



Our services

October 2025

This Barca-Leeds services directory is available
in larger print upon request by emailing:
communications@barca-leeds.org

Scan the QR code to see the most up
to date information on our website:
barca-leeds.org



Welcome

Welcome to this latest edition of our services booklet which shows the full range of our service offer.

Some of our projects have an open or universal offer and others are targeted and have a specific pathway, please check the referral criteria before making contact with us. Further information, including impact reports, are available on our new website.

We have a long history of delivering effective services across the city, retaining our key focus on locally based support for communities and people of all ages who have experienced a number of challenges. Our passionate and value-driven teams continue to help people make long-term sustainable change, removing barriers and achieving their aspirations to live independent and fulfilling lives.

We're proud of the high quality of our services and being in the Investors In People Top 10 UK Employers 2023.

We welcome your feedback, so please do get in touch using the contact details on the back of this booklet.

Helen Hart
Chief Executive Officer
Barca-Leeds

Our vision



A fair society

Our values



Compassionate

We demonstrate kindness, caring and a willingness to help others.



Responsive

We are quick to act to help meet the needs of our people and communities.



Acting with integrity

We are honest and demonstrate strong moral and ethical principles in our approach.



Empowering

Our actions help to make people stronger and more confident in taking control of their lives.

Our areas of work



Employment and training

Programmes to support NEET young people, families and people who are economically inactive to access education, training and employment



Health improvement

Innovative services focused on improving mental health and wellbeing and reducing health inequalities



Community development

Targeted public health initiatives, building social cohesion and supporting community initiatives



Families and young people

Play and youth work, therapeutic mental health support and systemic family services



Criminal justice

Effective solutions to prevent youth violence and reduce re-offending



Drugs and alcohol support

Comprehensive drug and alcohol treatment and recovery services



Housing support

Flexible support services to help implement the Leeds Homelessness and Rough Sleeping Strategy



Holistic outreach support



Barca Outreach Support Team (BOST)

The Barca Outreach Support Team (BOST) provides focused support for people who regularly use urgent and emergency healthcare services.

The team supports individuals to reduce their use of urgent care services by using more accessible and appropriate support that meets their individual needs and addresses the social determinants of their ill-health.

Who is the service for?

Adults aged 18 and over who have had 12 or more contacts with urgent and emergency healthcare services in the last year or 5 within the last month.

Referrals from Leeds Teaching Hospital or from specific health organisations.

Supported by:



Get in touch:

kim.bright@barca-leeds.org
mh.uco@nhs.net



Being You Leeds

Being You Leeds provides groups, activities and training and awareness sessions for community wellbeing across the city.

Groups and activities run seven days a week including on evenings and weekends in local venues across Leeds. Visit the MindWell website to see our current activities and groups.

Who is the service for?

Anyone aged 16 and over in Leeds.

Being You Leeds is run by a partnership of: Touchstone, Barca-Leeds, Hamara, Health for All, Holbeck Together, LS14 Trust, Women's Health Matters, Community Links and Humans Being.

Supported by:



Get in touch:

jonathan.parker@barca-leeds.org
0113 248 4880



Community health



Better Together

Better Together is focused on enabling the communities of West Leeds to reach their full potential, improving the health and wellbeing of everyone involved.

The service runs several community activity groups and events across West Leeds, including conversational English clubs, walking groups, arts and crafts sessions, yoga and cooking. The team also attend community events and venues to promote local health and wellbeing campaigns and services, and to connect with people from all communities.

Who is the service for?

Adults living in the following areas of West Leeds: Armley, Bramley, Burley, Hyde Park, Little London, New Wortley, Woodhouse, Kirkstall, Farnley and Hawksworth.

Supported by:



Get in touch:

bettertogetherwest@barca-leeds.org



Employment support



Bright Horizons

Bright Horizons provides tailored support for parents and carers who are facing barriers to employment by providing support to build confidence, skills and improve health and wellbeing.

Who is the service for?

Parents and carers living in West or South Leeds who are currently not in employment and have children aged up to 18 (or have children aged 18 to 25 with an Education, Health and Care plan - EHCP).

People can refer themselves or be referred, by any organisation.

Delivered by a partnership of Barca-Leeds and Health For All.

