

# Roleplay

**Lloyd Park Children's Charity**

Charity Number 1102134



For families with children under 5 living in Waltham Forest



## Welcome to Roleplay

Happy New Year Everyone! We're excited to kick off 2025 with a fresh edition of Roleplay, promising creativity, learning, support and advice for early years families in Waltham Forest.

Reflecting on 2024, we celebrate our achievements and the unwavering dedication of our team. CoCo East through co-production with local families, has continued to guide our charity, ensuring our services remain relevant and meet critical unmet needs. Our support initiatives, including counselling for dads, the Mindful Medley for children's mental health, SEND services, and the Baby Bank, have all contributed to promoting equity and helping shape brighter futures.

Despite funding challenges and increased demand for support due to the cost of living, we've persevered thanks to the support we receive from our incredible partners, volunteers, and local families.

Looking forward to 2025, we're excited about our plans and will continue to work hard for children and families.

Check out our exciting job opportunities [www.tlpc.org.uk/now-recruiting](http://www.tlpc.org.uk/now-recruiting), volunteer or feedback about your experiences.

Join us and make a difference - thank you for being part of our community.

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

## Dates for your Diary

**Monday 6th January: Team Training Day**  
All services closed

**Tuesday 7th January**  
All services resume

**Monday 17th - Friday 21st February: Half Term**  
Term time activities closed.  
See holiday activity timetable.  
Holiday Club open.

**Monday 7th - Thursday 17th April: Easter Break**  
Term time activities closed.  
See holiday activity timetable.  
Holiday Club open.

**Friday 18th April: Bank Holiday**  
All services closed

**Monday 21st April: Bank Holiday**  
All services closed

**Tuesday 22nd April: Team Training Day**  
All services closed

@LloydParkCC

## Go Fund Grow Wild!



### Grow Wild Go Fund Me Update

We would like to say a huge thank you to our friends and families who have supported our campaign to keep Grow Wild open to the community.

Our successful Grow Active Project, funded by the London Marathon Foundation, and the Musical Climbers and Creators program for SEND children, funded by the Youth Music Trailblazer fund, have concluded. Unfortunately, we have not yet secured continuation funding.

However, we are pleased to announce that we have raised over £10,000 so far towards our running costs as we work to secure further funding. We will be recruiting a Fundraiser in the new year, to help us reach our targets.  
(see [www.tlpc.org.uk/join-our-team](http://www.tlpc.org.uk/join-our-team)).

Thank you once again for your incredible support.

## CoCo East

Do you feel inspired to improve the lives of local children and families but don't know where to start? Do you have any thoughts or ideas for new activities, projects or services that you would like to develop and deliver? If your answer is yes, we'd love to hear from you.

CoCo East is a co-production collaborative group where local families can help design and deliver child-centred activities, plus help shape current and future services for children. Our aim is to create safe spaces for local people to be heard, connect to others and make positive changes together. Our current members have many lived experiences ranging from SEND to wellbeing and Mental Health.

Coco East group discussions are open to anyone interested in supporting our mission. They are led by parent/carers and are attended by other parent/carers, local charities, community groups, advocacy groups and service providers.

For further information and to get involved please visit [www.tlpc.org.uk/coco-east](http://www.tlpc.org.uk/coco-east)



To find out more information or to book please email [chris@tlpc.org.uk](mailto:chris@tlpc.org.uk)

# Families Voice and Fundraising

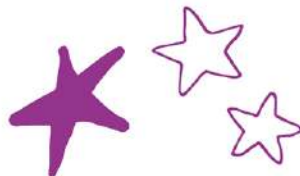
## Our Community Living Room has returned!

The Lloyd Park Children's Charity team is thrilled to bring back our beloved project for the third year! Our Community Living Room offers a warm, welcoming space where parents and carers can meet, share experiences, and build friendships while their children enjoy fun activities. With comfortable seating, toys, and educational materials, it's perfect for relaxation, learning, and support.

Our team provides guidance and connects families to early years services, helping them tackle daily challenges. Our in-house catering team will prepare nutritious hot meals for children and adults, easing the cost of living during winter.

Supported by the local authority's Community Action Manager and Stronger Communities team, we're also providing free sanitary products to combat period poverty.

