

# Roleplay

**Lloyd Park Children's Charity**

Charity Number 1102134

For families with children under 5 years living in Waltham Forest

  @LloydParkCC

## Welcome to the Lloyd Park Children's Charity's 49th edition of Roleplay

This edition is packed with lots of useful information for early years families in Waltham Forest including including getting ready for school, the Mayor's Charity Appeal, your child's oral health and our timetable of upcoming events and community activities.

We're fortunate to have an amazing team of employees, volunteers, trustees and families who work hard together to shape services for our community. Through years of experience, we recognise the strength of working collaboratively, allowing us to co-produce projects and services that make a real difference to the lives of local children and families. This is what makes Lloyd Park such a special Charity.

If you have ideas about local services or can share your lived experience to help others, we have so many opportunities to get involved and we'd love to hear from you. You can help us develop our Baby Bank as we move into new premises (thanks to our partnership with Peabody), or help set up a Community Growing Garden. There's the chance to be a part of our team by volunteering or working in our services ([www.tlpc.org.uk/our-mission/join-our-team/](http://www.tlpc.org.uk/our-mission/join-our-team/)) or join one of our sub groups to focus on Governance, Finance, Fundraising, Baby Bank or Sustainability. Giving a couple of hours a month can really help us build brighter futures for children and families.

Please speak to a member of our team or email [info@tlpc.org.uk](mailto:info@tlpc.org.uk) for more information and to get involved.

## Costs and Charges for The Lloyd Park Children's Charity

As you are aware the cost of living is going up and as such we have had to review our charges for sessions delivered across the borough.

To help you understand why our services are charged differently here is an overview of our funding streams in order to keep costs as low as possible but allow our charity to be sustainable. We also aim to ensure we are reaching the most isolated community groups making services accessible.

We will review charges and costs every term moving forward.

From April 2023:  
Sessions delivered by Lloyd Park Children's Charity cost £4.00 per child

Sessions delivered by Lloyd Park Children and Family Centre cost will be FREE

Sessions delivered by Co-Co East, Co-production group may have a charge between £2.00 up to £4.00 per child depending on funding streams.

Private hire for school groups, other organisations and party sessions please see our website for further details [www.tlpc.org.uk](http://www.tlpc.org.uk)

## Baby Bank

We are very excited to announce that our Baby Bank has re-located!

The Baby Bank now has its own designated site at the Peabody Centre, Saxon Close, Walthamstow, E17 8LE.

The spacious and amazing area will now allow us to increase the capacity of Baby Bank items we can store. It also means we can run creative and meaningful sessions for our families in our exclusive location.

This new space will enable our Charity to further develop what Baby Bank can offer. We aim to occasionally sell our Baby Bank stock in an affordable pop-up Baby Bank Boutique, which will raise funds that are fed back into improving our Baby Bank service.

We still have lots of work to do in tidying, installing and changing the look of our site. The TLPCC team will be working hard to make our brand-new Baby Bank site feel welcoming and lively.

This news is something we have been very excited to share with the community and we look forward to what the new site can achieve.

If you need any assistance regarding our Baby Bank, please email: [babybank@tlpc.org.uk](mailto:babybank@tlpc.org.uk)



## Dates for your Diary:

- Monday 17th April - Training Day, all services closed
- Tuesday 18th April - All services re-open
- Bank Holidays - Mon 1st May and Mon 8th May (King's Coronation)
- Half Term - 29th May to 2nd June (29th is a Bank Holiday)
- Summer Fair - Saturday 1st July (HH)
- Summer Fair - Saturday 8th July (LPC)
- Last day of term - Thursday 20th July
- Monday 4th September - Training Day, all services closed
- Tuesday 5th September - All services re-open

Follow us on Facebook and Instagram for up to date news and information about our services @LloydParkCC



## Learning Stories

We are changing the way we are documenting children's learning development in our Early Years Settings. We will be moving away from the Learning book and transferring over to 'Learning Stories'.

Learning stories are personal and enables the educator to notice and consider a child's behaviour/learning. It is written to the child and shared with them and their parents/ carers.

It captures a moment in their learning, and identifies traits like the child's determination, curiosity and resourcefulness. Learning stories will also make delightful memories for children and their parents, in years to come.



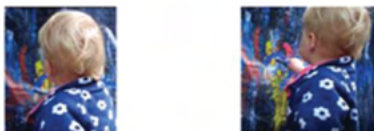
## Eleanor The Artist

It all started with some paint, brushes and a large canvas!

