

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134

Inside this issue: Children and Family Centre
Activity Timetable, Top Tips for work after children,
The EYFS explained, Health Information and Advice



Welcome to Roleplay, the newsletter for families with children under five in Waltham Forest. In this edition you will find the Children and Family Centre activity timetables and our 'What's On' page detailing the courses and workshops we will be offering over the next term. We have dedicated pages for health, Families and Child Development; with information, ideas and top tips to support families through the early years. We want to make sure that Roleplay is useful for local families, so please get in touch if there are topics you would like us to cover, e-mail wendy@tlpcc.org.uk.

The Lloyd Park Children's Charity currently run two nurseries and we have some exciting plans to redevelop the outdoor play spaces (see photo for Lloyd Park's plans). We are also expanding provision at The Higham Hill Centre to offer the new entitlement for 30 hours of free childcare (FEE). This will open in January from 9-3pm term time only, please call 020 8527 1737 for more information or to join the waiting list.

Grow Wild has had a new tunnel added to its collection of outdoor risk taking and natural play features. This space is open to all early years' families on Tuesday mornings (10-11.30), Fridays (1-2.30), during the Family Session on the second Saturday of every month (10-12) and dads access Grow Wild during the Central Dads Club on the last Saturday of the month (10-12). Please come along and let us know what you think.

We will be holding an awards night to recognise the hard work, commitment and outstanding practice across Early Years services in Waltham Forest. If you have had a good experience using local services and have come across a member of staff or volunteer who deserves recognition please let us know, nomination forms can be found here www.tlpcc.org.uk/staff-awards/

I would like to wish everyone a Happy New Year and hope that our charity continues to help build brighter futures for young children throughout 2018!

Pauline Thomas MBE
Chief Executive Officer



Dates for your diary

Training Day: Wed 3rd Jan 2018
First day of term: Thurs 4th Jan 2018
Half Term: Mon 12th Feb – Fri 16th Feb 2018
Last Day of Term: Thurs 29th Mar 2018
Easter Closures: Fri 30th March and Mon 2nd April 2018
Training Day: Mon 16th Apr 2018
First day of Term: Tues 17th Apr 2018

Fundraising event dates:

The Lloyd Park Staff and Volunteer
Awards Night: Date TBC
Easter Egg Hunt at The Lloyd Park Centre:
24th Mar 2018

Dates and times can change at short notice
Please go to www.thelloydparkcentre.co.uk
or follow us on Facebook for updates.



Designers illustration of the new outdoor space at The Lloyd Park Centre.

Happy 10th Anniversary to Waltham Forest Family Nurse Partnership

It has been 10 years since the Family Nurse Partnership was first introduced in England and 8 years since it started in Waltham Forest. It's been amazing to see our young people turn into fantastic parents over this time. Since 2008 we have supported 319 young mothers and completed 8092 FNP visits.

With the support of the programme, many clients have not only gone on to be brilliant parents but also work hard to achieve their aspirations. Two FNP graduates have gone on to become health professionals themselves, one in midwifery and one in health visiting. One mother currently on the programme explained 'My family nurse helps me by making me understand that I'm not alone and that I now have someone to ask questions to.'

Our specially trained Family Nurses help mothers to understand all about their pregnancy and how to care for themselves and their babies.



Learning Through Play

The Learning Book: Parents Perspective

"My name is Tosliama Salim, I bring my 7-month baby to the Rollers and Crawlers Group. I have recently joined to the Learning Book.

From the moment I was given the information about the book I just wanted to put my baby on it. More because it's a good way to reflect back on my baby's development and how she changed and grown up, observe her, see her confidence level go up. It's a really good book, it allows me to take and upload pictures of my baby during her every day also when she's at the group.

Also the learning book is really good because it becomes a book of all my baby's development, pictures that can be shown to Nursery".

The Learning Book is a digital profile for children from birth to age 5 used in Children and Family Centre play sessions and at home by families who are registered. It helps practitioners and parents to work together to support each step of your child's development and help them to learn and grow.

If you would like to join The Learning Book, then please speak to a member of our team at any Children and Family Centre session.

Could Your Family be Eligible for 30 hours of Free Childcare?

All 3 and 4 year olds and some 2 year olds have been entitled to 570 hours of free early education and childcare a year. This is usually offered as 15 hours per week for up to 38 weeks a year through an Ofsted registered childcare provider.

In September 2017 this entitlement increased from 15 to 30 hours a week for working families who meet the eligibility criteria. If eligible, families will receive up to 1140 hours of free childcare a year.

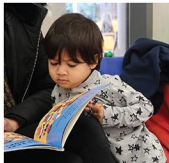
Check whether you could be eligible for a range of Government childcare offers, including 30 hours, via www.childcarechoices.gov.uk/ or www.gov.uk/childcare-calculator. If eligible you will be given a code to take to your childcare provider. (You can only claim the extended hours the term following your child's third birthday or the term following the receipt of your eligibility code from HMRC (whichever is the later). Therefore, you MUST apply the term before your child meets the eligible age to ensure your child can access a place at the start of the term after your child turns three. If not, you will need to wait until the following term to access the 30 hour place).

