

# Roleplay

**Lloyd Park Children's Charity**

Charity Number 1102134

For families with children under 5 years living in Waltham Forest



## We've got a new website!

Our team have been working hard over the last few months to create a better and more interactive website for you.

- Previously, we were limited to what we could change and had less freedom with making the website user-friendly. The new website now allows us to update our pages quicker and easier, making sure we can show off all the exciting work we are doing.

With our new website you are able to:

- keep up to date with our current timetable and plan your week with us
- find out about ways you can get involved with our work
- request help and refer families to our services and support
- donate to and support our charity more easily
- get to know our history and team

So, check out our new website at: [www.tlpc.org.uk](http://www.tlpc.org.uk)

Please let us know what you think!  
Send all comments to [nicks@tlpc.org.uk](mailto:nicks@tlpc.org.uk)



Scan the QR code to give us your thoughts or feedback

## Dates for your diary

Monday 1st April	- Bank Holiday All services closed
Tuesday 2nd to Friday 12th April	- Holiday Club at LPC and HHC. Sessional and Teatime clubs closed
Monday 6th May	- Bank Holiday All services closed
Monday 27th May	- Bank Holiday All services closed
Tuesday 28th May	- Half Term. Holiday Club at LPC and HHC. Sessional and Teatime clubs closed
Saturday 6th July	- Summer Fair at LPC 11am - 2pm
Saturday 13th July	- Summer Fair at HHC 11am - 1pm
Wednesday 24th July	- Last day of term
Thursday 25th July to 1st September	- Holiday Club at LPC and HHC. Sessional and Teatime clubs closed
Monday 26th August	- Bank Holiday All services closed
Monday 2nd September	- Team Training Day All services closed

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

## Cost of sessions

In order we maintain sustainability, from April 2024 there will be increased charges for sessions delivered by The Lloyd Park Children's Charity and CoCo East.

Our play session will be £5.00 per child and longer sessions £6.00 per child, and are subject to change.

Discretionary discounts available for those on low income and claiming benefits.

Please contact The Lloyd Park Centre on [info@tlpc.org.uk](mailto:info@tlpc.org.uk)

## Our New Grow Well Centre is Now Open, 7 Saxon Close

We are excited to share that our new Grow Well Centre has opened and is offering a range of services for families to promote wellbeing.

Families attending told us they are creating new experiences with their children, making new friends and creating new networks of support. The Language Group has been a great success offering opportunities for families to explore and share each others cultures and language.

Check out our What's On section and the Leyton Activity Timetable for sessions at The Grow Well Centre, 7 Saxon Close, E17. We look forward to welcoming you.



## Fundraising Update

We are incredibly pleased to announce that we were successful in our bid for £75,000 from The National Lottery Cost of Living Fund.

Many of our Baby Bank families face severe financial hardship and lack basic necessities for babies and young children that are often unaffordable in times of crisis. Therefore, this is a huge success as this will help keep our Baby Bank supporting even more families in need.

Additionally, we were awarded £30k by the Youth Music 'Trailblazer' fund to start our Musical Climbers and Creators Project. This is an outdoor activity musical session in Grow Wild, delivered with music-making charity Soundcastle.

Finally, the fundraising team have been working closely with our trustees' fundraising lead, Leonie, to create the charity's inaugural fundraising strategy. This strategy is important in guiding the way our charity approaches and plans its fundraising activities in the future.

As always, we hope to bring you more good news on new grants and funded projects.



## Father's Well-being Project

### One users feedback

1:1 counselling within Fathers Project, was a huge help to me as the dad of a 6-month-old baby.

I have a wonderful daughter and partner, but I also found a lot of the early stages of fatherhood isolating, stressful, and worrying. We had a tricky start and since then I often questioned my ability to handle being a dad, especially when going back to work and trying to fit everything in.

Being able to talk about these issues without any guilt, and with a great listener who understood the issues dads face was really helpful. I feel more confident as a dad and feel better able to handle all of the uncertainty and challenges ahead'.

If you would like to find out more about how to access this service please contact [lilien@tipcc.org.uk](mailto:lilien@tipcc.org.uk).

If you'd like to self-refer for 1:1 counselling sessions or group support just fill in the referral form on our website.

## Christmas campaign

At the end of 2023, we ran a very exciting campaign to encourage people to help families facing challenges during the Christmas period.

Our Feed a Family a Christmas Meal appeal aimed to provide a warm, nutritious Christmas meal to families in the Waltham Forest area who are facing food insecurity.