### Noticing



Eleanor, today we set out some paint in the garden. I noticed you headed straight for it. You look deep in concentration as you decide what colours to start with. I noticed how you had to go back for more paint, as you decided there wasn't enough on your brush.



Eleanor, I can see how hard you are concentrating here. You are so involved in what you are doing, you haven't turned round once, even though all your friends are running around behind you. You are making such deliberate strokes of paint, I wonder what you are creating?

## Crow Wild Parties are back!



The Lloyd Park Children's Charity is really happy to announce that we are open again to host children's parties, as well as sessions for schools!

These will be on a first come first served basis and availability will be limited to fit in with our very busy scheduling of sessions in the space.

Parties can be booked on designated days in a tiered variety of provisions, costs and payment plans.

Full details and further information from [chrisr@tlpcc.org.uk](mailto:chrisr@tlpcc.org.uk)



## Getting ready to start school

With applications now submitted, you will be awaiting to hear about your child's school place.

Are you nervous or excited?

Both feelings are completely normal and many people have a mixture of both. Remain confident around your child and always talk about school positively.

You may have heard the term 'school readiness'.

There are 3 main aspects to school readiness: Independence, Socialisation and Separation.

Every child is unique and will start school with a different level of school readiness. Your new teacher will be

prepared for this and there are some things you can do to support your child.

### Independence

Reassure and encourage your child that it's okay to do things on their own, such as feeding and getting dressed. This also included the responsibility of independently going to the toilet by themselves and washing their hands. Some children will still need reminding and that is normal. Practice various tasks at home which develops their independent skills.

It is important that children voice their opinions and decisions, allow them to express their likes and dislikes.

### Socialisation

If your child already attends a nursery or a childminder with other children, they will be used to socialising with others. However, if your child has limited experience of being away from you or being around others then it's never too late to start. Please see the range of services and drop in sessions the children and family centres provide.

Being around others will support skills such as turn taking, being tolerant and will give them opportunities to share toys and play alongside other children. These experiences are helpful because it can develop understanding of feelings such as happiness and sadness, plus encourage kindness towards others and support a child's vocabulary. Help your child to manage undesirable behaviours they may experience with simple phrases such as 'Please stop, I do not like it'.

### Separation

Talking to your child about school and what it will be like helps them to prepare. Visiting the school before starting and discussing the journey with them can reassure your child further. Always say goodbye when leaving your child and talk through any concerns they may have. Keep things simple and emphasise how much you love them. If you're calm and confident this will support your child too.

## Ofsted Inspections

We are very pleased to announce that all three of our Early Years Settings have now had their Ofsted inspection's, and all three received a 'Good' rating and very positive reports. To read the reports in full please follow the link below and add the postcodes into the search engine.

We would like to congratulate everyone in our team on this achievement. We will continue to progress and take on board Ofsted's recommendations. A big thank you to those parents who supported on the day and gave feedback!

[www.reports.ofsted.gov.uk](http://www.reports.ofsted.gov.uk)  
 The Valley Centre - E4 8YD  
 The Higham Hill Centre - E17 5PX  
 The Lloyd Park Centre - E17 5JW



## World Breastfeeding Week

August is an exciting time for new Waltham Forest families, as our early years and health teams get

together to celebrate World Breastfeeding Week (1st - 8th August) and Black Breastfeeding Week (25th - 31st August).

There will be special events on at the Children and Family Hubs and in local communities throughout the month of August.

If you would like to find out more about the events taking place or some guidance around feeding journeys, get in touch with a Children & Family practitioner.

Call the HENRY Infant Feeding Team  
020 7961 9073  
or visit [www.henry.org.uk/walthamforest/events](http://www.henry.org.uk/walthamforest/events)

You can also follow @LloydParkCC on Facebook and Instagram for forthcoming events.



## 'Somewhere to Belong' turns FOUR!

Across TLPC we offer sessions for children with special educational needs or disabilities (SEND) in our 'Somewhere to Belong' research, evidence-based play and support group.

Somewhere to Belong has been successfully supporting families with SEND children for 4 years with our wonderful SEND Manager, Zoe Wells leading the 3-year research project.

Peter and Sorab, and their 4-year-old daughter, Colette, are regulars at these sessions. They've kindly shared their story with us:

'The Somewhere to Belong group has been a lifeline for us since we found out that Colette has communication challenges in December 2021.

