



Citizens Advice Bureaux
For any advice on any subject. If they cannot help you directly they can refer you to the right service for you.

Citizens Advice Bureaux
109 King Lane
Tel: 0113 268 7001

Citizens Advice Bureaux
Willow House
New Roscoe Building, Cross Francis Street
Chappeltown
Tel: 0113 262 9479
www.adviceguide.org.uk

Market Place
28 Kirkgate
Leeds
LS2 7DJ
Tel: 0113 246 1659
E: themarket.place@virgin.net
Offers counselling, information and support for young people. Free counselling service available.

Youth Point
The Cardigan Centre
145-149 Cardigan Road
Leeds
LS6 1LJ
Tel: 0113 274 9959
Encourages young people who are not attending school to participate in education, training or employment by meeting their needs individually. Information and training.

Samaritans (24 hour)
Tel: 08457 90 90 90
Free confidential, emotional support for anyone in crisis.

Youth Inclusion Project
7 and 9 Broadlea Hill
Leeds
LS13 2SN
Tel: 0113 272 3428
Programmes for 13-16 addressing needs in relation to education. Help in reducing truancy, youth crime, school and social exclusion. Works on a referral basis.

Youth Service
8th Floor West
Merrion House
Leeds
LS2 8DT
Tel: 0113 395 1272
E: youthserviceinfo@leeds.gov.uk
Aims to help young people at risk from social exclusion.

Parentline Plus (24 hour)
0800 800 2222
Practical help and advice information for parenting.

Bowling
AMF Bowling, Merrion Way
Tel: 0113 245 1781

LA Bowl, Sweet Street
Tel: 0800 108 5252

Hollywood Bowl, Kirkstall Road
Tel: 0113 279 9111

Cinema
Ster Century Cinemas, The Light, The Headrow
Tel: 0870 240 3696

Leeds Bradford Odeon, Gallagher Leisure Park
Tel: 0870 505 0007

Warner Village, Kirkstall Road
Tel: 0870 240 6020

General Enquiries
For leisure centre numbers and services
Tel: 0113 234 8080

Traveline
0870 608 2608
www.traveline.org.uk
For journey planning on public transport throughout England, Wales and Scotland.

National Rail Enquiries (24 hours)
08457 48 49 50
www.nationalrail.co.uk
Information on local and nationwide services, fares and timetables.

Year:

January																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
February																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	LEAP YEAR	
March																														
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April																														
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May																														
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June																														
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July																														
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August																														
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September																														
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October																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
November																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
December																														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

NSPCC (24 hours)
0800 800 5000
Child protection help line, for advice and someone to talk to.

Childline (24 hours)
0800 1111
Comfort, advice and protection for any child or young person with any problem.

D Cubed (D³)
East Leeds Family Centre
Brookland View
Leeds
LS14 6SA
T: 0113 277 7323
Telephone enquiries around any drug problem, out reach and drug education.

Get Connected
0800 808 4994
Support for young people on any issue and free connection to services, which can help

Alcoholics Anonymous (AA) (24 hours)
0207 403 0888
For families and friends of problem drinkers.

National Drugs Helpline (24 hours)
0800 776 600
Information and advice for young people who misuse drugs, their friends, families or colleagues.

Leeds youth offending service

Offices	Head Office	North	East	South	West	Youth Courts	Referral Orders	RAP	ISSP
	0113 214 4650	0113 214 5663	0113 214 1369	0113 214 5348	0113 395 0101	0113 214 5110	0113 214 4649	0113 214 5300	0112 214 1514/15

West Leeds Community Drugs Service
59 Upper Town Street
Bramley
Leeds
LS13 3JT
T: 0113 255 2227
E: bcc.barca@thecomputerco.net
Generic community-based drugs project offering counselling, information, support, education, relapse prevention to any person using, at risk of using drugs and parents or carers. Also provides a needle exchange.

Multiple Choice
14 Queens Square
Leeds
LS2 8AJ
T: 0113 243 6616
E: info@multiplechoice.org.uk
www.multiplechoice.org.uk
Community-based drugs rehabilitation project, helps anyone 18+ to get off and stay off drugs.

Base10
1 Park Square East
Leeds
LS1 2NE
Tel: 0113 243 3552
Information and support for young people under 18, their families and friends around drug use.

Community Drugs Treatment Services
North - 4 Larrel Mount
Leeds, LS7 3JX
Tel: 0113 262 5281

South - 12 Middleton Crescent
Beeston
Leeds, LS11 6JU
Tel: 0113 200 8343

East - 5-7 East Park Road
Leeds, LS9 9JD
Tel: 0113 295 8115

For help and advice on any drug related issues in your area.

NHS Direct (24 hours)
0845 46 47
Immediate and confidential health advice and information.

Taxis
City Cabs 0113 246 9999
Metro Cabs 0113 244 4031
Tele Cabs 0113 263 0404

Foundation Housing Leeds Team
Matrix House, Unit 1A
Goodman Street
Leeds
LS10 1NZ
Tel: 0113 368 8920

Gas
Transco (Gas Emergency Service)
0800 111 999
If you smell gas anywhere, in the house or on the street

Water
Yorkshire Water
0845 1 24 24 24

Electricity
Yorkshire Electricity
0800 375 675
For power cuts and emergencies

Shelterline (24 hour)
0800 800 4444
Help with housing problems

Employment Service Direct
0845 60 60 234
To find out about job vacancies nationwide.

Education Leeds
Merrion House
10th Floor West, 110 Merrion Way
Leeds
LS2 8DT
Tel: 0113 247 5590
Email: educ.info@educationleeds.co.uk
www.educationleeds.co.uk
Providing Specialised Education Advice.

Connexions Direct
Parkview House, Woodvale Office Park
Brighouse
HD6 4AB
Tel: 01484 727 500
Email: enquiries@connexionswestyorkshire.co.uk
www.connexions-direct.com
Information and advice for 13-19 year olds on a wide range of topics through the easy-to-use website.

Leeds Council Housing Advice Centre
0113 247 7477
Help and advice with housing problems

East Gate Job Centre
0113 215 5000
For help finding employment and signing on for benefit.

Resettlement and Aftercare Provision

