



Inspire

Nurture

Challenge

# Takeover Whitecote Newsletter

## JULY 2026

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	24	23	25	26
27	28	29	30	31		

	2 - 3. Y4 Hadrians Wall Trip
4. OPAL donation day	10. Takeover Day Y5&6
10. Summer Fair	14. Y6 Leavers assembly
15. Y6 Leavers Party	16. Reception Ugly Bug Ball.

## INC Winners!

### Nurture- I will help people when I notice they need it

R APPLE - Ayra M - You always lend a helping hand to your friends when they need it. Well done Ayra!

R PEAR - Daisy M - you are always so kind.

1 LAVENDER - Morgan F - You helped Mrs Lewins on the school trip and listened to instructions.

1 ROSE - Joshua J - You always help your friends when you see that they need help. Well done Joshua!

2 WILLOW - Aleyha F-B - You have been helping people on your table identify past tense verbs in their work.

2 HAZEL - Mia S - You are always helpful to adults and other children.

3 SPRUCE - Connie W - Connie is a kind and caring person who is always ready to offer a helping hand to to anyone who needs it. Well done Connie!

3 YEW - Medeina S - You have helped your peers with their maths work and also helped them in constructing their quadramas. Well done, Medeina!

4 ASH - Tommy W - You are constntly reading, doing your best work and always on hand to help others when you're finished- well done!

4 BEECH - Maisie W - You are always helpful to adults and other children.

5 CHESTNUT - Sophia D - You are a lovely friend who looks after other children.

5 ELM - ALL OF ELM! - You have collaborated to overcome end of year challenges and thrived as a group.

6 CEDAR - ALL OF CEDAR - You are always helpful to adults and other children.

6 OAK - Laila Faye C - You were thoughtful and encouraging to others on our trip.

## Useful Links!

The links below offer helpful guidance for any families who feel they may need support while caring for children. Whether you are looking for advice, practical resources, or someone to talk to, these services are designed to provide reassurance and assistance whenever it's needed. We hope you find them useful.

- o Adoption Uk - [Adoption UK Charity](#)
- o Kinship Care - [What is kinship care? - Kinship](#)
- o Barnardo's - [Leeds Children's Rights \(Advocacy Looked After\) | Barnardo's](#)
- o Coram Voice - [Home - Coram Voice](#)
- o Care Leavers and Children in Care Council - [Leeds Youth Voice | Leeds.gov.uk](#)
- o ARC - [What is ARC? - ARC Framework](#)
- o Leeds Pathways Team (Avoiding NEET) - [Leeds Pathways | Leeds.gov.uk](#)


# LUNCHES!

Make mornings easier by pre-ordering!

Please remember to order your child's meals on SchoolGrid (schoolgrid.co.uk). Choosing meals at home means your child knows what they'll be having for lunch each day. You can order up to the end of the half term, or do this weekly or daily – whatever works best for you. Orders can be placed online until 9:00am, or through the school office until 9:45am. After this time we can't guarantee availability as the chef will have already started cooking. Ordering in advance helps mornings run a little smoother and means one less thing to think about! 😊

MIGHTY MEALS MENU 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mains</b> Margherita Tortilla Pizza (V)(H) Pasta Salad	Chicken Tikka Masala Rice and Naan Bread	Minced Beef Tacos Rice	Pork Sausage Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Fish Finger Butty (H) Tomato Ketchup Chips
<b>Meat Free</b> Veggie Meatball Sub (V)(H) Homemade Jacket Wedges	Crispy Topped Macaroni Cheese (V)(H)	Vegetarian Enchiladas (V)(H) Rice	Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Crispy Vegetable Nuggets (VE)(H) Tomato Ketchup Chips
<b>Deli</b> Egg Mayonnaise Bap (V)(H) Homemade Jacket Wedges	Ham Bap Baby Baked Potatoes	Tuna Mayonnaise Wrap (H) Herby Diced Potatoes	Soft Filled Roll with either Pork Sausage or Vegetarian Sausage (V)(H) Roast Potatoes	Cheddar Cheese Salad Wrap (V)(H) Chips
<b>Spud Station</b> Jacket Potato with Baked Beans (VE)(H)	Jacket Potato with Tuna Mayonnaise (H)	Jacket Potato with Ham and Cheddar Cheese		Jacket Potato with Tuna Mayonnaise (H)
<b>Desserts</b> Banoffee Mousse	Carrot Cake with Creamy Custard	Chocolate-Orange Flapjack with Fresh Fruit	Strawberry Crunch Sundae	Raspberry Bun with Fresh Fruit Wedges


Whitecote Primary School  
N4 Week THREE  
W/C 09/03, 30/03, 20/04, 11/05, 01/06, 22/06, 13/07



**YUM!**  
In addition to hot meals your child can choose:

**Deli**  
Filled fresh Soft Bap or Tortilla Wrap with side.

**Spud Station**  
Oven baked Jacket Potato with side.



## Healthy Habits

At Whitecote Primary, we're proud to promote healthy habits every day.

