

Roleplay

Lloyd Park Children's Charity

Charity Number 1102134

For families with children under 5 years living in Waltham Forest



Welcome to our 47th edition of Roleplay, The Lloyd Park Children's Charity newsletter for early years families in Waltham Forest. This edition is a celebration of our partnerships with families, and we have lots to share!

Welcome to the children and families who are new to our services or starting their early education journey at one of our settings. Our charity was set up by a group of local parents 40 years ago and it's really important to us that local families continue to shape and strengthen what we do.

There are many ways you can get involved:

- Feedback about your experiences and what you think is important.
- Help young children experience the awe and wonder of the world by sharing your skills or experiences. You can read stories or share rhymes and songs in a range of languages, inspire children with musical instruments or creative activities, share something about your culture or community.
- Join our CoCo East group and use your lived experiences to shape our services.
- Most importantly, work with us on your child's learning and development journey.

To get involved or share your views speak to any member of the team or email info@tlpcc.org.uk

We've formed CoCo East (Co-production Collaborative) a network where local families and organisations are working together to create new services. Look for the CoCo East logo on our timetable to see some of our new co-produced sessions. Working together is helping us improve the way we support local people.

We'd like to say a huge thanks to our families for your hard work and contributions.

If you're interested in getting involved email info@tlpcc.org.uk



Dates for your Diary:

Friday 28th October 6.30-8.30pm
Halloween Disco at Higham Hill, Lloyd Park and The Valley Centre's

Half Term 24th-28th October.
Sessional childcare is closed. Look out for our half term community activity timetable.

Winter Fayre - 11am-2pm
The Lloyd Park Centre - Sunday 4th December
The Higham Hill Centre - 11th December
The Valley Centre - 11th December

Last day of the Autumn Term - Friday 16th December

Staff Training Day - All services closed
Tuesday 3rd January

First Day of Spring Term
Wednesday 4th January

Follow us on Facebook and Instagram for up to date news and information about our services
[@LloydParkCC](https://www.facebook.com/LloydParkCC)



In this edition read more about:

- What's On and our activity timetable
- Go Wild in Waltham Forest with our nature based activity ideas
- Parents perspectives of Childcare, our young reporter Giancarlo has been interviewing families
- Read some examples of how we use family feedback in You Said... We Did
- Access free training from the Good Things Foundation

Waltham Forest is a vibrant place for families, with so many exciting things to see and do...

Getting Ready to Start School

Separation

Saying goodbye is often anxiety provoking for the adult and children can pick up on this. However, some children do find it difficult and this is understandable, they trust you more than anyone else in the world.

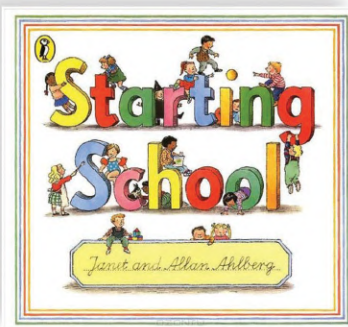
Help prepare your child by attending groups and activities, giving them the opportunity to meet new children and adults. If you have support, leaving your child with a trusted adult or family members will help your child to experience separation with the knowledge that you will return to collect them.

There are plenty of stories about starting school, all these books cover having fun, making friends and being left with a trusted adult in a safe space. Here are just a few recommendations:

'Hello Friend' by Rebecca Cobb

'Jellybean Goes to School' by Margaret Roc

'Starting School' by Janet and Alan Alhberg is a classic which covers many first-time experiences.



CoCo East is putting co-production at the heart of our services

Our Charity is proud to offer more co-produced sessions. Working closely with partners and service users we have 12 new sessions for communities to come and join (please see timetable). Let us introduce you to a couple of our sessions:

Somewhere to Belong. SEND Support (Co-Co East)

We believe the benefits of Early Intervention are important as the first few months and years of a child's life are dynamic to future developmental progress. Purposeful intervention in our Somewhere to Belong SEND groups can change trajectories meaningfully during and post the first 3 years.

Somewhere to Belong sessions have been running since February 2019. Building on the success and in response to a parental survey, where weekend activities for SEND families in a safe accepting social space were requested, we have developed the offer to include a Dads only session -

Somewhere to Belong for Dads and sessions for SEND children and their siblings. These will take place on Saturdays in our GROW WILD provision. 10 - 11.30am.

