

# Roleplay

**Lloyd Park Children's Charity**

Charity Number 1102134



For families with children under 5 years living in Waltham Forest

## Our year in numbers...



**144** women attended Flourish, our post-natal support group



**335** children and parents enjoyed hot nutritious meals, warmth and good company at our community kitchen & living room



**571** individuals received emergency support



**162** children benefited from our Ready for school project



**10,065** families used our services



**4,330** people attended our open access community play sessions

### Grow Wild



**1,302** children engaged in our outdoor play space Grow Wild



**578** people attended our co-produced activities developed by CoCo East

## Welcome to Roleplay

Our newsletter Roleplay was introduced and designed by a local parent 17 years ago. The aim was to provide local families with information to support children in the early years.

In our recent Listening and Learning consultation, many parents told us how much they value Roleplay and we hope this edition continues to make a positive difference.

September is always a busy time for us. We've enjoyed our graduation events and said goodbye to children starting 'big school', and we welcome children and families beginning their journey with us. We wish you all a happy and successful start.

Feedback or ideas for future articles are very welcome, email [info@tlpcc.org.uk](mailto:info@tlpcc.org.uk) or talk to a member of our team.

Wendy Fields  
The Lloyd Park Children's Charity  
Chief Executive Officer

## Dates for your Diary

3rd September	Staff Training Day All services closed
4th September	Services resume
21st-25th October	Half Term Term-time activities closed. See Holiday Activity timetable. Holiday Club open
1st November	Lloyd Park Centre Halloween Disco 6.30 - 8.30pm Higham Hill Centre Halloween Disco 6.30 - 8.30pm
19th November	Lloyd Park Centre Parents Evening 6 - 8pm Higham Hill Centre Parents Evening 6 - 8pm
1st December	Lloyd Park Centre Winter Fayre 11am - 2pm
8th December	Higham Hill Centre Winter Fayre 11am - 2pm
19th December	Last day of term
20th December	All services closed

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

## Join Our Trustee Board and Build Brighter Futures for Children and Families

Are you passionate about supporting local children and families? Do you want to make a real difference in their lives? Join The Lloyd Park Children's Charity Trustee Board or subgroups. and use your experience to help every child have the best start in life.

### What We Value:

**Parenting and Family Life:** If you have first-hand experience of family life in Waltham Forest, we'd love to hear from you.

**Improving Services:** An interest in enhancing local services for children and families or supporting our sustainability journey to Net-Zero.

**Lived Experiences:** Share your insights if you've faced the issues our charity supports.

**Charity Expertise:** Whether it's finance, fundraising, governance, or communications, your skills matter.

### Sub-Groups and Priorities:

- Finance
- Fundraising
- Co-Co East (our co-production network)
- Governance and Policy
- Environmental Sustainability
- Baby Bank (developing a new wellbeing hub)

### Time Commitment:

Meet with us six times a year and make a lasting impact on children's lives.

Interested? Reach out to a team member or email [wendyf@tlpcc.org.uk](mailto:wendyf@tlpcc.org.uk) for more information or to apply.



**Celebrating the contributions of James Wragg**



We extend our heartfelt gratitude to James Wragg, who recently concluded his 11-year tenure as a trustee.

James is a local parent and joined our board when his children attended The Lloyd Park Centre. His commitment, knowledge, and thoughtful contributions have positively impacted our charity, and consistently served the best interests of children and families in Waltham Forest.

As James steps down from his trustee role, we celebrate his contribution and wish him continued success in all his endeavours.

Thank You James!

**Listening & Learning**

Local families have been sharing their experiences to help us enhance the support and services we offer. While many parents appreciate the community and the support they receive, they have identified some gaps in local services. Key insights include:

- Families want more opportunities for children to play, make friends, and learn about child development.
- Parents believe that services for children should be delivered by professionals knowledgeable in child development, who can also offer parental support when needed.
- There is a significant concern about support for SEND (Special Educational Needs and Disabilities) children. One suggestion was to have 'SEND representatives' available to assist parents and help navigate local services.
- Families have requested better services for deaf people.
- Access to essential services like housing, dentists, health visitors, and speech therapists is crucial, but there are concerns about waiting times and the need to travel across the borough.
- Some families face challenges due to language barriers and a lack of awareness about available services.