Incredibly, this campaign developed thanks to the help of local fine-dining restaurant, The Rear Window, who saw our campaign and offered to host our families at their lovely restaurant and cook a delicious Christmas meal for them. We're also extremely thankful to Karen Bellamy and The LVE Charitable Foundation who donated £650 to cover the costs of a luxury coach which transported the families to the restaurant. As well as the William Rose Estate Agents and Cash for Kids for advertising and providing presents for our children and families.

The day was a huge success, everyone enjoyed celebrating Christmas together, Santa handed out lots of presents and our families were incredibly well looked after by The Rear Window Team.

One Mum said 'she was really thankful and her daughter was happy and excited'.

At the end of the campaign we raised £1,145 which went to supporting families over the winter period. The campaign was also covered by ITV News London and BBC Radio London!



## You Said... We Did.

**You asked for us to advertise sessions the day before...**

**We now post sessions at 5pm the day before.**

**You said that you wanted a Friday session in Grow Wild...**

**We added the Friday Fun at Grow Wild session for children 0-5 to celebrate the end of the week. Session times 10.00-11.30am & 13.00-14.30pm during term time.**

## Childcare Support is Expanding

From April 2024, eligible working parents of 2-year-olds will be able to access 15 hours childcare support.

From September 2024, 15 hours childcare support will be extended to eligible working parents of children from the age of 9 months to 3-year-olds.

From September 2025, eligible working parents with a child from 9 months old up to school age will be entitled to 30 hours of childcare a week.

For more information or to apply now for April visit:

[www.childcarechoices.gov.uk/upcoming-changes-to-childcare-support](http://www.childcarechoices.gov.uk/upcoming-changes-to-childcare-support)

Or read Frequently Asked Questions by searching Childcare Support Expansion 2024 | London Borough of Waltham Forest

## SEND Support Session



The Lloyd Park Children's Charity is a safe space for parents of children with Autism/ADHD (or waiting for diagnosis) to come together, where they are welcomed to share their journey and lived experiences.

Being a parent/carer of a child(ren) with Autism/ADHD can be a lonely journey for some. I am passionate about SEND, and as a volunteer, I want to give back to the community and share my knowledge and experiences of Autism/ADHD and learning difficulties, and of mentoring and coaching children, teens and young adults with Autism/ADHD.

I have been helping to deliver SEND support sessions and supporting local families since October 2022. The sessions are aimed at building awareness and breaking the stigma surrounding Autism/ADHD, and supporting families to learn from one another. This has made a positive difference for those who have attended, I've seen many families make baby step changes. I have also learnt a lot from the parents who have come to the sessions as they have shared their valuable insights and tips with me.

Please come and join us on 1st and 3rd Monday of the month 12.30-1.30pm at the Lloyd Park Centre. I look forward to welcoming you.

Best wishes Yasmin

## Sustainability

At TLPC we are continuing our journey towards becoming a more environmentally friendly and sustainable charity.

To start off the year, we invited environmental journalist Donnachadh McCarthy (3 Acorns Eco-Audits) to talk at our training day about ways our charity can become more conscious and act to preserve our environment.

As we want to build brighter futures for children in Waltham Forest we're committed to helping the current and future generations by recognising the importance of eco-friendliness. We've already made some considerable changes by introducing more meat-free meals and have completely cut out all red-meats on our weekly menus. Additionally, we are making sure we use more recycled goods for our projects, we've reviewed our energy consumption and waste, and we're more considerate with where our money goes.

If you want to get involved with how our charity can become eco-friendlier, please join Eco, our sustainability subgroup where we meet regularly to plan our actions. Email [nicks@tlpcc.org.uk](mailto:nicks@tlpcc.org.uk) if you're interested.

## What is the Healthy Start Scheme?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in various UK shops. The NHS will add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- Vitamin drops for babies and young children – these are suitable from birth to 4 years old



For more information and to apply, please go to: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**HENRY Infant Feeding Helpline**  
(breast, bottle and mixed feeding)  
020 8496 5222

## Learning Through Play

### Musical Climbers and Creators (SEND)

We are thrilled to be offering a new group at Grow Wild-Musical Climbers and Creators. As a result of funding from Youth Music, we are working in partnership with Soundcastle musicians to deliver a musical, outdoor play experience for children and families with SEND.

The Soundcastle team plan musical activities with accessible instruments, alongside our SEND and Grow Wild teams offering play and developmental support in a natural environment.

