

# Roleplay

**Lloyd Park  
Children's Charity**

Charity Number 1102134

For families with children under 5 years  
living in Waltham Forest

f @LloydParkCC

## Welcome to our new Trustees!

In October 2022, we held our Annual General Meeting and our Trustees for the next year were established. Thank you to all who volunteer their time and expertise!

Our Trustee's work towards our 10-year plan. This is a plan for our community, with children at the heart.

Children, families, partners, employee's and trustees told us what's important:

Children are resilient  
Equality for all  
Voices are heard  
We strive to do our best

## Building Brighter Futures

We have listened to children, families, partners,  
employees and trustees to create our 10 year plan

### 2032 Vision

Life for all children is characterised by expectations of:

Equality

Good  
Physical  
Health

Excellent  
Education

Family  
Well-being

Access to  
technology  
and  
innovation

A sense of  
belonging

Greener  
and  
healthier  
lives

### 2022 - 2032 Objectives

Our child-centred ethos is a way of being

Children  
are  
resilient

Equality  
for all

Voices  
are  
heard

We strive  
to do  
our best

You can get involved by working or volunteering, giving feedback, helping to evaluate and design services, joining our Trustee Board, sub groups or Co Co East (our co-production collaborative).

Get in touch by emailing [info@ltpcc.org.uk](mailto:info@ltpcc.org.uk)

## Changes to our Valley Centre Services

This January 2023 brings a new start to The Valley Centre, Chingford.

The Valley Centre rated 'Good' by OFSTED will be offering Free Early Education Entitlement (FEEE) places only. You will be able to access high quality care and education for 2-5 year olds, 15 hours per week, term time only.

Both morning and afternoon sessions are available. Please contact The Valley Centre to book a tour or for further information please call us on 020 3150 2313. We look forward to hearing from you!



### Dates for your Diary:

Mon 2nd January	- Bank Holiday
Tues 3rd January	- Team Training Day All services closed
Wed 4th January	- First day back for all services
13th - 17th February	- Half Term
Mon 3rd - Fri 14th April	- Easter Break
Mon 17th Apr	- 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)

## Supporting children's development.

Children develop at different rates. The Lloyd Park Children's Charity is committed to helping all children achieve their full potential.

We work quickly in partnership with parents, to identify and support children if their development falls below what is expected for their age and stage. We believe that securing support at the earliest possible time leads to the best outcomes for children.

If you are concerned about your child's development please access one of our drop in sessions and speak to a family practitioner.

Allison Walker

Inclusion Manager



## Learning Through Play

There are so many lovely outdoor spaces in Waltham Forest.

Going on a walk to a local park or forest throws up lots of fun learning experiences. Kicking leaves, jumping in puddles and spotting wildlife are just some of the fun things to do. If the weather gets really chilly you might spot some icy puddles or icicles.

There are leaves to collect, pine cones to find, conkers falling from horse chestnut trees, dens to build, logs to climb and jump off of and ducks and birds to feed.

If you're in the Chingford area, come and join our outdoor session for under 5s on Thursday mornings



Calling all parent/carers of under 5's, CoCo East wants to hear from you!

Do you have ideas about service delivery for children and families across Waltham Forest?

Could your own lived experiences help develop ways of working?

If so, Keri would love to hear from you...  
email [keri@tlpcc.org.uk](mailto:keri@tlpcc.org.uk) or call 07545 206829

## NHS records on the go!

Need to check if your child's had an immunisation? Access your child's NHS health records quickly and easily through eRedbook once your child's record is connected to the NHS.

eRedbook stores information about immunisations, health reviews and screening tests securely in the cloud so they are always at hand.

To set up a login or access your account go to eRedbook - The Digital Red Book For Parents [www.eredbook.org.uk/](http://www.eredbook.org.uk/)



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

## Health services for children

Health services provided in Waltham Forest can be:

**Universal** - you can use these without needing a referral. This is where you can get advice and support.

**Targeted** - you'll need a referral to targeted services, but you can refer yourself. Targeted services will work with you and your child.

**Specialist** - only a professional can refer you to a specialist service. This includes health and education professionals.

Speak to your Health Visitor if you have any health needs.

### Health and development reviews

All children are offered health and development reviews by the health visiting team. These are scheduled when your baby is one year (12-15 months) and again between 2 - 2 ½. This appointment is a chance to discuss any questions you may have about your child's health, growth, and behaviour.

The team use questionnaires called the Ages and Stages (ASQ) and Ages and Stages Social and Emotional (ASQ SE) to help these assessments. These will be shared with you before the appointment. If there are any concerns, we may monitor these, or refer you to specialist services who can offer further assessment and support. We can also advise you on how to support your child.

As well as these appointments, you can talk to your Health Visitor, School nurse or GP at anytime.