Somewhere to Belong for Dads
10th November 2022 and 11th March 2023

SEND Siblings
8th October 2022 and 11th February 2023

Cooking Pizza Faces

Looking for a meal time inspiration to do with your child, why not try Pizza Faces

This activity not only gives you a cooked meal, but allows time for a conversation with your child about their day.

This activity has endless learning opportunities. One of our favourites is finding out about your children's day, you get to discuss how events throughout the day made them feel and the face they make on their pizza will let you know!

Don't forget to add plenty of vegetables as part of your 5 a day.



Pizza base ingredients-

- 350g of Plain Flour
- 2¾ teaspoons of baking powder
- 1 tablespoon of oil
- 170 ml of water

Toppings-

- Grated cheese
- Tomato puree... and anything of your choice!

Method-

- Heat the oven to 200C/180C fan/gas mark 6.
- Mix all the pizza base ingredients together in a bowl to form a ball.
- Knead on a floured surface for 3-4 minutes then roll into 2 balls, flatten out to make the pizza base.
- Children can use a dinner or plastic knife to cut vegetables to size.

- Add toppings of your choice - I have used tomato puree for the base, then sprinkled grated cheese on top. To create the face I have used black olives for eyes, mushrooms for ears, broccoli for the nose and a yellow pepper for the mouth.
- Place on a baking sheet and bake for 15 minutes.

Children need to be supervised at all times.

Health and Development reviews with the 0-19 Team

All children develop at different rates, however there are certain milestones that can be used that can guide parents and professionals as to whether children are developing as expected.

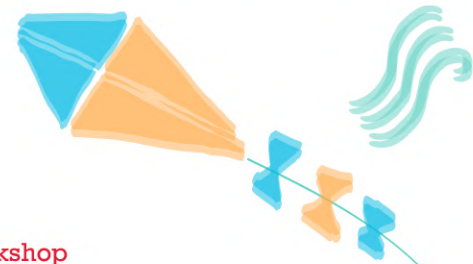
As a parent it can be worrying if your child achieves their milestones such as sitting, talking or playing at a different rate to others. If you are worried about your child's health or development, it is important to talk to someone. There is a range of support and advice on offer that can help you and your child.

All children are offered health and development reviews by the 0-19 service. These are scheduled when your baby is one year (12 - 15 months) and again between 2 - 2 ½ years old. This appointment is an opportunity to discuss any questions you may have about your child's health, growth, and behaviour. The team use questionnaires called the Ages and Stages (ASQ) and Ages and Stages Social and Emotional (ASQ SE) to help these assessments and will share these with you before the appointment.

When we see you we can offer advice and support about your child's health. If there are any concerns, we may monitor these, or make referrals to specialist services who can provide further assessment and support. We can also work with you to advise about how you can support your child.

These contacts are offered in a variety of settings across the borough, including Children and Family Centres. If your child is aged 15 months or 27 Months and you have NOT been contacted for a health review please do call the 0-19 team on 0300 0336200 or email thgpcg.wf0-19spa1@nhs.net

Reminder: Tower Hamlets Child Health Clinics are appointment only - no walk ins.



You said:

Families wanted more music activities in our early years settings

We did:

One of our fathers who is a musician led a jamming session, playing live music with our children. Discos and dancing sessions are now happening regularly.

You said:

Parents wanted children and families to have more use of the Friendship.

We did:

Lot's more activities have been planned for the Friendship and parents have been enjoying using the big slide!

You said:

Parents wanted more opportunities to visit our childcare settings and share children's learning experiences.

We did:

We have planned many activities for children and their families in our settings and on trips, including a tasty breakfast! We have lots more to come.

If you have ideas to help us improve our services for children and families or have skills and resources to share to broaden our curriculum and opportunities for children please get in touch info@tlpcc.org.uk



Go Wild in Waltham Forest

Go on a bear hunt, a teddy bears picnic or a bike ride in Epping Forest. The RSPB has free activity ideas and games for children and families, including The Wild Challenge, where children can experience nature and work towards awards www.rspb.org.uk/fun-and-learning/ Start your day at Epping Forest Visitors Centre in Chingford, for maps and leaflets, exhibitions, toilets and changing facilities.