The Community Living Room runs Fridays, 11.30am - 2.00pm, to the 28th March 2025. Parents and carers wishing to access our Community Living Room must be registered with The Lloyd Park Children's Charity and invited to attend by one of our community services team members.



## Somewhere to Belong. Parent and child SEND session launch - January 20th 2025

We are very excited to be re-launching 'Somewhere to Belong' in partnership with our established Coco- East Parent led SEND session. Our SEND manager led on an evidence-based research project, consulting with local families. This project led to the creation of 'Somewhere to Belong', a group for families with young children with additional needs.

This newly launched group will be an open session, no referral required. A safe space to play and meet others without judgement. Our SEND parent lead has many years of experience and knowledge supporting parents with Autistic children.

The purpose of this group is to be:

- Strengths based - building on family strengths and focusing on what the child can do.
- Relational - creating strong emotional bonds between the child, family and professionals.
- Supportive - empowering and enabling families and;
- Reflective - through joint discussions and observations with practitioners and parents.

These are founded on Bronfenbrenner's social ecology model.

Families attending will have access to play for children 0-4. Parents of older children are welcome to attend to meet other parents and seek parent and professional led support. We aim to develop the groups to include workshops and other professionals.



Somewhere to Belong



## Bucket Time

Bucket time is a method to help young children with Autism or social interaction differences improve their attention and communication skills. These children often learn best through visuals, so we use pictures and visual cues. A "Now and Next" board shows what activity is happening now and what comes next, like "Now: Bucket Time, Next: Singing."

Bucket time is part of the Attention Autism program by speech therapist Gina Davies. The sessions aim to capture the children's attention using fun toys and engaging language. The bucket contains exciting toys, and we use a whiteboard to show the "Now and Next" activities. All you need is a bucket with a lid and some toys inside that your child might enjoy (age-appropriate and supervised).

Working with families, we've developed creative ways to use bucket time, and the feedback has been very positive.

*"I can't thank you enough for supporting my family and me. No professional has ever taken the time to listen to our needs like you have. The bucket time...helped improve his listening, patience, and speech. I've seen a huge improvement in him and myself!"*



## You said... We did

### You said...

Parents have been asking for another Play session from the Chingford Family Hub as the Tuesday sessions are really busy.

### We did...

We are now bringing back a Friday morning play session to Chingford.

### You said...

Families requested the return of Somewhere to Belong.

### We did...

Somewhere to Belong is re-launching in January 2025

### You said...

Parents wanted to support their children's mental health and wellbeing.

### We said...

Our team took part in training on a range of alternative therapeutic approaches and together with families we developed our new 'Mindful Medley' programme.

# Building Brighter Futures through Education and Support

## Never too young for mathematics!



Learning maths begins from the earliest stages of life and helps children to make sense of the world around them. It is essential that children enjoy and develop positive attitudes to mathematics.

Babies are mathematical. They recognise patterns, to help them predict what will happen, notice differences in quantities, and use shape and patterns to recognise familiar people, places and objects. It is part of their everyday experiences.

## Making Playdough with your child

This is a simple and effective way of developing mathematical language. It offers purposeful opportunities for measuring and counting, for example; 2 scoops of flour, 1 cup of water.

Whilst playing with playdough, children can explore shape and size. Providing different resources such as empty egg boxes can spark discussions on "how many", "more", "fewer".

### Ingredients

- 2 cups plain flour
- 3 tablespoons oil
- ½ cup water
- few drops of food colouring
- you can also add glitter, sparkles etc



### Method

1. Combine the flour, glitter (if using) and 3 tbsp oil in a large bowl.
2. Add a few drops of food colouring to the water then add to the mix.
3. Stir well until combined and begin to knead hard with your hands, if you find it is still too dry add a little more water.



## Is your child due to start Primary School in 2024?

If your child was born between Sept 1st 2020 and Aug 31st 2021 and lives in Waltham Forest you will need to apply to Waltham Forest School Admissions Service for a Reception place for them for September 2025.

The deadline for applications is 15th January 2025.

For more information search:  
Primary School Booklet 2023  
(walthamforest.gov.uk)



# Thank You



## Lorraine Baby Bank Appeal

Thanks to everyone that donated to our Baby Bank trolley at Morrisons.