💧 Water Only Reminder 💧

To support children's health, concentration and teeth, please remember that *sugary cordials and fruit juices aren't allowed in school, unless your child has a packed lunch as per the school policy.*

Water should be brought in bottles each day to keep children hydrated and ready to learn.

**Together, we're building strong, healthy habits for life.**



WHITECOTE PRIMARY SCHOOL




# Suns Out!

Now that the warmer weather is here (hurrah!) please ensure you send your child to school with:

- Sun cream applied ☀️
- A hat 🧢
- A refillable water bottle (water only please) 💧

**Cool Kids Hydrate & Protect!**




# Our Learning

## OPaL Donations Day Success!



Thank you to all those who managed to donate on donation day on Saturday 4th July. Using your donations, the OPaL Working Group are hard at work finalising plans to open up our small world provision, Mud Cafe/Kitchen and an all new Scooter Track for next year! We will be holding more donation events in the near future so please consider donating to school before throwing anything away! Thank you again from the Whitecote OPaL team and we hope you have a wonderful summer!

## Important information!

**EXCITING NEWS!**  
**OPAL**  
IS COMING TO  
OUR SCHOOL!

Outdoor Play and Learning (OPAL) is an award-winning programme that improves playtimes and helps children thrive!

**OPAL HELPS CHILDREN DEVELOP:**

- Physical activity
- Creativity & imagination
- Social skills & teamwork
- Confidence & resilience
- Cooperation & communication
- Happiness & wellbeing

**DID YOU KNOW?**

- Average screen time per day = 6 hours
- Average outdoor play time per week = just 5 hours
- 56% of children only play outdoors with others at school

Play is not "just messing about" – it is how children learn vital life skills while having fun!

**WHAT MIGHT CHANGE?**

- Children may get a little messier
- More outdoor play in all seasons
- More exciting resources and play opportunities
- Greater freedom to play, explore and learn

We will be working with OPAL for 18 months, with events and opportunities for you to see and get involved!

**TO LEARN MORE ABOUT OPAL, VISIT: [www.outdoorplayandlearning.org.uk](http://www.outdoorplayandlearning.org.uk)**

Award-winning programme used in over 800 schools worldwide!

THANK YOU FOR SUPPORTING US AS WE MAKE PLAYTIMES EVEN BETTER FOR EVERY CHILD!

✨ Exciting News – OPAL is Coming to Our School! ✨

We're delighted to be introducing the OPAL (Outdoor Play and Learning) programme to transform our playtimes into even more exciting, active and enriching experiences for every child.

OPAL encourages children to be creative, build friendships, solve problems and enjoy the many benefits of outdoor play. Over the coming months, you may notice children getting a little muddier and spending more time outside—but they'll also be developing confidence, resilience and essential life skills while having fun! We look forward to sharing our OPAL journey with you and can't wait for you to see the positive impact it will have across our school.

# Important information!

From September between 8:15am and 8:45am parents are able to bring their Children to the Free Breakfast Club running from 8:15am-8:45am every day. This runs alongside our normal breakfast club and is free. If you haven't already, **please complete the Breakfast Club survey** to help us plan numbers and ensure we have enough food and staff available. Please see attached link to the survey.

**FREE BREAKFAST CLUB SURVEY**  
**CLICK HERE**



STARTING FROM SEPTEMBER!

# FREE BREAKFAST CLUB

A GREAT START TO THE DAY!





**BETWEEN 8:15AM AND 8:45AM**  
parents are able to bring their children to our **FREE** Breakfast Club.

**RUNS ALONGSIDE OUR EXISTING BREAKFAST CLUB!**

- ✓ Open every day
- ✓ 8:15am - 8:45am
- ✓ Open to Reception up to Year 6



**PLEASE COMPLETE THE BREAKFAST CLUB SURVEY**



Help us plan numbers and ensure **WE HAVE ENOUGH FOOD AND STAFF AVAILABLE.**

★ COMPLETE THE SURVEY TODAY - YOUR RESPONSE MAKES A BIG DIFFERENCE! ★




**THANK YOU FOR YOUR CONTINUED SUPPORT!**




## HEALTHY PACKED LUNCH GUIDE

Helping children stay happy, healthy and ready to learn



A healthy packed lunch provides children with the energy they need for a busy afternoon of learning, play and sport.

To support healthy eating and protect children with food allergies, please follow our packed lunch guidance.

