

Centre Contact Details:

Templenewsam Halton Primary School
Pinfold Lane, Leeds, LS15 7SY.

To find us— our gate is at the bottom of Pinfold Lane. Press the buzzer and a member of staff will meet you there.

Meadowfield Children's Centre
Halton Moor Avenue, Leeds, LS9 0JY.

To find us— entrance by the zebra crossing

Colton Primary School, School Lane, Leeds, LS15 9AL

To find us—enter the school playground through the pedestrian gate. Walk down to main school reception, follow the path left, towards the car park. Turn right and the children's centre is straight ahead.

Contact us- 0113 2250025 or childrenscentre@tnhps.org

Parents Advisory Forum:

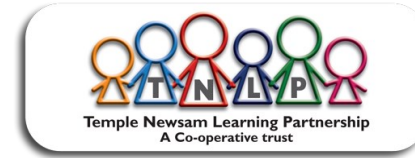
If you are interested in helping to develop our services, you would be very welcome at our parent advisory forums. Next forum 18th Jan 2019 11.15am at Halton Library.

We also offer.....

Baby Box—you can collect your baby box from us, please call first to arrange, you will need to complete an on-line course before hand at www.babyboxuniversity.com

Baby Express—If you have recently had a baby you are entitled to Baby Express Magazines and you can get issues 5-10 from your local centre.

Baby Yoga - For more details and to book a place contact Sarah on 07596694092 or sarah@littlelearnersleeds.co.uk



What's on?

At Templenewsam and Colton and
Meadowfield Children's Centre

Jan-March 2019

Working together to provide the
best service for children and families
in the Halton, Halton Moor, Killingbeck, Colton, Austhorpe and
Whitkirk areas.



A Sure Start Children's Centre



Leeds Community Healthcare NHS Trust



What's going on?

Monday

Breastfeeding Group 10.30-11.30am

At Halton Clinic. A relaxed group to socialise with other breastfeeding mothers and an opportunity to gain support as and when required. No booking required, free. Siblings welcome.



Tuesday

Stay and Play (term time only) 9.00-10.45am

At Colton Primary site. A weekly session for parents, carers and their children to play and have fun. Please bring a piece of fruit to share at snack time. £1 per session, no booking required.

Bumps and Babes (term time only) 1.30-2.45pm

At Meadowfield Children's Centre site. A weekly drop in session suitable for expectant mums and parents/carers with non-walking children. An opportunity to make friends, seek advice, support and have fun with your baby. £1 per session, no booking required.

Wednesday

Stay and Play (term time only) 9.45-11am

At Temple Learning Academy, please meet us at main school reception via the visitors carpark. A weekly session for parents, carers and their children to play and have fun. £1 per session, no booking required.

Tiny Dancers (term time only) 9.45-10.45am

At Colton Primary Site. A fun and interactive group focussed on dance and singing. £4 per session, places must be booked via jmfjune@hotmail.com and paid on a half termly basis.

Thursday

Bumps and Babes 1.30-2.45pm

At Templenewsam Halton Primary site. A weekly drop in session suitable for expectant mums and parents/carers with non-walking children. An opportunity to make friends, seek advice, support and have fun with your baby. £1 per session, no booking required.



Friday

Baby Clinic 9.30-11.am (by appointment)

At Halton Clinic. Have your baby weighed and gain advice on sleep, feeding and daily routines. Antenatal & postnatal advice also given. Run by the Health Visiting Team and supported by the children's centre. To book an appointment ring the SPA on 0113 8435683

Story Time 10.30-11.15 am

At Halton Library. Drop in session. Come and join us for stories and songs. Free session, no booking required.

Bookstart Corner Programme-contact Tracey or Claire for more details.

Other Groups and Services

- **Infant Massage** — 5-week course for £20 run by a qualified instructor. Subsidies available. Please speak to a member of staff to place your name on waiting list.
- **Understanding your baby**— 4 week free course for parents/carers to gain knowledge and skills to help them enjoy a happier baby.
- **Breast Pumps** — Electric breast pumps are available to mothers who are experiencing issues with breastfeeding to support them to continue breastfeeding for as long as they wish.
- **Henry (Health, Exercise and Nutrition for the Really Young)** 8-week course for parents. Topics covered are family lifestyles, getting active, rewards and praise, what we eat, portion sizes and parenting styles.
- ***Outreach visits and one-to-one support**— Fortnightly visits to families at their homes to provide up to date information and individual family support when required. *subject to eligibility
- **Incredible Babies**— 8 week course promoting development along with positive relationships, attachment and understanding of baby's needs.
- **Incredible Toddlers**— 12 week course focusing on positive relationships and techniques for managing behaviour.
- ***Safety Checks** — Free home safety checks. Please speak to a member of staff for more information. *subject to eligibility
- **Leeds Counselling** — Independent, confidential and professional service held within Children's Centres across Leeds. Please speak to a member of staff for more information. Available on a Wednesday pm to book an appointment call Sue 07962655667
- **Leeds Domestic Violence 24 Hour Helpline**— 0113 2460401