And a big thank you to the Baby Bank Alliance, Lorraine and Morrisons Chingford for making it happen.



## PEEPS- Supporting parents and children to learn together

The Lloyd Park Children's Charity (TLCC) are working with the Local Authority to offer a very exciting opportunity for local families. The PEEPS groups are for young children with a developmental delay, referred through the Early Years Inclusion Pathway by a professional. Our practitioners support parents to make a real difference by talking, playing, singing and sharing activities with their child. During these sessions we will be sharing ideas and activities that support learning and development in everyday life.

'Sprinkles of Peeps' will also be delivered in TLCC Children and Family centre sessions in each of the four neighbourhoods.

*'I just wanted to say a huge thank you for welcoming me into your session today at the Lloyd Park Centre. I left with such a big smile on my face. It was such an inclusive and thought out session with Peeps clearly implemented throughout...'* Sue Grey, Early Years Advisory Teacher.

## CoCo East Ideas Workshop

On 21st of November 2024 local parents came together to tell us what support activities they think children and families living in Waltham Forest need to thrive and improve their wellbeing.

Thanks to everyone who came along, and a massive Thank You to Helen at Walthamstow Toy Library & Play Centre for giving us a warm and welcoming venue! We had a really fun afternoon exploring everyone's thoughts through a mix of group discussions, 1:1 chats and using arts and crafts to express ideas.

CoCo East will help parents connect to the people, organisations and resources that can help them take their ideas forward and make them a reality.

We look forward to the next meeting on the 4th February, 10am at The Lloyd Park Centre.



# Health and Wellbeing

## Vaccinations

Vaccinations help keep children and families safe from serious diseases like measles and whooping cough. They help your body fight off illnesses and stop them from spreading. Vaccines are tested to work well.

By getting vaccinated, you protect your child and others who can't get vaccines. Check with your doctor to ensure your family has all the necessary vaccines.

[www.nhs.uk/vaccinations/mmr-vaccine/](http://www.nhs.uk/vaccinations/mmr-vaccine/)



## Healthy Start Card

If you are pregnant or have children under 4 and are receiving certain benefits, you might be eligible for a Healthy Start Card.

You can use this prepaid card to collect free Healthy Start Vitamins from Family Hubs, simply show your card to the reception staff.

Healthy Start pre-paid card can also be used for paying for healthy food and milk.

Visit: [bit.ly/healthystart-WF](http://bit.ly/healthystart-WF) for more information.



## Shelter Workshops

The Shelter East London Family Service team are running FREE housing awareness workshops at The Grow Well Centre, Saxon Close E17 8LE. To book visit: [www.tlpc.org.uk/whats-on](http://www.tlpc.org.uk/whats-on)

- Thursday 30th January: Tackling Disrepair
- Thursday 27th February: Interim Duty and Hotel Accommodation Rights
- Thursday 27th March: Finding Private Rented Accommodation



## Chickpea Curry Recipe

### Ingredients

For the sauce:

- 2 tbsp oil
- 1 onion, diced
- 1 tsp fresh or dried chilli, to taste
- garlic cloves (approx. 4 small)
- 1 tbsp ground coriander
- 2 tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp tomato purée

For the curry:

- 2 x 400g cans chickpeas, drained
- 400g can chopped tomatoes
- 1 tin coconut milk
- ½ small pack coriander, chopped
- 100g spinach (Optional)

### Method

Step 1.

To make the paste, heat a little of the 2 tbsp oil in a frying pan, add 1 diced onion and 1 tsp fresh or dried chilli, and cook until softened.

Step 2.

Combine garlic cloves, and the remaining oil, then add 1 tbsp ground coriander, 2 tbsp ground cumin, 1 tbsp garam masala, 2 tbsp tomato purée, and the fried onion. Blend to a smooth paste – add a drop of water or more oil, if needed.

Step 3.

Tip in two 400g cans drained chickpeas and a 400g can chopped tomatoes, and simmer for 5 mins until reduced down.

Step 4.

Add coconut milk, cook for 5 mins more, then add ½ small pack chopped coriander and 100g spinach, (optional) and cook until wilted.

Step 5.

