

Other Services

Adult Courses

- 0—6 Parenting

If you are interested in the 0—6 parenting course or would like us to put on a different course please contact

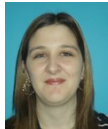
Diane or Rachael.

ESOL Classes

WWW.LEL.HELP



Family Workers



Rachael

Outreach



Diane

If you are pregnant or have a child under 5 years of age, our family outreach workers (FOW's) can meet you at your home or the Centre to offer support around a wide range of issues including behaviour, home safety, child protection issues, housing and others areas.

Home Safety Check

For a free home safety check and advice please contact Diane or Rachael on 01133782550.

Healthy Start Vitamins

Available to all women more than 10 weeks pregnant and for children under 4 year of age where the family receives benefits.

Bring your vouchers to the Centre to collect women's tablets or children's drops.



Useful telephone numbers

Step Change Debt Advice

08001381111

www.stepchange.org

Housing Options

01132224412 or drop in at 1st Floor, 2 Great George Street, LS2 8BA

FREE Home Fire Safety Check

08005874536 (West Yorkshire Fire Service)

Police, Fire or Ambulance (EMERGENCY)

999

National Domestic Violence Helpline

0808 2000247

To find childminders, day care, groups, courses and other useful information for families in Leeds look on

www.familyinformationserviceleeds.co.uk

or phone 0800 7310640

What's On ...

at
Chapelton Children's Centre

Sept—Dec 2016

Chapelton Children's Centre offers a wide range of groups, activities and services for local families with children age 0-5 years!



Contact us:

Chapelton Children's Centre
Leopold Street
Chapelton
Leeds
LS7 4AW

Tel: 0113 378 2550

Monday



Stay and Play

9.30am-11am.

Term time only



Activities, stories, art and play appropriate for families with children aged 1—4 years

Drop in or for more information speak to Diane or Rachael

Better Leeds Communities Advice Service (CAB)

9.30—12.30pm.

Support offered around housing, benefits, debt or immigration.

Please make an appointment by calling
0113 2753498

Tuesday

Preparation for Birth and Beyond

A 6 week course for all pregnant women (and their partners) run by Family Outreach, a Health Visitor and/or a midwife.

Courses are available throughout the year. For more information or to reserve a place please ring the Centre on 01133782550.

Wednesday



Stay and Play

1.30—3.00pm

Term time only



(Starting from the 10/10/16)

Activities, stories, art and play appropriate for families with children aged 0—4 years

Drop in or for more information speak to Diane or Rachael



Free, confidential counselling service for parents and carers who have a child 5 or under.

To book a course of 6 sessions please
Phone Pam on 07985959072

Thursday

Drop In Support Session

With Rachael or Diane

9.30am—11am

Drop in for support with phone calls, completing forms, reading or writing letters.

Use our computers to do a job search or bring your own laptop or tablet and use our free WIFI.

Breast Feeding Support Group

10am—12pm

Informal breastfeeding information, support & advice and baby massage drop-in with other breastfeeding mums and the midwives.
No appointment needed—just drop in

Baby Massage Drop in

11.30am—12.30pm

With the Midwives

For babies from 8 weeks—8 months old

Friday

HENRY (Health, Exercise & Nutrition for The Really Young)

Do you have children under 5 and would like to:

- Feel more confident as a parent?
 - Reduce mealtime stress?
 - Enjoy being active as a family more often?
- Plus many more.

If so then this course may be for you. Henry is a 8 week programme starting on 23/09/16—



08/11/16 9am—11.30am.

Please speak to Diane or Rachael to book a place.

Priority for groups and activities will be given to families who live in the Chapeltown Children's Centre reach area.