One parent who attends our session said, 'Musical climbers and creators is perfect for allowing my sensory seeking child the freedom to explore his surroundings while getting exposure to respectful interactions and whilst using tools to make and enjoy music'. 'The sessions were a fantastic experience for both my son and myself as a parent. The staff are very friendly, supportive and hands on with the children'

Session info: Tuesdays 11am-12pm at Grow Wild (during term time only) £4 per family

Please email [zoew@tlpcc.org.uk](mailto:zoew@tlpcc.org.uk) if you have any questions surrounding the session



### Ready to Learn

'Ready to learn' refers to a child's readiness to engage with the world, learn new skills and embrace challenges.

Children's learning starts with the support of parents and caregivers, as they develop their social and emotional skills, and the knowledge and attitudes necessary for success in their education and throughout life. This also promotes future educational attainment and improved life chances.

Within our under 2's session we promote all aspects of 'Ready to Learn'. Children can interact with other children and adults and can:

- Build emotional resilience, and learn to handle emotions effectively and face new challenges confidently.
- Develop physical well-being.
- Learn through play and a range of activities that promote attachment, communication, speech and language.

Ready to Learn gives you the opportunity to observe your child's development and celebrate their achievements and their 'Readiness to Learn'.

# Staying Safe, Training and Employability

## Shelter Information for families:

Shelter East London Family Service team will be running 5 free housing awareness workshops at The Grow Well Centre, Saxon Close E17 8LE looking at:

### Homelessness awareness

An overview of what the term "homelessness" means and the help available from the council if you and your family are homeless or at risk of homelessness.

### Overcrowded and waiting for a social home

This workshop is designed for families in overcrowded accommodation, who are waiting for a social home or want to know what their housing options are.

### Tackling Disrepair

Understand the meaning of disrepair and how the law can help tenants, identifying who is responsible for repairs in your home and to understand the process for escalating disrepair situations.

### Finding home in a Private Sector

Practical tips in searching for and obtaining a private rented property.

### Housing options for families that have children with additional needs

Learn about housing options, such as adaptations options and how to access funds. Also to help understand if your housing option is unsuitable for your children.

To book your place or for further details go to [www.lloydparkcc.eventbrite.com](http://www.lloydparkcc.eventbrite.com). Dates are listed in the What's on Section



## Join our Team as an Early Years Educator Apprentice and Study with Pen Green Research

Every day is different and offers the chance to use your creativity and imagination to help little minds make big leaps forward.

You'll work at The Lloyd Park Centre or Higham Hill Centre, you'll study with Pen Green Research and have lots of support to achieve your potential.

Salary: £21,416, 36 hours per week.

Employee Benefits include: up to 50% discount on childcare, health and well-being service, rewards and voucher schemes, 20 days holiday, plus bank holidays rising to 30 days, subsidised hot lunch and opportunities for career progression

Visit our website for more information and how to apply. Training starts May 2024.

## Early Years Lead Practitioner Level 5 Apprenticeship

Vanessa is studying the Level 5 alongside colleagues from The Lloyd Park Children's Charity. Together they have built a strong learning community where they discuss and explore learning and embed this in their practice.

They are leading change across the setting, developing our pedagogy (our approach to teaching and learning) and are supporting the Early Years teams to reflect on and improve practice and quality across our settings.

Vanessa said "The biggest thing is to be learning again and the level of support is really nice! It's built my confidence and I'm really enjoying the course".



## Keeping your children safe

It is really important to talk to children and create "safety rules" with them for when they are at home or out and about. There are things that you can discuss with your child to help them understand how important it is to stay safe.

Your child can help create a "Your Family Safety List". This is to help your child recognise some key safety rules to consider on a daily basis.

You can do this fun activity at home by creating your own jigsaw pieces that fit together to display your rules, and your child can decorate them.

Some things on your list could be:

- Don't talk to strangers
- Don't run away from your adult
- Hold hands to cross roads
- Don't eat berries from plants

Why not have a go? As your children get older, you can repeat this and see what new things you can add to the list.



Tell us what living in Waltham Forest is like for you and your child!