Garnish with extra coriander and serve with rice or Naan Bread.

Enjoy your meal!



## Mindful Medley: Children's Wellbeing project



Wellbeing for children encompasses their complete physical, mental and emotional health. It's about ensuring they have a balanced diet, regular physical activity and a supportive environment to thrive in.

We ran our first children's wellness project Pilot. The four-week programme involved working in partnership with parents in helping their children manage their feelings and emotions to promote wellbeing and restoring calm.

The project focused on developing a sense of self awareness, resilience and overall wellbeing using Lego therapy, music and movement, mindful relaxation and using engaging resources to help children express and manage their feelings and emotions.

Children's wellbeing top tips:

- Healthy eating
- A good nights sleep
- Being active
- Being outdoors and in nature
- Trying new things
- Taking time to relax



# Staying Safe, Training and Employability



## Volunteer Spotlight!

Rahela started her journey with the Lloyd Park Children's Charity as a parent, attending the Stay and Play sessions with her daughter.

She joined a group therapy session called The Wellbeing Project. This session supported Rahela personally with skills such as overcoming a low mood and helped to improve her confidence.

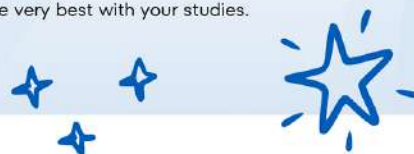
Lili the Facilitator of the group states how wonderful Rahela was:

**'A parent Champion, she was really good at supporting the other parents, so we asked her to become a volunteer.'**

Rahela built relationships with other parents within the group and enjoyed her time on the project both as a parent and a volunteer. When the funding ended Rahela wanted to pursue a career in Early Years and was successful for the post of Early Years Apprentice Level 2.

We are so lucky to have Rahela with us at The Higham Hill Centre, the children and team are thrilled!

Thank you for your years of support and we wish you all the very best with your studies.



## 5 Steps to Finding Balance as a Single Parent with Young Children

Navigating the journey of single parenthood with children under 5 can be both rewarding and challenging. Here are some tips to help you bring some balance to your day to day life:

- **Prioritise Self-Care:** Taking time for yourself is crucial for maintaining your energy and focus. Even a few minutes of quiet time can help you recharge.
- **Create a Support Network:** Connect with friends, family or local groups. Building relationships with other parents can provide practical advice and much needed encouragement.
- **Establish Routines:** Consistent daily routines help children feel secure. Structure mealtimes, playtime and bedtime to create predictability.
- **Embrace Flexibility:** While routines are important, be prepared to adapt. Flexibility can reduce stress when unexpected challenges arise.
- **Celebrate Small Wins:** Acknowledge and celebrate your achievements, no matter how small. Each step forward is a victory!

Remember, you're not alone in this journey. Reach out, connect and thrive!

Website: [www.solascoaching.com](http://www.solascoaching.com)

Email: [orla@solascoaching.com](mailto:orla@solascoaching.com)

Instagram: [@solascoaching](https://www.instagram.com/solascoaching)



## 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

visit [www.tlpc.org.uk/join-our-team](http://www.tlpc.org.uk/join-our-team)

## Meet Techosaurus: Helping Children Stay Safe Online

The NSPCC has a friendly dinosaur named 'Techosaurus' who helps children learn how to stay safe. Techosaurus is aimed at little ones who are starting to use technology and the internet, and keeps the conversation around online safety positive.

Techosaurus will help your child to form healthy online habits, routines and behaviours from a young age, and build basic knowledge and skills related to online safety.


For more information and to apply for an activity pack:

[www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/)