What is so special about play?

Play is a universal feature of childhood. This means that in every culture around the world children enjoy playing, whether it's with an expensive toy or a toyshop or an old leather football.

Children gain many valuable experiences through their play, for example:

- Play allows children to have control over their environment
- Play allows children to make choices and develop their independence
- Play lets children practice their skills and knowledge in a fun way
- Play lets children use their creativity and imagination
- Children develop relationships with other children through their play
- Children develop their communication skills through their play
- Children can rehearse future roles and relationships in their play
- Children can use past experiences to develop and extend their play



Outdoor Play

Outdoor winter play has often been blamed for colds and the flu. Although going outside unprepared for the elements is unwise, viruses that are spread by other human beings cause colds and the flu—indoors. So, with the right clothing and understanding of winter weather, your child can have as much fun in the cold as he or she does in the sun!

Here are some benefits of outdoor winter play:

Breathe Fresh Air and Strengthen the Immune System

It is common for people to think that winter air is the cause for colds and the flu. Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments can cause illnesses. The more time you spend inside, the more you are exposed to germs. Being outside more often also allows your child to develop a stronger autoimmune system. Playing outdoors is an important part of a child's health and well being.

Engage in Physical Exercise

Because it's cold outside, it is tempting to stay snuggled up warm inside. In fact outdoor winter play gives children an opportunity for a change of environment, and provides a space to enjoy energetic play. On a sunny winter day there are a lot of physical activities children can do outside that cost little or no money, such as snow fights, sledging, jumping in muddy puddles and playing in the park investigating slippery surfaces, ice and frost.

Stimulate the Imagination

The winter also offers a variety of ways to stimulate your child's imagination and problem solving skills through play. Does your child like to build things?

Build a snowman or make a den from sticks and branches. Go for a wildlife walk and look for birds and other woodland creatures, Epping Forest and the new Wetlands are both right on our doorstep and are an amazing free resource for families to use.

Have Fun!

The list of fun things to do in the winter goes on and on, and provides lots of fun for everyone. When we encourage and motivate children during their outdoor winter play involved. As with any activity, this is a great time to bond and enjoy a fun outdoor activity together.



Higham Hill Knitting Project

A massive thanks to our local knitting group for making blankets for the Baby Bank to give to local children. We think you're amazing!



Join this group - learn to knit, giggle and chatter or donate unwanted wool, all for a good cause.

E-mail: info@highamhillhub.org.uk



Baby Friendly Initiative



Waltham Forest is going Baby Friendly!

Did you know that over 5,000 babies are born in Waltham Forest each year? To make Waltham Forest an even better place to have a baby we are working together across Children and Families Centres (CFCs) and Health Visiting to achieve Baby Friendly accreditation. The Baby Friendly Initiative is a partnership between UNICEF and the World Health Organisation that aims create services that protect breastfeeding and support all parents in developing good relationships with their babies.

There are a range of services to support you with feeding your baby, from Breastfeeding Cafes to drop-in sessions alongside Child Health Clinics. As your baby grows you might like to come to a starting solids themed 'You and Your New Baby' session or dedicated workshop. If you have any concerns or questions at any time you can also talk to your Health Visitor.

Why not try out one of our new Breastfeeding Cafes? In these relaxed sessions held in local cafes or CFCs you can meet other breastfeeding mums to talk about how things are going. There will also be an Infant Feeding Practitioner on hand to talk to you about any concerns you might have. All the sessions we provide are listed in the timetables for each area.

As we work towards the Baby Friendly accreditation we will ensure that all staff across the CFCs and Health Visiting service have the best training to be able to support you in your infant feeding journey.

If you have any questions about the initiative please get in touch with Elaine, the Infant Feeding Lead for HENRY Best Start.
elaine.londesborough-vanrooyen@henry.org.uk

Children loved visiting the dentist!



1001 Critical Days

Did you know....By the age of two the foundations for learning and relationships have been formed in your babies brain? And that all of this actually starts in pregnancy? We now know that brain development during the 1001 Critical Days from conception to your babies second birthday lays the foundations for their later success, achievement and happiness in life. The emotional attachments and bonds your children have with those who care for them during this time support the strength of these foundations.

In 2018 the NELFT Health Visiting team will be offering an antenatal contact with expectant parents, offering the time to talk about your feelings and preparations for becoming a parent, and ask any questions you may have about your family health and wellbeing at this time.



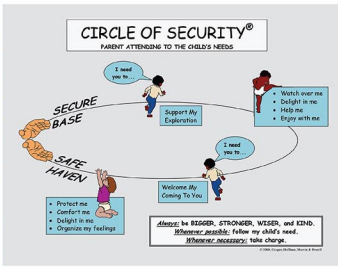
Please do contact us on our Single Point of Access (SPA) line on 0300 300 1970 or email 0-19universaldutyspaw@nhs.net to find out more about this contact, or any of the other services our 0-19 Health Visiting and School Nursing teams offer.