A useful map of Epping Forest paths can be found here:

www.cityoflondon.gov.uk/assets/Green-Spaces/epping-forest-map.pdf

Bike hire available opposite Chingford Station www.gofurthercycling.co.uk 020 8524 6626

Go on a bug hunt. If your child loves creepy crawlies the BBC has activity ideas including Being a Bug Collector or Being a Caterpillar Collector:

www.bbc.co.uk/gardening/gardening_with_children/didyouknow_insects.shtml

To extend your child's learning you could visit your local library to read and borrow books, we love The Very Hungry Caterpillar. You could also visit Grow Wild at The Lloyd Park Centre, and meet our resident bugs, for info follow us on facebook or instagram @LloydParkCC or visit www.tlpcc.org.uk

Explore the night sky. Take a late night walk or create a garden nest with a paddling pool filled with blankets and cushions for the whole family to cuddle up in to watch the night sky and inspire young astronomers. For activity ideas and useful resources including smart phone app's visit:

www.skyatnightmagazine.com/advice/skills/stargazing-for-kids/

Pintrest also has lots of early years space themed activities, build and paint a rocket out of cardboard boxes, learn new space themed songs and rhymes or roleplay a trip into space.

Startwell Resilience Workshop

Resilience is the ability to:

- Bounce back from setbacks and disappointments
- Grow and be enthused by change and challenge
- Connect and care for others in an authentic relationship
- Reflect on situations with self-awareness and an open mind

This programme of 4 free online workshops are designed to help you to build your own resilience and help others. The experienced coach and facilitator Calista Francis will be offering an online programme of 1 hour, interactive, practical workshops.

Potential outcomes:

- Building self-confidence and self-awareness
- Find new ways to respond to challenges and stresses
- Discover what it is really like to be listened to
- Build a network of support in a safe space of like-minded people
- Develop an open mindset
- Gain skills to promote self-care, reduce stress and support yours/and others wellbeing

Contact familysupport@tlpcc.org.uk for more information or to book a place.

Speech and Language

From 1st September 2022, Speech and Language Therapy support for Children and Family Centres (0- 5) will be delivered by NELFT.

If you have any concerns or questions about your child's communication skills, please contact the Health Visiting team or speak to a Children and Family Centre Practitioner who can give you further information. To find out more visit: www.nelft.nhs.uk/services-waltham-forest-salt/

NELFT NHS
NHS Foundation Trust

HENRY Infant Feeding Helpline
(breast, bottle and mixed feeding)

020 8496 5222

Training and Employability

Free Training to Transform your Digital Skills with the Good Things Foundation

The Lloyd Park Children's Charity is breaking new ground and has partnered with the Good Things Foundation to start linking local people to digital skills training and resources. The Good Things Foundation co-design free online learning resources to help people take their first and further steps online.

Two of their resources that we will be championing are Learn My Way and Make It Click.

Learn My Way is a website of free online courses for beginners, helping you develop digital skills to make the most of the online world.

- Using your computer or device
- Office programs
- Online safety
- Improving your health online
- Public services online
- Online basics
- More internet skills
- Finding a job online
- Managing your money online

Register here: www.learnmyway.com/user#!/register using our centre code = 8008720 (or typing **The Lloyd Park Children's Charity** in this box will also bring up the correct code).

Registering using our Centre code enables you to benefit from further services and request further support from us when you need it.



Make It Click features free courses for people who have some basic skills and want to learn more. Lots of people enjoy using the internet to learn new things, but it can be hard to find what you need.

That's where Make It Click comes in. Simply find something you want to learn and click to start learning!

Courses include:

- Build a Business
- Microsoft Documents
- Careers
- Photos
- Social Media
- Work from Home
- Calendars
- Email
- Online Security
- Presentations
- Spreadsheets

To login you can either:

- use the account set up for Learn My Way
- or if you haven't set up a Learn My Way account yet, you can use the same process to register for Make it Click

Families Voice

Our families talk about their experiences

This piece has been created to celebrate our families, the various challenges they face and how our childcare services have supported them. Written by Giancarlo.

Our families have told us how our childcare services have supported them:

One parent, who was widowed at the time their child was at nursery, said the centre was "extremely supportive". They added that the "baby room was phenomenal", though they found the transition into the 2-5 area quite daunting, especially as he hadn't developed speech yet. However, they saw the benefits within a couple of months as "his language grew significantly", most likely due to him playing and interacting with older children.