Zoe and the team at 'Somewhere to Belong' guided us on what was available for SEND children. Her experience allowed us to engage with our daughter and support Colette in progressing her communication, play and attention skills. She loves 'I've got something in my Bucket' and now mirrors Zoe's words and signs. We do 'Bucket time' every morning at home and it is a lovely bonding and learning experience for all three of us.'

'The group also gave us the opportunity to meet other parents who were going through the same emotions and experiences as us. We also attend the SEND Dads and Rainbow sessions at Grow Wild, another great provision the charity created. We are grateful for the support of Zoe, Somewhere to Belong and Lloyd Park Children's Charity for giving us a place to belong. It has greatly helped our family and we know it will have a lasting positive impact on us and Colette as she moves into full time school later this year.'

Somewhere to Belong was created through partnership with Whitefield Academy Trust. We also work with a wide range of local groups and partners which provide holistic advice, help and strategies through play:

Early Help  
NELFT- Speech Therapy  
HENRY-Oral Health  
SENDiass  
Soundcastle Musicians

## Garbage Gardening

Growing vegetables from scraps is a cheap and fun way for your children to learn about sustainability and where food comes from. It also helps reduce food waste and can save you money.

'Garbage gardening' is great for inquisitive children as they will see results quickly and feel a sense of accomplishment watching the roots grow, then chopping and eating their own veg.

Vegetables to try: Onions, Celery, Lettuce, Carrots

Method:

- Cut the vegetable about 3-5cm from the root.
- Stand the vegetable in a glass or clear plastic container.
- Pour a small amount of water in the glass so that the root is submerged.
- Place in a sunny spot.
- Change the water every other day.
- Check regularly and see if your child can spot the root growing.
- Once the roots are established you can plant in a pot with soil and keep growing.

If you're interested in food growing, please get in touch as we're looking for volunteers and families to help us introduce a community food garden, email [info@tlpcc.org.uk](mailto:info@tlpcc.org.uk)

## Oral Health

We often ask ourselves when to start brushing our little one's teeth?

The answer is: as soon as the first tooth appears!

It's good to brush your child's teeth with a smear or pea sized amount of your family friendly toothpaste. It's also important to register your child with a dentist and take them to get their teeth checked regularly.

Did you know that your child is eligible for fluoride varnish at the age of 3 years?

Fluoride varnish is a form of fluoride that is highly concentrated. It protects the teeth from cavities and decay. But it is still important to encourage your child to brush their teeth.

Some children may not enjoy brushing their teeth. Try make it a fun part of their daily routine, test the use of rewards charts or songs about brushing their teeth. These are ways that may encourage them to brush.

Your local Children & Family Centres deliver oral health workshops, offering advice and information, check the 'What's On' section for dates & times.

Happy brushing!



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



## Staying Safe, Training and Employability

### Join Our Team!

Have you thought of a career in Early Years Care and Education?  
Do you know someone who is looking for work or would like a change of career?  
Please visit our website [www.tlpc.org.uk](http://www.tlpc.org.uk) and go to the section Join our Team to see what opportunities are available.

We offer our employees:

- Competitive salaries
- 20 days holiday, rising to 30 days, plus bank holidays
- Pension Scheme
- Private health cover with Benedon, inc. 24/7 GP and well-being service
- Reduced childcare fees (subject to availability)
- Subsidised hot lunches
- Outstanding training and CPD opportunities
- A fantastic team to work alongside



### Child Safety Week 2023 June 6 - June 12

#### Safety in mind



The Lloyd Park Children's Charity recognise that young children enjoy exploring the world around them through touch, taste and smell. As they go through the early stages of development this becomes more noticeable.

We all can play our part in helping to keep children of the future safe

#### Child Safety Week

[www.capt.org.uk/child-safety-week](http://www.capt.org.uk/child-safety-week)

During child safety week come and join us in our sessions or follow us on line for some useful tips and guidance on keeping your child safe

### Would you like to join our Wellbeing Project?

Within our sessions we are working on:

- Improving parents and children's emotional wellbeing
- Empowering parents to find ways of managing their emotional distress
- Reducing isolation
- Supporting parents and children in making meaningful connections

The environment we provide in the session offers a calm, relaxed space which is teaching parents/children to self-regulate their emotions.

We provide group therapy for parents, where we work together on introducing members to new and more positive behaviours, so that they can better cope with significant life events and mental health symptoms.