We are committed to using this valuable feedback to improve services and develop new projects. If you would like to share your experiences and ideas, please participate in our Listening and Learning survey here: [www.tlpc.org.uk/listening-learning](http://www.tlpc.org.uk/listening-learning).

Thank you for helping us build a stronger, more supportive community!



**Studio Verve**

At The Lloyd Park Children's Charity our commitment to enhancing services for children and families is unwavering as we take proactive measures today to ensure a brighter tomorrow.

We would like to give special thanks to Vivian and the Studio Verve team for helping us to explore exciting new projects that promise to elevate our services.

Vivian's dedication as a member of our trustee board, along with her desire to bring great design to our community spaces, is deeply valued by our whole team. In the coming months we'll share how we intend to enhance our current facilities to meet the needs of both current and future generations. Watch this space!

Why not look at Studio Verve's website and discover more of what they do at [www.studioverve.co.uk](http://www.studioverve.co.uk)

**Possible Lines of Direction**

The Early Years Teams have been using the Pen Green model 'Possible Lines of Direction' (PLOD). In partnership with parents and children we carefully consider children's interests and needs. This helps us to recognise each child's unique experiences and support and extend their learning.

Debbie Arthy (Deputy Manager at The Higham Hill Centre) says "PLODS are really making a difference!"

"Feedback from both parents and team members has been very positive. They report that it is a very clear way of understanding children's interests. It promotes learning, both at home and in the nursery environment. Children also enjoy contributing to their PLODS. This is a child centred approach that helps children achieve their learning outcomes more effectively, due to a deeper level of understanding and engagement".



**Thank You**

We would like to thank the following for their support:

- Creative Biscuit
- Role to Play
- Prescott Thomas
- Picture House
- The Entertainer



## Sustaining our Planet, Sustaining our Community

Hello, I'm Johanna, a local parent and trustee of the Lloyd Park Children's Charity, and I also chair the Environmental Sustainability Sub-group.

I joined the trustee board because of the ground-breaking work our charity is doing to creating brighter futures for children in Waltham Forest. We are learning more on a daily basis about how our own health, and that of our communities is connected to that of the environment and our planet, and we realised we couldn't think about creating brighter futures for children in our community without thinking about environmental sustainability. So, we have made Sustaining our Planet, Sustaining our Community one of the charity's priorities.

Thanks to funding from The City Bridge Foundation's Greening the Third Sector program, we recently completed an Eco-Audit. This audit, led by award-winning environmentalist Donnachadh McCarthy from 3 Acorns, involved site visits, meetings with staff and trustees, and focused on key areas such as banking, waste management, food and milk, energy usage, green spaces, environmental education, and events. Based on the audit recommendations, our Sustainability Sub-Group has developed an action plan and is overseeing our journey toward achieving net-zero impact.

I'd love more parents and community members to get involved and support us. Whether you work or volunteer in a related field or simply care about how we can create a greener and brighter future for our community. We hold approximately six online meetings per year. If you're interested and would like to learn more, please email us at [info@tlpcc.org.uk](mailto:info@tlpcc.org.uk)

Johanna Kieniewicz Reades



## Growing Strong: The Power of Plant-Based Nutrition for Children

Our charity is dedicated to building brighter futures for children and families, and we've been focusing on nutrition for growth and well-being. We promote diets rich in plants at The Lloyd Park Children's Charity, as they offer vital nutrients, support heart health, and aid digestion, while also being eco-friendly.

Here are quick tips: Serve colourful fruit and veggie plates, blend greens into smoothies, snack on veggies with dips, choose beans and whole grains for protein and fibre, and cook with your children. Our menus feature plant-based meals like vibrant salads and lentil stews, guided by Eat Well principles for healthy children. Try making a vegetable chili at home-it's a plant-powered favourite!

