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@rklt.co.uk

We also offer…….

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.

Temple Newsam Community Partnership

What's on?

At Meadowfield, Templenewsam and Colton Children's Centre

September 2021

(From week commencing 13th Sept)

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

RED KITE

A Sure Start Children's Centre

Leeds reading
We are child friendly Leeds

NHS
Leeds Community Healthcare
NHS Trust

MINDMATE FRIENDLY

Safer Leeds
Domestic Violence Quality Mark

What's going on?

ALL GROUPS RETURNING WEEK COMMENCING 13TH SEPT

Monday

No groups and courses for now.

Tuesday

Stay and Play (term time only) 9.30-10.45am

At Colton Primary site. A weekly session for parents, carers and their children to play and have fun. £1 per session, booking required.

Wednesday

Tiny Dancers (term time only) 9.45-10.30am
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.

Stay and Play (term time only) 10-11.15am
At Meadowfield site. A weekly session for parents, carers and their children to play and have fun. £1 per session, booking required.

Thursday

Little Wonders 10-11am
At Colton Primary site. A weekly 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, booking required.

Little Wonders 1.45-2.45pm
At Meadowfield site. A weekly 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, booking required.

Friday

No groups and courses for now.

To book on groups please ring or email us

We hope in the near future more groups and courses will be able to return so watch this space!

Other Groups and Services

- **Infant Massage —** 4-week course for £16 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.
- **Henry (Health, Exercise and Nutrition for the Really Young)** 6-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**