

Roleplay

Lloyd Park Children's Charity

Charity Number 1102134

For families with children under 5 years living in Waltham Forest

  @LloydParkCC



Hello, dear families!

Welcome to the 51st edition of our termly Roleplay newsletter. We're excited to keep you updated about The Lloyd Park Children's Charity and early years services across Waltham Forest.

We're committed to building brighter futures for children and families. We offer childcare at the Higham Hill Centre and Lloyd Park Centre, and community services including our Baby Bank, Grow Wild adventure play space, CoCo East (Co-production Collaborative), Early Years Social Prescribing, and family support.

In this edition, we are thrilled to share details about the upcoming Grow Well Centre, which will house our Baby Bank and the Grow Active project at Lloyd Park. We're also working on our environmental sustainability plan and welcome volunteers to support us on our journey to net-zero.

We're excited about what the future holds and are committed to continuing to provide early years services that truly matter to our local community. We welcome your feedback and support.

Thank you for being part of the Lloyd Park Children's Charity Community!

Best wishes, The Lloyd Park Children's Charity Team

Dates for your diary

- Friday 5th January - TLPC Training day
All services closed
- Monday 8th January - Most services open.
Sessional and Teatime clubs closed
- Tuesday 9th January - Sessional and Teatime clubs open
- February 12th - 16th - Half Term Holiday
- Saturday 23rd March - LPC Easter Egg Hunt. 10am - 1pm
HH Easter Egg Hunt 10am - 1pm
- Thursday 28th March - TLPC Training Day
All services closed
- Friday 29th March - Bank Holiday
All services closed
- Monday 1st April - Bank Holiday
All services closed
- 2nd April - 12th April - Easter Holiday

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

Our BSL Journey

At TLPC we're happy to announce that we're the first Early Years provider to work in partnership with the Deaf community and The Flourish Learning Trust.

Due to the success of our CoCo East Communication and Play Deaf Support Service, we have been able to provide fun and important play sessions in partnership with Flourish Specialist Education Services, The Flourish Learning Trust for children from the Deaf community.

As a result of these sessions we have been able to welcome children from the Deaf community into our day care service.

This is something everyone across the charity is really excited about and we are looking forward to increasing our Deaf awareness and support across our services.

Majella from The Flourish Learning Trust provided a very informative and interesting presentation at our September staff training day on the difficulties the Deaf community experience and how we can be accommodating to the Deaf community in our practices.

Our staff are doing continuous BSL training and we have been sharing on our social media page's videos of helpful BSL signs for our community to learn.



Families Voice and Fundraising

You Said... We Did.



You wanted more SEND sessions...

We have set up a new group- Musical Climbers and Creators (SEND). (see fundraising article to find out more)

You wanted more sessions in Grow Wild...

We have brand new sessions aimed at increasing child physical development (see Grow Active article)

You asked if we do birthday parties...

We do parties in Grow Wild, contact chrisr@tlpcc.org.uk for details and to book.



Baby Bank



Hello, my name is Sarah Marsh, I am the Baby Bank Manager.

I am happy and excited to share the Baby Bank changes with you, and to bring the wonderful news of our new 'Grow Well Centre' at Saxon Close, Leyton.

In partnership with the Peabody Trust, we are able to expand our reach and continue to further meet the needs of the community.

Your voice means a lot to us, so we have used this venue as an opportunity to deliver groups and sessions in our new home that members of our community have requested. Families have shared with us that they would like groups that focus on supporting their wellbeing and to use these sessions as an opportunity to connect with the further support services our charity runs.

Please see our timetable for the sessions and events that will be running from January 2024.

For any further information, please do not hesitate to get in touch to sarahm@tlpcc.org.uk

Thanks, Sarah.



Learning Through Play



Winter Home Learning Activities

Here are some fun and great activities you can do with your child during the colder winter months.

Don't let the cold weather think you can't have an enjoyable time!

1. Go outside, be nature detectives, explore differences between summer and winter.

2. Subitise, this is knowing the total number of a group without counting. Think about the spots on a die. Subitising starts with noticing, go outside and estimate...

