



# THE QUIET SPACE - INFORMATION AND SUPPORT FOR PARENTS



0113 812 3000

[studentadvice@leedsbeckett.ac.uk](mailto:studentadvice@leedsbeckett.ac.uk)

# CAMPUS FACILITIES FOR PARENTS

## Are babies & children allowed on campus?

Yes, children are allowed on campus and in social spaces, such as cafes, and in the library if supervised at all times.

Colouring packs are available from the Library Welcome desks. The School Practice Collection, located on the first floor of the Headingley Library, has children's books and any student is welcome to borrow these.

Students attending appointments in the Student Services Centres with their children can request colouring books and crayons at the Student Advice Desk. There are also toys available for small children in the Quiet spaces (see section below).

At Headingley Campus, there is a play area in the adjoining Beckett Park.

## Where can I breastfeed on campus?

The University is breastfeeding-friendly and there are no restrictions on feeding (breast or bottle) on campus.

A quiet room is available for breastfeeding/expressing in the Student Services Centre at each campus – in Priestley Hall, Headingley Campus (PRG02) and the Leslie Silver Building, City Campus (LSBG29C). Please ask at the Student Advice Desk. Supplies of breast pads, milk storage bottles and maternity pads are available in each room. A fridge for storage of breastmilk is provided in each Centre – please ask at the Student Advice Desk for the key.

Students can also ask their School if there are private rooms available in which to breastfeed.



## Where can I find baby-changing facilities?

Baby changing facilities are available in the following locations:

### **City Campus:**

- .Accessible toilet next to Beckett Kitchen food court in the Rose Bowl
- .Accessible toilet near the outside car park in the Rose Bowl
- .Accessible toilet on ground floor in Calverley Building (behind Gaia Café)
- .The Hive (Students' Union)

### **Headingley Campus**

- .Accessible toilet in Campus Central
- .Accessible toilet on ground floor of James Graham Building, near Security Reception (between the Great Hall and Library entrance)

## Do you have highchairs & bottle-warmers?

Beckett Kitchen food court at each campus has highchairs available. Changing facilities are available nearby.

Microwaves are available at the food courts at each campus, Gaia Café (City Campus) and Carnegie Café (Headingley Campus).

Leeds Beckett students can get a free child meal when an adult buys a full meal at Beckett Kitchen (12s and under only).

The Hive (Students' Union bar, City Campus) has highchairs and bottle warmers available and offers a free children's meal with any adult meal purchased. Changing facilities, colouring books and crayons provided. Microwave available in The Living Room above The Hive.



## What if I miss classes due to a family emergency/caring responsibilities?

If childcare issues prevent you from attending classes, please ask the tutor for any relevant materials to help you catch up.

Please inform your Course Administrator of absences as soon as possible. Student Advice can provide contact details.

## Where can I get information about financial support for student parents?

The Money Advice team can provide advice on financial support for parents and details of any benefits/funding that you may be entitled to claim. The Money Advice Line is open Mon-Thurs 10am-12pm Tel: 0113 812 5593 Please see the webpage for further information and ways of contacting the team.



## Where can I find study support?

The Skills for Learning website has many useful resources on all aspects of academic skills, including time management! You can also access podcasts and workshops (recordings available if you can't make it to a session in person). Individual appointments also available.



# SUPPORT OUTSIDE OF LEEDS BECKETT

## Carers Leeds

Information, support & advice for parents/family members caring for a child or young person with additional needs

- Advice Line
- Parent Carer Group
- Parent carers Facebook page



## Dad Matters Leeds

Support for dads during early parenthood  
Peer Support  
Wellbeing & mental health support



## Family Lives

Information, advice & support on any aspect of parenting, from pregnancy through to young adulthood

- Helpline
- .Online chat
- .Online parenting courses
- .Online support forums



## Gingerbread

Advice and support for single-parent families, including financial advice when studying

- .Helpline
- .Online chat





## Home-Start

Home-Start supports parents to develop confidence in their parenting abilities.

- .Online parenting resources
- .Individual volunteer support in the home
- .Support Groups



## La Leche League

Breastfeeding information and support

- .Telephone support from trained breastfeeding counsellors (Local Leaders and National Helpline)
- .Local Support Groups



## Leeds Community Healthcare

Information about services provided by 0-19 Public Health Integrated Nursing Service (formerly Health Visiting & School Nursing).

- .Infant Feeding Support details breastfeeding support throughout Leeds.



## Leeds Bosom Buddies

Peer to Peer Breastfeeding Support Groups  
Facebook page details locations/times



## Leeds Dads

Connects dads for support and social events  
Runs dad & child play sessions & other events





**NCT**

Information and support for parents during pregnancy, birth and early parenthood.

- .Classes & courses (e.g. antenatal, Baby First Aid)
- .NCT Infant Feeding Helpline
- .NCT Baby Café drop-ins led by NCT Breastfeeding Counsellors (online and in person)
- .Local parent & baby groups



## **PANDAS**

Support & advice for parents affected by perinatal ill-health

- .Free helpline
- .WhatsApp & email support
- .Online & in-person support groups



## **The Breast-feeding Network**

Support & advice for parents affected by perinatal ill-health

- .Free helpline
- .WhatsApp & email support
- .Online & in-person support groups