Supported by:



Get in touch:

brighthorizons@barca-leeds.org



Community health



Community Wellbeing Connectors

The Community Wellbeing Connectors enable people to increase their independence and support them to recover and improve their mental health and wellbeing.

The team engage with individuals in their own community settings, build trusting relationships and provide one to one outreach care and support. Supporting each individual to identify and engage with activities, groups and resources in their local communities to build their personal resilience and a personalised local support network.

Who is the service for?

Professional referrals accepted for people experiencing serious mental illness living in the West Leeds areas of Armley, Bramley, Wortley and Holt Park.

Supported by:



NHS West Yorkshire
Integrated Care Board

Get in touch:

westcwc.lypft1@nhs.net

Counselling service



Counselling - Leeds Schools Clusters

A schools-based counselling service improving social, emotional and mental health for children and young people living in Leeds. This is delivered via one to one counselling for children and young people in primary and secondary schools, across the clusters we work in.

Who is the service for?

Children and young people in primary and secondary schools in the following Cluster areas: Pudsey, BCM (Beeston Cottingley and Middleton), Headingley and Kirkstall, and JESS (Hunslet, Beeston, Belle Isle, Holbeck).

Referrals can only be made to the service following a decision at the regular multi-agency meetings convened in each Cluster (usually known as Guidance and Support meetings).

Supported by:



Get in touch:

counselling@barca-leeds.org



Engage Leeds

A citywide housing support service, assisting the people of Leeds with preventing homelessness, sustaining tenancies and helping to integrate them into the community.

Delivered by a partnership of Barca-Leeds, GIPSIL, Riverside Housing Association and Connect Housing, Engage Leeds provides one to one support to develop meaningful support plans tailored to each individual's unique circumstances. Trained staff provide additional support to people affected by dementia or memory issues, welfare benefits and/or employment needs, and people who may have multiple support needs.

Who is the service for?

Anyone over 18 years old, who lives in Leeds with a housing related support need. Visit the Engage Leeds website to make a referral.

Supported by:



Get in touch:

referrals@engageleeds.org.uk
0113 380 7615



Care Proceedings support



Family Drug and Alcohol Court (FDAC)

The Family Drug and Alcohol Court project adopts a problem-solving therapeutic approach, to improve outcomes for children involved in care proceedings, by supporting parents to address their substance misuse and related problems.

Who is the service for?

Parents whose difficulties around substance misuse, domestic abuse and violence or poor mental health have crossed the threshold for entering Care Proceedings.

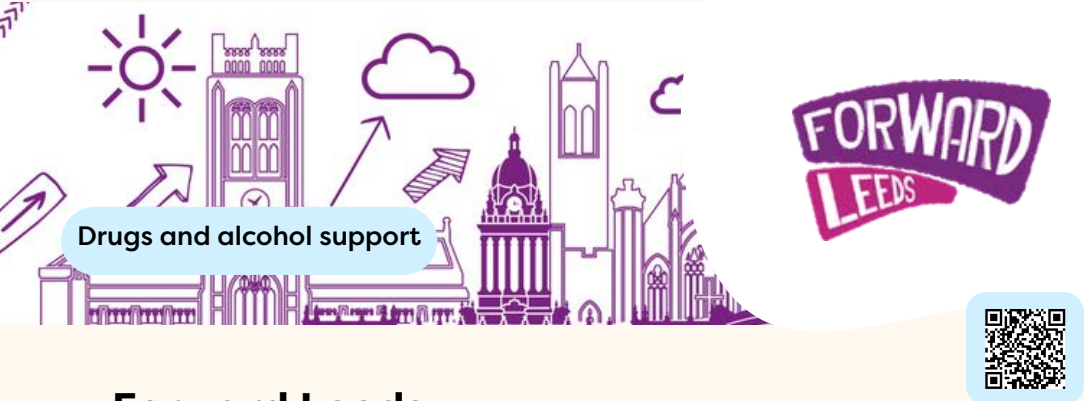
If you wish to discuss the possibility of referring a family to FDAC please contact the Team Manager, Saorsia Jefferson.

Supported by:



Get in touch:

FDAC@barca-leeds.org
saorsia.jefferson@barca-leeds.org



Forward Leeds

Offering a wide range of support and interventions for people that use alcohol or drugs, and their families, Forward Leeds is the integrated alcohol and substance use service in Leeds for adults and young people.