What is Attachment

Attachment is an emotional bond between you and your child, it is a crucial part of a child's development. A child's attachment with their primary caregiver and other significant people in their life has an impact on their future mental, social & emotional development and enables them to form healthy adult relationships.

The way parents respond to their infants needs for security and comfort plays an important role in the shaping of the child's personality.

"The more the child feels attached to the mother, the more secure he is in his acceptance of himself and the rest of the world. The more love he gets, the more he is capable of giving. Attachment is as central to the developing child as eating and breathing" ~ Robert Shaw, M.D.



In August and September over 100 children got a free check-up at their local Children & Family Centre with our friendly dentist, Dr Shilpa Roy! For most children this was their first visit to a dentist and parents were thrilled to get everyday top-tips whilst children got a free toothbrush to help protect those precious little teeth and smiles! Oluseyi Latino, HENRY Best Start, Oral Health Practitioner organised the events with support from Lloyd Park Oral Health Champions and Family Support workers. If you would like to come along to our next dental outreach sessions, or get some tips, give Oluseyi a call or pop along to your local centre and chat to your Oral Health Champion.

Returning to Work After Children

Returning to work or getting a new job can be daunting. It takes time, careful planning, bravery, self-motivation and can be very hard work. Here are our top tips:

1) Think about what you want to do
You may already know what job you will go back to, but priorities can change when you have children and many parents use this time to try something new. Do you want to work full or part time? Do you mind travelling or do you want to work locally? Think about the job you would really like to do and how you want to spend your working day. Employment advisors are on hand to help, see the Children and Family Centre timetable for session times.

2) Volunteering
Boost your confidence and get the skills you need through volunteering. Find an opportunity in the role you are interested in or spend some time with organisations you'd like to work for. This will give you up-to-date experience for your CV and an opportunity to see if you like your chosen role or organisation. The Lloyd Park Children's Charity has opportunities across Waltham Forest, speak to staff in any of our sessions, or find useful information here:
www.walthamforest.gov.uk/volunteering

3) Plan your childcare arrangement
There are a range of childcare options including childminders, daycare and preschools. Recommendations and Ofsted inspection reports can be a good source of information, but settings are all different and you need to consider how they will meet the needs of your child and family. The best advice is to visit different settings, speak to the people who will care for your child and trust your instincts. Consider the environment and how this will support your child's development, the interaction between the staff and children, opening times, location, flexibility and cost.
For more information including details about free childcare visit: www.walthamforest.gov.uk/childcare

You Said
Families with children with SEND want more opportunities to use and enjoy Children and Family Centre services.

You Said
Young parents want a space to meet other families and access support, information and advice.

You Said
Parents told us they want improved ways of finding out about our services.

We Did
We have strengthened our TOPS group (information below) and are working with Whitefields Research and Development Centre to improve our services so that all families are welcome and involved.

We Did
Working in partnership with young parents and the Family Nurse Partnership team we are planning a new session. We'd love to see all young parents. For more information or for support and encouragement to come along, email, text or call sarahm@tlpcc.org.uk 07714 495 001

We Did
Thanks to the parents who volunteer on our Communications Sub Committee, we launched a new website (www.tlpcc.org.uk). We would also like to welcome Sarah Meeks who joined our team and is doing a great job of improving our communications. You can follow [LloydParkCC](#) on Facebook and Twitter.



Toddler Opportunity Parent Support (TOPS)

Hello all and welcome to TOPS. TOPS is supported by The Lloyd Park Children and Family Centre's Inclusion Team.

What is TOPS?
TOPS is a session that supports children's learning and development for a period of up to 12 weeks. During this time parents will join in with their child's play whilst being supported with strategies to enable them to manage a range of childhood experiences.

At TOPS the team works in partnership with the parents and other agencies to ensure that the child's voice and needs are supported. We use the Early Years Foundation Stage to set up a range of play based activities to enhance your child's learning experiences.

We have 4 TOPS sessions currently running across the borough of Waltham Forest. For any enquiries please contact Angela Carter; angela@tlpcc.org.uk 07714 495006



Need Help Finding a Job? Children and Family Centre Work Club

What it is?
The work club can support parents with training or work opportunities

- Writing a CV/completing an application form
- Preparing for an interview
- The latest vacancies information
- Linking with employers
- Support with finding childcare

Who will be there?
Different agencies to give parents immediate support and advice about childcare, benefit calculations,

How to refer?
Simply call the local Children and Family Centre to book an appointment, see the timetable which includes dates and times for Work Club.

Family support

If you would like to know how we can support your child's development, behaviour, routines or accessing nursery do chat to a family support worker in our play sessions to find out more.

Please see our timetable for parenting programmes, Speech & language and Healthy Eating drop-ins and sessions. For breast or bottle feeding advice call HENRY's support line: 020 8496 5222.

If being a mother is not quite what you thought it would be and your feelings about child birth, feeding or soothing your baby are sad and not getting any happier do consider our friendly support group Flourish.

