

## Library Services

Visit your library and gain access to a wide range of books and resources.

### Storytime & Rhyme time sessions

A fun filled half hour of singing and stories. A great chance to meet other parents and carers and for the young ones to bounce around and have fun.

Great for under 5's

Every Tuesday (2.15pm) and Wednesday (9.30am)

The mobile library stops outside Iveson School every

Friday 5.30 pm—6.30 pm.

Holt Park Community Library  
Ralph Thoresby High School  
Holtdale Approach  
Leeds  
LS16 7RX

tel: 0113 3368188

### Ireland Wood Children's Centre contact details

Ireland Wood Children's Centre

Raynel Gardens

Leeds

LS16 6BW

0113 2817829

[info@irelandwoodcc.co.uk](mailto:info@irelandwoodcc.co.uk)

[www.irelandwoodcc.co.uk](http://www.irelandwoodcc.co.uk)

Ireland Wood Children's Centre  
A Sure Start Children's Centre

Registered Charity Number: 1107390

● Raynel Gardens, Ireland Wood, Leeds LS16 6BW ● Telephone/Fax: 01132 817829 ● Website: [www.irelandwoodcc.co.uk](http://www.irelandwoodcc.co.uk)



What's On in Leeds 16

Early Start Services

For Children under 5



Web: [www.irelandwoodcc.co.uk](http://www.irelandwoodcc.co.uk)

Tel: 0113 2817829

Email: [info@irelandwoodcc.co.uk](mailto:info@irelandwoodcc.co.uk)



## Early Start

Early Start team is made up of Health Visitors and Children's Centre staff.

Together they will:

- ⇒ Work with families and communities to improve health and education outcomes.
- ⇒ Support families to keep children safe from harm.
- ⇒ Deliver additional services for families in greater need.
- ⇒ Work together with children and families who will benefit from additional support.
- ⇒ Develop family support in partnership with other services where ongoing help is required.

**Early Start will ensure these services are simpler, better, local and most importantly, easy to access by every child and family in Leeds.**

### Members of your Early Start Team include:

#### Health Visiting Team

Yeadon Health centre Tel: 0113 8435400

#### Ireland Wood Children's Centre

Linda Parkin—Centre Manager—0113 2817829

Hilary Wood—Family Outreach Worker—07891276076

Kimberley Stephens—Family Outreach Worker—07595210035

Charles Birch—Family Outreach Worker—07595210034

We also work closely with the ESNW Cluster to help encourage Stronger Families for Positive Communities Adel, Cookridge, Holt Park, Ireland Wood and Tinshill. Providing support and activities for families within the community. Visit [www.esnwcluster.co.uk](http://www.esnwcluster.co.uk) to find out what activities are available in your area.

## Useful information

### Finding Childcare

The Family Information Service is the central information point for families and children living in the Leeds area. Find out more about childcare, 2,3&4 year funding, support for children with SEND and Family Support in Leeds.

Tel: 0113 2474386

[www.familyinformationleeds.co.uk](http://www.familyinformationleeds.co.uk)

### School Admissions

You will receive a letter in the Autumn before your child is due to start school, giving you information about your nearest school and how to apply. **There is a deadline for applying for a place so please make sure you apply in good time.**

Tel: 0113 2243884 [www.leeds.gov.uk/residents/Pages/Admissions](http://www.leeds.gov.uk/residents/Pages/Admissions)

### Financial and Debt Advice

Citizens advice Bureau Tel: 08444 111 444 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

National Debt Line Tel: 0808 808 4000 [www.nationaldebtline.org](http://www.nationaldebtline.org)

Step Change Tel: 0800 138 1111 [www.stepchange.org](http://www.stepchange.org)

### Mental Health

If you're having mental health problems, you're not alone. One in four of us will have problems with our mental health at some time in our lives. There is lots of support for anyone experiencing issues with mental health.

[www.leedsmind.org.uk](http://www.leedsmind.org.uk) 0113 3055800

[www.mindmate.org.uk](http://www.mindmate.org.uk)

Connect helpline 0808 8001212 (open daily 6:00 pm—10.30 pm)

Get connected 0808 8084994

## Useful Information

### Local Doctors Surgeries

Highfield Surgery—Holtdale Approach Tel: 0113 2953600  
 Holt Park Medical Centre—Holt Road Tel: 0113 28433813  
 Moor Grange Surgery—Moor Grange View Tel: 0113 2954880  
 The Croft and Tinshill Medical Practice—Tinshill Lane Tel: 08444770949  
 Ireland Wood Surgery—Iveson Approach Tel: 0113 2303470

### Dentists in your area

Visit—[www.nhsdentistlocator.co.uk](http://www.nhsdentistlocator.co.uk)

### One Stop Centres

Your nearest one stop centre is located at Yeadon library. There is also one in Otley and on St George Street in Leeds City Centre. They offer advice on Council tax bills, benefits, housing tenancy issues, registering births and deaths and report hate incidents to the local policing team.

