

# Roleplay

**Lloyd Park Children's Charity**

Charity Number 1102134



For families with children under 5 years living in Waltham Forest



**Welcome** to the September edition of Roleplay, the Lloyd Park Children's Charity newsletter for early years families living in Waltham Forest.

## Starting School and Early Years Settings

It's the start of a new school year, so many children are transitioning into early years settings and school. This is an important opportunity for children to learn about change and to build confidence in their ability to cope and rise to the challenges of change. Here's our top tips for smooth transitions:

- Try to stick to consistent routines for bedtime, mealtimes, and your new morning routine.
- Be positive and celebrate your child's achievements and new experiences.
- This is a great time to meet other families, to share experiences and this can be a great source of support and new friendship.

We wish all children the very best!

## The Valley Centre

Sadly, our Trustees made the very difficult decision to close the Valley Centre in July 2023. This was because our funding did not cover our costs and the setting was making financial losses every year.

We want to say a big thank you to our children, families, and our team. It has been a pleasure working in such a welcoming community and we hope to re-open services in the future, when funding allows.

## LPCC Support Services Enquiry and Referrals Form

We are making our referral process clearer and easier. As from the 1st August 2023 please use the link on our website to self-refer or signpost families to our services. [www.tlpcc.org.uk/lpcc-referral-form](http://www.tlpcc.org.uk/lpcc-referral-form)  
We will make contact within 5 working days. For anything more urgent please contact the relevant centre directly.



### Dates for your Diary:

- TLPCC Training Day - Tuesday 5th September
- Halloween Party - Friday 27th October (All nursery settings)
- HH Winter Fair - Saturday 25th November
- LPC Winter Fair - Saturday 2nd December
- Last day - Thursday 21st December
- TLPCC Training Day - Friday 5th January
- All Services Open - Monday 8th January

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



# Learning Through Play

## Reading from the Start

Reading from the start is a group session we offer to support children (0-5) and parents to engage with stories in a group setting with other families and friends.

It is recognised that children who read for enjoyment, develop a rich vocabulary, increased general knowledge and understanding of others. This also supports children in preparing for the curriculum. The UK government has highlighted the importance of reading, that regular reading to children can play an important part in their learning and enthusiasm for reading.

This project additionally links families into other services and opportunities that they may need, these include, health and wellbeing programs, employment, training support and external advice agencies.



## How to develop rich conversations about school

Having a child start school is an exciting time for parents. When September arrives, you will be keen to hear all about their day. However, when asking 'How was your day?' you might be surprised by the reply 'I can't remember' or 'I don't know'.

Fear not, there are many ways you can engage your child by asking opening ended questions. You could start with 'what made you laugh today?', 'what did you find easy/tricky?', 'what made you proud/frustrated?'. These types of questions will trigger certain memories and you might find they share more than they intended.

Some children might need more specific questions such as 'who did you sit next to at lunch?', 'what did you play in the playground?' or 'which piece of work did you enjoy the most?'.

There is not just one straightforward approach; the key is to avoid questions that require a simple yes or no answer.



## Recycling Week and TLPCC Eco Awareness

From October 16th-22nd we will be partaking in Recycling Week, this is a week where everyone is encouraged to recycle the right things, more often, whilst changing people's perception and myths on recycling.

Throughout our services we will be demonstrating to our children and family's ways in which we can recycle better and discuss how eco-friendly our daily lives are.

TLPCC understands the importance of improving our habits to ensure they are eco-friendly and sustainable. We have created an eco-sustainability sub-group where we discuss ways we can educate ourselves and make changes to our work. This group allows us to implement meaningful change in our services and teach eco friendliness to our children and families.

In order to achieve this, we received an Eco-audit to help us recognise the changes we need to make in order to run a more sustainable and eco-friendly charity.

We have also have created the Grow Active project which will give marginalised children and families access to safe outdoor green spaces and learn about the ecological issues and sustainable food production. We have already received 50k funding for this project and have applied to additional funds to further expand our new project.