Early Help

Hello, I'm Nicki, an Early Help Practitioner. Practitioners work with families and children aged 0-18 and up to 25 for children with disabilities. There are children and family centres in Chingford, Walthamstow, Leytonstone and Leyton. All practitioners are level 4 trained in 'working with families'.

We strive to provide support at the earliest possible opportunity. We complete whole family working and the child is at the centre of our support. We conduct home visits and complete family assessments. We work in close partnership with professionals such as Health Visitors, schools, Youth Offending Teams, Housing and Citizens Advice. As lead professionals we arrange meetings to co-ordinate services to meet the family needs.

Our aim is to build resilience and empower parents to help themselves. We use the Family Partnership Model which is effective in helping parents give their children the best possible start in life.

If you are struggling and require support or protection you can speak to any professional such as a Family Support Worker, your GP, school, nursery or self-refer by contacting the MASH team directly.

For more information on the Early Help Service please visit the website on;
<https://www.walthamforest.gov.uk>
Email- earlyhelp@walthamforest.gov.uk
Telephone: 020 8496 1517

Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday

Childminder Drop In (prospective parents welcome)
Delivered by LBWF
☀️ ☀️
9.30-11
Walthamstow Children and Family Centre Hub.
£1 first child, 50p siblings.

ESOL (Entry level 1 & 2)
Delivered by ELATT
☀️ ☀️
9.30-11.30
Walthamstow Children and Family Centre Hub.
Booking: hello@elatt.org.uk or call 020 7275 6750

Move and Rhyme Funtime (0-4s)
10-10.30 & 11-11.30
Walthamstow Community Cafe.
Delivered by local parent Carlene. Voluntary donation.

Music and Movement
☀️ ☀️
10.15-11 & 11.15-12
Wood Street Library.
Term time only. Free.

You and Your New Baby
☀️ ☀️
1.30-3.30
The Lloyd Park Centre.
£1 first child, 50p siblings.
Term time only

Flourish
☀️ ☀️
1.30-3.30
The Lloyd Park Centre.
Term time only. Free.

Evening Child Health Clinic & Infant Feeding Drop In
☀️ ☀️
4.30-6.30
Delivered by NELFT and HENRY.
Walthamstow Children and Family Centre Hub. Free.

Services are available for all, irrespective of where you live.

Tuesday

ESOL (Entry level 1 & 2)
Delivered by ELATT
☀️ ☀️
9.30-11.30
Walthamstow Children and Family Centre Hub

Outdoor Play Session (Grow Wild)
☀️ ☀️
10-11.30
The Lloyd Park Centre.
£2 first child, 50p siblings.

Crawlers to 2 Year Olds and Healthy Eating Drop In
Delivered by HENRY
☀️ ☀️
1.30-3

The Lloyd Park Centre.
Crawlers to 2-weekly, Healthy Eating - 2nd and 4th Tuesday of the month.
£1 first child, 50p siblings.
Term time only

Child Health Clinic
☀️ ☀️
1.30-3
Delivered by NELFT
Walthamstow Children and Family Centre Hub.
Free

Healthy Eating Drop-in at the Child Health Clinic 1st, 3rd & 5th weeks of the month (Term Time)
☀️ ☀️
Delivered by HENRY
Free

Breastfeeding Cafe
☀️
2-4
Delivered by HENRY
Homemade Community Cafe.

Evening Child Health Clinic & Infant Feeding Drop In
☀️ ☀️
4.30-6.30
Delivered by NELFT and HENRY.
Walthamstow Children and Family Centre Hub. Free.

Wednesday

Citizens Advice Waltham Forest
☀️
9.30-1.30
Please call to book: 020 8496 3511
Walthamstow Children and Family Centre Hub.

Infant Feeding Support
☀️
10-12
Delivered by La Leche.
The Lloyd Park Centre.
1st and 3rd Wednesday of the month.
Free.

Breastfeeding Beyond Babyhood
☀️
10-12
Delivered by La Leche.
Walthamstow Children and Family Centre Hub.
2nd Wednesday of the month.
Free.

Play Session (0-4 year olds)
☀️ ☀️
1.30-3
St Michael's Hall.
£1 first child, 50p siblings.

Parent and Toddler
☀️ ☀️
1.15-2.45
Delivered by The Lloyd Park Centre
£2 first child, 50p siblings.
Term time only.

Child Health Clinic & Infant Feeding Support
☀️ ☀️
1.30-3.30
Delivered by NELFT and HENRY.
Comely Bank (buggy storage at the toy library) Free.



Thursday

Work Club
Delivered by JCP and Partners
☀️ ☀️
9.30-11
Please call to book: 020 8496 3511
Walthamstow Children and Family Centre Hub.

Creative Kids
☀️
10-11.30 & 12-30
William Morris Gallery in partnership with The Lloyd Park Centre.
2nd Thursday of the month.
Term time only. Free.
Booking essential via: www.wmgallery.org.uk

Stay 2 Play (play session for all 2 year olds)
☀️ ☀️
10-12
Walthamstow Children and Family Centre Hub.
Term time only. Free.