## Cloth Nappies

The Lloyd Park Children's Charity is teaming up with Waltham Forest Cloth Nappy Library, WEN (Women's Environmental Network) and Nappy Ever After. At our nursery, children will be offered the option to use cloth nappies as part of a pilot program. Here's why it matters:

- Cloth nappies create less waste than disposable ones (which add up to a whopping 40 million tons annually!).
- Disposable nappies contribute to plastic pollution and greenhouse gases in landfills and recycling them is tough.
- Cloth nappies may cost more upfront, but they save money in the long run because they're reusable.
- Some disposable nappies have harmful chemicals. Cloth nappies, when cleaned properly, are safer.

By encouraging the use of cloth nappies, we aim to help families save money while also making a positive impact on the environment.

## Vegetable Chili Recipe

### Ingredients:

1 medium onion  
 1 large carrot  
 1 large courgette  
 1 bell pepper  
 1 large stick of celery  
 1 garlic clove  
 Half a red chili (or as much as you like!)  
 1 tbsp smoked paprika  
 1 tbsp ground cumin  
 1 tsp ground coriander  
 500ml jar or carton of passata  
 1 tbsp tomato puree  
 1 vegan beef stock cube  
 Tin of kidney beans  
 Small tin of sweetcorn  
 Fresh coriander  
 Pepper to taste

**Method:** Gently fry the chopped onion until starting to soften, add the chopped, carrots, courgettes, peppers and celery and continue to fry gently until starting to turn golden, stirring occasionally. Add the chopped garlic and chili and fry for 30 seconds before adding the paprika, cumin and coriander (you can add a splash of water to stop the spices from sticking to the pan). Cook for a further 2 minutes stirring constantly.

Add the passata, stock cube and tomato puree, and rinsed kidney beans and give it a good stir. Turn the heat down to low and cook for 30 minutes stirring occasionally. Now check the seasoning. Finally add the sweetcorn and cook for a further 2 minutes. Sprinkle on a handful of chopped fresh coriander. Now you're ready to serve!

Tastes great with a crispy jacket potato and coleslaw.



## Grow Well

### Wellbeing Tips - Breathing Better

Babies breathe through their noses right after birth. No one teaches them; it's just natural.

However, as we grow older, we often start breathing through our mouths due to colds, allergies, or stress. Many adults lose the habit of nose breathing, which can feel strange or uncomfortable.

Nose breathing is healthy and comes with many benefits. It filters out particles, increases oxygen intake, eases allergies, boosts the immune system, and can even reduce snoring and strengthen neck and facial muscles.

It's simple, cost-free, and practicing for a few minutes each day can improve your health and mental well-being. Why don't you have a go?

Find out more here: [www.cuh.nhs.uk/patient-information/breathing-pattern-disorders-and-physiotherapy/](http://www.cuh.nhs.uk/patient-information/breathing-pattern-disorders-and-physiotherapy/)



# Staying Safe, Training and Employability

## Our Wonderful Volunteers!

We want to express our heartfelt gratitude to all our volunteers. Their dedication and commitment to supporting our work means a lot to us.

Volunteers play a crucial role in our organisation, and as a charity, we truly appreciate the impact they have on children and families.



Today, we would like to spotlight Chioma. She joined our team as a volunteer supporting the work of our Baby Bank. Chioma worked tirelessly to ensure that families received the support they needed, whilst completing administration and monitoring for this vital service. Recently, Chioma joined our team as a Business Administration Apprentice, and we are thrilled to have her on board.

Congratulations Chioma, and thank you for your years of support!

## Join Our Team and be part of something special

**We are Recruiting!**  
We have several roles available that might fit your skills and interests

**Benefits of working for us:**

- Up to 50% discount on childcare
- Outstanding training and development opportunities
- Discretionary health and well-being service
- Access to rewards and voucher schemes
- 20 days holiday, plus bank holidays, rising to 30 days
- Subsidised hot lunch

We prioritise safeguarding and promoting the welfare of children

Scan the QR Code for the Join Our Team webpage



## What Is Poverty and How It Affects Us

Poverty means not having enough money for important things like food, a home, or medicine.