### A HEALTHY PACKED LUNCH SHOULD INCLUDE

**A MAIN FOOD**

- Sandwich, wrap, pitta or roll
- Pasta, rice or couscous salad
- Savoury muffins or homemade savoury snacks

**A SOURCE OF PROTEIN**

- Cheese
- Ham, chicken or turkey
- Tuna or salmon
- Egg
- Hummus or other suitable spreads

**FRUIT & VEGETABLES**

- Fresh fruit
- Carrot, cucumber or pepper sticks
- Cherry tomatoes
- Melon, strawberries or grapes (cut where appropriate)

**A DAIRY ITEM**

- Yogurt
- Fromage frais
- Cheese cubes or cheese strings

**A DRINK**

Water only

### FOODS WE ENCOURAGE

- Sandwiches, wraps and rolls
- Pasta or rice dishes
- Fresh fruit and vegetables
- Yogurts
- Cheese
- Water



### OCCASIONALLY ALLOWED

These can be included from time to time:

- Low-sugar cereal bars
- Crackers or breadsticks
- Small savoury baked items
- Small portions of dried fruit



### PLEASE DO NOT INCLUDE

For the health and safety of all our children:

- ✗ Nuts or nut products
- ✗ Peanut butter
- ✗ Chocolate spreads
- ✗ Fromage frais
- ✗ Chocolate bars
- ✗ Sweets
- ✗ Cakes
- ✗ Crisps
- ✗ Fizzy drinks
- ✗ Sugary drinks or high-sugar fruit juice cartons



### 5 EASY LUNCHBOX IDEAS

**1**

- Ham sandwich
- Carrot sticks
- Apple
- Yogurt
- Water



**2**

- Cheese wrap
- Cucumber sticks
- Satsuma
- Cheese cubes
- Water



**3**

- Tuna pasta salad
- Cherry tomatoes
- Grapes
- Fromage frais
- Water



**4**

- Egg mayonnaise roll
- Pepper sticks
- Banana
- Yogurt
- Water



**5**

- Chicken pitta pocket
- Cucumber and carrot sticks
- Melon chunks
- Cheese cubes
- Water



### BUDGET-FRIENDLY IDEAS

- ✓ Use leftovers from evening meals in pasta salads or wraps.
- ✓ Buy fruit and vegetables in season.
- ✓ Freeze bread, rolls and wraps to reduce waste.
- ✓ Use tinned fruit in juice (not syrup).
- ✓ Use frozen fruit and vegetables where appropriate.

### TOP TIPS

Aim for a variety of foods across the week.

- ★ Involve your child in choosing and preparing their lunch.
- ★ Include at least one fruit and one vegetable every day.
- ★ Send a named water bottle.
- ★ Keep portions suitable for your child's age and appetite.
- ★ Remember that a healthy lunch helps children concentrate, learn and feel their best throughout the school day.

### A GREAT PACKED LUNCH LOOKS LIKE THIS:

- Main food
- Fruit
- Vegetable snack
- Dairy item
- Water



**SIMPLE • BALANCED • NUTRITIOUS**

♥ Thank you for helping us promote healthy eating and support every child's wellbeing. ♥

# Important information!

## SAFE PARKING: PLEASE READ.

A reminder to all parents and carers to park safely and considerately during drop-off and collection times.

Please do not park on double yellow lines or block the school gates, and remember to observe the 20mph speed limit. These measures are in place to help keep our children, families and community safe.  
Thank you for your support.

### SAFE PARKING AROUND SCHOOL

Your care. Their safety. Our community.

Let's look out for one another

Together, we can keep our children safe.

 <b>DO NOT PARK ON DOUBLE YELLOW LINES</b> These restrictions are in place to maintain clear visibility and keep everyone safe.	 <b>DO NOT OBSTRUCT THE SCHOOL GATES</b> Keep entrances and exits clear to ensure safe access to the school site.	 <b>CHILDREN ARE EVERYWHERE</b> With many children walking, cycling and crossing the roads each day, irresponsible parking and driving puts lives at risk.	 <b>20MPH SPEED LIMIT</b> Please observe the 20mph speed limit and remain vigilant, particularly during the busiest times of the school day.	 <b>ACT RESPONSIBLY AND CONSIDERATELY</b> The safety and wellbeing of our children must remain everyone's priority.
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Park safely. Protect lives.

Thank you for setting a good example for our children.

**Thank you for your continued cooperation in helping us maintain a safe environment for all.**

## WHY DO WE GET SICKNESS OR DIARRHOEA?

Sickness and diarrhoea can make us weak and dehydrated. They can be caused by germs (infectious reasons) or by other non-infectious reasons.

### INFECTIOUS REASONS (Caused by germs)

<b>1 DIRTY WATER</b>  Drinking water that is not clean or safe.	<b>2 UNCLEAN FOOD</b>  Eating food that is uncovered, stale or contaminated.	<b>3 DIRTY HANDS</b>  Not washing hands with soap before eating or after using the toilet.	<b>4 HOUSEFLIES</b>  Flies carry germs from dirt and waste to our food.
<b>5 CONTAMINATED SURFACES</b>  Touching dirty surfaces and then touching our mouth or food.	<b>6 FOOD NOT COOKED WELL</b>  Eating raw or undercooked food, especially meat and eggs.	<b>7 SHARING FOOD OR UTENSILS</b>  Sharing food or utensils with someone who is sick.	<b>IF CAUSED BY GERMS:</b> Stay away from school for <b>24 HOURS</b> after the last event (vomiting or loose stool).  Stay home Rest and drink enough fluids

### NON-INFECTIOUS REASONS (Not caused by germs)

<b>REFLUX / ACID INDIGESTION</b>  Stomach acid coming up into the food pipe can cause nausea, pain or loose motions.	<b>ANXIETY / STRESS</b>  Worry, stress or fear can affect the stomach and cause nausea, stomach upset or diarrhoea.	<b>EATING TOO MUCH / OVEREATING</b>  Eating large amounts of food can upset the stomach and lead to sickness or diarrhoea.	<b>DIETARY INTOLERANCE</b>  Some people may not digest certain foods (lactose, gluten, etc) well and may get stomach upset.	<b>ALLERGY / FOOD SENSITIVITY</b>  Some foods can cause an allergic reaction leading to sickness, vomiting or diarrhoea.
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**NOT CAUSED BY GERMS:** You can go to school. Eat well, manage stress and drink enough fluids to feel better.