Stories and Rhymes
☀️
10.15-11 & 11.15-12
Higham Hill Library.
Term time only. Free.

Child Health Clinic
☀️ ☀️
12.30-2
Delivered by NELFT.
The Lloyd Park Centre.
Term time only. Free.

Play Session (0-4 year olds)
☀️
1.30-3
Walthamstow Children and Family Centre Hub.
£1 first child, 50p siblings.

TOPS (Toddler Opportunity Parent Support)
☀️ ☀️
1.2-30
Walthamstow Toy Library.
Invitation only.
Term time only. Free.

Friday

Speech and Language Drop In
☀️ ☀️
9.30-11
Delivered by HENRY.
Church Hill Nursery School.
Term time only. Free.

Get Crafty (Sensory Play, Craft and Story) (18 months+)
☀️
10-11.30
Homemade Community Cafe.
Fortnightly (1st and 3rd).
Delivered by parent Carlene 07960 370589.
£3 first child, 50p siblings.

Stories and Rhymes
☀️
10.15-11 & 11.15-12
Wood Street Library.
Term time only. Free.

Grow Wild Delivered by The Lloyd Park Centre
☀️
10-12
The Lloyd Park Centre.
£2 first child, 50p siblings.

Saturday

Family Grow Wild and Speech and Language Drop In (HENRY)
☀️ ☀️ ☀️
10-12
The Lloyd Park Centre.
2nd Saturday of the month.
£2 per child, £1 per adult.

Dad's Club

☀️ ☀️
10-12
The Lloyd Park Centre.
Last Saturday of the month.
£3 per dad, £3 first child, 50p siblings.
(includes breakfast)

Child Health Clinic

☀️ ☀️
10.30-1
Delivered by NELFT.
Walthamstow Children and Family Centre Hub. 1st and 3rd Saturday of the month. Free.

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday

Play Session (0-4 year olds)
☀️ ☀️
9.30-11
Larkwood Primary School
£1 first child, 50p siblings.
Term time only.

Flourish (post natal depression group)
☀️ ☀️
10-12
Chingford Children and Family Centre Hub.
Invitation only.
Term time only. Free.

TOPS (Toddler Opportunity Parent Support)
☀️ ☀️
1.30-3
Chingford Children and Family Centre Hub.
Invitation only. Term time only. Free.

Child Health Clinic & Infant Feeding Support
☀️ ☀️
1.30-3.30
Delivered by HENRY and NELFT.
Chingford Health Centre.
Free.

Toddler Time (18-35 months)
☀️
1.30-3
Delivered by Yardley Early Years Centre.
Term Time Only.
Please call 020 8523 7383 to book.



Tuesday

Tiny Tots
☀️ ☀️
9.30-11
Delivered by Yardley Early Years Centre
Term Time Only.
Please call 020 8523 7383 to book.

Work Club
Delivered by JCP and Partners
☀️ ☀️
9.30-12
Chingford Children and Family Centre Hub.
Please call to book 020 8496 1551

Stay 2 Play (play session for all 2 year olds)
☀️ ☀️
9.30-11.30
Chingford Children and Family Centre Hub.
Term time only. Free.

You & Your New Baby
☀️ ☀️
1.30-3
Chingford Children and Family Centre Hub.
Pre-crawlers
£1 first child, 50p siblings.

Speech and Language Drop In
☀️ ☀️
1.30-3
Delivered by HENRY.
Chingford Children and Family Centre Hub.
Term time only.
Free.

Wednesday

Painters and Decorators
(11am - 3pm)
☀️ ☀️
9.30-11
Delivered by Yardley Early Years Centre.
Term Time Only.
Please call 020 8523 7383 to book.

Parent and Toddler & Childminder Drop In
☀️ ☀️
9.30-11.30
Delivered by Chapel End Early Years Centre.
Term time only.

Play Session (0-4 year olds)
☀️ ☀️
1.15-2.45
Paradox Centre
£1 first child, 50p siblings.
Term time only.

Rollers and Crawlers (0-2 year olds)
☀️
1.30-3
Chingford Children and Family Centre Hub.
£1 first child, 50p siblings.

Thursday

Citizens Advice Waltham Forest
☀️
9.30-1.30
Chingford Children and Family Centre Hub.
Please call to book 020 8496 1511

Play Session (0-4 year olds)
☀️ ☀️
9.30-11
Selwyn Primary School.
£1 first child, 50p siblings.
Term time only.

Play All Day

☀️ ☀️
Paradox Centre.
Term time only.
£1 first child, 50p siblings.
Free for residents of the Chingford Hall Estate

Day and Movement (within Play all)
☀️ ☀️
1.30-2.30
Paradox Centre.
Term time only.
£1 first child, 50p siblings.
Free for residents of the Chingford Hall Estate

Childminder Group Delivered by LBWF
☀️ ☀️
9.30-11
Wyemead Centre.
Term Time Only.