We want to learn from your experiences to help us make our Early Years Services better for you




Send your views on a WhatsApp voice note to 07522 186061 or use our website's feedback form (scan the QR Code)

Lloyd Park Children's Charity  
Charity number 1100294



# Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
To find out more visit <a href="http://www.tlpc.org.uk">www.tlpc.org.uk</a> or get in touch via The Lloyd Park Charity Facebook page or email: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a>				
<b>Baby Massage</b>	<p><b>Course 1:</b> Thursday 18th 25th April, 2nd 9th 16th May 1.30 - 2.30 Walthamstow Family Hub.</p> <p><b>Course 2:</b> Thursday 6th 13th 20th 27th June, 4th July 1.30 - 2.30 Walthamstow Family Hub. Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Wednesday 17th 24th April, 1st 8th 15th May 1.30 - 2.30pm Chingford Family Hub.</p> <p><b>Course 2:</b> Wednesday 19th 26th June, 3rd 10th 17th July 1.30 - 2.30pm Chingford Family Hub. Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Monday 22nd 29th April, 6th 13th 20th May 1.30 - 2.30pm Leytonstone Family Hub.</p> <p><b>Course 2:</b> Monday 17th 24th June, 1st 8th 15th July 1.30 - 2.30pm Leytonstone Family Hub. Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Monday 15th 22nd 29th April, 13th 20th May 10.30 - 11.30am Saxon Close E17 8LE.</p> <p><b>Course 2:</b> Monday 3rd 10th 17th 24th June, 1st July 10.30 - 11.30am Saxon Close E17 8LE. Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>
<b>Eating Well</b>	18th April, 15th May, 20th June within Under 2's Play Session at Walthamstow Family Hub, 9.30 - 11	23rd 30th April, 7th May within Play Session at Chingford Family Hub, 10 - 11.30	3rd 10th 17th June within Play Session at United Free Church, 1 - 2.30	7th 14th 21st May within Play Session at Leyton Sports Ground, 10 - 11.30
<b>Exploring Foods</b>	14th 21st 28th June within Play Session at Walthamstow Family Hub, 1.30 - 3	30th April, 7th May, 3rd June within Under 2's Play Session at Paradox Centre, 1.30 - 3	3rd 10th 17th May within Play Session at Leytonstone Family Hub, 10 - 11.30	5th 12th 19th July within Play Session at Leyton Family Hub, 10 - 11.30
<b>Oral Health Promotion</b> A fun oral health themed play session where children can explore how to keep teeth healthy.	23rd May within Under 2's Play Session at Walthamstow Family Hub, 9.30 - 11 19th July within Play Session at Walthamstow Family Hub, 1.30 - 3	18th June within Play Session at Chingford Family Hub, 10 - 11.30 8th July within Under 2's Play Session at Paradox Centre, 1.30 - 3	2nd May within Under 2's Play Session at Leytonstone Family Hub, 10 - 11.30 5th July within Play Session at Leytonstone Family Hub, 10 - 11.30	15th May within Under 2's Play Session at St. Josephs Infant School, 1 - 2.30 12th July within Play Session at Leyton Family Hub, 10 - 11.30
<b>Initial Sleep Consultation</b> 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.	28th April, 24th May, 28th June Half hour slots between 10 - 12 noon The Lloyd Park Centre  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	1st May, 5th June, 3rd July Half hour slots between 3 - 5pm Chingford Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	7th May, 4th June, 2nd July Half hour slots between 10 - 12 noon Leytonstone Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	10th May, 7th June, 5th July Half hour slots between 1 - 3pm Leyton Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>
<b>Domestic Abuse One Stop Shop</b> 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 10 - 4 Walthamstow Family Hub	Fridays 10 - 1 Chingford Family Hub	Thursdays 10 - 4 Leytonstone Family Hub	Monday, Tuesday and Wednesday 10 - 4 Leyton Family Hub
<b>Early Help family support advice drop-in</b> Advice and support on a wide range of services including benefits advice, parenting support, 2, 3 and 4 year nursery funding, SEND services and much more.	Every last Thursday of the month 9.45 - 11.15 Walthamstow Family Hub	Every Third Wednesday of the month 1 - 2.30 Chingford Family Hub	Every First Friday of the month 1 - 2.30 Leytonstone Family Hub	Every Tuesday of the month 9.45 - 11.15 Leyton Family Hub
<b>Young Parents Group</b> Under 24's. Working together with Family Nurse Partnership.	30th April, 7th 14th 21st May 1 - 2.30 The Lloyd Park Centre	22nd 29th May, 5th 12th June 1.30 - 3 Chingford Family Hub. In partnership with the Family Nurse team	3rd 10th 24th 17th June 1.30 - 3 Leytonstone Family Hub	6th 13th 20th 27th June 1 - 2.30 Leyton Family Hub. In partnership with the Family Nurse team
<b>Mellow Bumps</b> 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: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a>	24th April, 1st 8th 15th 22nd 29th May 1 - 3 Higham Hill Centre (Nursery) 313 Billet Road, E17 5PX For booking details go to <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>			
<b>Online - Mellow Courses</b> (via Zoom) An attachment and relationship-based group programme for parents of children 0-1 years. Reflective and practical techniques are used to allow parents to address challenges. Mothers and Fathers delivered separately.	8th 15th 22nd May, 5th 12th 19th 26th June, 3rd July 3 - 5pm For booking details go to <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>			
<b>Triple P Babies</b>	Understand what you can do to promote your baby's development, build a stronger bond, and support their emotional and physical health. (4 weeks as a group and 4 weeks 1:1 sessions) 4th 11th 18th 25th June, 2nd 9th 16th 23rd July at: 7 Saxon Close, E17 8LE. Time 10 - 12. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>			
<b>Family Support</b>	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: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a>			
<b>Parent Carer Voices</b> Parent Carers your voice matters, come along to share your experience & opinion of the Family Hubs offer for under 5's.	1st May at The Higham Hill Centre, 1 - 2.30 16th July via Zoom, 1 - 2.30 To book your place email: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a> or call 020 8527 1737			
<b>Shelters Housing Awareness</b>	 <p>Homelessness awareness workshop, 25th April, 9.30 - 11.30, Saxon Close Overcrowded and waiting for a social home, 30th May, 9.30 - 11.30, Saxon Close Tackling disrepair, 27th June, 9.30 - 11.30, Saxon Close Finding home in a private sector, 25th July, 9.30 - 11.30, Saxon Close For booking details go to <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>			
<b>Peer to Peer Support Group Under 5s</b> Come and join us to meet other families and share lived experiences	<p>LGBTQ+ Families, 25th April, 1 - 3 Leyton Family Hub Families with children with SEND, 30th May, 1 - 3 Leyton Family Hub Fathers, 27th June, 1 - 3 Leyton Family Hub Foster carers/ adoptive parents, 25th July, 1 - 3 Leyton Family Hub</p>			