- how many conkers are side by side
- how many pine cones are grouped together
- how many acorns are in their cups
- find groups of leaves



3. Play eye-spy, use colours, shapes or initial sounds to broaden your child's vocabulary

4. Use homemade 'snow' for mark making opportunities. Leave 2 ¼ cups of bicarbonate soda in the freezer overnight, pour into a large container, stir in 5 tbsps of water (one at a time) until you reach your desired consistency. Get writing using brushes, sticks or your finger. Please monitor at all times as this is not safe to eat.

5. Blow bubbles and watch them freeze discuss what is happening and why.

Guess who's coming to Dads Club?

The Lloyd Park Children's Charity has partnered with Kimmi, Founder of Treasure Me Kids London.

You may know Kimmi from Tambini's, Mini Chief, Story Craft & Let's Create.

Together we will be bringing some new activities just for children under 5 year and their fathers (Grandfathers and Uncles welcome too)



Dad Club Dates

13th January, Leyton Family Hub
20th January, Leytonstone Family Hub
3rd February, Chingford Family Hub
7th February, Leytonstone Family Hub
2nd March, Chingford Family Hub
9th March, Leyton Family Hub



Grow Active

As part of our new Grow Active project we have increased our sessions in Grow Wild!

Due to receiving funding from The London Marathon Foundation we have been able to employ William, our new Grow Active Practitioner, to increase our capacity of Grow Wild sessions we provide.

Welcome to our team William!



We have introduced four new Grow Active sessions with the aim to allow children up to the ages of 9 to let off steam outdoors, after school and increase their connection and understanding of nature, whilst also boosting their confidence in their physical abilities and improving their mental wellbeing.

Session times and ages are as follows, each session is £4 per child

- Tuesday at 2.15pm until 3.15pm for children under 5 years old.
- Tuesday at 3.45pm until 4.45pm for children aged 5 to 9 years old.
- Wednesday at 2.15pm until 3.15pm for children under 5 years old.
- Wednesday at 3.45pm to 4.45pm for children under 8 with physical and mental health conditions.

To attend the sessions, you will need to register your child with TLCC.



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

Fathers Wellbeing Service

We are excited to launch our new Fathers Wellbeing service as part of the Family Hubs agenda!

From Monday 23rd October 2023 we started to provide 1:1 Counselling or Fathers Support Group Sessions.

Currently the offer is for expectant fathers and those with children under the age of 2.

The aim of the group is to help men foster better relationship with their children and in their own words "become better fathers".

Fathers Support Group is for fathers looking to connect with other fathers and learn from shared experiences.

1:1 Counselling will provide focussed and tailored support for the individual attending. We will touch on areas such as their emotions, thoughts, and behaviours and how these influence their lives. It also offers ways to help reframe their thinking and their response to stress.

If you would like to join or find out more about this brand-new service please contact lilien@tlpcc.org.uk



Community Wellbeing Practitioner

We would like to welcome Leanne, our new Community Wellbeing Practitioner!

As we were recently successful in our City Bridges Trust funding application we have been able to employ Leanne, who will help expand many of our support services across the borough.

This role will involve having a holistic approach to supporting families in receiving help across TLCC through our Community Wellbeing Service, Baby Bank, CoCo East and Early Years Social Prescribing.

This will support areas of children's development (inc.SEND), being healthy, loneliness, mental health, wellbeing and overcoming trauma and adversity.

We look forward to all the important work Leanne will be carrying out across our services! Here she is with Salma, who she works very closely with!

To access this service, we have a referral form at:

www.tlcc.org.uk/lpcc-referral-form/



0 Staying safe, Training and Employability

Domestic Abuse

Domestic Abuse can be shown in many forms. It is no longer only an act of physical violence.

Do you feel threatened, controlled, or hurt by a partner, carer, or family member?

You could be experiencing domestic abuse.

Domestic abuse can be one single incident or several incidents over a longer period.

Domestic abuse can include any form of psychological, physical, sexual, financial, or emotional abuse. This also includes forced marriage, honour-based violence, or female genital mutilation.