## Healthy Start

Get help to buy food and milk (Healthy Start)

Are you pregnant or a parent/carer of children under 4 years old? You may be eligible for the Healthy Start scheme, which provides access to free fruit, vegetables, pulses, milk and vitamins.

In addition, you must be receiving any of the following: Child Tax Credit, Income Support, Income-based Jobseeker's Allowance Pension Credit, Universal Credit (only if your family's take home pay is less than £408/ month).

You will also be eligible if:

you're under 18 and pregnant, even if you are not claiming any benefits  
you claim income-related Employment and Support Allowance and are over 10 weeks pregnant  
you or your partner get Working Tax Credit run-on only.  
If you are eligible, you will receive a payment card that is topped up with money which can be used in shops to spend on healthy food.

You can check your eligibility and apply?

Visit [www.healthystart.nhs.uk/how-to-apply](http://www.healthystart.nhs.uk/how-to-apply)



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

## Staying safe, Training and Employability

### Our Health and Safety Team

The Lloyd Park Children's Charity believes that the health and safety of children and families is of paramount importance. We make our settings a safe and healthy place for children, parents, staff, volunteers and visitors.

We have a team of people that receive regular training to ensure we remain H&S compliant and that we continually strive towards being the best that we can be!

We also work closely with the children to make sure they are aware of the environment around them. Here's some things that the children have said about keeping safe:

"We hold on to the steps, so we don't fall off the slide".

"No garden on our own, because the bad guys or the wolf would take you away".

"No running inside because if something is wet we will fall over, Bang!"

If you have any concerns regarding the Health and Safety arrangements or see anything that needs to be reported, then please get in contact via one of our team members or to [ipc@tpcc.org.uk](mailto:ipc@tpcc.org.uk)



### Adult Learning Service

Waltham Forest Adult Learning Service is our direct provider of adult education and work-based training. They are committed to engaging local people in life-long learning by working with partners to promote participation, high-quality learning and training.

They provide a range of accredited and non-accredited learning opportunities for adults and young people across the borough.

Hundreds of exciting daytime, evening and weekend courses can help you:

- learn new skills
- develop your current skills to find work
- start your own business
- get a formal qualification
- update your skills for professional development

#### How much does it cost?

Many of the courses are free, or you could get up to 70% off depending on your circumstances.

Visit Waltham Forest Adult Learning Service [lbwadultlearning.co.uk](http://lbwadultlearning.co.uk)

## Families Voice

#### You Said

Families from the Well-being Project asked for outings

You asked for more co-produced sessions for LGBTQ+ community and Siblings of children with SEND.

#### We did

We went to City Farm and to Winter City. We have also organised outdoor sessions in the park (Lloyd Park).

We have now held two successful sessions. Look out for our future dates on our website!

### Fundraising and Community Events

A jolly time was had by all at our Winter Fairs in December! Father Christmas visited and spread joy, tasty festive food went down a treat and it was lovely seeing lots of our community joining us for the festivities!

As a Charity we regularly hold events to help us to raise funds for the important work we do.

If you would like to be more involved, please pop your details to [info@tpcc.org.uk](mailto:info@tpcc.org.uk)



### Thank You

Big thank you to all who supported our campaign to raise money for support to people seeking sanctuary in Waltham Forest. Our crowd funding made a whopping £11,379.06  
One person said:

"These vulnerable people have very little and if we all can help even if it's a small amount it will go a long way to help the newcomers build a better safe life here in our borough".



## Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
To find out more visit <a href="http://www.tfpc.org.uk">www.tfpc.org.uk</a> or get in touch via The Lloyd Park Charity Facebook page or email: <a href="mailto:familysupport@tfpc.org.uk">familysupport@tfpc.org.uk</a>				
<b>Baby Massage</b>	Course 1: Monday 9th, 16th, 23rd, 30th January, 6th February 11.45am - 12.45pm Walthamstow Toy Library. Course 2: Monday 27th February, 6th, 13th, 20th, 27th March 11.45am - 12.45pm Walthamstow C&F Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: 11th, 18th, 25th January, 1st, 8th February 1.30 - 2.30pm Chingford C&F Hub. Course 2: 1st, 8th, 15th, 22nd, 29th March 1.30 - 2.30pm Chingford C&F Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: Monday 30th January, 6th, 13th, 20th, 27th February 1.30 - 2.30 Leytonstone C&F Hub. Course 2: Monday 6th, 13th, 20th, 27th March, 3rd April 1.30 - 2.30 Leytonstone C&F Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	Course 1: 22nd February, 1st, 8th, 15th, 22nd March 1.30 - 2.30 Leyton C&F Hub. Course 2: 12th, 19th, 26th April, 3rd, 10th May 1.30 - 2.30pm Leyton C&F Hub. Price £22.15. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>
<b>Eating Well</b>	Friday 10th, 17th, 24th March in Play Session at Walthamstow C&F Hub. 1.30 - 3	Tuesday 7th, 14th, 21st March in Play session at Chingford C&F Hub. 10 - 11.30	Friday 3rd, 10th, 17th February within Play session at Leytonstone C&F Hub. 10 - 11.30	24th February, 3rd, 10th March in Play Session at Leyton CFC Hub 10 - 11.30
<b>Exploring Foods</b>	Thursday 19th, 26th January, 2nd February in Under 2's Play Session at Walthamstow C&F Hub. 10 - 11.30	Tuesday 17th, 24th, 31st January in Play session at Chingford C&F Hub. 10 - 11.30	Thursday 16th, 23rd, 30th March within Under 2's Play session at Leytonstone C&F Hub. 10 - 11.30	1st, 8th, 15th March in Under 2's Play session at St Joseph's Infant School. 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 10th February in Stay 2 Play Session at Walthamstow C&F Hub. 10 - 12 noon	Tuesday 7th February in Play Session at Chingford C&F Hub 10 - 11.30	Monday 20th Feb in Play Session at Leytonstone C&F Hub 1.30 - 3 Friday 31st March in Play session at Leytonstone C&F Hub 10 - 11.30	27th January in Play Session at Leyton C&F Hub 10 - 11.30am 2nd March in Somewhere to Belong at Seadon 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.	13th January 10th February 10th March Walthamstow C&F Hub 10 - 12 noon To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	4th January 1st February 1st March Chingford C&F Hub 3 - 5 To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	17th January, 7th February 28th March, 18th April Leytonstone C&F Hub 10 - 12 noon To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	27th January 24th February 17th March Leyton C&F 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 C&F Hub	Fridays 10 - 1 Chingford C&F Hub	Thursdays 10 - 4 Leytonstone C&F Hub	Mondays, Tuesdays and Wednesdays 10 - 4 Leyton C&F 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:Patricia@tfpc.org.uk">Patricia@tfpc.org.uk</a> <a href="mailto:vickey@tfpc.org.uk">vickey@tfpc.org.uk</a> or <a href="mailto:familysupport@tfpc.org.uk">familysupport@tfpc.org.uk</a>				Wednesday 22nd February, 1st, 8th, 15th, 22nd, 29th March, 5th April Leyton C&F Hub 1 - 3
<b>Early Help family support and a 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 of the month 9.45 - 11.15 Walthamstow C&F Hub	Every Wednesday of the month 9.45 - 11.15 Chingford C&F Hub	Every Friday of the month 9.45 - 11.15 Leytonstone C&F Hub	Every 2nd Tuesday of the month 9.45 - 11.15 Leyton C&F 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@tfpc.org.uk">familysupport@tfpc.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.

**Crow 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.

**Crow 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 @E7songsinthepark  
Contact: Songsinthepark@gmail.com  
Cost: donations appreciated on a pay-what-you-can basis

#### Grow Wild Activity Session

9.30 - 10.30 & 11.30 - 12.30  
Term-time only  
at Grow Wild, Lloyd Park  
£1.50 first child, 50p siblings

#### Flourish

(post natal support group)  
10 - 12 noon Term-time only  
The Lloyd Park Centre  
Contact: familysupport@tlpcoc.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: Kerio@tlpcoc.org.uk for more information. Free

### Tuesday

#### Stories and Rhymes

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  
Contact: Kerio@tlpcoc.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

### 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 - 12 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 First Wednesday of the month  
The Lloyd Park Centre  
Contact: Lillian@tlpcoc.org.uk for more information



### Thursday

#### Under 2's Play Session

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

#### Wellbeing Therapy

**Virtual session**  
10 - 11 Term-time only  
Contact: Lillian@tlpcoc.org.uk for more information

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

1 - 2.30 Term-time only  
Walthamstow Toy Library and Play Centre  
Contact: familysupport@tlpcoc.org.uk  
for more information  
Free

#### You and Your New Baby

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

### Friday

#### Grow Wild Climbers and Jumpers

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

#### Stay 2 Play session

For children following their health review  
10 - 12 noon Term-time only  
Walthamstow Children & Family Centre Hub  
Contact: familysupport@tlpcoc.org.uk  
for more information  
Invitation only. Free

#### Baby Bank Play Session

10 - 11.30 Term-time only  
The Lloyd Park Centre  
Contact: babybank@tlpcoc.org.uk  
for more information  
Free

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

10 - 12 noon Weekly  
Contact: lillian@tlpcoc.org.uk for more information  
Free

#### Play Session

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

### Saturday

#### Outdoor Dads Club

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

#### Family Grow Wild

Up to 9 year olds  
10 - 11.30 on the 14th January  
at Grow Wild, The Lloyd Park Centre  
£1.50 first child, 50p siblings