We are welcoming people to join and participate in our Sustainability sub-group, if you're interested please contact: [giancarlo@tlpcc.org.uk](mailto:giancarlo@tlpcc.org.uk)



## A Colourful Autumn

Autumn is a fantastic time of year to celebrate change in a positive way!

The time of change between summer and winter brings so many wonderful sights to explore with your child. Have you noticed all of the different colours around you?

Leaves on trees turn from green, through yellow, orange and brown; some leaves even have all at the same time.

Why don't you take this experience to help your child to look at colours? There are many things you could do, but here are a few examples:

Colour cards – create simple colour cards with paper and pens and go outside and see if your child can find a leaf on the floor that matches.

An autumn collage – what autumn things can your child collect? Then get creative with some glue. Discuss the different colours as you create.



## Help to look after your child's Mental Health.

Tips to help to look after your child's mental health:

- 1 – Good night sleep: Support your child to build positive sleep habits and create calming sleep environments with your child.
- 2 – PLAY: Allow your child to play and follow their lead during playtime together.
- 3 – Wellbeing: Promote physical activity, this is wonderful to boost mood and reduce anxiety. Even if you just have a 15-minute walk outside with your child outside!
- 4 – Relationships: Give your child opportunities to socialise and build positive relationships with family and friends. Our play sessions are a great opportunity for relationship building!
- 5 – Feelings: Talk to your child about how they are feeling, you can name their feelings for them if they are not talking yet. This will help them become aware of their emotions and enable them to express their thoughts and feelings.
- 6 - Role Model: Be a positive role model and demonstrate positive behaviours that your child can learn from you.

## What Are Immunisations

Immunisation is a way to protect your baby/child against serious diseases. They prepare the body to fight serious infections that might happen in the future. Young babies are very vulnerable to infections, so they need to be protected as early as possible.

### WHY ARE IMMUNISATIONS IMPORTANT:

Many of these illnesses spread easily from child-to-child and can cause serious health problems and in some cases can be fatal.

Vaccines are important as they help your immune system create antibodies that can protect you from dangerous diseases for many years.

### HOW DO WE GET OUR CHILD IMMUNISED?

These immunisations are given by the Practice nurse at your registered GP surgery.

If your baby or child has missed any of these routine immunisations do not worry, it's never too late to have them completed, just make an appointment at your GP surgery.



## From IAPT to NHS Talking Therapies: new name, same service

**NHS**  
Talking Therapies



for anxiety and depression

Everyday life can be tough. Job worries, relationship problems or losing someone close can be difficult to cope with, so it's no surprise that one in four people in the UK suffer from anxiety, depression, and other emotional problems.

Waltham Forest NHS Talking Therapies can help. We're a FREE, NHS therapy service for adults over 18 who are registered with a Waltham Forest GP.

How can we help? We offer effective and confidential NICE-recommended treatments such as:

- Cognitive Behavioural Therapy (CBT)
- Guided self-help
- Counselling for Depression
- Interpersonal Psychotherapy
- Couples Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)
- Dynamic Interpersonal Therapy.



We also offer Employment support through our team of employment advisers, who work closely with GP services in the borough and in partnership with other services such as Social Prescribing.

How does it work?

Contact us and we'll arrange an initial telephone appointment to find out more about you and which therapy may be most effective.

*"It helped me recognise the problem and its roots. I was also given techniques to help me understand how to better handle it."*

*"I avoided seeking help because I thought I'd be labelled as 'mentally ill'. Now I realise it's not like that. I felt the therapist understood my issues."*

Take your first step: You can self-refer by scanning the QR code, or typing this address into your internet browser: [www.iaptportal.co.uk/nelwalf.html](http://www.iaptportal.co.uk/nelwalf.html)

Alternatively, you can call us to self-refer, on 0300 300 1554 option 4, or email [wf.talkingtherapies@nelft.nhs.uk](mailto:wf.talkingtherapies@nelft.nhs.uk) 9am-5pm, Monday - Friday.