For more information contact: [lilienl@tlpc.org.uk](mailto:lilienl@tlpc.org.uk)

## Families Voice

### The Mayor's Charity Appeal and Lloyd Park Children's Charity's Fundraising Fortnight

w/c 17th April 2023

Each year, the council elects a councillor to serve as mayor for twelve months. We're delighted that Cllr. Karen Bellamy was elected for 2022/23. During a mayor's term they support two organisations whose work is close to their heart. Cllr Bellamy explains why she chose the Whipps Cross Hospital Breast Clinic and Solace Women's Aid:

"I accepted the position of Mayor this year for a couple of very personal reasons. Firstly, on New Year's Eve 2020 I was diagnosed with breast cancer; and secondly, in a long past relationship, I was the victim of domestic abuse. My aims, as Mayor, are to shine a light on both issues and, through charitable donations received, to help others who are experiencing either or both".

Fundraising Fortnight - w/c 17th April 2023

Councillor Karen Bellamy elected as Mayor of Waltham Forest for 2022/2023

As a long-standing admirer of Cllr. Bellamy's grassroots community work, The Lloyd Park Children's Charity will be supporting her chosen organisations with a fortnight of events across our three main sites which will raise funds and awareness for Cllr. Bellamy's charities. We'll also be donating a proportion of our takings from our paid-for sessions during the fortnight.

Look out for more details of how you can get involved, get support and donate, on our website and social media in the coming weeks!





# Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
To find out more visit <a href="http://www.flpcc.org.uk">www.flpcc.org.uk</a> or get in touch via The Lloyd Park Charity Facebook page or email: <a href="mailto:familysupport@flpcc.org.uk">familysupport@flpcc.org.uk</a>				
<b>Baby Massage</b>	Course 1: 24th April, 8th, 15th, 22nd May, 5th June 11.45am - 12.45pm Walthamstow Toy Library. Course 2: 12th, 19th, 26th June, 3rd, 10th July. 11.45am - 12.45pm Walthamstow Toy Library. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: 19th, 26th April, 3rd, 10th, 17th May. 1.30 - 2.30pm Chingford Family Hub. Course 2: 14th, 21st, 28th June, 5th, 12th July. 1.30 - 2.30pm Chingford Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: 15th, 22nd May, 5th, 12th, 19th June 1.30 - 2.30 Leytonstone Family Hub. Course 2: 26th June, 3rd, 10th, 17th, 24th July 1.30 - 2.30 Leytonstone Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: 17th, 24th, 31st May, 7th, 14th June. 1.30 - 2.30 Leyton Family Hub. Course 2: 21st, 28th June, 5th, 12th, 19th July. 1.30 - 2.30pm Leyton Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>
<b>Eating Well</b>	Thursday 15th, 22nd, 29th June within Under 2's Session at Walthamstow Family Hub. 10 - 11.30	Monday 12th, 19th, 26th June within Under 2's session at Chingford Family Hub. 1.30 - 3	Thursday 1st, 8th, 15th June within Under 2's session at Leytonstone Family Hub. 10 - 11.30	Wednesday 3rd, 10th, 17th May within Play Session at St Josephs Infant School. 1 - 2.30
<b>Exploring Foods</b>	Friday 5th, 12th, 19th May within Play Session at Walthamstow Family Hub. 1.30 - 3	Tuesday 2nd, 9th, 16th May within Play Session at Chingford Family Hub. 10 - 11.30	Friday 20th, 27th April, 4th May within Play session at Leytonstone Family Hub. 10 - 11.30	Monday 5th, 12th, 19th June within Under 2's session at Seddon Centre. 1 - 2.30
<b>Oral Health Promotion</b> A fun oral health themed play session where children can explore how to keep teeth healthy.	Friday 26th May within Play Session at Walthamstow Family Hub. 1.30 - 3 Thursday 6th June within Under 2's session at Walthamstow Family Hub. 10 - 11.30	28th April within Play session at Chingford Family Hub. 10 - 11.30 5th June within Under 2's session at Paradox Centre. 1.30 - 3	Thursday 25th May within Under 2's session at Leytonstone Family Hub. 10 - 11.30 Friday 7th June in Play session at Leytonstone Family Hub. 10 - 11.30	Wednesday 19th April in Play Session at St Josephs Infant School. 1 - 2.30 Thursday 22nd June within Somewhere to Belong at the Seddon Centre. 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.	Friday 12th May Friday 9th June Friday 14th July Walthamstow Family Hub 10 - 12 noon To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Wednesday 5th April Wednesday 3rd May Wednesday 7th June Chingford Family Hub 3 - 5 To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Tuesday 9th May Tuesday 20th June Tuesday 13th July Leytonstone Family Hub 10 - 12 noon To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Friday 12th May Friday 9th June Friday 7th July Leyton Family Hub 1 - 3 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>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:Patriciao@flpcc.org.uk">Patriciao@flpcc.org.uk</a> , <a href="mailto:vickyk@flpcc.org.uk">vickyk@flpcc.org.uk</a> or <a href="mailto:familysupport@flpcc.org.uk">familysupport@flpcc.org.uk</a>			Thursday 15th, 22nd 29th June, 6th, 13th, 20th, 27th July. Leytonstone Hub 1 - 3	Wednesday 31st May, 7th, 14th, 21st, 28th June, 5th, 12th July. Leyton Family Hub 1 - 3
<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. You will meet an Early Help Adviser who can provide you with the information you need. Starting on 4th April, the drop in sessions will run monthly. Free, no need to book.	Every Thursday 9.45 - 11.15 Walthamstow Family Hub	Every Wednesday 1 - 2.30 Chingford Family Hub	Every Friday 1 - 2.30 Leytonstone Family Hub	Every Tuesday 9.45 - 11.15 Leyton Family Hub
<b>Young Parents Group</b> Under 24's. Working together with Family Nurse Partnership.	To Be Confirmed. Contact: <a href="mailto:familysupport@flpcc.org.uk">familysupport@flpcc.org.uk</a> for details.	Friday 9th, 16th, 23rd, 30th June 9.30 - 11.30am Chingford Family Hub	Thursday 27th April, 4th, 11th, 18th May 1.30 - 3pm Leytonstone Family Hub	Thursday 8th, 15th, 22nd, 29th June 1.30 - 3pm Leyton Family Hub
<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@flpcc.org.uk">familysupport@flpcc.org.uk</a>			
<b>Parent Carer Panels</b> Aimed at Parent/Carers of under 5's accessing Family Hub Services.	Session 1: Thursday 25th May, Virtual Meeting, 5 - 6pm. To book contact <a href="mailto:angelac@flpcc.org.uk">angelac@flpcc.org.uk</a> Session 2: Wednesday 19th July at The Higham Hill Centre, 1 - 2.30pm. To book contact <a href="mailto:angelac@flpcc.org.uk">angelac@flpcc.org.uk</a>			