Email: [general.enquiries@leeds.gov.uk](mailto:general.enquiries@leeds.gov.uk) Tel: 0113 3984708

### Domestic Violence Support

Domestic violence, also sometimes called domestic abuse, is a serious problem. It is not just physical (slapping, punching or kicking), it can be someone trying to control what you do. It can include sexual and emotional abuse. An abuser may threaten you, control your money or use anything else to make you do things they want.

Domestic violence is not your fault and you are not alone.

If you feel afraid or unsafe, you can call the Leeds domestic violence 24 hour helpline which provides help for all victims of abuse in Leeds aged 16 or older.

You will be treated with dignity and respect.

**24 hour support help line 0113 2460401**

If you are in immediate danger please call 999

## What's on in Your Area

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Parent and toddler groups</b>	Adel Methodist Church Toddler Group* 9.15 am—10.45 am Rev Jo—07528359341	Parent and Toddler Group* Ireland Wood Children's Centre 9.00 am—11.00am <u>Tuesday Tois</u> <u>Cookridge Village Hall</u> 9.30 am—11.30 am Karen—0113 2268525	Parent and Toddlers* Tinshill Free Church, Holly Avenue 1.30 pm—3.00 pm 0113 2672680		Little Snappers Toddler Group* 10.00 am—12.00 pm Grace community church Zoe—07920135920
<b>Baby Groups and Services</b>	Baby Clinic—Holt Park Health Centre 9.30 am—11.30 am	Bumps and Babies* Ireland Wood Children's Centre 1.00 pm—2.30 pm		Baby Clinic—Horsforth clinic (near the library) 9.30 am—11.30 am	
<b>Stay and play sessions</b>	Every afternoon at Ireland Wood Children's Centre for children up to 3 years old 1.30pm—3.00 pm Please call 0113 2817829 to book your place				

\* = Term time only. We advise that you contact the person or organisation running the session before visiting.

Turn over to find out about more services we offer.....

**Also Available at Ireland Wood Children's Centre**

Service	Location	Contact Details
<b>Individual Counselling sessions</b>	Ireland Wood Children's Centre	01132 817829
<b>Grandparents Group</b> —advice and support for Grandparents who are the main carer of their Grandchildren	3rd Friday of each month Ireland Wood Children's Centre	Amanda Gaskin— 0113 2121784 or 07817300093
<b>Strengthening Families, Strengthening Communities</b> —a 13 week parenting course for parents with children aged 2—18 years.	Various locations including Ireland Wood Children's Centre	Hilary Wood— 0113 2817829
<b>Accredited courses</b> for parents and carers—a programme of courses run throughout the year.	Ireland Wood Children's Centre	0113 2817829
<b>ESoL</b> (English for Speakers of other Languages)	Ireland Wood Children's Centre	0113 2817829
<b>Pregnancy Birth and Beyond</b> —an antenatal course for first time parents	Ireland Wood Children's Centre & Horsforth Children's Centre	0113 2591786

Kimberley and Hilary are our local Family Outreach Workers, who are based at Ireland Wood Children's Centre.

The team run the weekly groups and also provide individual support for families throughout the community.

They can offer support and advice on a wide range of issues, including parenting and behaviour management, finding childcare, counselling, employment and benefit advice.

You can contact the team on the following numbers

Kimberley—07595210035

Hilary—07891276076

**Childcare**

We provide full time childcare places for children aged 3 months to school age. We also run a Before and After school Club for children attending Ireland Wood Primary School.

Please call into the Children's Centre for a registration form or download a copy from our website:

[www.irelandwoodcc.co.uk](http://www.irelandwoodcc.co.uk)

**FEEE Places for 2 year olds**

Your child may be eligible for 15 hours free childcare (term time only) or 12 hours (all year round) depending on your family income and circumstances.

Please contact the Centre or the Family Information Service to find out if you are eligible.

**FEEE Places for 3 & 4 year olds**

Every child is entitled to 15 hours (term time only) or 12 hours (all year round) free child care from the term after their 3rd birthday Please apply by completing a registration form and returning it to the Centre before your child's 3rd birthday.