Domestic abuse can happen to anyone, you are not to blame.

If you are in immediate danger, call 999.

For free confidential advice and support call National Domestic Abuse Helpline if you want to talk about your experience, seek refuge accommodation, or access other support services call 0808 2000 247 Available 24/7

Please see the Domestic abuse drop-in centres in Waltham Forest run by trained support officers, for immediate advice and support. No appointment is needed.

Chingford Children and Family Centre Hub
5 Oaks Grove, Chingford, E4 6EY.
Telephone: 020 8496 1551
10am to 1pm Friday

Walthamstow Children and Family Centre Hub
313 Billet Road, Walthamstow, E17 5PX.
Telephone: 020 8496 3511
10am to 4pm Thursday

Leyton Children and Family Centre Hub
215 Queens Road E17 8PJ.
10am to 4pm Monday to Wednesday

Leytonstone Children and Family Centre Hub
2 to 8 Cathall Road, London, E11 4LF.
Telephone: 020 8496 2960
10am to 4pm Thursday

The Good Things Foundation

The Lloyd Park Children's Charity is breaking new ground and has partnered with the Good things Foundation to start linking local people to digital skills training and resources.

The Good Things Foundation co-design free online learning resources to help people take their first and further steps online.

Check out the links on our website: www.tlpc.org.uk/digital-skills-learning/

Learn My Way is a website of free online courses for beginners, helping you develop digital skills to make the most of the online world.

Using your computer or device:

- Online basics
- Office programs
- More internet skills
- Online safety
- Finding a job online
- Improving your health online
- Managing your money online
- Public services online

You can register yourself here: www.learnmyway.com

You will be asked to:

- Enter your full name,
- Enter your email address,
- Create password
- and then enter your centre code = 8008720

(or typing the centre name: The Lloyd Park Children's Charity in this box will also bring up the correct code). Registering using our centre code enables you to request further support from us when you need it

Help someone else
www.learnmyway.com/help-someone-else

From this page you can download our learning guides to help someone learn about the internet. You can save the progress of the person you are helping by registering.

If they already have an account, please sign in using their account or create your own.



Teaching Children how to stay safe by assessing risks

Life is full of risks. Every day, as adults, we notice 'dangers' and are able to assess if our actions may cause harm. It is really important to teach children about how we can assess risk, as this will help throughout their lives to manage their own safety. Children are used to being instructed and being told when there is a risk, but do you take the time to talk this over and have conversations to help them to understand?

When you ask your child to do/not do something because you can see there is a danger, take the time (after the immediate danger has passed) to explain the following:

What is the danger of the situation?

How can they be hurt?

Is there anything that can be done to make the action less risky?

It is really important to not take away all risk from children. This will mean that they have no opportunity to learn how to deal with them in the future.

Why not attend one of our Grow Wild Sessions with your child. This risky play space has been developed to enable opportunities for children to risk assess and learn about their physical capabilities.

Are you Cyber Safe?

Ask yourself these questions to see how cyber safe you are...



Passwords

Do you have different passwords for every account? Try to have unique passwords for everything that needs one!

Do you have a strong password? Try to include a mixture of lower and upper case letters, numbers and symbols.

Security

Do you have antivirus software installed? It's advisable to ensure you have!

Have you enabled and set your privacy settings on your social media accounts? It's good to do this regularly and check they are all still set to the right levels.

Emails

Do you check your emails are safe before opening them?

Check the following:

- Spelling and grammar - are there lots of mistakes?
- Are the images and logos clear? Low quality images could indicate they are not genuine.
- Is the address they are coming from one you know and correct? Unsafe emails can look genuine but might have a very subtle difference. Check them properly before opening.

Internet

Do you only access trusted sites?

There are lots of unsafe websites, please use caution when accessing the internet.

Look for the following:

- Check the URL starts with 'https'.
- Look for the locked padlock next to the web address.
- Take care when clicking on 'pop-ups'. These can be unsafe.
- Make sure the URL is exactly what it should be.

