

FAMILY SUPPORT HUB

WHATS ON APRIL TO JUNE 2024

There are lots of exciting things going on in the area which are encouraging families to get active! How many can you do with the children?

ParkPlay
Join ParkPlay!
Make friends, have fun, get moving.
FREE every Saturday morning.
#MeetMovePlay

Brickfield ParkPlay
Come and meet Aidan and James at
Brickfield Park, LS11 6BR
every Saturday from 10:30am

ParkPlay welcomes everyone, so turn up for games, activities,
fun and a community here for you.

Register today!
park-play.com/register

COME AND TRY
biking on the
timberfly ramps

**CROSS FLATTS
PARK**

FREE
A fun opportunity for kids to come and
develop their biking skills

SPRING - SUMMER TERM
Every Wednesday after school
Drop in from 3.30pm - 4.30pm
No bike required
Building a community children's
cycling session together

E-mail getsetleedslocal@leeds.gov.uk
for more details or via social media

**Let's Move.
South Leeds**

Free

**Date: 11th May 2024
12 - 3pm**

Community celebration of some of the fun
activities South Leeds has to offer.
Showcasing through taster activities, stalls
and mini challenges.
For all ages. Everyone welcome
Join us!
karen.peck@leeds.gov.uk 07591 274130

9am	parkrun walk/jog 5km
11-12.30	Bowling club tasters
1 - 3pm	Tennis
12-3PM	Activity tasters Mini challenges Information Stalls
	Free event Snacks and refreshments available
	Activities around Watsonian Cafe and on Multi Use Games Area

- Dance Fit Workshops
- Orienteering
- Treasure hunt
- Martial arts
- Football
- Cricket
- Rugby
- Athletics
- Basketball / Netball
- Cycling
- Bike fixing
- Bike tagging
- and much more.....

USEFUL NUMBERS

NHS - 111 NHS

West Yorkshire Fire Service Free smoke alarms & checks 0113 2904806

Child Benefit - 0845 302144

Tax Credits - 0345 3003900 I

income Support 03456088545 / 08000556688

Universal Credit - 0800 3285644 L

Leeds City Council - Welfare Rights Unit - 0113 376 0452

National Citizens Advice helpline 0808 208 2138

Domestic Violence

If you think you are experiencing domestic violence then please contact the following services for advice and support.

In an emergency dial - 999 (If you are unable to speak dial 55)

Non emergency - 101 Leeds Domestic Violence Service - 0113 2460401

Men's Advice Line 0113 2224203

Under 18's Childline - 0800 1111

NSPCC. - 0808 800 5000