

CoCo East Ideas Workshop

Location: Toy Library

Date: 21.11.2024

WHAT WE HAVE:

Outdoors:

Grow wild – fun

Grow wild – fun, amazing, messy

Independent Services across the borough:

Mothers who build – Peer support, Employment toolkit

Mothers who build – supportive, friendly, help and info

MOB'sters – instrumental to get back into employment

Little Leaves – have tea and crafts

Toy library – welcoming and inclusive

Toy library – gives a hot drink, life line

Toy library – well thought out toy library, warm drinks, thinking of parents as well as children

Motherly love – peer support, inclusive for mums. Positive and negative feeling of motherhood

Kids kitchen – affordable and fun. Healthy eating

Henry – Breast feeding support

Kids Kitchen – affordable, educational and fun

TLPCC community services:

Communication and language group – good for my child to play

SWTB – amazing place to connect and sign posting

Free sessions – very helpful

Seddon centre and family hub play sessions

You and Your New Baby – meet others as new mums

Baby Bank – real need and food hub

Baby Bank – food hub and resources

CoCo East lived experiences – welcoming and inviting

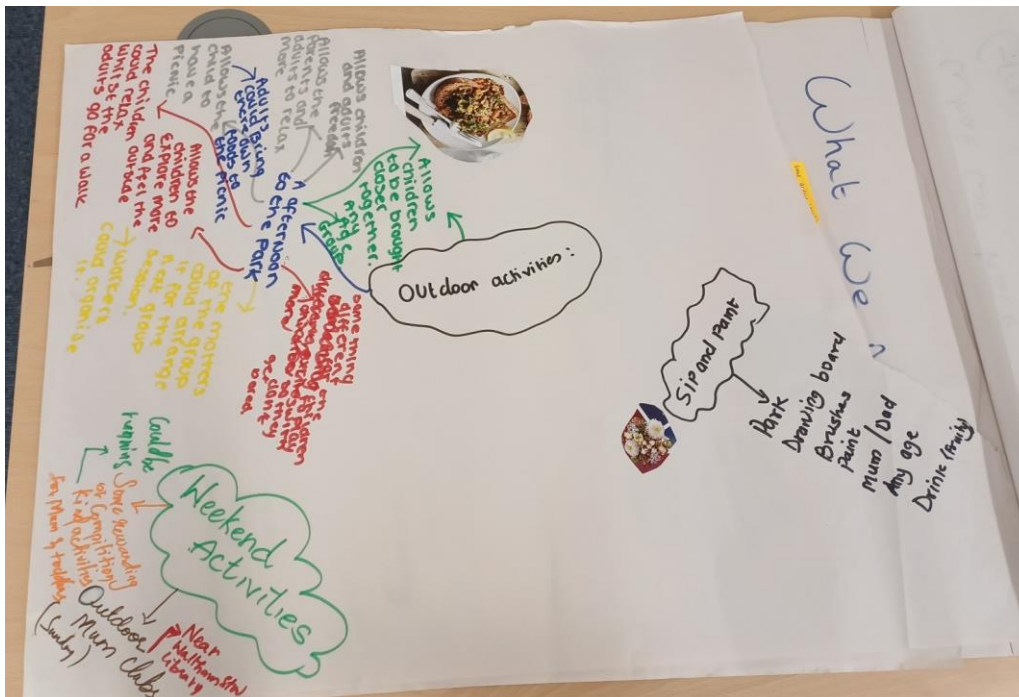
WHAT WE NEED / IMPROVE:

1. Free groups
2. Painting together: attachment, wellbeing/ mental health
3. Parent and child joint activity – art / cooking
4. Celebrate all festivals
5. Cooking activities
6. Some active sessions for older kids (6-7-year olds) – similar to forest schooling for when they are not in school
7. There are more activities for under 1-year olds, could there be more for under 5's. maybe more play sessions
8. Creativity, enrichment, volunteering support
9. Post 16 for neurodiverse autism, ADHD in the college year as well as holidays
10. More 1:1 session available for example for sleep training. I find they get booked up very easy
11. Play sessions for toddlers in the afternoon (most are during the morning)
12. More group sessions also for sleep training

13. Enclosed, safe outdoor activity (like Grow Wild)
14. Language workshop
15. Weekend activities
16. More SEND sessions especially in the holidays
17. Baby sling library (one available in Enfield)
18. Information on car seat safety

SUB-GROUPS:

Outdoor activities:



An afternoon to the park:

- Allows children to be brought closer together. Any age groups.
- Allows children and adults freedom
- Allows the parents and adults to relax more
- Allows the child to have a picnic
- The children could relax whilst the adults go for a walk
- Allows the children to explore more and feel the outside – workers could organise it
- The mothers of the group could arrange it for the next group session

Weekend activities:

- Some rewarding or competition kind of activities for mum and toddlers – could be running
- Outdoor mum clubs (Sunday) near Walthamstow library


Sip and Paint activities:

- Park
- Drawing board: brushes, paint etc
- For mum/ dad, any ages
- Drinks available (fruity)

Health and Wellbeing activities:


- More sleep training sessions available for 1:1 and group sessions - they get booked up easily.

ZZZ




- more activities (with toddlers) cooking, sensory etc.

Baby Sling/ carriers Library



How to support your child



Eat with child

Growing Vegetables

- Showing our children where food comes from

Herbs

Salads/ Lettices

- More sleep training sessions available for 1:1 and group sessions – they get booked up easily
- Cooking sessions: more activities (with toddlers) cooking, sensory etc
- Baby sling/ carriers Library
- Eat: How to support your child with
 - * growing vegetables
 - * showing our children where food comes from
 - * herbs
 - * salads/ lattices

Safe Spaces and Post 16 Activities – especially with SEND



- A safe, confidential space
- A space where mess is okay
- Funders/ funding
- Access to families in need
- Hot supplies

Post 16 – Especially with SEND

- Supported arts
- Upcycling: design sustainability, volunteering, shooting products, selling products
- Styling
- Makeovers
- Customising/ upcycling