## Walthamstow Neighbourhood (Central)

### Monday

**Grow Wild Climbers and Jumpers**  
9.30 - 10.30 & 11 - 12 Term-time only  
at Grow Wild, Lloyd Park  
£5 per child. Discretionary discounts for those on low income or benefits, contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.

**Flourish**  
Post-natal support group  
10 - 12 noon  
The Lloyd Park Centre  
During holidays location may change  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Invitation only group. Free

**Parent SEND Session**  
Aimed at parents of children with Autism  
12.30 - 1.30 Term-time only  
1st and 3rd Monday of the month  
The Lloyd Park Centre  
Contact: [Keric@tlpc.org.uk](mailto:Keric@tlpc.org.uk) for more information.  
Free

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

### Tuesday

**Stories and Rhymes**  
With speech and language top-tips  
10 - 10.45 & 11 - 11.45  
Term-time only  
Walthamstow Central Library  
Free

**CoCo East Family Play Session**  
Aimed at families with children under 4 years with lived experience of mental health and wellbeing  
10 - 11.30 Term-time only  
The Lloyd Park Centre  
£4 per child. Discretionary discounts for those on low income or benefits, contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.

**Musical Climbers and Creators**  
11 - 12 noon  
at Grow Wild, Lloyd Park  
Music-based outdoor learning and sensory experiences for SEND children. £5 per child. Discretionary ½ price discounts for those on low income or benefits.  
Contact [zoew@tlpc.org.uk](mailto:zoew@tlpc.org.uk) for more information

**Grow Active for Under 5's**  
2.15 - 3.15 Term time only  
**Grow Active for Under 7's**  
3.45 - 4.45 Term time only  
at Grow Wild, Lloyd Park  
£5 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

### Wednesday

**Communication and Play**  
Delivered by Flourish Specialist Education Services. Deaf children under 5 and their families welcome.  
10 - 11.30 Term-time only  
The Lloyd Park Centre  
Please contact: [enquires@se.flourishlearningtrust.org.uk](mailto:enquires@se.flourishlearningtrust.org.uk)

**Music and Movement**  
Delivered by TLPC.  
2 - 3 Term-time only  
Walthamstow Toy Library and Play Centre  
William Morris Hall.  
Free

**Grow Active for Under 5's**  
2.15 - 3.15 Term time only  
at Grow Wild, Lloyd Park  
£5 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

**Grow Active Health and Wellbeing for Under 7's**  
Aimed at those with long term health conditions and wellbeing worries.  
3.45 - 4.45 Term time only  
at Grow Wild, Lloyd Park  
£5 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