**NSPCC**



## Up and coming Courses and Workshops

	Walthamstow	Chingford	Leytonstone	Leyton
<b>Baby Massage</b>	<p><b>Course 1:</b> Thursday 16th 23rd 30th January. 6th 13th February 1.30 - 2.30 Walthamstow Family Hub.</p> <p><b>Course 2:</b> Thursday 27th February. 6th 13th 20th 27th March 1.30 - 2.30 Walthamstow Family Hub. Price £22.15 per course. To book: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a></p>	<p><b>Course 1:</b> Wednesday 15th 22nd 29th January. 5th 12th February 1.00 - 2.00 Chingford Family Hub.</p> <p><b>Course 2:</b> Wednesday 26th February. 5th 12th 19th 26th March 1.00 - 2.00 Chingford Family Hub. Price £22.15 per course. To book: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a></p>	<p><b>Course 1:</b> Monday 20th 27th January. 3rd 10th 17th February 1.30 - 2.30 Leytonstone Family Hub.</p> <p><b>Course 2:</b> Monday 3rd 10th 17th 24th 31st March 1.30 - 2.30 Leytonstone Family Hub. Price £22.15 per course. To book: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a></p>	<p><b>Course 1:</b> Monday 20th 27th January. 3rd 10th 17th February 10.30 - 11.30 Grow Well Centre, 7 Saxon Close.</p> <p><b>Course 2:</b> Monday 24th February. 3rd 10th 17th 24th March 10.30 - 11.30 Grow Well Centre, 7 Saxon Close. Price £22.15 per course. To book: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a></p>
<b>Eating Well</b>	Friday 7th 14th 21st March within Play Session at Walthamstow Family Hub 1.00 - 3.00	Friday 7th 14th 21st March within Play Session at Chingford Family Hub 10.00 - 11.30	Thursday 6th 13th 20th February within Under-2s Play Session at Leytonstone Family Hub 10.00 - 11.30	Tuesday 21st 28th January. 4th February within Play Session at Leyton Sports Ground 1.00 - 2.30
<b>Exploring Foods</b>	Friday 31st January. 7th 15th February within Play Session at Walthamstow Family Hub 1.30 - 3.00	Tuesday 28th January. 4th 11th February within Play Session at Chingford Family Hub 10.00 - 11.30	Friday 14th 21st 28th February within Play Session at Leytonstone Family Hub 10.00 - 11.30	Friday 7th 14th 21st March within Play Session at Queens Road Family Hub 10.00 - 11.30
<b>Oral Health Promotion</b> A fun oral health themed play session where children can explore how to keep teeth healthy.	Thursday 13th February within Under 2's Play Session at Walthamstow Family Hub 9.30 - 11.00 Friday 28th March within Play Session at Walthamstow Hub 1.30 - 3.00	Friday 14th February within Play Session at Chingford Family Hub 10.00 - 11.30 Tuesday 18th March within Under 2's Play session at the Paradox Centre 1.30 - 3.00	Friday 21st March within Play Session at Leytonstone Family Hub 10 - 11.30 Thursday 20th February within Under 2's Play Session at Leytonstone Family Hub 10 - 11.30 Monday 20th January within Play Session at United Free Church 1.00 - 2.30	Tuesday 28th January within Play Session at Leyton Sports Ground 1.00 - 2.00 Wednesday 12th February within Play Session at St Joseph's School 1.00 - 2.30 Friday 14th March within Play Session at Queen's Road Family Hub 10.00 - 11.30
<b>Initial Sleep Consultation</b> For children over 1. If you would like to discuss your child's sleep and bedtime routines please speak to a member of the team in one of these play sessions. For children under 1 please speak to a Health Visitor or HENRY Infant Feeding Team.	Friday 31st January. 28th February. 28th March. Walthamstow Family Hub Half hour slots between 10.00 - 12.00  To book an appointment: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>	Wednesday 8th January. 5th February. 5th March. Chingford Family Hub Half hour slots between 3.00 - 5.00  To book an appointment: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>	Tuesday 28th January. 25th February. 18th March. Leytonstone Family Hub Half hour slots between 10.00 - 12.00  To book an appointment: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>	Friday 31st January. 28th February. 21st March. Queens Road Family Hub Half hour slots between 1.00 - 3.00  To book an appointment: <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>
<b>Young Parents Group</b> Under 24's. Working together with Family Nurse Partnership.	Tuesday 4th 11th 18th 25th March Walthamstow Family Hub 1.00 - 2.30	Wednesday 5th 12th 19th 26th February. Chingford Family Hub 2.15 - 3.45	Thursday 6th 13th 20th 27th February Leytonstone Family Hub 1.00 - 2.30	Thursday 6th 13th 20th 27th March Queens Road Family Hub 1.00 - 2.30
<b>Peer to Peer Support Group</b>		Friday 21st March within Play Session at Chingford Family Hub 10.00 - 11.00	Monday 27th January alongside the Child Health Clinic at Queen's Road Family Hub 9.30 - 10.30	Tuesday 11th February within Play Session at Leyton Sports Ground 1.00 - 2.00
<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@tlpcc.org.uk">familysupport@tlpcc.org.uk</a>	Wednesdays 8th 15th 22nd 29th January. 5th 12th 19th 26th February 1.00 - 3.00 at Queens Road Family Hub E17 8PJ To book visit <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>			
<b>Mellow Courses Online</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. This course is for mothers only.	Thursdays 6th 13th 20th 27th February. 6th 13th 20th 27th March via Zoom or Teams 2.00 - 4.00 To book visit <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>			
<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) Tuesdays 21st 28th January. 4th 11th 18th 25th February. 4th 11th March at Queens Road Family Hub E17 8PJ. 10.00 - 12.00 To book visit <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</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@tlpcc.org.uk">familysupport@tlpcc.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.	Wednesday 29th January. 1.00 - 2.30 at The Higham Hill Centre (Nursery side) Wednesday 27th March. 6.00 - 7.00 delivered via Zoom For more information contact <a href="mailto:familysupport@tlpcc.org.uk">familysupport@tlpcc.org.uk</a>			
<b>Fathers' Wellbeing Support</b> Offering 1:1 Counselling or Group Support for fathers living in Waltham Forest with children under 2 years.	We support you to manage emotions, thoughts, and behaviours, providing strategies to reframe thinking and reduce stress. The Fathers' Support Group connects you with other fathers to share experiences and improve your relationship with your child. 1:1 support is delivered online or in person and our group support is currently online. For more information, contact <a href="mailto:Lilien@tlpcc.org.uk">Lilien@tlpcc.org.uk</a> to access this support			
<b>Single Parents Group</b> Facilitated by Orla from Solas. Provides a safe, engaging space for parents to share experiences and receive structured support, focusing on connection, practical skills and wellbeing. The sessions are open to single parents, co-parents, solo parents by choice and widowed parents who are the primary caregivers of children aged 0-5.	Weekly on-line group aimed at supporting single parents in Waltham Forest. Wednesdays 12.30 - 1.30 Delivered online 12 week course from Wednesday 8th January to Wednesday 26th March To book visit <a href="http://www.tlpcc.org.uk/whats-on">www.tlpcc.org.uk/whats-on</a>		 <p>Scan the QR code to book, and find address and contact details for our courses, activities and play sessions.</p>	