"He had a community looking out for him, which was a massive support, as I didn't have family nearby, and it was tough as a parent by myself, working full time."

They also got to know several other families at the centre through friendships between their children, "I have met so many people who I now count as good friends". When you parent alone you can end up having just one way of doing things, but through the LPCC he learnt "that there are other ways of doing things too. I'm glad they don't focus too heavy on learning to read and write, there's always time for that, but instead he was able to develop his creative and social skills".

One parent who comes from a female same-sex couple said "we feel brave because of the support we received, we are empowered and are treated normal where we don't have to hide anything. It's become a safe place for our son". This was extremely important for this family as they came from a country that didn't support LGBT rights but since moving to London feel they "can do whatever we want for the family structure".

There have been some struggles for their child as it can be quite confusing because one of his mother's gender can often get mistaken, however, his mum remains optimistic that.

"we are in a society where we don't have to hide, we'll keep enforcing that it's okay to have two mums"

They have seen their son develop greatly over his two years, mentioning he's "learning about friendships and sharing, plus he loves the songs".

Thank You

'Thank you to the Lloyd Park Children's Charity, I am so grateful to you.

You came to mine and my children's aid when I just didn't know what to do.

I did not know where our next meal was going to come from and without hesitation you helped us.

I cannot thank you enough.'



Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
To find out more visit www.flpcc.org.uk or get in touch via The Lloyd Park Charity Facebook page or email: familysupport@flpcc.org.uk				
Baby Massage	Course 1: 12th, 19th, 26th September, 3rd and 10th October 11.45am - 12.45pm Walthamstow Toy Library. Course 2: 7th, 14th, 21st, 28th November, 5th December 11.45am - 12.45pm Walthamstow C&FC Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Wednesday 14th, 21st, 28th September, 5th, 12th October 1.30 - 2.30pm Chingford C&FC Hub. Course 2: 2nd, 9th, 16th, 23rd, 30th November 1.30 - 2.30pm Chingford C&FC Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Tuesday 20th, 27th September, 4th, 11th, 18th October 10.30 - 11.30am Leytonstone C&FC Hub. Course 2: Tuesday 15th, 22nd, 29th November 6th, 13th December 10.30 - 11.30am Leytonstone C&FC Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Monday 19th, 26th September, 3rd, 10th and 17th October 10.30 - 11.30am St Josephs Primary School. Course 2: Wednesday 2nd, 9th, 16th, 23rd, 30th November 1.30 - 2.30pm Leyton C&FC Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com
Eating Well	Thursdays 22nd, 29th September. 6th October in Under 2's Play Session at Walthamstow C&FC Hub. 10 - 11.30am	Tuesday 8th, 15th, 22nd November within Play session at Chingford C&FC Hub. 10 - 11.30am	Friday 16th, 23rd, 30th September within Play session at Leytonstone CFC Hub. 10 - 11.30am	Friday 7th, 14th, 21st October within Play Session at Leyton CFC Hub 10 - 11.30am
Exploring Foods	Fridays 18th, 25th November. 2nd December in Play Session at Walthamstow C&FC Hub. 1.30 - 3pm	Monday 3rd, 10th, 17th October within Crawlers to 2 session at Paradox Centre. 1.30 - 3pm	Monday 3rd, 10th, 17th October within Stay 2 Play at Leytonstone CFC Hub. 1 - 3pm	Monday 7th, 14th, 21st November within Under 2's Play session at Seddon Centre. 1.30 - 3pm
Oral Health Promotion A fun oral health themed play session where children can explore how to keep teeth healthy.	Thursday 15th September in Unders 2's Play Session at Walthamstow C&FC Hub. 10 - 11.30am Friday 11th November in Play Session at Walthamstow C&FC Hub. 1.30 - 3pm	Wednesday 5th October within Music and Movement at Paradox Centre 1.30 - 2.30pm Tuesday 29th Nov. within Play Session at Chingford C&FC Hub 10 - 11.30am	Friday 16th Sept in Play Session at Leytonstone C&FC Hub 10 - 11.30am Thursday 3rd November in Under 2's session at Leytonstone C&FC Hub 10 - 11.30am	Friday 4th November in Play Session at Leyton C&FC Hub 10 - 11.30am Wednesday 30th November in Play Session at St Joseph's Infant School 1 - 2.30pm
Sleep Support Session For children over 1. If you would like to discuss your child's sleep and bedtime routines please speak to a member of the team in one of these play sessions. For children under 1 please speak to a Health Visitor or HENRY Infant Feeding Team.	11th November 9th December Walthamstow C&FC Hub. 10 - 12 noon To book an appointment: www.lloydparkcc.eventbrite.com	2nd November 7th December Chingford C&FC Hub 3 - 5pm To book an appointment: www.lloydparkcc.eventbrite.com	8th November 6th December Leytonstone C&FC Hub 10 - 12 noon To book an appointment: www.lloydparkcc.eventbrite.com	25th November 9th December Leyton C&FC Hub 1 - 3pm To book an appointment: www.lloydparkcc.eventbrite.com
Domestic Abuse One Stop Shop A safe, confidential and non-judgemental place for anyone to drop-in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.	Thursdays 10am - 4pm Walthamstow C&FC Hub	Fridays 2 - 5pm Chingford C&FC Hub	Thursdays 10am - 4pm Leytonstone C&FC Hub	Mondays, Tuesdays and Wednesdays 10am - 4pm Leyton C&FC Hub
Mellow Bumps An antenatal parenting programme for expectant parents with health and social care needs (20-30 weeks gestation at start of course). Feel more relaxed during pregnancy, improve your well-being and start to build a relationship with your baby. Email: Patriciao@tlpcc.org.uk , vickyk@tlpcc.org.uk or familysupport@tlpcc.org.uk	31st October. 7th, 14th, 21st, 28th November. 5th, 12th December at Walthamstow C&FC Hub. 10 - 12 noon			
Family Support	Our Early Years Child and Family Practitioners can provide short term support around your child's development, routines or behaviour within our play sessions. For more information about our support for families with children under 5 please talk to a member of our team or email: familysupport@tlpcc.org.uk			