Visit our website to find out more: [www.talkingtherapies.nelft.nhs.uk/waltham-forest](http://www.talkingtherapies.nelft.nhs.uk/waltham-forest)

Need help urgently? We are not a crisis response team, so if you need to speak to someone urgently, please call the Mental Health Direct helpline on 0800 995 1000 instead, or 999 if you are in immediate danger of harm.

## Free Healthy Start Vitamins for under 4's

Free Healthy Start Vitamins are now available to collect from all 4 Waltham Forest family hubs for people that have a healthy start card.

Please enquire at your local family hub for more information and to collect your vitamins. Families can collect 1 bottle of vitamins every 8 weeks.

Claim your **free vitamins** today!

Available at all Family Hubs

If you are pregnant or have children under the age of 4 you can use your prepaid card to collect free Healthy Start Vitamins

To find out if you can get support and for more information scan the QR code or go to: [bit.ly/healthy\\_startschemeWF](http://bit.ly/healthy_startschemeWF)

NHS Waltham Forest

For more information on support and services for under 5s in Waltham Forest, visit [www.walthamforest.gov.uk/healthstart5s](http://www.walthamforest.gov.uk/healthstart5s)

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



## Staying Safe, Training and Employability

### Online Safety for Under 5's– Top Tips

From an early age it is important to talk to your children about online safety and make it a part of everyday conversation.

- Demonstrate good habits around device use and set boundaries from the start by balancing screen time and help your child become familiar with being online by playing games with them.
- Check websites are age appropriate and suitable before your child uses them.
- Ensure your child uses devices in communal areas in your home.
- Set up devices safely. Change settings to safety modes to help filter out inappropriate content or search results. This includes ensuring your homepage is child friendly. Parental controls and privacy settings can help you manage what your child does or views online.
- Be mindful, there are many different ways children can talk to people online. Talk to your child about who they are talking to and teach them about not sharing personal information with people they do not know online.
- Encourage positive behaviour online, by being kind and respectful.

### Health and Safety at The Lloyd Park Children's Charity

The Lloyd Park Children's Charity believes that the health and safety of all people accessing our services is extremely important! We make our settings a safe and healthy place for children, parents, staff, volunteers and visitors. Our team of trained individuals oversee our work to make sure we are compliant to the H&S Laws and guidance. Some ways we protect this is by are:

- Training our team members
- Holding and working to a policy
- Risk Assessments
- Internal and external inspections

#### How can you help?

It is really important for us to know who is in our buildings in the event of a fire. Please can you ensure that you sign yourself/your child IN and OUT of our buildings as you enter and leave, in clear handwriting.

If you notice any H&S issues, please report them asap. You can do this to any member of our team or via email to [lpc@tlpcc.org.uk](mailto:lpc@tlpcc.org.uk) marking it 'to the attention of the H&S Team'.

## Families Voice and Fundraising

### You Said... We Did.

**You wanted more Grow wild sessions... We opened family Saturday as well as monthly targeted group sessions.**

**You wanted to make fundraising events cashless...**

**We are working hard in researching contactless card machines to purchase for future fundraising events**

**You wanted more details on children's learning & development...**

**We implemented our more personal Learning Stories which captures key moments in children's development.**

### A Coproduction Collaborative for East London

CoCo East's mission is to create welcoming spaces where local people can:

- freely voice their opinions on child-centred services in their area
- design and deliver activities for their children
- ensure their voices inform future service planning

Lloyd Park Children's Charity has been co-producing activities and projects with local stakeholders for 40yrs. So, we wanted to find ways to share that experience and to support members of our community to collaborate in designing, producing and delivering the child-centred activities that they want to see.

We hold regular small, informal, themed meetings with an emphasis on making everyone feel welcomed and at ease. Everyone's voice is valued equally and there are no 'experts' leading the conversations.

