

Useful contact details for parents and carers

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Follow us on Boston Spa, Wetherby and Otley Children's Centres for ideas, parenting tips, video's and links to other organisations and you can private message us if you need support, we will be happy to help.

If you need to contact your health visitor with a question about your child's development or a worry. You can contact them through the SPA on 0113 8435683.

If you are worried around your or someone else safety, please contact Social Care duty and advice on 0113 2224403.

If the Safeguarding is an emergency call the Police on 999.

If you or someone you know is experiencing domestic violence, please contact Leeds Domestic Violence service 24hr helpline on 0113 2460401 or email hello@ldvs.uk.

If you are struggling financially and need some support with benefits or completing claim forms, please contact Welfare Rights on 0113 3760452 or email Welfare.Rights@Leeds.gov.uk

Cry-sis offer support to parents with babies who cry excessively or have sleeping difficulties contact them on 0845 1228669 or email info@cry-sis.org.uk.

Struggling with alcohol and/or drugs use, please contact Forward Leeds on 0113 8872477 or email info@forwardleeds.co.uk ,they support young people, adults and families.

If you are struggling with your mental health or worried about a family member contact West Yorkshire Mental health 24hr helpline on 0800 183 05558 (freephone).

If you feel on your own and want someone to listen to, call the Samaritans on 116 123 (freephone)

