



Barca
LEEDS

Our services

July 2026

This Barca-Leeds services directory is available
in larger print and other languages 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 society where people and communities are heard, valued, and supported to realise their potential to shape their own futures.

Our values:



Compassionate

We demonstrate kindness, caring and a willingness to help others - taking a trauma informed approach in all we do.



Acting with integrity

We act with honesty and respect, building trust through partnerships and strong relationships.



Responsive

We listen deeply, understand individual, community and system-level needs, and adapt with compassion.



Empowering

We support people to build independence, empowering them to shape their own futures.



Bold

We amplify voices of those often unheard, advocating for change, and championing equity with courage.

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 the 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



Better Together

Better Together is focused on empowering 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



New service

Digital Inclusion



Click and Connect - Digital Drop In and Support Hub

Click and Connect delivers a weekly Digital Drop In and Support Hub at Manor House in Bramley, Leeds. The Hub provides a warm, welcoming space where people can build confidence using digital technology and connect with others from their local community.

The service offers assistance with a range of devices, including mobile phones, tablets and laptops. Our team provides friendly, practical support including how to access essential online services like banking and healthcare, as well as running workshops on topics identified by the local community.

Who is the service for?

Adults aged 16 and over. No booking required, simply turn up: Fridays, 10am to 12pm at Barca-Leeds, Manor House, 259 Upper Town Street, LS13 3JT.

Supported by:

Leeds
Community
Foundation

Get in touch:

ClickAndConnect@barca-leeds.org



Community health



Community Wellbeing Connectors

The Community Wellbeing Connectors empower people to increase their independence and support their recovery, improving mental health and wellbeing. The team build trusting relationships by meeting people in their homes or within their local communities. Working together, they help people identify and access activities, groups and opportunities that match their interests, enabling them to build confidence, strengthen resilience and develop lasting local support networks that help them stay connected to their communities.

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



**Connect
Together**

Social prescribing service



Connect Together - Healthy Lifestyles

A social prescribing service for children, young people and their families that supports them to make long lasting connections in their community and bring about sustainable change and improvements to their lives.

The team help young people to create a change plan and support them to achieve their goals.

Who is the service for?

Children and young people aged 5 to 16 who are living within postcode areas LS12, 13 and 28.

Referrals from health care professionals, education settings and family support services only.

Supported by:



Get in touch:

cypreferrals@barca-leeds.org

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: 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



Mentoring and support



Educational Inclusion Mentoring

This service provides mentoring and support interventions exclusively for young people attending West Area Inclusion Partnership (AIP) schools, supporting them to overcome barriers and to re-engage with education and learning.

The team provides tailored support that:

- raises school attendance and behaviour,
- builds positive relationships, and
- improves wellbeing and resilience.

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 West AIP schools via direct referrals from school staff.

Supported by:



Get in touch:

Laura.Whitaker@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 Charles.

Supported by:



Get in touch:

FDAC@barca-leeds.org

Saorsia.Charles@barca-leeds.org



Family support



Family Support in Schools

Supports families to overcome barriers which prevent children, young people and their family members from achieving 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.

Family Support is a schools-linked offer that is currently commissioned in Headingley and Kirkstall Schools Partnership (Cluster), Lawnswood School and Dixons Unity Academy.

Supported by:

The Headingley and Kirkstall Schools
Partnership (Cluster)
Lawnswood School
Dixons Unity Academy

Get in touch:

amanda@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 18. Delivered through one to one support, group work and advice 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 provision for children and young people, alongside family activities and events.

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.

Focused 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?

Young people and adults in Leeds.

Visit the Forward Leeds website to make a referral.

Supported by:



Get in touch:

info@forwardleeds.co.uk
0113 887 2477



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



New service

Social action projects



Leeds Young Change Makers (Trax)

Leeds Young Change Makers empowers young people to design and deliver social action projects on topics important to them in their local area.

Projects are led by young people, with past activities including health and wellbeing, getting active outdoors, creating a community garden, and taking part in water safety and lifesaving swimming courses.

Young people build their digital and communication skills by documenting their social action projects and sharing them to inspire others.

Who is the service for?

Young people living in the Little London and Hyde Park areas of Leeds.

Supported by:



Get in touch:

cypreferrals@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 activities 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



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 for Young People

Barca's mentoring programme provides specialist support and interventions to help young people manage the risk factors in their lives. With a focus on building strengths and positive connections, the programme supports young people who may be involved in anti-social or other risky behaviours.

The service is tailored to each young person and can be delivered in schools, the local community, or at home. The team works to build strong, trusting relationships with young people, as well as with schools, families, and other professionals.

Using a flexible approach, the service engages young people through one to one mentoring, community-based interventions, detached youth work, and immersive tools such as virtual reality to help them make safer, more positive choices around issues like gangs and knife crime.

Supported by:



Get in touch:

cypreferrals@barca-leeds.org



New service

Mentoring and support



My Place Project

The My Place project provides opportunities for personal and social development in a safe space for young people who are most at risk of becoming involved in anti-social behaviour.

Delivered through a mix of outreach and centre-based youth work, the service provides creative and physical activities, alongside focused learning on important topics such as stop and search, healthy relationships, grooming, and sexual exploitation.

Who is the service for?

Young people aged 11 to 16 years old in the Bramley and Farnley areas of Leeds.

Supported by:



Funded by
UK Government

Get in touch:

cypreferrals@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 3 pages.



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:

NavigatorReferrals@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:

NavigatorReferrals@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

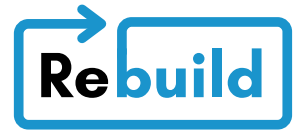


Get in touch:

NavigatorReferrals@barca-leeds.org



Employment support



Rebuild

Rebuild provides tailored support to engage 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.

Supported by:

**HM Prison &
Probation Service**

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



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



New service

**Youth Hub, groups,
activities and support**



Young Futures Hub

Led by Leeds City Council and delivered through the Leeds Youth Alliance (VCSE youth partnership) the Young Futures Hub puts young people's voice first, providing a range of fun and skill based activities that provide positive experiences and a holistic approach to supporting young people, particularly those facing challenges around wellbeing, education, employment and life chances.

The Hub brings services together to make it easier for young people to access the right support at the right time. Barca-Leeds' Hub services include the Wellbeing Cafe, Wellbeing Hour, and Youth Work - see the next three pages for details.

Who is the service for?

Young people aged 11 to 19 (and up to 25 for those with additional needs).

Supported by:



Get in touch:

cypreferrals@barca-leeds.org
0113 255 9582



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



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

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

Manor House (Head Office)
259 Upper Town Street
Bramley
Leeds
LS13 3JT

Get in touch

Website

www.barca-leeds.org

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reception@barca-leeds.org

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0113 255 9582

Socials

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Company Number 02949419