So far, we have been joined by community members with a variety of perspectives to share including parent/carers, professionals from early years development, local health services, council managers, and notably those with living experiences.

We'd love to hear from you!

Get in touch if you have ideas for child-centred activities we can co-produce, or if you have expertise, or experiences you think would help inform our work.

Contact details on our webpage:  
[www.tlpcc.org.uk/home-page/coco-east/](http://www.tlpcc.org.uk/home-page/coco-east/)



## Fundraising

Throughout the course of the year we are constantly applying for grants to help develop our services across Waltham Forest. As a non-profit charity these grants are incredibly important in improving what we can offer and provide for our families.

Thank you to everyone who attended our Summer Fair Fundraisers, where we were able to raise £1,609.10. Our staff and children also ran bake sales and we set-up a JustGiving page for The Mayor of Waltham Forest Karen Bellamy's Charity Fundraiser, where we raised £388.78 to support her two chosen charity's, Solace Women's Aid and Waltham Cross Hospital Breast Clinic.

We are pleased to share that we were successful in getting £250k funding from the City Bridge Trust to fund a Community Wellbeing Worker for the next five years. We also received an additional £50k funding from the London Marathon Foundation to expand our Grow Active project, these funds will help develop our services and support more disadvantaged children and families in our area.

Our Community Living Room will be returning for a year with thanks to the £10k funding we received from the LBWF Community Living Rooms fund. We have seen the success of this returning project as one parent said: 'It's refreshing and I feel relaxed being here. It's nice because a lot of people from different cultures are here and we can learn a lot from each other'.

We've also applied for various large grants which if successful will increase the sustainability and development of the services we provide throughout the charity.

Hopefully we will bring some more good news.





# Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
<b>To find out more visit <a href="http://www.tlpsc.org.uk">www.tlpsc.org.uk</a> or get in touch via The Lloyd Park Charity Facebook page or email: <a href="mailto:familysupport@tlpsc.org.uk">familysupport@tlpsc.org.uk</a></b>				
<b>Baby Massage</b>	<b>Course 1:</b> 14th, 21st, 28th September. 5th, 12th October. 1.30 - 2.30pm Walthamstow Family Hub. <b>Course 2:</b> 2nd, 9th, 16th, 23rd, 30th November. 1.30 - 2.30pm Walthamstow Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	<b>Course 1:</b> 20th, 27th September. 4th, 11th, 18th October. 1.30 - 2.30pm Chingford Family Hub. <b>Course 2:</b> 8th, 15th, 22nd, 29th November. 6th December. 1.30 - 2.30pm Chingford Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	<b>Course 1:</b> 11th, 18th, 25th September. 2nd, 9th October. 1.30 - 2.30pm Leytonstone Family Hub. <b>Course 2:</b> 30th October. 6th, 13th, 20th, 27th November. 1.30 - 2.30pm Leytonstone Family Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	<b>Course 1:</b> 12th, 19th, 26th September. 3rd, 10th October. 10.30 - 11.30am Leyton Sports Ground. <b>Course 2:</b> 31st October. 7th, 14th, 21st, 28th November. 10.30 - 11.30am Leyton Sports Ground. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>
<b>Eating Well</b>	Thursday 10th, 17th, 24th November within Play Session at Walthamstow Family Hub. 1.30 - 3	Tuesday 7th, 14th, 21st November within Play Session at Chingford Family Hub. 10 - 11.30	Thursday 14th, 21st, 28th September within Under 2's session at Leytonstone Family Hub. 10 - 11.30	Wednesday 4th, 11th, 18th October within Play Session at St Josephs Infant School. 1 - 2.30
<b>Exploring Foods</b>	Thursday 28th September. 5th, 12th October within Under 2's session at Walthamstow Family Hub. 9.30 - 11	Monday 25th September. 2nd, 9th October within Play session at Paradox Centre. 1.30 - 3	Friday 3rd, 10th, 17th November within Play session at Leytonstone Family Hub. 10 - 11.30	Friday 10th, 17th, 24th November 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.	Friday 13th October within Play Session at Walthamstow Family Hub. 1.30 - 3 Thursday 6th December within Under 2's session at Walthamstow Family Hub. 9.30 - 11	Tuesday 10th October within Play Session at Chingford Family Hub. 10 - 11.30 Monday 4th December within Under 2's session at Paradox Centre. 1.30 - 3	Fri 22nd Sep. in Toy Library and Play Centre at Langthorne Pav. 10 - 11.30 Thursday 12th October within Under 2's session at Leytonstone Family Hub. 10 - 11.30	Monday 18th September within Under 2's session at Seddon Centre. 1 - 2.30 Friday 20th October 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.	Friday 8th Sep, 6th Oct, 10th Nov, 8th Dec. Half hour slots; 10 - 12 noon Walthamstow Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Wednesday 6th Sep, 4th Oct, 1st Nov, 6th Dec. Half hour slots; 3 - 5pm Chingford Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Tuesday 26th Sep, 24th Oct, 28th Nov. Leytonstone Family Hub Half hour slots; 10 - 12 noon  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Friday 22nd Sep, 20th Oct, 24th Nov. Leyton Family Hub Half hour slots; 1 - 3pm  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@tlpsc.org.uk">Patriciao@tlpsc.org.uk</a> , <a href="mailto:vickyk@tlpsc.org.uk">vickyk@tlpsc.org.uk</a> or <a href="mailto:familysupport@tlpsc.org.uk">familysupport@tlpsc.org.uk</a>	13th, 20th, 27th September. 4th, 11th, 18th, 25th October. 1 - 3 Higham Hill Centre			26th October. 2nd, 9th, 16th, 23rd, 30th November. 7th December. 1 - 3 7 Saxon Close, E17 8ND
<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 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 9.45 - 11.15 Leytonstone Family Hub	Every second 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.	Tuesday 7th, 14th, 21st, 28th November 1 - 2.30 at The Lloyd Park Centre	Friday 22nd, 29th Sep. 6th, 13th Oct. 10 - 11.30 Chingford Family Hub	Thursday 5th, 12th, 19th, 26th Oct. 1.30 - 3 Leytonstone Family Hub	Thursday 2nd, 9th, 16th, 23rd Nov. 1 - 2.30 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@tlpsc.org.uk">familysupport@tlpsc.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, we'd love to hear from you.	13th September, 3.30 - 4.30 at Leyton Family Hub 22nd November, 1 - 2 Online via Zoom  To book your place email <a href="mailto:familysupport@tlpsc.org.uk">familysupport@tlpsc.org.uk</a> or call 020 8527 1737			
<b>Toy Loaning</b>	Monday - Friday, 9.30 - 3 Leytonstone Toy Library and Play Centre, Langthorne Park Pavilion, 51 Birch Grove, E11 4YG			

## 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.

**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, sing and dance.

**Somewhere to Belong (Early Year Inclusion Pathway)** You will be invited to attend this session if a referral is made to the Early Years Inclusion Pathway (Targeted support) by a health or education professional, as they believe your child would benefit from additional support.

**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 Artistic session** - 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.

**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

**Grow Wild Activity Session •**  
9.30 - 10.30 & 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

#### Parent SEND Session

Aimed at parents of children with Autism  
1 - 2 Term-time only  
The Lloyd Park Centre  
11th, 25th Sep. 9th Oct. 13th, 27th Nov. 11th Dec.  
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 •**  
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.