Barca-Leeds is a proud partner alongside Waythrough, St Anne's Community Services and the Leeds and York Partnership NHS Foundation Trust. Barca teams deliver the following services:

Young People's Team

Offers a confidential and non-judgemental service to young people up to the age of 21, and occasionally up to the age of 24. Delivered through one to one support, group work and support for families and concerned others, to address young people's drug and alcohol use.

Family Plus Team

A rounded package of support to get the best possible outcomes for both children and parents. Includes specialist one to one and group work provision for children and young people.

Family Hubs

Specialist Substance Coordinators work across the city's seven Family Hubs to provide a single point of contact for advice, help and support in communities.

Focused Intervention Team

Based in the three Forward Leeds hubs, this team provides one to one support for people who wish to make changes to their alcohol or substance use.

Focused Intervention Housing Team

The Focused Intervention Housing Team support people impacted by drug or alcohol use who have additional housing issues.

Focussed Intervention Primary Care Team

Working in partnership with a number of GP practices across the city to make services more accessible for people. The team are based in surgeries on a weekly basis to assess people and offer guidance, advice and support.

Training for professionals

Training and information regarding alcohol and drugs, including brief interventions in the workplace.

Who is the service for?

Visit the Forward Leeds website to make a referral.

Supported by:



Get in touch:

info@forwardleeds.co.uk
0113 887 2477



Family support



Headingley and Kirkstall Schools Family Support Service

Supports families to overcome barriers which prevent children, young people and their family members to achieve positive outcomes.

The practical support provided to families includes advocacy between school, family and services, access to free activities, money and debt support and emotional wellbeing support. This helps them to address problems they may be facing such as parental substance misuse, low school attendance and poor mental health.

Who is the service for?

Direct referrals for families with children aged 5 to 16 from the Headingley and Kirkstall Schools Partnership (Cluster) only.

Supported by:

The Headingley and Kirkstall
Schools Partnership (Cluster)

Get in touch:

amanda@barca-leeds.org



School holiday activities



Healthy Holidays

Free, engaging and enriching activities with a hot and healthy meal for children and young people during the school holidays.

Activities vary and can include sports and swimming, outdoor activities, dance, arts and crafts, as well as trips.

Who is the service for?

Activities are available for primary and secondary school aged children and young people in receipt of free school meals.

You can find Healthy Holidays activities and book places on the Leeds Healthy Holidays website.

Supported by:

Leeds
Community
Foundation

Get in touch:

healthyholidays@barca-leeds.org



**LEEDS
YOUTH
ALLIANCE**

Youth service provision



Leeds Youth Alliance (LYA)

A consortium of organisations offering a range of activities and opportunities for young people across Leeds to develop their skills, have fun and engage in their local community.

The Alliance delivers local groups, youth support and activity services to help young people develop into successful and confident adults.

The service is fully integrated with the Leeds City Council Youth Work service to ensure that young people living in the most disadvantaged areas of Leeds have access to high quality youth work provision.

Who is the service for?

Young people aged 8 to 18 in Leeds. No referral needed.

Supported by:



Leeds
CITY COUNCIL

Get in touch:

LeedsYouthAlliance@barca-leeds.org



Social Prescribing service



Linking Leeds

Linking Leeds is the integrated citywide Social Prescribing service for people in Leeds, connecting them to services and activities in their community in order to benefit overall health and wellbeing.

Who is the service for?

People aged 16 and over in Leeds who would like information and help with support services in their local community.

Self-refer by calling the hub: 0113 336 7612, or completing a referral form online.

Delivered by a partnership of Community Links, Leeds City Council, Barca-Leeds, Better Leeds Communities, Leeds Mind, Feel Good Factor, Leeds Irish Health and Homes and Age UK.

Supported by:



Get in touch:

linking.leeds@nhs.net
0113 336 7612



Thrive at Work

Thrive at Work supports health and social care staff in Leeds to excel in their roles while managing their health. The Hub is part of Linking Leeds and offers a range of support services, including Health and Work Coaching, Mental Health Fast Track support, Leeds Workplace Adjustment Service and Musculoskeletal (MSK) support.