### PREVENT SICKNESS AND DIARRHOEA

 <b>WASH HANDS</b> with soap and clean water before eating and after using the toilet.	 <b>DRINK SAFE WATER.</b> Boil or filter water and store it in a clean, covered container.	 <b>EAT CLEAN, FRESH FOOD.</b> Keep food covered and eat while it is hot and fresh.	 <b>USE TOILETS.</b> Always use toilets and keep our surroundings clean.	 <b>DISPOSE WASTE PROPERLY.</b> Use bins and keep our home and community clean.	 <b>IF YOU HAVE DIARRHOEA,</b> DRINK ORS and plenty of clean fluids. Seek medical help if needed.
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**GOOD HABITS. CLEAN SURROUNDINGS. A HEALTHY YOU!**



# WHAT TO DO IN CASE OF SICKNESS BUGS!

# Whats on & Things To Do!



**FREE football camps this summer!**

**Need holiday activities for your child?**  
Kellogg's is offering FREE football camps for children aged 7-14!

**Why parents love them:**

- Run by FA-qualified coaches
- Fully supervised (free childcare support)
- Inclusive and confidence-building
- Fun, active sessions to keep children entertained

**Available at EFL clubs across the UK**  
Find your nearest camp: 



**THE ULTIMATE SUMMER OF FOOTBALL**

5 Action-Packed Days This Summer

**HIGHLIGHT STRIP**

- 🔥 Daily Challenges
- ⚽ Daily Football Activities
- 🌟 Player Of The Day
- 🏆 Skill Competitions
- 🌍 World Cup Day
- 👏 Certificates For Every Player

**REGISTER YOUR INTEREST**



**WHAT HAPPENS AT THE SUMMER CAMPS?**  
Every day is designed to help players:

- ⚽ Develop their football skills
- 👥 Make new friends
- 🏆 Take on exciting challenges
- 🏆 Compete in competitions
- 👥 Build confidence
- 🌟 Enjoy an unforgettable week

**READY TO HAVE A SUMMER OF FUN?**

**BOOK YOUR PLACE**

01793 04130  
thefootballcentres.com



**LEEDS UNITED FOUNDATION**

CHARITY NO. 1137703

# GIRLS ONLY SUMMER CAMPS

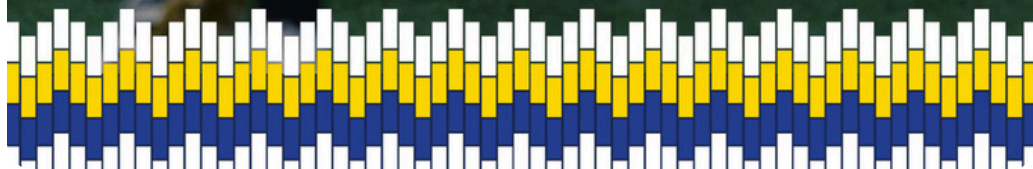
**FUN-FOCUSED FOOTBALL FOR GIRLS AGED 7-14 YEARS OLD.**



**BOOK NOW!**

**£25 - 1 DAY**  
**£80 - FULL COURSE**

**COCKBURN HIGH SCHOOL - WAKEFIELD**  
**GARFORTH ACADEMY - WEST RIDING FA**  
**GRAMMAR SCHOOL AT LEEDS**



# Whats on & Things To Do!

## ☀️ Planning a family day out this summer? ☀️

Before you head off, be sure to check the websites and social media pages of the attractions you plan to visit. Many are offering special summer discounts, reduced entry prices, free children's activities and family deals as part of the Government's Great British Summer Savings initiative.

You could save money on visits to cinemas, museums, wildlife parks, soft play centres, amusement parks and much more!

A quick check before you travel could help your family enjoy even more for less this summer. ☀️ 🎢 🦒 🎬 🚌



**GREAT BRITISH SUMMER SAVINGS**  
*for Families*

We are delighted to share details of the Government's Great British Summer Savings scheme, which is designed to help make family activities more affordable over the summer holidays.

**25TH JUNE TO 1ST SEPTEMBER**

FAMILIES CAN ENJOY A WIDE RANGE OF ACTIVITIES AT REDUCED COSTS, INCLUDING:

- Amusement parks
- Wildlife parks
- Museums
- Soft play centres
- Other attractions

VAT on a range of children's experiences will be reduced from **20% to 5%**, including:

- Children's menu meals
- Cinema, theatre and concert tickets for children

**SAVE MORE THIS SUMMER!**

**CHILDREN AGED 5-15 TRAVEL FREE ON BUSES ACROSS ENGLAND DURING AUGUST!**

Making it easier and more affordable to get out and about.

