please call **999** immediately.

Housing Support

Leeds Housing Options:
0113 222 4412, emergency out of hours call 0113 378 8366
housing.options@leeds.gov.uk
Leeds Homes:
www.leedshomes.org.uk
Issues with private rents or Landlords contact Private rented Housing Team:
0113 3784699
prs.housing@leeds.gov.uk

Substance Misuse

For advice for you or someone else around drug or alcohol addiction call:

Forward Leeds: 0113 8872477
FRANK (Drugs): 0300 1236600
www.talktofrank.com

Woodhouse Community Centre

Headspace - contact lucy@oblong.org.uk or 0113 2459610 for more information.
10:00am - 1:00pm IT Suite open
11:45am - 12:45pm Food parcels
6:00pm - 7:00pm Brave Men Group

Domestic Abuse

If you or someone else, you know is experiencing Domestic Abuse the following support and advice services are available:

Leeds Domestic Violence Service:
0113 2460401
Men's Advice Line: 0113 2224203
In an emergency dial 999.

Or speak to the Children's Centre Team.

Financial & Gambling Support

National Gambling Helpline:
0808 8020 133 or live chat via www.gamcare.org.uk
Better Leeds Communities:
0113 2754142
Step Change: 0800 1381111
Money Buddies: 0113 2350276
CAP Debt Help: 0800 3280006

School Admissions: 0113 2224414
Child Benefit: 0300 3003100
Universal Credit: 0800 3285644
Tax & Income Support: 0345 6088545
Welfare Rights: 0113 3760452
West Yorkshire Fire Service: free smoke alarms & checks 0800 5874536
Citizens Advice: www.citizensadvice.org.uk
Generalist Advice: call 0113 275 4142 or email advice@betterleeds.org.uk



NEW WORTLEY
COMMUNITY ASSOCIATION

40 Tong Road,
Leeds, LS12 1LZ

01132 793466

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■ You are safe here.

■ You belong here.

■ We will listen.