### Wednesday

**Toy Library Under 5's Play**  
Delivered by Walthamstow Toy Library and Play Centre.  
1.30 - 3 Term-time only  
Walthamstow Toy Library and Play Centre  
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)



### 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 •

9.30 - 11  
Walthamstow Family Hub  
Free

#### You and Your New Baby •

Birth to pre-crawlers, antenatal and postnatal  
11.15 - 12.45  
Walthamstow Family Hub  
With HENRY drop-in to share leaflets/ info for first 15 minutes of the New Baby second week of the month  
Free

#### Somewhere to Belong • (Early Years Inclusion Pathway)

1 - 2.30 Term-time only  
Walthamstow Toy Library  
Invitation only.  
Free

### Friday

**Play Session • with SEND Support**  
9.30 - 11 Term-time only  
Walthamstow Family Hub  
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



#### Play Session •

0 - 4 years  
1.30 - 3  
Walthamstow Family Hub  
Free  
HENRY Healthy Eating and Dental Health Drop-in alongside the session 4th week of the month

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



### Saturday

#### Outdoor Dads Club •

0 - 4 years  
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 - 12 noon  
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 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 up to 9 years old  
Second Saturday of the month  
1 - 2  
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.



### 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 •

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 • (Early Years Inclusion Pathway)

0 - 4 years  
1.30 - 3 Term-time only  
Chingford Family Hub

### 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



### 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 •

0 - 4 years  
1.30 - 2.30  
Paradox Centre  
Free

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



### 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

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



## Leytonstone Neighbourhood (South East)

### Monday

#### Play Session •

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

#### Somewhere to Belong • (Early Years Inclusion Pathway)

0 - 4 years  
10 - 11.30 Term-time only  
Leytonstone Family Hub - The Junction  
Invitation only  
Free

#### 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

#### Flourish •

Post-natal support group  
1 - 3  
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

#### Play Session •

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

#### Play Session •

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

#### You and Your New Baby •

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


### Wednesday

#### Play Session •

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

#### Play Session •

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

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

### 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

#### Play Session •

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

#### Play Session •

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

#### Forest School Session •

0 - 4 years  
1 - 2.30  
Leytonstone Toy Library & Play Centre  
Membership fee and session entry fees  
apply. See 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

#### Play Session •

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

### Saturday

#### Dads Club •

0 - 4 years  
3rd Saturday of the month  
10 - 12 noon  
Leytonstone Family Hub - The Junction  
£1.50 first child, 50p siblings



## Leyton Neighbourhood (South West)

### Monday

#### You and Your New Baby •

Birth to pre-crawlers, antenatal and postnatal  
10 - 11.30  
Leyton Family Hub  
Free

#### 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  
3.30 - 4.15 Term-time only  
Seddon Centre  
£1.50 first child, 50p siblings

#### Tambini Music & Rhymes •

0 - 4 years  
4 - 4.45 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  
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



### Wednesday

#### Little Ballers •

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

#### Play Session •

0 - 4 years  
1 - 2.30 Term-time only  
St Joseph Infant School  
Free

#### Stories and Rhymes •

0 - 4 years  
1.15 - 2 & 2.15 - 3 Term-time only  
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

#### Somewhere to Belong • (Early Years Inclusion Pathway)


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

#### Play Session • with SEND Support

1 - 2.30 Term-time only  
Seddon Centre  
Free

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

### 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





★ = Neighbourhood Hub Building

# North

# Central

**The Valley Centre**  
3 Ching Way E4 8YD  
O2O 3150 2313  
and  
**Paradox Centre**  
3 Ching Way E4 8YD  
O2O 8501 9909

**Chingford Family Hub (Wyemead)**  
5 Oaks Grove E4 6EY  
O2O 8496 1551

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

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

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

**Walthamstow Family Hub**  
O2O 8496 3511  
**The Higham Hill Centre** O2O 8527 1737  
313 Billet Rd. E17 5PX

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

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

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

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

**Leyton Family Hub (Queens Rd)**  
215 Queens Rd. E17 8PJ  
O2O 8496 2442

**Leytonstone Library**  
6 Church Lane E11 1HG  
O2O 8496 3000

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

**7 Saxon Close,** off Boundary Rd.  
E17 8ND

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

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

**Leytonstone Toy Library and Play Centre**  
Langthorne Park Pavilion,  
51 Birch Grove, E11 4YC

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

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

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

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

# South West

# South East