Who is the service for?

Any Employees working in a health and care organisation in Leeds, including:

- Those who are currently in work but would benefit from wellbeing support to remain well in work; those currently absent from work or for anyone returning after a period of absence.
- Individuals and Managers who would benefit from support with workplace adjustments and/or coaching.

Supported by:



Get in touch:

linking.leeds@nhs.net
lhca@nhs.net



Men's health and wellbeing



Men's Health Unlocked

This ground-breaking project aims to achieve better health and wellbeing outcomes for all men and boys in Leeds which will contribute to better outcomes for all.

Men's Health Link Workers work across Leeds to:

- connect men to services and support,
- raise awareness of men's health issues,
- deliver men's health awareness sessions, and develop a network of organisations that will raise awareness of Men's Health.

Who is the service for?

Open to all men and boys in Leeds.

The Men's Health Unlocked Partnership consists of Barca-Leeds, Forum Central, Orion and Touchstone.

Supported by:



Get in touch:

menshealthunlocked@barca-leeds.org



Mentoring and support



Mentoring in Schools Project

Mentoring and support interventions exclusively for young people attending Leeds City Academy, supporting them to address and reduce the risk factors in their lives.

Working in close partnership with the teaching staff, and other local stakeholders, the team provide four main areas of work, delivered from the school premises, in the local community or in the homes of the young people.

The service builds trusting relationships with young people and between young people, the school, families and with other professionals.

Who is the service for?

Young people attending Leeds City Academy school via direct referrals from school staff.

Supported by:



Get in touch:

ella.johannessen@barca-leeds.org

Navigator Teams at Barca-Leeds

Barca-Leeds has pioneered and developed the Navigator role over a number of years, informed by our experience and learning from supporting people with a wide range of needs across several projects.

At Barca we now have teams of experienced and skilled Multiple Needs Navigators. The main characteristics of these roles is: highly intensive working with low caseloads, building trusted relationships over long periods and coordinating completely person-centred support.

The Teams work with people who face various circumstances such as homelessness, sleeping rough, poor mental and physical health and addiction issues. Some also have a history of offending behaviour, imprisonment and involvement in the criminal justice system.

The teams take a trauma-informed approach and work with each person at their own pace, offering support that is unconditional and not restricted by time limitations. This 'navigator' model enables us to provide the right level of support for each person to overcome the extensive levels of adversity they experience on a day-to-day basis.

The approach delivers successful outcomes by supporting people using these services to lead more fulfilling and safer lives.

Our specialist Navigator teams are listed on the next 4 pages.



Prisoner resettlement service



Accommodation for Ex-Offenders (AFEO)

The AFEO service supports people being released from prison who are resettling in Leeds. The team work closely in partnership with the Private Lettings Teams at Leeds Housing Options.

This service works with a group of landlords who have signed up to provide properties and will give people a second chance to turn their lives around. The team work intensively with people to reduce offending behaviours using person-centred and trauma informed interventions.

Who is the service for?

Referrals from Leeds Housing Options, only, for adults who have been assessed as not being in priority need for emergency housing by the local authority.

Supported by:



Get in touch:

khalid.din@engageleeds.org.uk

Homelessness support



Housing Navigators

Housing Navigators work with people that have recently been accommodated after being homeless and sleeping rough. All of the people supported have multiple challenges that may include poor mental health, addiction issues or a history of offending behaviour. The team provide intensive support to help them move in, establish and sustain their tenancy and build a home. They work in partnership with a range of services across the city.

Who is the service for?

Rough sleepers with additional complex needs, and those at risk of rough sleeping.

Referrals are identified and allocated in partnership with the Safer Leeds Street Support teams, Leeds Housing Options and other partners.

Supported by:

Get in touch:

gemma.humphries@barca-leeds.org



Homelessness support



Street To Tenancy Navigators (STT)

The Street To Tenancy (STT) team work closely with the Housing Navigators to provide a specialist approach for people who are homeless by supporting them to find and sustain accommodation using the Housing First model. The team provides the extra support needed to help people transition from living on the streets into their own home so that they have a safe and secure long term home.

Who is the service for?

The STT Navigator Team support people who are homeless and still sleeping rough, prior to any accommodation offer being made.