Family Time
☀️ ☀️
1.30-3.30
Delivered by Yardley Early Years Centre
Term-Time Only.
Please call 020 8523 7383 to book.

Child Health Clinic, Healthy Eating Drop In and Breastfeeding Cafe
☀️ ☀️
1.30-3.30
Delivered by HENRY and NELFT.
Chingford Children and Family Centre Hub. Free.

Evening Child Health Clinic
☀️ ☀️
4.30-6.30
Delivered by NELFT.
Chingford Health Centre
2nd and 4th Thursday of each month.

Services are available for all, irrespective of where you live.

Friday

Play Session (0-4 year olds)
☀️ ☀️
9.30-11
Chingford Children and Family Centre Hub.
£1 first child, 50p siblings.

Stories and Rhymes

☀️
1.15 & 2.15-3
Hale End Library.
Free.

Grandparents Group Delivered by the Early Help team.
☀️
1.30-3
Chingford Children and Family Centre Hub.
Free.

Child Health Clinic
☀️ ☀️
1.30-3
Delivered by NELFT.
Chapel End Early Years Centre.
Term time only. Free.

Saturday

Dad's Club

☀️ ☀️
10-12
Chingford Children and Family Centre Hub.
1st Saturday of the month.
£1 first child, 50p siblings.

Speech and Language Drop In
☀️ ☀️
10-11.30
Delivered by HENRY.
Chingford Children and Family Centre Hub.
4th Saturday of the month.
Term time only. Free.

Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday

Child Health Clinic
 9.30-11.30
 Delivered by NELFT.
 Leyton Children and Family Centre Hub.
 Free.

Play Session (0-4 year olds)
 9.45-11.15
 Seddon Centre.
 £1 first child, 50p siblings.
 Term time only.

Messy Play (0-4 year olds)
 1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.



Tuesday

Citizens Advice Waltham Forest
 9-1
 Leyton Children and Family Centre Hub.
 Please call to book 020 8496 2450

Child Health Clinic
 9.30-11.30
 Delivered by NELFT.
 Seddon Centre.
 Free.

You and Your New Baby
 9.30-11.30
 Seddon Centre.
 Free.

Flourish
 10-12
 Leyton Children and Family Centre Hub.
 Invitation only. Free.

Speech and Language Drop In
 10-11.30
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Free.

Stories and Rhymes
 1.145 & 2.2.45
 (Limited Places)
 Term Time Only.

Services are available for all, irrespective of where you live.

Wednesday

Breastfeeding Cafe
 1.30-2.30
 Kuudala Cafe
 Jubilee Park

Rollers and Crawlers (0-2 year olds)
 1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.

Speech and Language Drop In
 4.30-6.30
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Free.
 3rd Wednesday of the month only.



Thursday

Play Session (0-4 year olds)
 9.45-11.15
 Seddon Centre.
 £1 first child, 50p siblings.

Stories and Rhymes
 10-10.45 & 11.15-12
 Lea Bridge Library.
 Term time only. Free.

Stay 2 Play (play session for all 2 year olds)
 1.3
 Seddon Centre.
 Term time only. Free.

Work Club
 Delivered by JCP and Partners
 1.3-3.30
 Leyton Children and Family Centre Hub.
 Please call 020 8496 2442 to book

TOPS (Toddler opportunity parent support)
 1.30-3
 Leyton Children and Family Centre Hub.
 Invitation only. Term time only. Free.

Healthy Eating Drop In
 9.30-11.15
 Delivered by HENRY.
 Seddon Centre.
 Free.

Friday

Child Health Clinic & Infant Feeding Support
 9.30-11.30
 Delivered by NELFT and HENRY.
 Seddon Centre.
 Free.

Music and Movement
 10-11
 Emmanuel Parish Hall.
 Term time only. £1 first child, 50p siblings.

Play Session (0-4 year olds)
 10-11.30
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.

English Conversation Club
 9.30-11
 Leyton Children and Family Centre Hub.
 Delivered by Adult Learning Service
 This is an informal club for non-English speaking adults.
 For more information please contact
 Shirin Hassan 020 8496 2450

Saturday

Dad's Club
 10-12
 Leyton Children and Family Centre Hub.
 2nd Saturday of the month.
 £1 first child, 50p siblings.

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday

Universal Money Matters
 Citizens Advice Waltham Forest
 9-1
 Leytonstone Children and Family Centre Hub.
 Please call to book 020 8496 2960

Stories and Rhymes
 9.45-10.30 & 10.45-11.30
 Leytonstone Library.
 Term time only. Free.

Play Session (0-4 year olds)
 10-11.30
 United Free Church Leytonstone.
 £1 first child, 50p siblings.
 Term time only.

Breastfeeding Cafe
 10.30-12
 Le Petit Corner.

Play Session (0-4 year olds)
 1.30-3
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

TOPS (Toddler Opportunity Parent Support)
 1.30-3
 Acacia Nursery School.
 Invitation only.
 Term time only. Free.



Services are available for all, irrespective of where you live.

Tuesday

Early Help Money Matters
 Citizens Advice Waltham Forest
 9-1
 Leytonstone Children and Family Centre Hub.