## Activity and Session Timetable Timetable

### Walthamstow Neighbourhood

#### Monday

##### Grow Wild

9.30 - 10.30 and 11.00 - 12 noon  
Term-time only  
at Grow Wild, Lloyd Park  
£5 per child.

##### Flourish \*

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

##### CoCo East parent led SEND Group including Somewhere to Belong

facilitated by Yasmin  
1st and 3rd Monday of the month  
1.00 - 2.30  
at the Lloyd Park Centre  
£5 per child



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

#### Tuesday

##### Stories and Rhymes \*

With speech and language top-tips  
10.00 - 10.45 & 11.00 - 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  
10.00 - 11.30 Term-time only  
The Lloyd Park Centre  
£5 per child.



##### Grow Wild

9.30 - 10.30 and 11.00 - 12 noon  
1.30 - 2.30  
Term-time only  
at Grow Wild, Lloyd Park  
£5 per child.



We are delivering **PEEPS** in  
our sessions to support your  
child's home learning

#### Wednesday

##### Music and Movement \*

Delivered by TLPCC.  
1.00 - 2.00 Term-time only  
Walthamstow Toy Library  
and Play Centre  
Free

##### Grow Wild

9.30 - 10.30 and 11.00 - 12 noon  
1.30 - 2.30  
Term-time only  
at Grow Wild, Lloyd Park  
£5 per child.