Description of Groups and Activity Sessions

Baby Bank Play Session - A fun and developmental play session for families receiving baby bank support.

Under 2's Play Session - A fun play session for under 2 years supporting their communication, language, and physical and social development.

Young Parents Group - An opportunity to meet other young parents (under 25's) and share experiences in a fun and stimulating environment.

Play Session - A fun session for you to play with your child in a creative and stimulating environment supporting development in all areas.

Stay 2 Play - A fun play session for your 2 year old to play and socialise with other two year olds and receive support around their development and help to access 2 year FEEE nursery.

You and Your Baby (antenatal and postnatal) - This is a great group for your baby to play and explore until they start crawling.

Flourish (post-natal support group - invitation only) - Flourish is a support group for mothers who are finding the transition into motherhood not as they expected. A chance to talk and share with other mothers feeling the same and learn to have fun with their baby.

Music and Movement - A fun, stimulating interactive session where your child can move around, sing and dance.

SEND Play and Support Group (Somewhere to Belong) - A fun and stimulating play session for children (0-4) below expected levels of development and those with identified Special Educational Needs and Disabilities.

Stories and Music (birth to 4 years) - A fun, stimulating interactive session where you and your child can move around, sing, dance and interact with stories.

You and Your Baby (Baby's first social group) - A fun session where you can meet other families with babies and share experiences in a stimulating environment for your baby.

Grow Wild Climbers and Jumpers - A session to help children gain greater physical control off their bodies and realise challenges in the outdoors.

Eating Well for Families - How we can help our children to develop healthy eating habits by looking at how we eat and what we eat.

Songs in the Park (under 5's) - Come and enjoy interactive fun with songs and props.

Grow Wild Nature Artistic - This outdoor session is designed to help children's concentration skills, their adaptability to surroundings and inspire and stimulate their ability to create and make from scratch.

Story Craft 1-2-3 - Develop, enrich and grow your story time experience with your child. Bring book reading to life with a magical addition of creative play, songs and arts and crafts.

Oral Health Promotion - A great chance to get some practical tips to look after your child's teeth.

123 Mini Chef (Age 3+ years) - Enjoy the fun of cooking with your toddler, while transferring learnt skills from our class to your home.