### What does Poverty look like in Waltham Forest?

People in poverty struggle to pay for basic things, and worrying about bills and how to afford food. Families in poverty often suffer from poor health. New families might not have the essentials they need to care for their baby, like a cot, nappies and blankets.

Some families can't find affordable places to live and spend a lot on rent or live in over crowded homes. Parents may struggle with the cost of school uniforms and children miss opportunities because of the cost or the fear of hidden costs for local events and activities.

**Why Talk About It?** When we talk about poverty, we learn and can be more able to help each other. Let's break the silence and work together for a fairer world!

### What help is available?

If you find yourself in need of support, please visit [www.tlpc.org.uk/help-request](http://www.tlpc.org.uk/help-request) We offer a range of support and we also know lots of other organisations that may be able to support you best!



## Our visit to Parliament!

Our Inclusion Manager Allison Walker accompanied one of our parents Claire Bithell to Portcullis House at an All Party Parliamentary Group (APPG) to highlight the critical importance of early intervention in the context of SEND.

Early intervention needs can be highlighted and support provided as early as possible in a child's life. Early intervention is the key to enabling children to be the best they can be, to thrive and flourish from early years into adulthood. This was a great opportunity where Claire shared her experiences to help improve Early Intervention services.

What an interesting afternoon it was!



## AI – What is it and how our Charity is using it?

Artificial Intelligence (AI) is like a smart helper for computers. It learns and thinks a bit like humans do.

AI does repetitive or uninteresting tasks so people can focus on important things. We've started using AI to search for suitable funding for our projects. This improves our productivity and helps our fundraisers to apply for more grants.

AI looks at lots of information quickly, we used AI recently to help us analyse feedback from families and identify key priorities and recommendations. This allows our team to focus their time on making improvements and developing our services.

Some parents have concerns about the impact of AI on their children. A recent study by Internet Matters found that a quarter of children already use AI tools for schoolwork, and four in ten engage with AI in various ways. While children view AI positively, parents worry about data privacy, security risks, and potential effects on jobs. Additionally, some parents fear that AI might negatively affect their child's ability to think independently.

In short, AI is exciting, but we need to use it wisely. Let's make sure it helps everyone! Here's a useful video from The Good Things Foundation: <https://youtu.be/GQ0p9rjmwqA>



# Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
<b>To find out more visit <a href="http://www.tlpc.org.uk">www.tlpc.org.uk</a> or get in touch via The Lloyd Park Charity Facebook page or email: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a></b>				
<b>Baby Massage</b>	<p><b>Course 1:</b> Thursday 19th 26th September, 3rd 10th 17th October 1.30 - 2.30 Walthamstow Family Hub.</p> <p><b>Course 2:</b> Thursday 7th 14th 21st 28th November, 5th December 1.30 - 2.30 Walthamstow Family Hub.</p> <p>Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Wednesday 11th 18th 25th September, 2nd 9th October 1.30 - 2.30pm Chingford Family Hub.</p> <p><b>Course 2:</b> Wednesday 13th 20th 27th November, 4th 11th December 1.30 - 2.30pm Chingford Family Hub.</p> <p>Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Monday 23rd 30th September, 7th 14th 21st October 1.30 - 2.30pm Leytonstone Family Hub.</p> <p><b>Course 2:</b> Monday 4th 11th 18th 25th November, 2nd December 1.30 - 2.30pm Leytonstone Family Hub.</p> <p>Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>	<p><b>Course 1:</b> Monday 9th 16th 23rd 30th September, 7th October 10.30 - 11.30am Saxon Close E17 8LE.</p> <p><b>Course 2:</b> Monday 4th 11th 18th 25th November, 2nd December 10.30 - 11.30am Saxon Close E17 8LE.</p> <p>Price £22.15 per course. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>
<b>Eating Well</b>	4th 11th 18th October within Play Session at Walthamstow Family Hub. 1.30 - 3	4th 11th 18th November within under 2's Play Session at Paradox Centre. 1.30 - 3	3rd 10th 17th October within under 2's Play Session at Leytonstone Family Hub. 10 - 11.30	1st 8th 15th October within Play Session at Leyton Sports Ground. 1 - 2.30
<b>Exploring Foods</b>	8th 15th 22nd November within Play Session at Walthamstow Family Hub. 1.30 - 3	5th 12th 19th November within Play Session at Chingford Family Hub. 10 - 11.30	1st 8th 15th November within Play Session at Leytonstone Family Hub. 10 - 11.30	15th 22nd 29th November within Play Session at Queens Road 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.	28th November within Under 2's Play Session at Walthamstow Family Hub. 9.30 - 11 6th December within Play Session at Walthamstow Family Hub. 1.30 - 3	8th October within Play Session at Chingford Family Hub. 10 - 11.30 11th November within Under 2's Play Session at Paradox Centre. 1.30 - 3	16th September within Play Session at United Free Church. 1 - 2.30 4th October within Play Session at Leytonstone Family Hub. 10 - 11.30	30th September within Under 2's Play Session at Seddon Centre. 1 - 2.30 8th November within Play Session at Queens Road 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.	27th September, 11th October, 1st November Half hour slots between 10 - 12 noon The Higham Hill Centre  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	4th September, 2nd October, 6th November Half hour slots between 3 - 5pm Chingford Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	24th September, 22nd October, 26th November Half hour slots between 10 - 12 noon Leytonstone Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>	20th September, 18th October, 22nd November Half hour slots between 1 - 3pm Queens Road Family Hub  To book an appointment: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>
<b>Violence Against Women and Girls drop-in</b> A safe, confidential and non-judgemental place to 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 Queens Road Family Hub
<b>Early Help family support advice drop-in</b> Advice and support on a wide range of services including benefits advice, parenting support, 2, 3 and 4 year nursery funding, SEND services and much more.	Every Thursday 9.45 - 11.15 Walthamstow Library	Every Wednesday 9.45 - 11.15 Chingford Family Hub	Every Friday 9.45 - 11.15 Leytonstone Family Hub	Every Tuesday 9.45 - 11.15 Queens Road Family Hub
<b>Young Parents Group</b> Under 24's. Working together with Family Nurse Partnership.	24th September, 1st 8th 15th October 1 - 2.30 The Lloyd Park Centre	16th 23rd 30th October, 6th November 1.30 - 3 Chingford Family Hub	3rd 10th 17th 24th October 1 - 3 Leytonstone Family Hub	8th 15th 22nd 29th November 1 - 3 Queens Road 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:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a>	2nd 9th 16th 23rd 30th October 6th 13th 20th November 1 - 3 Queens Road Family Hub E17 8PJ			
<b>Online - Mellow Courses</b> (via Zoom) An attachment and relationship-based group programme for parents of children 0-1 years. Reflective and practical techniques are used to allow parents to address challenges. Mothers and Fathers delivered separately.	<p><b>Online Mellow Babies for Dads</b></p> <p>3rd 10th 17th 24th 31st October 7th 14th 21st November 2 - 4 Delivered via Zoom For booking details go to <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a></p>			
<b>Triple P Babies</b>	Understand what you can do to promote your baby's development, build a stronger bond, and support their emotional and physical health. (4 weeks as a group and 4 weeks 1:1 sessions) 1st 8th 15th 22nd 29th October, 5th 12th 19th November at: 7 Saxon Close, E17 8LE. Time 10 - 12. To book: <a href="http://www.lloydparkcc.eventbrite.com">www.lloydparkcc.eventbrite.com</a>			
<b>Family Support</b>	Our Early Years Child and Family Practitioners can provide short term support around your child's development, routines or behaviour within our play sessions. For more information about our support for families with children under 5 please talk to a member of our team or email: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a>			
<b>Parent Carer Voices</b> Parent Carers your voice matters! Come along to share your experience and opinion of the Family Hubs offer for under 5's.	23rd September, 20th November 6.30 - 7.30 Delivered via Zoom To book your place email: <a href="mailto:familysupport@tlpc.org.uk">familysupport@tlpc.org.uk</a> or call 020 8527 1737			