## 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.

**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.

**CoCo East Family Play Session** - Aimed at bringing families together in a play based environment

**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.




## Walthamstow Neighbourhood (Central)

### Monday

#### Songs in the Park

9.30 - 10 & 10.15 - 10.45  
The Home Made Community Café  
Weekly, but check Instagram during holidays @e17songsinthepark  
Contact: [Songsinthepark@gmail.com](mailto:Songsinthepark@gmail.com)  
Cost: donations appreciated on a pay-what-you-can basis

#### Grow Wild Activity Session

9.15 - 10.15 & 11 - 12 Term-time only at Grow Wild, Lloyd Park   
£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.

#### 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

#### Crest - Parent led SEND peer support group


1 - 2 Term-time only   
The Lloyd Park Centre  
Alternate weeks  
Week 1 Aimed at parents of children with Autism  
Week 2 Aimed at parents of children with physical disabilities  
Contact: [Keric@tlpc.org.uk](mailto:Keric@tlpc.org.uk) for more information. Free

### Tuesday

#### Stories and Rhymes

With weekly speech and language Top-Tips  
10 - 10.45 & 11 - 11.45  
Term-time only  
Walthamstow Central Library  
Free

#### CoCo East Family Play Session

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.

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




### Wednesday

#### Toy Library Under 5's Play

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

#### Communication & Play

Delivered by SENDsuccess Deaf Support Service   
10 - 11.30 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](mailto:enquiries@sendsuccess.org.uk)

#### Mindfulness (Wellbeing Project)

Adults only. Invitation only  
1 - 2. 1st Wednesday of the month  
The Lloyd Park Centre  
Contact: [Lilien@tlpc.org.uk](mailto:Lilien@tlpc.org.uk) for more information