Up and Coming Courses and Workshops

	Walthamstow Neighbourhood	Chingford Neighbourhood	Leytonstone Neighbourhood	Leyton Neighbourhood
To find out more visit www.tlpsc.org.uk or get in touch via The Lloyd Park Charity Facebook page or email: familysupport@tlpsc.org.uk				
Baby Massage A fun oral health themed play session where children can explore how to keep teeth healthy.	Course 1: Thursday 18th 25th Jan. 1st 8th 15th Feb. 1.30 - 2.30pm Walthamstow Family Hub. Course 2: Thursday 29th Feb. 7th 14th 21st 28th March. 1.30 - 2.30pm Walthamstow Family Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Wednesday 10th 17th 24th 31st Jan. 7th February. 1.30 - 2.30pm Chingford Family Hub. Course 2: Wednesday 28th Feb. 6th 13th 20th 27th March. 1.30 - 2.30pm Chingford Family Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Monday 22nd 29th Jan. 5th 12th 19th February. 1.30 - 2.30pm Leytonstone Family Hub. Course 2: Monday 26th Feb, 4th 11th 18th 25th March. 1.30 - 2.30pm Leytonstone Family Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com	Course 1: Monday 22nd 29th Jan. 5th 12th 19th February 10.30 - 11.30am Leyton Family Hub. Course 2: Monday 26th Feb. 4th 11th 18th 25th March 10.30 - 11.30am Leyton Family Hub. Price £22.15. To book: www.lloydparkcc.eventbrite.com
Eating Well	Thursday 18th 25th Jan. 15th Feb. within Under 2's Play Session at Walthamstow Family Hub. 9.30 - 11	Monday 22nd 29th Jan. 5th Feb. within Under 2's Play Session at The Paradox Centre. 1.30 - 3	Thursday 25th Jan. 1st 8th Feb. within Under 2's Play Session at Leytonstone Family Hub. 10 - 11.30	Wednesday 17th 24th 31st Jan. within Play Session at St Josephs Infant School. 1 - 2.30
Exploring Foods	Friday 8th 15th 22nd March within Play Session at Walthamstow Family Hub. 1.30 - 3	Tuesday 12th 19th 26th March. within Play Session at Chingford Family Hub. 10 - 11.30	Friday 1st 8th 15th March. within Play Session at Leytonstone Family Hub. 10 - 11.30	Friday 8th 15th 22nd March. within Play Session at Leyton Family Hub. 10 - 11.30
Oral Health Promotion	Thursday 29th Feb. within Under 2's Play Session at Walthamstow Family Hub. 9.30 - 11 Friday 26th Jan. within Play Session at Walthamstow Family Hub. 9.30 - 11	Monday 19th Feb. within Early Years Inclusion Group at Chingford Family Hub. 1.30 - 3 Monday 24th March within Under 2's Play Session at Paradox Centre. 1.30 - 3	Thursday 18th January within Under 2's Play Session at Leytonstone Family Hub. 10 - 11.30 Friday 22nd 29th March in Play Session at Leytonstone Family Hub. 10 - 11.30	Monday 5th February within Under 2's Play Session at Seddon Centre. 1 - 2.30 Friday 1st March within Play Session at Leyton Family Hub. 10 - 11.30
Initial Sleep Consultation 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 19th January, 9th February, 8th March Half hour slots; 10 - 12 noon Walthamstow Family Hub To book an appointment: www.lloydparkcc.eventbrite.com	Wednesday 10th January, 7th February, 6th March Half hour slots; 3 - 5pm Chingford Family Hub To book an appointment: www.lloydparkcc.eventbrite.com	Tuesday 30th January, 27th February, 26th March Half hour slots; 10 - 12 noon Leytonstone Family Hub To book an appointment: www.lloydparkcc.eventbrite.com	Friday 26th January, 23rd February, 22nd March Half hour slots; 1 - 3pm Leyton Family Hub To book an appointment: www.lloydparkcc.eventbrite.com
Domestic Abuse One Stop Shop 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
Early Help family support advice drop-in Advice and support on a wide range of services including benefits advice, parenting support, 2, 3 and 4 year nursery funding, SEND services and much more.	Every last Thursday of the month 9.45 - 11.15 Walthamstow Family Hub	Every Third Wednesday of the month 1 - 2.30 Chingford Family Hub	Every First Friday of the month 1 - 2.30 Leytonstone Family Hub	Every Tuesday of the month 9.45 - 11.15 Leyton Family Hub
Young Parents Group Under 24's. Working together with Family Nurse Partnership.	Tuesday 5th 12th 19th 26th March 1 - 2.30 The Lloyd Park Centre	Friday 21st 28th Feb. 6th 13th March 9.30 - 11.30 Chingford Family Hub	Thursday 22nd 29th Feb. 7th 14th Mar. 1.30 - 3 Leytonstone Family Hub	7th 14th 21st 28th March 1 - 2.30 Leyton Family Hub
Mellow Bumps 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: familysupport@tlpsc.org.uk	17th 24th 31st January, 7th 14th 21st 28th February Higham Hill Centre (Nursery) 313 Billet Road, E17 5PX 1 - 3			
Online - Mellow Courses (via Zoom) An attachment and relationship-based group programme for parents of children 0-5 years. Reflective and practical techniques are used to allow parents to address challenges. Mothers and Fathers delivered separately.	Mellow Toddlers for Fathers. Go to www.lloydparkcc.eventbrite.com to book. Dates and times to be confirmed on Eventbrite. Mellow Toddlers for Mothers. Go to www.lloydparkcc.eventbrite.com to book. Dates and times to be confirmed on Eventbrite.			
Triple P Babies	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) 16th 23rd 30th January, 6th 13th 20th 27th February, 5th March at: 7 Saxon Close, E17 8LE. Time 9.30 - 11.30			
Family Support	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: familysupport@tlpsc.org.uk			
Parent Carer Voices Parent Carers your voice matters, come along to share your experience & opinion of the Family Hubs offer for under 5's.	30th January at The Higham Hill Centre 1.30 - 2.30 27th March via Zoom 10.30 - 11.30 To book your place email: familysupport@tlpsc.org.uk or call 020 8527 1737			