You and Your New Baby
 9.30-11.30
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Crawlers to 2 Year Olds
 12.30-2
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Flourish
 1-3
 Acacia Nursery School.
 Invitation only. Free.

Employment Support and Training Work Club
 1.30-3.30
 Delivered by JCP
 Leytonstone Children and Family Centre Hub.
 Invitation only.

Wednesday

Child Health Clinic
 9.30-11.30
 Delivered by NELFT.
 Leytonstone Children and Family Centre Hub.
 Free.

Play Session (0-4 year olds)
 10-11.30
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Speech and Language Drop In
 1.30-3
 Delivered by HENRY.
 Leytonstone Children and Family Centre Hub.
 Term time only. Free.

Healthy Eating Drop In
 1.30-3
 Delivered by HENRY.
 Leytonstone Children and Family Centre Hub.
 Free.



Thursday

Child Health Clinic and Infant Feeding Support
 9.30-11.15
 Delivered by NELFT and HENRY
 Langthorne Health Centre.
 Free.

Stay 2 Play (play session for all 2 year olds)
 9.30-11.30
 Snowberry Nursery.
 Term time only. Free.

Child Minder's Drop In
 1-3
 Leytonstone Children and Family Centre Hub.
 Term time only. Free.



Friday

Play Session (0-4 year olds)
 10-11.30
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Music and Movement
 1-2
 Leytonstone Children and Family Centre Hub.
 Free.



Saturday

Dad's Club
 10-12
 Leytonstone Children and Family Centre Hub.
 3rd Saturday of the month.
 £1 first child, 50p siblings.

Speech and Language Drop-In
 9.30-11.30
 Leytonstone Children and Family Centre Hub.
 3rd Sat of the month.

*All sessions are fully inclusive. If you are concerned about your child's development or special educational need or disability, come to these sessions to find out more about the support available for your family



Messy Play



Health



Under 1's



Play



Information & Advice



Education & Employment



Family Support



Antenatal



Invitation Only



Child Development & SEND*



Food & diet



Speech & language development

Neighbourhood Map

Key

 = Neighbourhood Hub

North

Larkwood Primary School
New Rd E4 8ET
020 8529 4979

Selwyn Primary School
Cavenish Rd E4 9NG
020 8527 3814

Paradox Centre
3 Ching Way E4 8YD

Higham Hill Library
North Countess Rd E17 5HS
020 8496 1170

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

Homemade Community Cafe
Higham Hill Park, Hetcham Close
E17 5QD

Central

William Morris Gallery
Loye Park, Forest Rd E17 4PP
020 8496 4390

St Michael's Hall
Northcote Rd
(corner of Palmerston Rd)
E17 6PQ

Church Hill Nursery School
Woodbury Rd E17 9SB
020 8520 4919

Leyton Children & Family
Centre Hub (Queens Rd)
215 Queens Rd E17 6PJ
020 8496 2442

Lea Bridge Library
Lea Bridge Rd E10 7HU
020 8496 3000

Emmanuel Parish Hall
Hitcham Rd E17 8HL

Seddon Centre
Clyde Place E10 5AS

Kukoolala Cafe
3 Marsh Lane, Leyton
Jubilee Park E10 7BL

Leyton Library
273 Leyton High Rd
E10 5QH
020 8496 1090

Leytonstone United
Free Church
55 Wallwood Rd E11 1AY
020 8518 7725

Snowberry Nursery
2 Snowberry Close E15 2AH
020 8534 3683

Yardley Early Years Centre
Hawwood Rd E4 7PH
020 8523 7382

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

Hale End Library
Castle Av E4 9QD
020 8496 1050

Chingford Health Centre
York Rd E4 8LF
020 8430 8010

Chapel End Early Years Centre
Brookcroft Rd E17 4LH
020 8527 9192

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

Wood Street Library
Forest Rd E17 4AA
020 8496 3000

Walthamstow Toy Library
and Cornely Bank
46 Ravenswood Rd E17 9LY
020 8509 3401

Gwyn Jones Primary School
Hainault Rd E11 1EU
020 8556 7904

Allum Medical Centre
Fairlop Rd E11 1BN
020 8430 7369

Le Petit Corner
734 High Rd Leytonstone
E11 3AW

Leytonstone Library
6 Church Lane E11 1HG
020 8496 3000

Leytonstone Children
and Family Centre Hub
at Pastures Youth Centre
Good Shepherd Building
15 Davies Lane E11 3DR
020 8496 2950

Acacia Nursery
8 Cecil Rd E11 3HF
020 8558 4444

South West

South East

Children and Family Centre's are offering a range of training opportunities, health workshops, parenting programmes and more.

All events listed below will take place at the Children and Family Centre Hub Buildings, unless a different venue is listed.

Booking details are also listed, and places are limited. Please talk to any member of staff if you would like more information, and follow The Lloyd Park Centre on Facebook for regular updates.