### Thursday

#### Grow Wild Climbers and Jumpers

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

10 - 11.30  
Walthamstow Family Hub Free

#### Wellbeing session

10.30 - 12.30  
Lloyd Park Centre  
Invitation only. Free

#### SEND Play and Support Group (Somewhere to Belong)

Starts 20th April 2023  
1 - 2.30 Term-time only  
Walthamstow Toy Library and Play Centre  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Free

#### You and Your New Baby

Birth to pre-crawlers, antenatal and postnatal  
1.30 - 3  
Walthamstow Family Hub  
Free

### Friday

#### Early Steps Group

For children following their health review  
10 - 12 noon  
Walthamstow Family Hub  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Invitation only. Free

#### Baby Bank Play Session

10 - 11.30 Term-time only  
The Lloyd Park Centre  
Contact: [babybank@tlpc.org.uk](mailto:babybank@tlpc.org.uk) for more information  
Free

#### Group Therapy, Virtual Session (Wellbeing Project)

10 - 12 noon  
Virtual session via Zoom call  
Contact: [Lilien@tlpc.org.uk](mailto:Lilien@tlpc.org.uk) for more information. Free

#### Play Session

For birth to 4 year olds  
1.30 - 3  
Walthamstow Family Hub  
Free



### Saturday

#### Outdoor Dads Club

Under 5's only  
Last Saturday of the month  
10 - 12 noon  
at Grow Wild, The Lloyd Park Centre  
Free  
Contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.

#### Family Grow Wild

Up to 9 year olds  
First Saturday of the month  
10 - 11.30  
at Grow Wild, 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.



#### Somewhere to Belong Families at Grow Wild

For SEND Children and their siblings up to 9 years old  
Second Saturday of the month  
10 - 11.30  
at Grow Wild, 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.



#### Forever Families Grow Wild

For children with adopted families and their siblings up to 9 years old  
Second Saturday of the month starting 11th March  
1.30 - 3  
at Grow Wild, The Lloyd Park Centre  
£2 per child. Discretionary discounts for those on low income or benefits, contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.



### Sunday

#### Rainbow Grow Wild

For LGBTQ+ parents and carers and their children up to 9 years old  
Third Sunday of the month  
2 - 3.30  
at Grow Wild, The Lloyd Park Centre  
£2 per child. Discretionary discounts for those on low income or benefits, contact [lpc@tlpc.org.uk](mailto:lpc@tlpc.org.uk) for more information.



## Chingford Neighbourhood (North)

### Monday

#### Reading from the Start

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

#### Flourish

Post-natal support group  
10 - 12 noon  
Chingford Family Hub  
During holidays location may change  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Invitation only

#### Under 2's Play Session

1.30 - 3 Term-time only  
Paradox Centre  
Free

#### SEND Play and Support Group (Somewhere to Belong)

For birth to 4 year olds  
1.30 - 3 Term-time only  
Starts week commencing 24th April  
Chingford Family Hub

### Tuesday

#### Play Session

For birth to 4 year olds  
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



### Wednesday

#### Stories and Crafts for Toddlers

Delivered by Treasure Me Kids  
10 - 11 Term-time only  
Paradox Centre  
£1.50 first child, 50p siblings

#### Stories and Crafts for Babies

Delivered by Treasure Me Kids  
11.15 - 12.15 Term-time only  
Paradox Centre  
£1.50 first child, 50p siblings

#### Music and Movement

For birth to 4 year olds  
1.30 - 2.30 Term-time only  
Paradox Centre  
Free

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

### Thursday

#### Outdoor Play Session

For birth to 4 year olds  
10 - 11.30  
Highams Park  
Free



### Friday

#### Stories and Rhymes

With weekly speech and language Top-Tips  
For birth to 4 year olds  
1.30 - 2.30 Term-time only  
Hale End Library

#### Grandparents Group

(Delivered by Early Help)  
1.30 - 3  
Chingford Family Hub  
Free

### Saturday

#### Dads Club

Under 5's only  
First Saturday of the month  
10 - 12 noon  
Chingford Family Hub  
Free



## Leytonstone Neighbourhood (South East)

### Monday

#### Stories and Rhymes

With weekly speech and language Top-Tips  
For birth to 4 year olds  
10 - 10.45 & 11 - 11.45  
Term-time only  
United Free Church  
Free

#### SEND Play and Support Group (Somewhere to Belong)

For birth to 4 year olds  
10 - 11.30 Term-time only  
Leytonstone Family Hub - The Junction  
Free