### Thursday

**Grow Wild**  
9.30 - 10.30 & 11 - 12  
Term-time only  
at Grow Wild, Lloyd Park  
Contact: [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information. Free

**Under 2's Play Session**  
9.30 - 11  
Walthamstow Family Hub  
Free  
HENRY Healthy Eating and Dental Health drop-in within play session. Second week of the month

**You and Your New Baby**  
Birth to pre-crawlers, antenatal and postnatal  
11.15 - 12.45  
Walthamstow Family Hub  
HENRY Healthy Eating and Dental Health drop-in within play session. Second week of the month  
Free

**Somewhere to Belong**  
(Targeted)  
1 - 2.30 Term-time only  
Walthamstow Toy Library  
Invitation only. Free

### Friday

**SEND Play Session**  
9.30 - 11 Term-time only  
Walthamstow Family Hub  
Drop-in. Free  
Contact [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information.

**Friday Fun at Grow Wild**  
0 - 4 years  
10 - 11.30 and 1 - 2.30 Term time only  
at Grow Wild, Lloyd Park  
£6 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

**Play Session**  
For birth to 4-year olds  
1.30 - 3.00  
Walthamstow Family Hub  
Free  
Henry Drop in within play session - 4th week of the month

The Lloyd Park Children's Charity delivering services on behalf of the Best Start in Life!



### Saturday

**Forever Families Grow Wild**  
For children with adopted families up to 9 years old  
Second Saturday of the month  
1 - 2.30  
at Grow Wild, The Lloyd Park Centre  
£5 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



**Family Grow Wild**  
Up to 9 year olds  
First Saturday of the month  
10 - 12 noon  
at Grow Wild, The Lloyd Park Centre  
£6 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



**Rainbow Group**  
Second Saturday of the month  
10 - 11.30  
at Grow Wild, The Lloyd Park Centre  
£5 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



**Outdoor Dads Club**  
0 - 4 years  
Last Saturday of the month  
9.30 - 10.30 and 11 - 12  
at Grow Wild, The Lloyd Park Centre  
Free  
Contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.

**Somewhere to Belong Grow Wild**  
Aimed at children with SEND under 8s  
Third Sunday of the month  
2 - 3.30  
at Grow Wild, The Lloyd Park Centre  
£5 per child. Discretionary discounts for those on low income or benefits, contact [zoew@tlpc.org.uk](mailto:zoew@tlpc.org.uk) for more information.



## Chingford Neighbourhood (North)

### Monday

**Reading from the Start**  
0 - 4 years  
9.15 - 11 Term-time only  
Paradox Centre  
Free

**Flourish**  
Post-natal support group  
10 - 12 noon  
Chingford Family Hub  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Invitation only. Free

**Under 2's Play Session**  
1.30 - 3 Term-time only  
Paradox Centre  
Free

**Somewhere to Belong**  
(Targeted)  
0 - 4 years  
1.30 - 3 Term-time only  
Chingford Family Hub  
Invitation only. Free

### Tuesday

**Play Session**  
0 - 4 years  
10 - 11.30  
Chingford Family Hub  
Free

**You and Your New Baby**  
Birth to pre-crawlers, antenatal and postnatal  
1.30 - 3  
Chingford Family Hub  
Free

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**  
Delivered by Treasure Me Kids  
10 - 11 Term-time only  
Paradox Centre  
Free

**Stories and Crafts for Babies**  
Delivered by Treasure Me Kids  
11.15 - 12.15 Term-time only  
Paradox Centre  
Free

**Sensory and Rhymes**  
0 - 4 years  
1.30 - 2.30  
Paradox Centre  
Free

### Thursday

**Outdoor Explore in Nature Session**  
0 - 4 years  
10 - 11.30  
Highams Park  
Free



### Friday

**Stories and Rhymes**  
With weekly speech and language Top-Tips  
0 - 4 years  
1.30 - 2.30 Term-time only  
Hale End Library  
Free

### Saturday

**Dads Club**  
0 - 4 years  
First Saturday of the month  
10 - 12 noon  
Chingford Family Hub  
Free

The Lloyd Park Children's Charity delivering services on behalf of the Best Start in Life!