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 of their bodies and realise challenges in the outdoors.

Walthamstow Neighbourhood (Central)

Monday

Grow Wild Climbers and Jumpers
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 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 for more information
Invitation only group. Free

Parent SEND Session
Aimed at parents of children with Autism
12 - 1 Term-time only
The Lloyd Park Centre
1st and 3rd Monday of the month
Contact: keric@tlpc.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
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 for more information.



Musical Climbers and Creators
11 - 12 noon
at Grow Wild, Lloyd Park
£4 per session. Music-based outdoor learning and sensory experiences for SEND children. Invitation only
Contact zoew@tlpc.org.uk for more information

Grow Active for Under 5's
2.15 - 3.15 Term time only
at Grow Wild, Lloyd Park
£4 per session.
Contact williamb@tlpc.org.uk for more information

Grow Active for 5-9 year olds
3.45 - 4.45 Term time only
at Grow Wild, Lloyd Park
£4 per session.
Contact williamb@tlpc.org.uk for more information

Wednesday

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



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 or call: 020 8509 3401

Grow Active for Under 5's
2.15 - 3.15 Term time only
at Grow Wild, Lloyd Park
£4 per session.
Contact williamb@tlpc.org.uk for more information

Grow Active Health and Wellbeing for Under 8's
Aimed at those with long term health conditions and wellbeing worries
3.45 - 4.45 Term time only
at Grow Wild, Lloyd Park
£4 per session.
Contact williamb@tlpc.org.uk for more information

Thursday

Grow Wild •
9.30 - 10.30 & 11 - 12
Term-time only
at Grow Wild, Lloyd Park
Contact: chrisr@tlpc.org.uk for more information. Free

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

You and Your New Baby •
Birth to pre-crawlers, antenatal and postnatal
11.15 - 12.45
Walthamstow Family Hub
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 •
(Targeted)
1 - 2.30 Term-time only
Walthamstow Toy Library
Invitation only. Free

Friday

SEND Play Session •
9.30 - 11 Term-time only
Walthamstow Family Hub
Drop-in. Free

Baby Bank Play Session
10 - 2 Term-time only
alongside Community Living Room
The Lloyd Park Centre
Contact: babybank@tlpc.org.uk for more information
Free



Higham Hill Centre Stay and Play Under 5's
10 - 11 Term time only
£4 per session
313 Billet Road

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



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



Saturday

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 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 chrisr@tlpc.org.uk for more information.