## Walthamstow Neighbourhood (Central)

### Monday

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

**Flourish +**  
Post-natal support group  
9.30 - 11.30  
The Lloyd Park Centre  
Contact [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk) for more information  
Invitation only group. Free

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



### Tuesday

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

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



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

### Wednesday

**Music and Movement +**  
Delivered by TLPC.  
1 - 2 Term-time only  
Walthamstow Toy Library and Play Centre  
Free

**Grow Active for Under 5's**  
9.30 - 10.30 Term time only at Grow Wild, Lloyd Park  
£5 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

**Grow Active Grow Wild**  
Under 7's  
Aimed at those with long term health conditions and wellbeing worries.  
1.30 - 3.30 Term time only at Grow Wild, Lloyd Park  
£5 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information



### Thursday

**Grow Wild Explorer +**  
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 +**  
For 0-2's and expectant parents  
9.30 - 11 Term-time only  
Walthamstow Family Hub  
Free  
HENRY Healthy Eating and Dental Health drop-in within play session.  
Second week of the month  
Free

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

**Learning Together +**  
Pre-school early inclusion pathway  
1 - 2.30 Term-time only  
The Lloyd Park Centre  
Invitation only. Free

### Friday

**Sensory Play Session +**  
9.30 - 11 Term-time only  
Walthamstow Family Hub  
Free

**Play Session +**  
For birth to 4-year olds  
10 - 11  
The Higham Hill Centre  
Free

**Baby Bank Play Session**  
For birth to 4-year olds  
10 - 11 Term-time only  
The Lloyd Park Centre  
£4 per child



**Baby Bank Community Living Room**  
Free Community Living Room for families with children under 5  
11.30 - 2 Term-time only  
The Lloyd Park Centre



**Friday Fun at Grow Wild**  
0 - 4 years  
10 - 11.30 and 1.30 - 3 Term time only at Grow Wild, Lloyd Park  
£6 per child.  
Discretionary ½ price discounts for those on low income or benefits.  
Contact [williamb@tlpc.org.uk](mailto:williamb@tlpc.org.uk) for more information

**Play Session +**  
For birth to 4-year olds  
1.30 - 3.00  
Walthamstow Family Hub  
Free

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



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



### Saturday

**Family Grow Wild**  
Up to 8 year olds  
First Saturday of the month  
10 - 11.30  
at Grow Wild, The Lloyd Park Centre  
£6 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



**Rainbow Group Grow Wild**  
Up to 8 year olds  
Second Saturday of the month  
10 - 11.30  
at Grow Wild, The Lloyd Park Centre  
£6 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



**Forever Families Grow Wild**  
Up to 8 year olds  
Second Saturday of the month  
For children with adopted families  
1 - 2.30  
at Grow Wild, The Lloyd Park Centre  
£6 per child. Discretionary discounts for those on low income or benefits, contact [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk) for more information.



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



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

## 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

**Learning Together +**  
Pre-school early inclusion pathway  
0 - 4 years  
1.30 - 3 Term-time only  
Chingford Family Hub  
Invitation only.  
Free

### Tuesday

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

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

### Wednesday

**Stories and Crafts + for Toddlers**  
2 - 4 years  
Delivered by Treasure Me Kids  
10 - 11 Term-time only  
Paradox Centre  
£2.50 first child, 50p siblings

**Stories and Crafts for Babies +**  
0 - 2 years  
Delivered by Treasure Me Kids  
11.15 - 12.15 Term-time only  
Paradox Centre  
£2.50 first child, 50p siblings

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

### Thursday

**Outdoor Explore in Nature Session +**  
0 - 4 years  
10 - 11.30  
Meet at the children's playground, 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

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





## Leytonstone Neighbourhood (South East)

### Monday

#### Learning Together •

Pre-school early inclusion pathway  
0 - 4 years  
10 - 11.30 Term-time only  
Leytonstone Family Hub - The Junction  
Invitation only.  
Free