## Leytonstone Neighbourhood (South East)

### Monday

**Somewhere to Belong •**  
(Targeted)  
0 - 4 years  
10 - 11.30 Term-time only  
Leytonstone Family Hub - The Junction  
Invitation only. Free

**Play Session •**  
0 - 4 years  
10 - 11.30  
Langthorne Park  
For more info and entry fees see our website for details:  
[www.walthamstowtoylibrary.org](http://www.walthamstowtoylibrary.org)

**Play Session •**  
0 - 4 years  
1 - 2.30 Term-time only  
United Free Church  
Free

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

### Tuesday

**You and Your New Baby •**  
Birth to pre-crawlers, antenatal and postnatal  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free

**Play Session •**  
0 - 4 years  
1 - 2.30  
Langthorne Park  
For more info and entry fees see our website for details:  
[www.walthamstowtoylibrary.org](http://www.walthamstowtoylibrary.org)

**Flourish •**  
Post-natal support group  
1 - 3  
Leytonstone Family Hub - The Junction  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information  
Invitation only group. Free

### Wednesday

**Play Session •**  
0 - 4 years  
1 - 2.30  
Langthorne Park  
For more info and entry fees see our website for details:  
[www.walthamstowtoylibrary.org](http://www.walthamstowtoylibrary.org)



### Thursday

**Under 2's Play Session •**  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free  
HENRY Healthy Eating and Dental Health Drop-in alongside the session, 1st and 3rd Thursday of the month

**Forest School Session •**  
0 - 4 years  
1 - 2.30  
Langthorne Park  
For more info and entry fees see our website for details:  
[www.walthamstowtoylibrary.org](http://www.walthamstowtoylibrary.org)

**Let's Create •**  
0 - 4 years  
Delivered by Treasure Me Kids  
3.30 - 4.15 Term-time only  
Leytonstone Family Hub - The Junction  
£1.50 first child, 50p siblings

**Tambini Music & Rhymes •**  
0 - 4 years  
Delivered by Treasure Me Kids  
4.30 - 5.15 Term-time only  
Leytonstone Family Hub - The Junction  
£1.50 first child, 50p siblings

### Friday

**Play Session •**  
0 - 4 years  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free

### Saturday

**Dads Club •**  
0 - 4 years  
3rd Saturday of the month  
10 - 12 noon  
Leytonstone Family Hub - The Junction  
Free

The Lloyd Park Children's Charity delivering services on behalf of the Best Start in Life'

## Leyton Neighbourhood (South West)

### Monday

**Under 2s Play Session •**  
1 - 2.30 Term-time only  
Seddon Centre  
Free

**Bong-a-long**  
1.45 - 2.30 Term-time only  
Leyton Family Hub  
£1.50 first child, 50p siblings

**Let's Create •**  
0 - 4 years  
3.15 - 4 Term-time only  
Seddon Centre  
£1.50 first child, 50p siblings

**Tambini Music & Rhymes**  
0 - 4 years  
4.15 - 5 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

**You and Your New Baby •**  
Birth to pre-crawlers, antenatal and postnatal  
10 - 11.30  
Leyton Sports Ground  
Free

**Flourish •**  
Post-natal support group  
10 - 12 noon  
Leyton Family Hub  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information  
Invitation only group. Free

**Play Session •**  
0 - 4 years  
1 - 2.30  
Leyton Sports Ground  
Free

**Baby Bank Family Support**  
1.30 - 3  
Saxon Close  
If you think you need support please contact [babybank@tlpc.org.uk](mailto:babybank@tlpc.org.uk)  
Free



### Wednesday

**Little Ballers**  
2 years+  
9.30 - 10.15  
Leyton Family Hub  
£1.50 first child, 50p siblings

**Conversation Group**  
1 - 2  
Saxon Close  
For families who have English as a second language and their child 0 - 4 years  
Free

**Play Session •**  
0 - 4 years  
1 - 2.30 Term-time only  
St Joseph Infant School  
Free

**SEND Play Session •**  
0 - 4 years  
1 - 2.30  
Leyton Family Hub  
Free

### Thursday

**Let's Create**  
18 months+  
10 - 10.45 Term-time only  
Leyton Family Hub  
£1.50 first child, 50p siblings

**Womens Group**   
10 - 11.30  
Does NOT run on: 25th April, 30th May, 27th June, 25th July.  
Saxon Close  
In partnership with Coco East and Furnishing Futures  
Invitation only.