	Central Walthamstow Children and Family Centre Hub	North Chingford Children and Family Centre Hub	South East Leytonstone Children and Family Centre Hub	South West Leyton Children and Family Centre Hub
Adult Learning	ESOL Mon and Tue 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750	ESOL Tue and Thur 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750		First Aid Course for parents with young children - Waltham Forest Adult Learning 5 sessions starting 27th February 2018 - 27th March 2018 1.15-3.15 pm FREE Refreshments will be provided. Please note there is no crèche. Call Shirin Hassan on 020 8496 2450 to book by the 20th February 2018.
Baby Massage and Sleep Before babies are able to speak one of the ways they communicate with the world around them is through touch. We use massage to communicate, soothe and bond with our babies.	Course 1: Fri 12th, 19th, 26th Jan -2nd, 9th Feb 1.30-3 Course 2: Thurs 22nd Feb, 1st, 8th, 15th, 22nd Mar 10-11.30 At The Lloyd Park Centre £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Fri 19th 26th Jan, 2nd 9th 16th Feb. 1.30-3 Course 2: 2nd 9th 16th 23rd 30th March. 1.30-3 £10 per course (payment in advance to secure place) Please call 020 8527 1737 to book.	Course 1: Thur 18th, 25th Jan, 1st, 8th, 15th Feb. 10-11.30 Course 2: Thur 1st, 8th, 15th, 22nd, 29th March 10-11.30 £10 per course (payment in advance to secure place) Contact 020 8496 2960 to book.	Course 1: Fri 12th, 19th, 26th Jan, 2nd, 9th, Feb 1.30-2.30 Leyton Children and Family Centre Hub Course 2: Fri 20th, 27th Feb, 2nd, 6th, 13th 20th Mar 1:30-2:30 at the Seddon Centre £10 per course (payment in advance to secure place) Please call Shirin to book 020 8496 2450
HENRY Healthy Family Programme HENRY works with parents and carers of 0-5 year olds to help develop a healthier and more active lifestyle for the whole family.	Fri 19th Jan - 16th Mar (Excluding 16th Feb) 9.30-12 For more information or to book call 020 8527 1737 Integrated crèche at The Higham Hill Centre	Wed 24th Jan- 21st Mar (Excluding 14th Feb) 1-3.30 For more information or to book call 020 8527 1737	Thu 25th Jan-22nd March (Excluding 15th Feb) 1-3.30 For more information or to book call 020 8527 1737	Tues 23rd Jan-20th Mar (Excluding 13th Feb) 9.30-12 For more information or to book call 020 8527 1737.
Incredible Years Promoting and developing positive parent-child relationship through play and promoting and empowering social/emotional/-coaching of children.		Fri 12th Jan - 27th April (Excluding 16th Feb, 6th & 13th April) 9-30am - 11:30am No crèche For more information or to book call 020 8496 2450 or email Shirin.hassan@walthamforest.gov.uk		
HENRY Starting Solids Workshop (Delivered by HENRY) Join us for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby	Mon 29th Jan 12.30-2.30 Mon 26th Feb 12.30-2.30 Call HENRY to book your free place 020 8496 5223	Wed 28th Mar 10-12 Call HENRY to book your free place 020 8496 5223	Mon 5th Feb 10-12 Mon 12th Mar 10-12 Call HENRY to book your free place 020 8496 5223	Wed 7th Mar 10-12 Call HENRY to book your free place 020 8496 5223
Starting Solids Information Session at You and Your New Baby Come along to You and Your New Baby sessions with a Starting Solids focus. An introduction to when, how and what you feed your baby.	Mon 22nd Jan 1.30-3 Mon 19th Mar 1.30-3 at The Lloyd Park Centre Places are limited (no booking)	Tues 30th Jan 1.30-3.00 Tues 20th Mar 1.30-3.00	Tue 30th Jan 10-11.30 Tue 27th Mar 10-11.30	Tue 23rd Jan 1-3 Tue 27th Mar 1-3 Places are limited Call to book 020 8527 1737
Food themed activities-Eating Well for Families. 3 consecutive sessions on how to make balanced meals for children. At the end, children and adults sit together and enjoy new tastes.	Thursday 25th Jan, 1st & 8th Feb 10-12 within Stay 2 Play session at Walthamstow Children and Family Centre	Tues 13th, 20th, 27th Feb 9.30-11.30 within Stay 2 Play	Mon 29th Jan, 5th, 12th Feb 1.30-3 within the Play Session	Mon 12th, 19th, 26th March 1.30-3 within Messy Play at Leyton Children and Family Centre Hub
Food themed activities - Exploring Foods 3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.	Wed 7th, 14th, 21st March 1.30-3 within Play Session at St Michael's	Thur 8th, 15th, 22nd Mar 10-11.30 within Play All day at the Paradox Centre	Mon 5th, 12th, 19th Mar 10-11.30 within the Play Session at United Free Church	25th Jan, 1st, 8th Feb 9.45-11.15 within Play Session at Seddon Centre

Other parenting programmes are available in Waltham Forest. Please visit the Waltham Forest website to find out more information.