**FREE BUS TRAVEL!**

We hope this initiative helps families enjoy a range of activities together over the summer.



**THE READING AGENCY**

**UNIVERSAL**  
UNIVERSAL MUSIC GROUP  
UNITED KINGDOM

# READ to the BEAT

Summer Reading Challenge 2026

Illustrations © Harry Woodgate 2026, Read to the Beat © The Reading Agency 2026

## 🎵 Summer Reading Challenge: Read to the Beat! 📖

The FREE Summer Reading Challenge starts Saturday 4th July at your local library. Children can read any six books over the summer – stories, fact books, poetry, graphic novels or audiobooks – and earn rewards along the way. Finish all six to receive a certificate and medal! Borrow books from your local library and enjoy a summer full of reading, music and fun! 🎵 📖

# Whats on & Things To Do!



**RECEPTION  
UGLY BUG BALL**

Thursday  
16th July 2026

Children are welcome to come in Fancy dress, face paints or non-uniform clothes

(please don't feel the need to buy anything)

**Please sign up to the food donation sheet!**

*Reception's Ugly Bug Ball is buzzing its way to Whitecote!*

On Thursday 16th July, our Reception children are invited to come dressed as their favourite creepy crawlies in fancy dress, face paint or non-uniform. Homemade costumes are encouraged, so please don't feel you need to buy anything.

If you're able to help, we'd be very grateful if you could sign up to the food donation sheet.

We can't wait to see all the wonderful bugs, butterflies, bees and beetles! 🐛 🌻

## Leeds Rhinos 50% off tickets offer

Leeds Rhinos are delighted to offer supporters 50% off tickets for their match against Toulouse on Friday 31<sup>st</sup> July 2026. With the team currently in first place in the league table we would love for you to join us to cheer the team on. Whether you are a regular supporter, or would be attending for the first time, we would be delighted for you and your family to come and experience the unique atmosphere of a match at AMT Headingley Stadium.

To book your tickets visit Leeds Rhinos - Online ticket sales with prices starting from just £13 for adults and £7 for juniors aged 16 and under.



LEEDS RHINOS vs TOULOUSE OLYMPIQUE

FRI 31ST JULY - AMT HEADINGLEY STADIUM - 8:00PM KICK OFF

# 50% OFF ALL TICKETS

TICKET TYPE	ADULT	CONCESSION (AGE 65 AND OVER & AGE 17-23)	JUNIOR (AGE 16 & UNDER)
STANDING	£13	£10.50	£7
SEATING	£17.50	£15	£11.50

**BUY TICKETS  
AT [TICKETS.THERHINOS.CO.UK](https://tickets.therhinos.co.uk)**

OR SCAN THE QR CODE HERE



TO BUY OVER THE PHONE CALL 0371 423 1315.  
PHONE LINES OPEN BETWEEN 10AM - 4PM, MON-FRI EXCLUDING BANK HOLIDAYS.

# Whats on & Things To Do!

## WYNESS Workshop - Offer



Neurodevelopmental  
Early Support Service  
Empowering Children & Families

### Workshop 1 - Sleep challenges

Understand how to support neurodivergent children and young people who have difficulty sleeping

### Workshop 2 - Food sensitivities

Understand how to support neurodivergent children and young people who have sensitivities with food

### Workshop 3 - Managing behaviour and emotions

Understand how to support neurodivergent children and young people who have difficulty regulating their emotions and behaviour

### Workshop 4 - Support in education

Understand what support is available to neurodivergent children and young people in school

### Workshop 5 - Parent carer self-care

Understand how to look after yourself whilst caring for a neurodivergent child or young person

Book your workshop here



<http://forms.office.com/e/brdFAPhKmt>

WYNESS workshops offer an informative introduction to understand some of challenges our children, young people and families experience. Our Workshops are informal and are built on lived experience, offering information and strategies to support families. **Please note** we are not trained Therapists or Medical professionals. Support to access services is provided in the content of each Workshop.



## Breeze Healthy Holidays Summer Camp 2024 @ Bramley St Peter's School

Come and join the fun at our summer camps which will be held in partnership with Breeze and the Healthy Holidays Fund.

We anticipate the camps will be lots of fun and filled with activities such as team building, multi sports, arts and crafts, games, and outdoor adventures. There will also be off site excursions and trips planned.

This camp is for young people aged 8-12-years old who receive free school meals and would benefit from the camp.

#### DATES

Week 1: Monday 29th July – Thursday 1st August

Week 2: Monday 5th August – Thursday 8th August

Week 3: Monday 12th August – Thursday 15th August

Week 4: Monday 19th August – Thursday 22nd August

Please note: Camps will NOT run on FRIDAY's

**TIMES:** 9:00am – 3:00pm (Trip days may vary, please see additional information)

Lunch will be provided. This will be a hot lunch when on site and a cold packed lunch on trip days.