#### Thursday

##### Grow Wild Explorer \*

9.30 - 10.30 and 11.00 - 12 noon  
1.30 - 2.30  
Term-time only  
at Grow Wild, Lloyd Park  
Free

##### Under 2's Play Session \*

For 0 - 2's and expectant parents  
9.30 - 11.00 Term-time only  
Walthamstow Family Hub  
Free

##### You and Your New Baby \*

Birth to pre-crawlers, antenatal  
and postnatal  
11.15 - 12.45  
Walthamstow Family Hub  
Free

##### Learning Together \*

Pre-school early inclusion pathway  
1.00 - 2.30 Term-time only  
Walthamstow Family Hub  
Invitation only. Free



#### Friday

##### Sensory Play Session \*

9.30 - 11.00 Term-time only  
Walthamstow Family Hub  
Free

##### Play Session \*

0 - 4 years  
10.00 - 11.00  
The Higham Hill Centre  
£5 per child

##### Baby Bank Play Session

0 - 4 years  
10.00 - 11.30 Term-time only  
The Lloyd Park Centre  
Free

##### Baby Bank Community Living Room

Free Community Living Room for  
families with children under 5  
11.30 - 2.00 Term-time only  
The Lloyd Park Centre

##### Grow Wild

9.30 - 10.30 and 11.00 - 12 noon  
Term-time only  
at Grow Wild, Lloyd Park  
£5 per child.

##### Play Session \*

0 - 4 years  
1.30 - 3.00  
Walthamstow Family Hub  
Free

#### 1st Saturday of the month

##### Family Grow Wild

Up to 8 year olds  
10.00 - 11.30  
at Grow Wild, Lloyd Park  
£6 per child. \*\*



#### 2nd Saturday of the month

##### Rainbow Group Grow Wild

Up to 8 year olds  
10.00 - 11.30  
at Grow Wild, Lloyd Park  
£6 per child. \*\*



#### 2nd Saturday of the month

##### Forever Families Grow Wild

Up to 8 year olds  
For children with adopted families  
1.00 - 2.30  
at Grow Wild, Lloyd Park  
£6 per child. \*\*



#### Last Saturday of the month

##### Outdoor Dads Club \*

0 - 4 years  
9.30 - 10.30 and 11.00 - 12 noon  
at Grow Wild, Lloyd Park  
Free  
Contact [lpc@tlpcc.org.uk](mailto:lpc@tlpcc.org.uk) for more  
information.

#### 3rd Sunday of the month

##### Somewhere to Belong Grow Wild

Up to 8 year olds  
Aimed at children with SEND  
2.00 - 3.30  
at Grow Wild, Lloyd Park  
£6 per child. \*\*



\*\* Discretionary discounts are available for those on low income or benefits, contact [chris@tlpcc.org.uk](mailto:chris@tlpcc.org.uk) for more information.

### Chingford Neighbourhood

#### Monday

##### Flourish \*

Post-natal support group  
10.00 - 12 noon  
Chingford Family Hub  
Contact [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)  
for more information  
Invitation only.  
Free

##### Under 2's Play Session \*

1.30 - 3.00 Term-time only  
Paradox Centre  
Free

##### Learning Together \*

Pre-school early inclusion pathway  
2 - 4 years  
1.30 - 3.00 Term-time only  
Chingford Family Hub  
Invitation only  
Free

#### Tuesday

##### Play Session \*

0 - 4 years  
10.00 - 11.30  
Chingford Family Hub  
Free

##### You and Your New Baby \*

Birth to pre-crawlers, antenatal  
and postnatal  
1.30 - 3.00  
Chingford Family Hub  
Free



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

#### Wednesday

##### Stories and Craft \*

2 - 4 years  
Delivered by Treasure Me Kids  
10.00 - 11.00 Term-time only  
Paradox Centre  
£1.50 first child, 50p siblings

##### Tambini's Music and Rhymes \*

0 - 2 years  
Delivered by Treasure Me Kids  
11.15 - 12.00 Term-time only  
Paradox Centre  
£2.50 first child, 50p siblings



We are delivering **PEEPS** in  
our sessions to support your  
child's home learning

#### Thursday

##### Outdoor Explore in Nature Session \*

0 - 4 years  
10.00 - 11.30  
Meet at the children's playground,  
Highams Park  
Free



#### Friday

##### Play Session \*

0 - 4 years  
10.00 - 11.30  
Chingford Family Hub  
Free

##### Stories and Rhymes \*

With speech and language Top-Tips  
0 - 4 years  
1.30 - 2.30 Term-time only  
Hale End Library  
Free