Rainbow Group
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 chrisr@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 - 2.30
at Grow Wild, The Lloyd Park Centre
£4 per child. Discretionary discounts for those on low income or benefits, contact chrisr@tlpc.org.uk for more information.



Somewhere to Belong Crow Wild
Aimed at children with SEND under 8s
Third Sunday of the month
2 - 3.30
at Grow Wild, The Lloyd Park Centre
£4 per child. Discretionary discounts for those on low income or benefits, contact zoew@tlpc.org.uk for more information.



Chingford Neighbourhood (North)

Monday

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

Flourish •
Post-natal support group
10 - 12 noon
Chingford Family Hub
Contact: familysupport@tlpc.org.uk for more information
Invitation only. Free

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

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



Tuesday

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

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



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

Wednesday

Stories and Crafts • for Toddlers
Delivered by Treasure Me Kids
10 - 11 Term-time only
Paradox Centre
£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

Grandparents Group
Delivered by Early Help
1.30 - 3
Chingford Family Hub
Free

Saturday

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



Leytonstone Neighbourhood (South East)

Monday

Somewhere to Belong •

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

Play Session •

0 - 4 years
10 - 11.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

Play Session •

0 - 4 years
1 - 2.30 Term-time only
United Free Church
Free



Tuesday

You and Your New Baby •

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

Play Session •

0 - 4 years
10 - 11.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

Play Session •

0 - 4 years
1 - 2.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

Flourish •

Post-natal support group
1 - 3
Leytonstone Family Hub - The Junction
Contact: familysupport@tlpc.org.uk
for more information
Invitation only group. Free

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

Wednesday

Play Session •

0 - 4 years
1 - 2.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org



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

Play Session •

0 - 4 years
10 - 11.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

Forest School Session •

0 - 4 years
1 - 2.30
Langthorne Park
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

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 our website for details:
www.walthamstowtoylibrary.org

Saturday

Dads Club •

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

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



Leyton Neighbourhood (South West)

Monday

Under 2s Play Session •

1 - 2.30 Term-time only
Seddon Centre
Free

Bong-a-long •

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

Let's Create •

0 - 4 years
3.15 - 4 Term-time only
Seddon Centre
£1.50 first child, 50p siblings

Tambini Music & Rhymes •

0 - 4 years
4 - 4.45 Term-time only
Seddon Centre
£1.50 first child, 50p siblings



Tuesday

You and Your New Baby •

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

Flourish •

Post-natal support group
10 - 12 noon
Leyton Family Hub
Contact: familysupport@tlpc.org.uk
for more information
Invitation only group. Free

Play Session •

0 - 4 years
1 - 2.30
Leyton Sports Ground
Free

Family support drop-in

1.30 - 3
Saxon Close
Free



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

Wednesday

Little Ballers •

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

Language Support Group

1 - 2
Saxon Close
Free



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 •

(Targeted)
0 - 4 years
10 - 11.30 Term-time only
Seddon Centre
Invitation only. Free

Tambini Music & Rhymes •

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

SEND Play Session •

1 - 2.30 Term-time only
Seddon Centre
Drop-in. Free



• The Lloyd Park Children's Charity
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Best Start in Life'



★ = Neighbourhood Hub Building

North

The Valley Centre
3 Ching Way E4 8YD
020 3150 2313
and
Paradox Centre
3 Ching Way E4 8YD
020 8501 9909

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

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

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

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

Central

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

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

Walthamstow Toy Library
Somers Rd. E17 6RX

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

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

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

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

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

South West

South East