Please outline dietary requirements in the attached consent form.

If you want your child to attend, then please complete the attached consent forms and return to [bramleycluster@bramleycluster.org](mailto:bramleycluster@bramleycluster.org) NO LATER than Monday 1<sup>st</sup> July 2024.

You will be contacted by a member of the Breeze Team who will confirm your place.

## Chatterbug's FREE SUMMER SPEECH & LANGUAGE CHECK

Worth up to £150\*

### Worried your child isn't talking yet?

Our Summer Speech and Language Clinic is for parents who are concerned about their child's talking, understanding, or early communication. At the appointment, your child will receive a short speech and language screen with one of our team. We will talk through our findings and provide you with practical next steps and activities.

#### What's included?

- A short, friendly screen using our Brightspeech App at our Leeds clinic.
- Immediate guidance on your child's speech & language development.
- A personalised programme of activities you can use at home.

#### Who is this for?

This is for parents and carers who:

- Are not yet talking or are using fewer words than expected.
- Have early concerns about their child's talking.
- Are waiting for support or unsure if support is needed.
- **Not suitable** for complex SLCN or pre-diagnosed conditions.

#### How to claim your free session

Call us on 0113 240 8510 and quote:

SUMMERSCREEN26

Our friendly team will book you in for a 45-minute session at our Leeds clinic

Find us at Chatterbug SLT, Unit 7 Killingbeck Court, LS14 6FD.

\*Full terms and conditions apply. Free screenings are subject to availability and for families able to travel to our Leeds based clinic only. Suitable for children with general speech and language concerns only. Appointments are only available on Tuesdays between 09:00-16:00. The offered session is not a full assessment or diagnosis. See our website for full T&Cs.



Chatterbug  
Speech and Language Therapy

In Partnership with  
Brightspeech

0113 240 8510

[www.chatterbug.com](http://www.chatterbug.com)

# Whats on & Things To Do!



## Leeds Family Hubs

*Supporting families Strengthening communities*

Family Hub brings together multiple organisations into a convenient one-stop shop to make it easier for families to access the support they need. We are here to help with a wide range of services, including:

- Family relationships
- Early years development
- Advice and support around parenting
- Education, training, and employment
- Housing and finances
- Domestic abuse, mental health, and substance use
- Special Educational Needs and Disabilities advice
- Concerns related to neglect, abuse, or exploitation


Where are the Family Hubs?


SOUTH	WEST	EAST
1) Dewsbury Road Centre	3) Armley Community Hub	5) Chapelton Childrens Centre
2) Rothwell Community Hub	4) Horsforth Library and Hub	6) Deacon House Seacroft
		7) Compton Centre, Harehills

Email address : [family.hubs@leeds.gov.uk](mailto:family.hubs@leeds.gov.uk)  
 Telephone : 0113 5350185  
 Website : [leeds.gov.uk/family\\_hubs](http://leeds.gov.uk/family_hubs)




## EPEC – Being a Parent

Because children don't come with instructions 



**What is EPEC Being a Parent?**

Empowering Parents Empowering Communities (EPEC) Being a Parent (BAP) is a parenting programme designed to help you support child development and outcomes, parenting skills, family resilience and family relationships.

**From melt down to magic!**



Join like-minded parents and carers in a supportive group, where you are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing children's feelings.
- Parent listening, communication, play and interaction skills.
- Attachment and parent-child relationships.
- Parenting roles, expectations, and culture.

**Why is it different?**

**It is run for parents by parents** - Their experiences, backgrounds, skills, and qualities make each session inviting, engaging and fun.

**Being a Parent is completely free**



**Who is it for?**

All parents and carers in Leeds who have children up to the ages of 11 years. Before 'Being a Parent' begins there is a welcome session where you can learn more about what is involved and meet the other parents that are interested in joining the group too.

**It's your time, no children, just you!**



**Where and when is it?**



We can deliver at your setting, school, community centre.

For further information: email [Leeds.epec@leeds.gov.uk](mailto:Leeds.epec@leeds.gov.uk)

or call/message Kerry (EPEC coordinator) on 07712 215217



## LEEDS MUSIC CENTRES

### HORSFORTH MUSIC CENTRE TASTER MORNING!

**SATURDAY 18TH JULY 9.30AM - 11.10AM**

**BOTH CHILDREN AND ADULTS ARE WELCOME TO TRY UP TO 3 DIFFERENT INSTRUMENTS! FOR MORE INFO AND TO SIGN UP FOLLOW THE QR CODE!**






## THIS IS US

### PROUD TO BELONG

A SEND Celebration

Hosted by Leeds SEND Youth Council

Join us to celebrate Disability Pride Month!

Come together as a community to raise awareness and make our voices heard

**FREE EVENT**

**EVERYONE IS WELCOME WHO'S WITH US?**

**Performances**

**Sensory Area**

**Fidgits**

**Crafts**

**Activities**

**Lego**




**Wed 22 July**  
**10:30am - 2:30pm**  
 Leeds Kirkgate Market  
 Event Space (Food Hall) Drop in anytime

# Whats on & Things To Do!



## Parent or carer looking to get back into work?

Our friendly team can help you achieve your goals towards work or training.