Referrals are identified and allocated in partnership with the Safer Leeds Street Support teams, Leeds Housing Options and other partners.

Supported by:


Ministry of Housing,
Communities &
Local Government



Get in touch:

gemma.humphries@barca-leeds.org



Homelessness support



Community Support Navigators

Part of the Single Homelessness Accommodation Programme, this new and innovative citywide, multi-agency housing support service works with adult rough sleepers and young people (18 to 25) at risk of rough sleeping as adults. The team work with partners to deliver a new and unique model of supported accommodation, that provides accessibility and choice for people with severe multiple disadvantage, disability and complex needs who would otherwise continue with a rough sleeping way of life.

Who is the service for?

Adult rough sleepers and young people (18 to 25) at risk of rough sleeping.

Referrals are identified and allocated in partnership with the Safer Leeds Street Support teams, Leeds Housing Options and other partners.

Supported by:



Ministry of Housing,
Communities &
Local Government

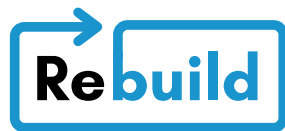


Get in touch:

gemma.humphries@barca-leeds.org

 **New service**

Employment support



Rebuild

Rebuild provides tailored support to engage, enable and empower individuals to overcome the barriers they face in finding employment and training.

The team delivers a culturally aware service to help people identify and achieve their goals, including creating a career plan, gaining work experience, providing emotional and practical support, and offering housing and money advice.

Who is the service for?

The Rebuild service supports adults from ethnic minority groups in Leeds who are on a probation order.

Direct referrals from Probation only.

Get in touch:

rebuild@wyfi.cjsm.net

Counselling service



Rediscover Adult Counselling Service

One to one counselling service for parents and carers to work through current or past emotional difficulties which impact upon them and, in turn, their children and families.

Rediscover offers up to 12 weeks of one to one counselling sessions delivered in person at Manor House in Bramley. The counselling is provided by a counsellor who is a qualified volunteer or student on placement; all are fully supported and supervised by a qualified and experienced therapist.

Who is the service for?

This service is open to parents, carers or guardians with dependents aged up to 18 who are working with a Pudsey Cluster professional, and are experiencing mild to moderate mental health issues.

Professional referral from Pudsey Cluster.

Supported by:
Pudsey Cluster

Get in touch:
counselling@barca-leeds.org

Emotional wellbeing

Emotional Regulation

Developing skills to help yourself and others



Safe Schools

The Safe Schools Project supports young people to build knowledge and understanding of their emotional wellbeing and learn techniques to manage their emotions positively.

The team deliver a range of activities including:

- School assemblies on emotional regulation
- One to one support and mentoring
- After-school clubs and holiday programmes focused on sports and life skills
- Emotion coaching training for Education Mentors and Teachers
- Training on the Rethink Formulation for School staff

Who is the service for?

This service is currently delivered in schools across East Leeds for young people aged 11 to 18.

Supported by:



Get in touch:

ella.johannessen@barca-leeds.org



New service

Employment support



Step Forward

Step Forward is a citywide service that provides tailored one to one support for NEET young people where mental health is a barrier to them progressing toward work, employment or training.

Our team engage, inspire and motivate young people to raise aspirations and take positive steps towards work and learning by identifying underlying needs and barriers.

Who is the service for?

16 to 24 year olds in Leeds who are at risk of or already Not in Education Employment or Training (NEET), where mental health is a barrier to them progressing toward work, employment or training.

Young people can refer themselves or be referred by a parent, carer or professional.

Supported by:



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire



Get in touch:

StepForward@barca-leeds.org



Emotional wellbeing



TFS Wellbeing Service

The TFS Wellbeing Service provides one to one support and access to opportunities for children and young people impacted by parental drug and alcohol use.

Using one to one, whole family and group work methods, the service creates a nurturing space where young people can make new friends, build confidence and share experiences.

Who is the service for?

Children and young people impacted by parental drug and alcohol use aged 5 to 16 years old who live in Inner West Leeds.

Direct referrals are accepted from agencies as well as referrals from Schools Cluster Support and Guidance Meetings. Families can self-refer.