**Somewhere to Belong •**  
(Targeted)  
0 - 4 years  
10 - 11.30 Term-time only  
Seddon Centre  
Invitation only. Free

**Tambini Music & Rhymes**  
0 - 4 years  
11 - 11.45 Term-time only  
Leyton Family Hub  
£1.50 first child, 50p siblings

**Stories and Rhymes •**  
1.15 - 2 and 2.15 - 3 Term-time only  
Seddon Centre  
Free

### Friday

**Play Session •**  
0 - 4 years  
10 - 11.30  
Leyton Family Hub  
Free

**123 Mini Chef**  
2 years+  
10 - 12 noon Term-time only  
Leyton Family Hub  
£1.50 first child, 50p siblings

### Saturday

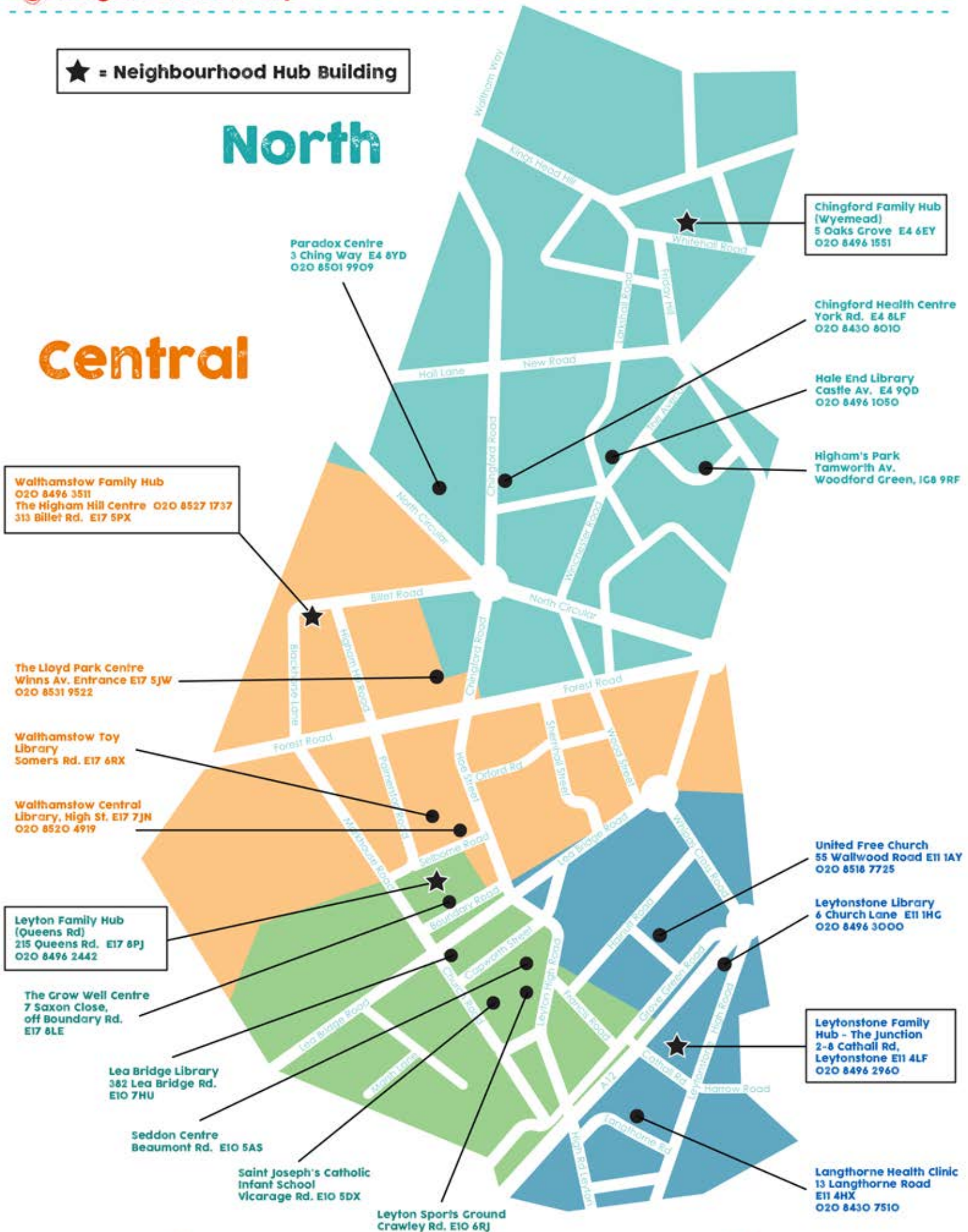
**Dads Club •**  
0 - 4 years  
2nd Saturday of the month  
10 - 12 noon  
Leyton Family Hub  
Free

The Lloyd Park Children's Charity delivering services on behalf of the Best Start in Life'

★ = Neighbourhood Hub Building

# North

# Central



# South West

# South East