Free one to one support and guidance for parents and carers

### We can help with:



CV building



Up to 12 weeks counselling and peer support groups



Work, training & volunteering



Support and help with money issues



Health and wellbeing



Life skills



### Eligibility criteria

Bright Horizons is available to parents and carers\* who are:

- not currently in employment,
- living in West or South Leeds

\*parents of children under the age of 18 (up to 25 with an EHCP plan)

### Get in touch

To refer in or for more details please contact us:

West: 07842 410 828

South: 0113 2706 903

BrightHorizons@barca-leeds.org



Find out more about Bright Horizons and the support available on our website: [barca-leeds.org/services/Bright-Horizons](http://barca-leeds.org/services/Bright-Horizons)



Bright Horizons is funded by the National Lottery Community Fund and is delivered by a partnership of Barca-Leeds and Health For All.



## Click and Connect

### Digital Drop In & Support Hub

Get started with technology. Every Friday  
Pop in for a chat and a cuppa. 10am - 12pm

#### What to expect:

- ✓ Advice and info on digital devices
- ✓ How to stay safe online
- ✓ Learn digital skills
- ✓ Access free wifi

Manor House, 259 Upper Town St, Bramley, Leeds LS13 3JT

For more information:

Call 0113 255 9582

Email [clickandconnect@barca-leeds.org](mailto:clickandconnect@barca-leeds.org)



Leeds Community Foundation

### Fancy a chat?

We're here to listen.

Join us every Friday for a hot drink and a chat in a warm, welcoming space.

Want to know more about technology?

Shop from the comfort of your own home?

Or, stay in touch with friends and family online?



For more information:

Call 0113 255 9582

Email [clickandconnect@barca-leeds.org](mailto:clickandconnect@barca-leeds.org)



Leeds Community Foundation

# Whats on & Things To Do!



## SCHOOL STARTERS STAY & PLAY

STARTING RECEPTION IN SEPTEMBER?

Come and meet your future classmates before your first day at school!

WHAT TO EXPECT	SATURDAY 1 <sup>ST</sup> AUGUST	SUNDAY 2 <sup>ND</sup> AUGUST	SATURDAY 8 <sup>TH</sup> AUGUST	SUNDAY 9 <sup>TH</sup> AUGUST	SUNDAY 16 <sup>TH</sup> AUGUST	SATURDAY 29 <sup>TH</sup> AUGUST	SUNDAY 23 <sup>RD</sup> AUGUST
<ul style="list-style-type: none"> <li>Make new friends</li> <li>Build confidence</li> <li>Bouncy Castle</li> <li>Inflatable Ball Pit</li> <li>Toys &amp; Colouring</li> <li>Fun &amp; relaxed environment</li> </ul>	<ul style="list-style-type: none"> <li>9:00am - 10:30am Farsley Farfield</li> <li>11:00am - 12:30pm Farsley Westroyd</li> </ul>	<ul style="list-style-type: none"> <li>9:00am - 10:30am Farsley Springbank</li> <li>11:00am - 12:30pm Valley View Primary</li> <li>1:00pm - 2:30pm Stanningley Primary</li> <li>3:00pm - 4:30pm Summerfield Primary</li> </ul>	<ul style="list-style-type: none"> <li>9:30am - 11:00am St Margarets, Horsforth</li> <li>3:00pm - 4:30pm Southroyd</li> </ul>	<ul style="list-style-type: none"> <li>9:00am - 10:30am Bramley Park Academy</li> <li>11:00am - 12:30pm Swinnow Primary</li> <li>1:00pm - 2:30pm Park Spring</li> <li>3:00pm - 4:30pm Bramley St Peter's</li> </ul>	<ul style="list-style-type: none"> <li>1:00pm - 2:30pm Pudsey Waterloo</li> <li>3:00pm - 4:30pm St Joseph's Pudsey</li> </ul>	<ul style="list-style-type: none"> <li>9:00am - 10:30am Greenside Primary</li> <li>11:00am - 12:30pm Primrose Hill</li> <li>1:00pm - 2:30pm Calverley CofE</li> <li>3:00pm - 4:30pm Whitecote Primary</li> </ul>	<ul style="list-style-type: none"> <li>9:00am - 10:30am Pudsey Lowtown</li> </ul>

SPACES ARE LIMITED! BOOK YOUR PLACE TODAY!

SCAN THE QR CODE TO BOOK ONLINE!

Hosted by Tuneys's Place  
A Place To Belong • Connect • Support • Shine

## We want you

Are you struggling to get your child to see a dentist?  
Do you think they can sit on a dental chair and accept dental treatment?  
Are they between 5 and 14 years old?

We are currently introducing a scheme in which we accept parental referrals for children to receive a course of treatment at the Leeds Dental Institute. This means that we are able to offer appointments to children on a first-come first-served basis.