#### Play Session •

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

#### Play Session •

With weekly speech and language top-tips  
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

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



### Tuesday

#### You and Your New Baby •

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

#### Play Session •

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

#### Flourish •

Post-natal support group  
Birth to 18 months  
1 - 3  
Leytonstone Family Hub - The Junction  
Contact: [familysupport@tlpc.org.uk](mailto:familysupport@tlpc.org.uk)  
for more information.  
Invitation only.  
Free

### Wednesday

#### Play Session •

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



### Thursday

#### Under 2's Play Session •

0 - 4 years  
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

#### Let's Create •

0 - 4 years  
Delivered by Treasure Me Kids  
3.30 - 4.15 Term-time only  
Leytonstone Family Hub - The Junction  
£2.50 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  
£2.50 first child, 50p siblings

### Friday

#### Play Session •

0 - 4 years  
10 - 11.30  
Leytonstone Family Hub - The Junction  
Free

### Saturday

#### Dads Club •

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



## Leyton Neighbourhood (South West)

### Monday

#### Under 2s Play Session •

1 - 2.30 Term-time only  
Seddon Centre  
Free

#### Bong-a-long

1.45 - 2.30 Term-time only  
Queens Road Family Hub  
£1.50 first child, 50p siblings

#### Let's Create •

0 - 4 years  
3.15 - 4 Term-time only  
Seddon Centre  
£2.50 first child, 50p siblings

#### Tambini Music & Rhymes •

0 - 4 years  
4 - 4.45 Term-time only  
Seddon Centre  
£2.50 first child, 50p siblings



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

### Tuesday

#### You and Your New Baby •

Birth to pre-crawlers, antenatal and  
postnatal  
10 - 11.30  
Leyton Sports Ground  
Free

#### Flourish •

Post-natal support group  
Birth to 18 months  
10 - 12 noon  
Queens Road 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  
Queens Road Family Hub  
£1.50 first child, 50p siblings

#### Co-Co East, Conversation Group and Play Session

For birth to 4-year olds  
Aimed at families with English as an  
additional language  
1 - 2.30  
7 Saxon Close  
Free



#### Play Session •

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

#### Sensory Play Session •

0 - 4 years  
1 - 2.30  
Queens Road Family Hub  
Free



### Thursday

#### Let's Create •

0 - 4 years  
10 - 10.45 Term-time only  
Queens Road Family Hub  
£2.50 first child, 50p siblings

#### Tambini Music & Rhymes •

0 - 4 years  
11 - 11.45 Term-time only  
Queens Road Family Hub  
£2.50 first child, 50p siblings

#### Co-Co East, Share and Care

For birth to 4-year olds  
Aimed at families who have experienced  
domestic violence  
10 - 11.30 Term-time only  
7 Saxon Close  
Free



#### Learning Together •

Pre-school inclusion pathway  
0 - 4 years  
10 - 11.30 Term-time only  
Seddon Centre  
Invitation only. Free

#### Stories and Rhymes •

1.15 - 2 and 2.15 - 3 Term-time only  
Seddon Centre  
Free

### Friday

#### Play Session •

0 - 4 years  
10 - 11.30  
Queens Road Family Hub  
Free

### Saturday

#### Dads Club •

0 - 4 years  
2nd Saturday of the month  
10 - 12 noon  
Queens Road Family Hub  
Free



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# Neighbourhood Map

★ = Neighbourhood Hub Building

## North

## Central

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

**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

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

**Walthamstow Toy Library**  
 Somers Rd. E17 6RX

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

**Queens Road Family Hub**  
 215 Queens Rd. E17 8PJ  
 O2O 8496 2442

**The Grow Well Centre**  
 7 Saxon Close,  
 off Boundary Rd. E17 8LE

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

**United Free Church**  
 55 Walkwood Rd E11 1AY  
 O2O 8518 7725

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

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

**Leytonstone Toy Library**  
 Birch Grove  
 E11 4YC

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

## South West

## South East