Walthamstow Neighbourhood (Central)

Monday

Flourish

(post-natal support group)
10am - 12 noon Term-time only
The Lloyd Park Centre
Email: familysupport@tlpc.org.uk for more information.
Invitation only group. Free

Crest - Parent led SEND peer support

1 - 2pm Term-time only
The Lloyd Park Centre
Alternate weeks: Parents with children with ASD & Autism, Parents with children with physical disabilities
Contact: Keric@tlpc.org.uk for more information. Free

Songs in the Park

9.30-10am & 10.15-10.45am
Delivered by parent Carrie
Home Made Community Café
Contact: E17songinthepark@gmail.com
Donations appreciated on a pay-what-you-can basis

Citizen Advice Support is available
Monday to Friday 9am - 5pm
Access our free call service on
0808 278 7838

Tuesday

Stories and Rhymes

10 - 10.45am & 11 - 11.45am
Term-time only
Walthamstow Central Library
Free

Young Parents Group (under 25s)

10 - 11.15am Term-time only
The Lloyd Park Centre
Contact: Keric@tlpc.org.uk for more information. Free

Communication & Play

Delivered by SENDsuccess Deaf Support Service
12 - 2pm Term-time only
The Lloyd Park Centre
Parents, carers, family members, deaf children and siblings are welcome.
If BSL interpreter required contact: enquiries@sendsuccess.org.uk

Wednesday

Toy Library Under 5's Play

Delivered by Walthamstow Toy Library and Play Centre.
10 - 11.30am & 1.30 - 3pm
Term-time only
Walthamstow Toy Library
For these and other sessions throughout the week and cost visit:
www.walthamstowtoylibrary.org.uk
or call: 020 8509 3401

Communication & Play

Delivered by SENDsuccess Deaf Support Service
12 - 2pm Term-time only
The Lloyd Park Centre
Parents, carers, family members, deaf children and siblings are welcome.
If BSL interpreter required contact: enquiries@sendsuccess.org.uk

Mindfulness (Wellbeing Project)

Adults only. Invitation only
1 - 2pm First Wednesday of the month
The Lloyd Park Centre
Contact: Lilien@tlpc.org.uk for more information

Wellbeing Yoga

Run by Sanam
1.30 - 2.30pm
6 week course starting 2nd November
The Lloyd Park Centre
Limited spaces available, contact: familysupport@tlpc.org.uk for more information

Thursday

Under 2's Play Session

10 - 11.30am
Walthamstow Children & Family Centre Hub
£1.50 first child, 50p siblings

Wellbeing Therapy virtual session

10 - 11am Term-time only
Contact lilien@tlpc.org.uk for more information

SEND Play and Support Group (Somewhere to Belong)

1 - 2.30pm
Walthamstow Toy Library and Play Centre
Contact familysupport@tlpc.org.uk for more information
Free

You and Your Baby

(Birth to pre-crawlers, antenatal & postnatal)
1.30 - 3pm
Walthamstow Children & Family Centre Hub
£1.50 first child, 50p siblings

Friday

Grow Wild Climbers and Jumpers

9.30 - 10.30 & 11 - 12 Term-time only at Grow Wild, Lloyd Park
£1.50 first child, 50p siblings
Contact chris@tlpc.org.uk for more information

Stay 2 Play

For 2 year olds
10 - 12 noon
Walthamstow Children & Family Centre Hub
Contact familysupport@tlpc.org.uk for more information
Invitation only. Free

Baby Bank Play Session

Starts 23rd September
10 - 11.30am
The Lloyd Park Centre
Contact babybank@tlpc.org.uk for more information
Invitation only. Free

Play Session

For birth to 4 year olds
1.30 - 3pm
Walthamstow Children & Family Centre Hub
£1.50 first child, 50p siblings

Saturday

Outdoor Dads Club

Under 5's only
Last Saturday of the month
10 - 12 noon
at Grow Wild, The Lloyd Park Centre
£1.50 first child, 50p siblings

Family Grow Wild

10th September Only
10 - 11.30am
at Grow Wild, The Lloyd Park Centre
£1.50 first child, 50p siblings

SIBS at Grow Wild

For SEND Children and their siblings
8th October Only
10 - 11.30am
at Grow Wild, The Lloyd Park Centre
Free

Somewhere to Belong Dads group

12th November Only
10 - 11.30am
at Grow Wild, The Lloyd Park Centre
Free

Chingford Neighbourhood (North)