The Leeds Dental Institute (LDI) Student Clinic is a teaching unit which aims to provide the best possible care for our patients. Our students provide patient care appropriate to their level of training and experience and are closely supervised by registered dental professionals who are teaching staff for the School of Dentistry, University of Leeds.


This scheme is not intended to provide emergency dental care for your child. If your child is experiencing dental pain, you should look up urgent care services that provide dental treatment or contact NHS 111. Leeds University Dental Students would not replace your General Dental Practitioner. Your child will be discharged after the completion of a course of treatment.

Appointments are **Monday-Friday in term time**. Treatment is scheduled around University holidays, exams and other student commitments. Missed appointments without prior notification may lead to your child being discharged from the care of University of Leeds Dental Students.

Scan this QR code to access our referral form. Once completed, email it to: [leedsth-tr.dentpaedvolunteersnhs.net](mailto:leedsth-tr.dentpaedvolunteersnhs.net)

Scan this QR code to watch a video about what its like to come to see dental students at Leeds Dental Institute

UNIVERSITY OF LEEDS | Leeds Dental Institute



### Outer West - Pudsey, Calverley & Farsley / Farnley & Wortley weekly youth clubs



### Tuesday

Outside In - Youth club  
Pudsey business park - Kent Road  
5-7pm. £1 entry (Term Time only)

### Thursday

Farsley Youth Club - Sunnybank Mills  
Bobbin Room 4.30 - 6pm  
Farnley mobile - Whincovers 4-6pm  
Calverley Youth Club - Library Hub  
6.30-8.30pm  
New Farnley Mobile - Low Moor Side  
6.30-8.30pm

### Wednesday



Swinnow Youth Club at the Community Centre  
3.30-5pm  
Pudsey Youth Club - upstairs at Pudsey library  
6.30-8.30pm  
Tyersal Mobile - Residents Association car park.  
6-8pm

### Friday

Lawns Park School Yr 6 Club 3.45-5pm (Term Time)  
Farsley Library Youth Club - 4.30-6pm  
Andy's Youth Space  
St Andrew's Church - Pudsey  
- Longfield Road entrance  
6.30-8pm (Term Time only)  
Farnley Senior Mobile - bus terminus  
6-8pm

All sessions are for age 11+ and are FREE entry unless stated.

For further information on the weekly sessions please contact [denise.kempton@leeds.gov.uk](mailto:denise.kempton@leeds.gov.uk) or message on our social media accounts

 @LeedsYouthService WNW  
 @leedsyouthservice



### Inner West - Bramley, Armley and Kirkstall



### Tuesday

- Kirkstall Transition Group  
15:30 - 17:00  
LWA Mobile  
14:30 - 16:30  
- Armley Basketball  
16:30 - 17:30  
- New Wortley Youth Club  
17:30 - 19:00  
- Bramley Community Centre (Mixed Ability)  
18:30 - 20:30

### Thursday

- Broadlea Community Centre Teatime Club  
15:45-17:00  
- Kirkstall Boxercise  
16:30 - 18:00  
- Bramley Mobile  
16:00 - 18:00  
Hawksworth Youth Club  
18:30 - 20:00  
Armley Youth Club  
18:30 - 20:30 (Currently a mobile)

### Wednesday

- Bramley Moorside Youth Club  
16:30 - 18:00

### Friday

- Cardigan Feilds Mobile  
16:30 - 18:00  
- Bramley Park Mobile  
16:30 - 18:00  
- Queenswood Mobile  
18:30 - 20:30  
- West Leeds Activity Centre  
18:30 - 20:30

Our Youth Work team also deliver street based Youth Work across the area. For further information about this or any of the wider programme, please contact Daisy on [daisy.murphy@leeds.gov.uk](mailto:daisy.murphy@leeds.gov.uk) or 07891272769

 @leedsyouthservice  
 @LeedsYouthService WNW

# Whats on & Things To Do!

Everyone's welcome. Every week we play games, learn skills, earn badges and yes, even eat a marshmallow or two.

Looking for something new for your child to do? Learn life skills and make new friends? Scouts have groups from ages 4 - 18.

Scan the QR code for more information and find your local group



**Less  
screen time  
More  
green time**

'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'  
Poonam

## Brownies

**Girls have nonstop fun, learning and adventure**  
for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.

Registered charity number: 306016

Join a local Brownies group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)

MyClothing

## New Starters

SAVE 10%

VALID UNTIL 31 JULY 26

Save 10% with code **INTAKE26** at checkout

A square QR code that, when scanned, likely leads to the myclothing.com website.

SHOP NOW AT  
[www.myclothing.com](http://www.myclothing.com)

\*offer excludes bundles, clearance items and events hoodies

'Guides is the most adventurous thing... it gives you the opportunity to meet people and see things you wouldn't normally see, and it's just an amazing experience'  
Bryony

## Guides

**Girls laugh, learn and expand their horizons**  
for ages 10 to 14

At Guides, all girls are welcome to enjoy our fun-filled space, where she'll make good friends, learn to be herself, explore what she loves and do stuff she's never done before!

Registered charity number: 306016

Join a local Guides group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)