#### SIBS at Grow Wild

For SEND Children and their siblings up to 9 years old  
10 - 11.30 on the 11th of February  
at Grow Wild, The Lloyd Park Centre  
Free

#### Somewhere to Belong Dads group

10 - 11.30 on the 11th March  
at Grow Wild, The Lloyd Park Centre  
Free

### Sunday

#### Rainbow Grow Wild

For LGBTQ+ parents and carers and their children up to 9 years  
3rd Sunday of the month  
2 - 4  
at Grow Wild, The Lloyd Park Centre  
Cost £5 per family (up to 4 per family) plus booking fee. Discretionary discounts for those on low income and benefits need to contact [tpc@tlpcoc.org.uk](mailto:tpc@tlpcoc.org.uk)

## 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 Term-time only  
Chingford Children and Family Centre Hub  
Contact: familysupport@tlpcoc.org.uk for more information  
Invitation only

#### Under 2's Play Session

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

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

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

### Tuesday

#### Play Session

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

#### You and Your New Baby

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



### Wednesday

#### Stories and Crafts for Toddlers

10 - 11 Term-time only  
Paradox Centre  
£1.50 first child, 50p siblings

#### Stories and Crafts for Babies

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  
£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

### Thursday

#### Outdoor Play Session

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



### Friday

#### Young Parents Group

10 - 11.30  
Chingford Children & Family Centre Hub  
Free

#### Stories and Rhymes

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

#### Grandparents Group

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

### Saturday

#### Dads Club

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

## Leytonstone Neighbourhood (South East)

### Monday

#### Stories and Rhymes

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 Children & Family Centre Hub  
Free

#### Play Session

For birth to 4 year olds  
1.30 - 3  
United Free Church  
£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

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

#### Flourish

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



### Wednesday

#### Little Ballers

For birth to 4 year olds  
9.30 - 10.15  
Leyton Children & Family Centre 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  
£1.50 per child, 50p siblings

### Thursday

#### Under 2's Play Session

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

#### Young Parents Support Group

Under 25's  
1.30 - 3 Term-time only  
Leytonstone Children & Family Centre Hub  
Free

#### Let's Create (18 months +)

3.30 - 4.15 Term-time only  
Leytonstone Children & Family Centre Hub  
£1.50 first child, 50p siblings

#### Tambini Music & Rhymes

For birth to 4 year olds  
4.30 - 5.15 Term-time only  
Leytonstone Children & Family Centre Hub  
£1.50 first child, 50p siblings

### Friday

#### Play Session

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

### Saturday

#### Dads Club

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



## Leyton Neighbourhood (South West)

### Monday

#### You and Your New Baby

For birth to pre-crawlers  
10 - 11.30  
Seddon Centre  
£1.50 first child, 50p siblings

#### Under 2s Play Session

1 - 2.30 Term-time only  
Seddon Centre  
£1.50 first child, 50p siblings

### Tuesday

#### Flourish

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

#### Stay 2 Play Session

For children following their health review  
1 - 3 Term-time only  
Leyton Children & Family Centre Hub  
Free

### Wednesday

#### Little Ballers

For birth to 4 year olds  
9.30 - 10.15  
Leyton Children & Family Centre 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  
£1.50 per child, 50p siblings

### Thursday

#### 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

#### Let's Create (18 months +)

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

#### Tambini Music & Rhymes

For birth to 4 year olds  
11 - 11.45 Term-time only  
Leyton Children & Family Centre Hub  
£1.50 first child, 50p siblings

#### Stories and Rhymes

1.15 - 2 & 2.15 - 3  
Seddon Centre  
Free

#### Young Parents Group

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

### Friday

#### Play Session

For birth to 4 year olds  
10 - 11.30 Term-time only  
Leyton Children & Family Centre Hub  
£1.50 per child, 50p siblings

#### 123 Mini Chef (2 years +)

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

#### Toddler Story Craft 1-2-3

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

### Saturday

#### Dads Club

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



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

★ = Neighbourhood Hub Building

# North

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

Paradox Centre  
3 Ching Way E4 8YD  
020 8501 9909

Chingford Children & Family Centre Hub (Wyemead)  
5 Oaks Grove E4 6EY  
020 8496 1551

Hale End Library  
Caslie 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

# Central

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

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

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

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

Leyton Children & Family Centre 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  
Marsh Lane E10 7BL

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

United Free Church  
55 Wallwood Road E11 1AY  
020 8518 7725

Leytonstone Library  
6 Church Lane E11 1HG  
020 8496 3000

Davies Lane Primary School,  
Davies Lane E11 3DR

Leytonstone Children and Family Centre Hub  
The Junction  
2-4 Cathall Rd,  
Leytonstone E11 4LF  
020 8496 2960

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

# South West

# South East