Supported by:



Get in touch:

laura.minney@barca-leeds.org



Violence reduction



VRP in Bramley

A specialist Violence Reduction Project focussed on awareness and understanding of knife crime. The team supports young people in Bramley who are engaging with anti-social behaviour or other risky behaviours.

Our team provides a flexible approach to engage young people through one to one support, community interventions, detached youth work and virtual reality headsets that help them to make the right choices on gang and knife crime related issues.

Who is the service for?

Young people aged 10 to 16 in the Bramley area of Leeds.

Referrals can be made directly to our Children and Young Person's team.

Supported by:



Get in touch:

amanda@barca-leeds.org



Emotional wellbeing

Wellbeing Cafe

A service for young people focussed on developing positive emotional wellbeing alongside flexible access to a qualified counsellor for brief one to one intervention support.

The Wellbeing Cafe service runs a weekly group for young people that takes place at Manor House in Bramley on Wednesdays evenings. The group is supported by youth workers who facilitate a range of activities including arts and crafts, self-care and positive activities.

Who is the service for?

Young people aged 11 to 16.

Self and professional referral accepted. Referrals can be made directly to our Children and Young Person's team.

Supported by:



Get in touch:

laura.minney@barca-leeds.org

LGBTQ+ wellbeing support



Wellbeing Hour

The Wellbeing Hour service helps young people and young adults who identify as LGBTQ+ who are struggling with their mental health to access therapeutic support.

We offer up to 8 sessions of counselling where young people can talk about their difficulties with real honesty in a safe and supportive environment, address past and present experiences which may be impacting their life, and explore their identity without fear of being judged.

Who is the service for?

This service is available to young people aged 13 to 18 and young adults aged 19 to 25 who identify as LGBTQ+ and live primarily within West Leeds.

Self and professional referral accepted.

Supported by:

Leeds
Community
Foundation

Get in touch:

counselling@barca-leeds.org



Youth service provision



Youth Work

Barca-Leeds has delivered Youth Work in the Bramley and Stanningley area for over 30 years, providing young people with the opportunity to meet peers, participate in positive activities and engage in their community.

Activities are co-created with young people and the programme provides a variety of diverse groups that respond to feedback and suggestions. Youth Workers also run a Voice and Influence Project (VIP) group that enables Youth Voice on local issues and consultations.

Who is the service for?

The Youth Work Programme is open to all young people aged 11 to 19 years old.

No referral is needed. Please contact us to receive our latest weekly youth activity programme.

Supported by:



Leeds
CITY COUNCIL

Get in touch:

amanda@barca-leeds.org



Partnerships

We always aim to work in partnership by default. The majority of our services are delivered in partnership with other organisations, both large and small, who share our values and have a similar ethos.

Contracted Partnership Delivery



Collaborating across all sectors:



NHS



Police and Criminal Justice



Third Sector charitable organisations



Schools



Grass roots organisations



West Yorkshire Combined Authority



Community and Faith based organisations



Leeds City Council



Social Enterprises



Primary Care Networks and Local Care Partnerships

Pause 4 Menopause Toolkit

The Pause 4 Menopause toolkit is aimed at men to help them understand and provide support for someone going through the stages of the menopause.

The toolkit features a range of information alongside quotes from West Leeds residents on their experiences of menopause. It was developed with local groups and compiled by Barca-Leeds, West Leeds Primary Care Network, TCV Hollybush, New Wortley Community Association and WomenZone.



Reclaim Mental Health Toolkit

A toolkit to help people manage and improve their mental health and wellbeing.



Young Person's Emotional Wellbeing Toolkit

Delivered as part of our Safe Schools project, this toolkit has useful tips, exercises and information to support young people's emotional wellbeing.



Join our team!

We love what we do and we're passionate about making a difference to the lives of the people we work with.



barca-leeds.org/join-us

Top 10 Investors In People Employer 2023

“It was a privilege to meet so many members of staff who displayed a genuine commitment to the organisation’s purpose and self-motivation to make a difference to the people using the services.” IIP Assessor





Barca-Leeds

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259 Upper Town Street
Bramley
Leeds
LS13 3JT

Get in touch

Website

www.barca-leeds.org

Email

reception@barca-leeds.org

Tel

0113 255 9582

Socials

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 [@barca-leeds.bsky.social](#)

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Company Number 02949419