Monday

Reading from the Start

Play session for under 5's
9.15 - 11am Term time only
Paradox Centre
Free

Flourish

Post-natal support group
10 - 12 noon Term-time only
Chingford Children and Family Centre Hub
Contact familysupport@tlpc.org.uk for more information
Invitation only

Under 2's Play Session

1.30 - 3pm
Paradox Centre
£1.50 first child, 50p siblings

SEND Play and Support Group (Somewhere to Belong)

For birth to 4 year olds
1.30 - 3pm Term-time only
Chingford Children and Family Centre Hub
Invitation only. Free

Tuesday

Play Session

For birth to 4 year olds
10 - 11.30am Term-time only
Chingford Children and Family Centre Hub
£1.50 first child, 50p siblings

You and Your Baby

For birth to pre-crawlers
1.30 - 3pm
Chingford Children and Family Centre Hub
£1.50 first child, 50p siblings

Citizen Advice Support is available
Monday to Friday 9am - 5pm
Access our free call service on
0808 278 7838

Wednesday

Stories and Crafts for Toddlers

10 - 11am
Paradox Centre
£1.50 first child, 50p siblings

Stories and Crafts for Babies

11.15 - 12.15pm
Paradox Centre
£1.50 first child, 50p siblings

Music and Movement

For birth to 4 year olds
1.30 - 2.30pm
Paradox Centre
£1.50 first child, 50p siblings

Thursday

Outdoor Play Session

For birth to 4 year olds
10 - 11.30am
Highams Park
£1.50 first child, 50p siblings

Friday

Stories and Rhymes

For birth to 4 year olds
1.30 - 2.30pm
Hale End Library

Saturday

Dads Club

Under 5's only
First Saturday of the month
10 - 12 noon
Chingford Children and Family Centre Hub
£1.50 first child, 50p siblings

Follow us on Facebook and Instagram for up to date news and information for families
[@LloydParkCC](https://www.facebook.com/LloydParkCC)

Look out for our October Half Term Holiday Activity Timetable.

Leytonstone Neighbourhood (South East)

Monday

SEND Play and Support Group (Somewhere to Belong)
For birth to 4 year olds
10 - 11.30am Term-time only
Leytonstone Children & Family Centre Hub
Free

Stories and Rhymes

For birth to 4 year olds
10 - 10.45 & 11 - 11.45am
United Free Church
Free


Stay 2 Play

Play session for 2 year olds
1 - 3pm
Leytonstone Children & Family Centre Hub
Invitation only. Free

Tuesday

Stay and Play
9.30 - 11.30am Term-time only
Acacia Nursery School
£1 per child

Young Parents Group

Under 25s only 
10 - 12 noon Term-time only
Leytonstone Children & Family Centre Hub
Free

Flourish

(post-natal support group)
1 - 3pm
Leytonstone Children & Family Centre Hub
Contact familysupport@tlpc.org.uk for more information
Invitation only group

Citizen Advice Support is available
Monday to Friday 9am - 5pm
Access our free call service on
0808 278 7838

Wednesday

Thursday

Stay & Play
9.30 - 11.30am Term-time only
Acacia Nursery school
£1 per child

Under 2's Play Session

10 - 11.30am
Leytonstone Children & Family Centre Hub
£1.50 first child, 50p siblings

You and Your New Baby

Pre-crawlers
1.30 - 3pm
Leytonstone Children & Family Centre Hub
£1.50 first child, 50p siblings

Friday

Stay and Play
9.30 - 11.30am Term-time only
Davies Lane Primary School
£1 per child

Play Session

For birth to 4 year olds
10 - 11.30am
Leytonstone Children & Family Centre Hub
£1.50 first child, 50p siblings

Saturday

Dads Club

Under 5's only
3rd Saturday of the month
10 - 12 noon
Leytonstone Children & Family Centre Hub
£1.50 first child, 50p siblings

Leyton Neighbourhood (South West)

Monday

You and Your Baby
For birth to pre-crawlers
10 - 11.30am
Seddon Centre
£1.50 first child, 50p siblings

Under 2s Play Session

1.30 - 3pm Term-time only
Seddon Centre
£1.50 first child, 50p siblings

Citizen Advice Support is available
Monday to Friday 9am - 5pm
Access our free call service on
0808 278 7838