#### 1st Saturday of the month (Starting in February)

##### Dads Club \*

0 - 4 years  
10.00 - 12 noon  
Chingford Family Hub  
Free

# Activity and Session Timetable

## Leytonstone Neighbourhood

### Monday

#### Learning Together \*

Pre-school early inclusion pathway  
0 - 4 years  
10.00 - 11.30 Term-time only  
Leytonstone Family Hub,  
The Junction  
Invitation only  
Free

#### Play Session \*

0 - 4 years  
10.00 - 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  
1.00 - 2.30 Term-time only  
United Free Church  
Free



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

### Tuesday

#### You and Your New Baby \*

Birth to pre-crawlers, antenatal and  
postnatal  
10.00 - 11.30  
Leytonstone Family Hub,  
The Junction  
Free

#### Play Session \*

0 - 4 years  
1.00 - 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  
1.00 - 3.00  
Leytonstone Family Hub,  
The Junction  
Contact: [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)  
for more information  
Invitation only  
Free

We are delivering **PEEPS** in  
our sessions to support your  
child's home learning

### Wednesday

#### Play Session \*

0 - 4 years  
10.00 - 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 \*

10.00 - 11.30  
Leytonstone Family Hub,  
The Junction  
Free

#### 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's 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  
10.00 - 11.30  
Leytonstone Family Hub,  
The Junction  
Free

### 3rd Saturday of the month

#### Dads Club \*

0 - 4 years  
10.00 - 12 noon  
Leytonstone Family Hub,  
The Junction  
Free



## Leyton Neighbourhood

### Monday

#### Under 2s Play Session \*

1.00 - 2.30 Term-time only  
Seddon Centre  
Free

#### Let's Create \*

2 - 4 years  
Delivered by Treasure Me Kids  
3.15 - 4.00 Term-time only  
Seddon Centre  
£2.50 first child, 50p siblings

#### Tambini's Music & Rhymes \*

0 - 4 years  
Delivered by Treasure Me Kids  
4.00 - 4.45 Term-time only  
Seddon Centre  
£2.50 first child, 50p siblings



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

### Tuesday

#### You and Your New Baby \*

Birth to pre-crawlers, antenatal and  
postnatal  
10.00 - 11.30  
Leyton Sports Ground  
Free

#### Flourish \*

Post-natal support group  
Birth to 18 months  
10.00 - 12 noon  
Queens Road Family Hub  
Contact: [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)  
for more information  
Invitation only group  
Free

#### Play Session \*

0 - 4 years  
1.00 - 2.30  
Leyton Sports Ground  
Free

#### Parent and Children's Reading Project

0 - 4 years  
Delivered by ELAT  
10.00 - 11.00 Term-time only  
Grow Well Centre  
(Last Tuesday of the month  
E-Visa training)  
Free



We are delivering **PEEPS** in  
our sessions to support your  
child's home learning

### Wednesday

#### Play Session \*

0 - 4 years  
1.00 - 2.30 Term-time only  
St Joseph Infant School  
Free

#### Sensory Play Session \*

0 - 4 years  
1.00 - 2.30  
Queens Road Family Hub  
Free

#### CoCo East Conversation Group and Play Session

0 - 4 years  
1.00 - 2.30  
Grow Well Centre  
Free



### Thursday

#### Learning Together \*

Pre-school inclusion pathway  
0 - 4 years  
10.00 - 11.30 Term-time only  
Seddon Centre  
Invitation only  
Free

#### Stories and Rhymes \*

1.15 - 2.00 and 2.15 - 3.00  
Term-time only  
Seddon Centre  
Free

#### Shelter Workshops

The Shelter East London Family  
Service team are running FREE  
housing awareness workshops at  
The Grow Well Centre  
To book visit:  
[www.tlpcc.org.uk/whats-on](http://www.tlpcc.org.uk/whats-on)

Thursday 30th January:  
**Tackling Disrepair**

Thursday 27th February:  
**Interim Duty and Hotel  
Accommodation Rights**

Thursday 27th March:  
**Finding Private Rented  
Accommodation**