#### Play Session

For birth to 4 year olds  
1 - 2.30  
United Free Church  
Free

### Tuesday

#### You and Your New Baby

Birth to pre-crawlers, antenatal and postnatal  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free

#### Flourish

Post-natal support group  
1 - 3pm  
Leytonstone Family Hub - The Junction  
During holidays location may change  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information  
Invitation only group. Free



### Wednesday



### Thursday

#### Under 2's Play Session

10 - 11.30  
Leytonstone Family Hub - The Junction  
Free  
HENRY drop-in alongside the session, 1st and 3rd Thursday of the month

#### Let's Create

For birth to 4 year olds  
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

For birth to 4 year olds  
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

For birth to 4 year olds  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free

### Saturday

#### Dads Club

Under 5's only  
3rd Saturday of the month  
10 - 12 noon  
Leytonstone Family Hub - The Junction  
Free

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

## Leyton Neighbourhood (South West)

### Monday

#### You and Your New Baby

Birth to pre-crawlers, antenatal and postnatal  
10 - 11.30  
Seddon Centre  
Free

#### Under 2s Play Session

1 - 2.30 Term-time only  
Seddon Centre  
Free



### Tuesday

#### Flourish

Post-natal support group  
10 - 12 noon  
Leyton Family Hub  
During holidays location may change  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information  
Invitation only group. Free

#### Play Session

For birth to 4 year olds  
1 - 2.30 Term-time only  
Leyton Cricket Ground  
Free

### Wednesday

#### Little Ballers

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

#### Play Session

For birth to 4 year olds  
1 - 2.30 Term-time only  
St Joseph Infant School  
Free

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



### Thursday

#### Let's Create

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

#### SEND Play and Support Group (Somewhere to Belong)

For birth to 4 year olds  
10 - 11.30 Term-time only  
Seddon Centre  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information  
Free

#### Tambini Music & Rhymes

11 - 11.45 Term-time only  
Leyton Family Hub  
£1.50 first child, 50p siblings

#### Early Steps Group

For birth to 4 year olds  
1 - 3  
Seddon Centre  
Invitation only group. Free

### Friday

#### Stories and Rhymes

With weekly speech and language Top-Tips  
For birth to 4 year olds  
10.15 - 11 & 11.15 - 12  
Term-time only  
Seddon Centre  
Free

#### 123 Mini Chef

2 years+  
10 - 12 noon Term-time only  
Leyton Family Hub  
£3 first child, £1.50 siblings  
Free

### Saturday

#### Dads Club

Under 5's only  
2nd Saturday of the month  
10 - 12 noon  
Leyton Family Hub  
Free

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@tlpc.org.uk](mailto:info@tlpc.org.uk)



★ = Neighbourhood Hub Building

# North

# Central

**The Valley Centre**  
3 Ching Way E4 8YD  
020 3150 2313

**Paradox Centre**  
3 Ching Way E4 8YD  
020 8501 9909

**Chingford Family Hub (Wyemead)**  
5 Oaks Grove E4 6EY  
020 8496 1551

**Hale End Library**  
Castle Av. E4 9QD  
020 8496 1050

**Chingford Health Centre**  
York Rd. E4 8LF  
020 8430 8010

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

**Walthamstow Family Hub**  
020 8496 3511  
**The Higham Hill Centre** 020 8527 1737  
313 Billef Rd. E17 5PX

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

**The Lloyd Park Centre**  
Winns Av. Entrance E17 5JW  
020 8531 9522

**Walthamstow Central Library**, High St. E17 7JN  
020 8520 4919

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

**Leyton Family Hub (Queens Rd)**  
215 Queens Rd. E17 8PJ  
020 8496 2442

**Lea Bridge Library**  
382 Lea Bridge Rd.  
E10 7HU

**Seddon Centre**  
Beaumont Rd. E10 5AS

**Saint Joseph's Catholic Infant School**  
Vicarage Rd. E10 5DX

**Leyton Cricket Ground**  
Crawley Rd. E10 6RJ

**United Free Church**  
55 Wallwood Rd E11 1AY  
020 8518 7725

**Leytonstone Library**  
6 Church Lane E11 1HG  
020 8496 3000

**Davies Lane Primary School**, Davies Lane  
E11 3DR

**Leytonstone Family Hub - The Junction**  
2-8 Cathall Rd,  
Leytonstone E11 4LF  
020 8496 2960

**Langthorne Health Clinic**  
13 Langthorne Road  
E11 4HX  
020 8430 7510

# South West

# South East