Tuesday

Flourish
Post-natal support group
10am - 12 noon
Leyton Children & Family Centre Hub
Email: familysupport@tlpc.org.uk for more information
Invitation only group

Wednesday

Play Session
For birth to 4 year olds
1 - 2.30pm Term-time only
St Josephs Infant School
£1.50 first child, 50p siblings

Young Parents Group

Under 25s only 
1.30 - 3pm Term-time only
Leyton Children & Family Centre Hub
Free

Thursday

SEND Play and Support Group (Somewhere to Belong)
For birth to 4 year olds
10 - 11.30am Term-time only
Seddon Centre
Free

Let's Create (18 months +)

10 - 10.45am Term-time only
Leyton Children & Family Centre Hub
£1.50 first child, 50p siblings

Tambini Music & Rhymes

(For Babies & Toddlers 0-4 years)
11 - 11.45am Term-time only
Leyton Children & Family Centre Hub
£1.50 first child, 50p siblings

Stories and Rhymes

1.15 - 2pm & 2.15 - 3pm
Seddon Centre
Free

Friday

Play Session
10 - 11.30am Term-time only
Leyton Children & Family Centre Hub
£1.50 per child, 50p siblings

123 Mini Chef (2 years +)

10am - 12 noon Term-time only
Leyton Children & Family Centre Hub
£3 first child, £1.50 siblings

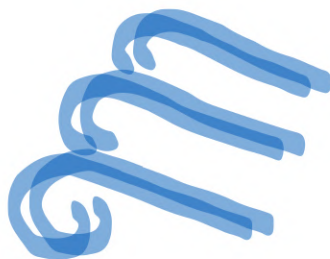
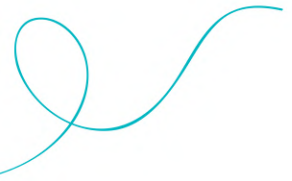
Toddler Story Craft 1-2-3

1 - 2pm
Term time only
Leyton Children & Family Centre Hub
£2 first child, £1 siblings

Saturday

Dads Club

Under 5's only
2nd Saturday of the month
10 - 12 noon
Leyton Children & Family Centre Hub
£1.50 first child, 50p siblings



Follow us on Facebook and Instagram for up to date news and information for families
[@LloydParkCC](https://www.facebook.com/LloydParkCC)

Look out for our October Half Term Holiday Activity Timetable.

★ = Neighbourhood Hub Building

North

Central

The Valley Centre
3 Ching Way E4 8YD
O2O 3150 2313

Paradox Centre
3 Ching Way E4 8YD
O2O 8501 9909

Chingford Children & Family Centre Hub (Wyemead)
5 Oaks Grove E4 6EY
O2O 8496 1551

Hale End Library
Castle Av. E4 9QD
O2O 8496 1050

Chingford Health Centre
York Rd. E4 8LF
O2O 8430 8010

Higham's Park
Tamworth Av.
Woodford Green, IG8 9RF

Walthamstow Children and Family Centre Hub O2O 8496 3511
The Higham Hill Centre O2O 8527 1737
313 Billef Rd. E17 5PX

Home Made Community Café
Higham Hill Park,
Hetcham Close E17 5QT

The Lloyd Park Centre
Winns Av. Entrance E17 5JW
O2O 8531 9522

Walthamstow Central Library, High St. E17 7JN
O2O 8520 4919

Walthamstow Toy Library and Play Centre
Hurst Road Health Centre,
36A Hurst Road, E17 3BL

United Free Church
55 Wallwood Road E11 1AY
O2O 8518 7725

Leytonstone Library
6 Church Lane E11 1HG
O2O 8496 3000

Davies Lane Primary School, Davies Lane
E11 3DR

Leyton Children & Family Centre Hub (Queens Rd)
215 Queens Rd. E17 8PJ
O2O 8496 2442

Leytonstone Children and Family Centre Hub The Junction
2-8 Cathall Rd, Leytonstone E11 4LF
O2O 8496 2960

Lea Bridge Library
382 Lea Bridge Rd. E10 7HU

Seddon Centre
Beaumont Rd. E10 5AS

Saint Joseph's Catholic Infant School
Marsh Lane E10 7BL

Langthorne Health Clinic
13 Langthorne Road E11 4HX
O2O 8430 7510

South West

South East

