

The Lloyd Park Children's Charity sessions in detail

Central

Music and Movement

Free

A fun and stimulating interactive session where you and your child will move around, sing and dance! This session aims to help your child to build their confidence and also helps to build attachments.

You and Your New Baby

£1 first child, 50p twins.

A session where you can meet other families with babies and share experiences in a stimulating environment. Find out about how to support your baby's development.

Flourish

Invitation only and free.

Flourish is a support group for mothers to talk about how they feel as a mother, their anxieties or worries and learn to have more fun with their babies.

Grow Wild

£2 first child, 50p siblings.

An exciting outdoor play session. Grow Wild is an opportunity for children to learn about our natural environment, take managed risks and have fun too.

Tunnel slides, water play, rope bridges, insect houses, and natural musical instruments are just some of the features we have in our Grow Wild space.

Crawlers to 2 Years

£1 first child, 50p siblings

A fun and stimulating play session for children under the age of 2 years old. Activities offered support your child's learning through play.

Imagination Library

Free

A fun and uplifting group that makes stories come alive through actions and movement with a range of interactive songs and props.

Stay 2 Play

Free

A session designed for 2 year olds. This is a great opportunity to prepare them for nursery. It also provides an opportunity for your child to socialise and learn through play alongside other 2 year olds. Find out more about eligibility for 2 year FEEE nursery provision and how you can apply.

Play Session

£1 first child, 50p siblings.

A session that is great for parents/ carers to play with their children in a creative, stimulating, safe and secure environment to develop in all areas. Stimulating activities for children of all ages from 0-4 years.

Somewhere to Belong

Invitation only and free.

This is an invitation only session that supports children with an SEND. It consists of six play sessions where different professionals attend each week. Parents will join in their child's play whilst being supported with the use of strategies.

Stories and Rhymes

Free

Come and join in with us to sing traditional and learn new rhymes. This will help develop your child's language skills. A different story is read out each week. Sharing books is a great way to support your child's language and literacy skills later on in life.

Baby Bank Play Session

Free

A fun and stimulating play session where you can support your child's development.

Any families receiving Baby Bank support can collect their parcels at this session - for more information email babybank@tlpcc.org.uk.

On the first Friday of the month this session runs alongside Councilor Grace William's Coffee Morning Surgery where you can talk to the councilor about any issues you'd like to raise with her.

Boogie Books

Voluntary donation.

Join in singing and stories for the under 5's with local parent Carlene. Older siblings welcome in the holidays.

Move and Rhyme Fun Time for 0-4 year olds.

Voluntary donation.

Come and enjoy some nursery rhymes with your child in a friendly Homemade Community Cafe, delivered by local parent Carlene.

Chingford

Grandparents Group

Free.

Come along with your Grandchild/ren to enjoy the open play session of fun and exciting activities available from arts and crafts to physical play to enjoying a cup of tea/coffee and cake. This session supports all areas of children's learning and development in a safe and stimulating environment.

Leyton

Bongalong

£6.50 per child over 6 months.

£11.00 for siblings under 5.

Baby siblings under 6 months - free.

Bongalong uses a mix of singing, dancing, make believe and instrument playing. The way we use music, movement and drama supports the developmental stages your child/children will go through between 0-5 years: supporting speech development and language, developing coordination and encouraging listening skills.

First session is for under 5's at 1.30pm.

Second session is for under 1's at 2:30pm.

Session last for 45mins. To book www.bongalong.co.uk/under-fives/

Playful Yoga

£1 per child

This 30 minute class is for children aged 2-4 years old. It's a fun and interactive class, for both the child and the parent, to help with the toddler's physical and imaginative development promoting attachment. Limited spaces, so please book on advance with [Shirin Hassan 0208 496 2442](tel:02084962442).

Songs and Smiles

Free.

A music group for 0-4 year olds, their grown-ups and care home residents. We sing, move, play, make friends and have lots of fun! Run by The Together Project – singing alongside the older generation in care homes. To book email, songs@thetogetherproject.co.uk or visit www.thetogetherproject.co.uk

Messy Play

£1 first child, 50p siblings.

A session that provides a variety of messy activities to encourage children to explore and experiment with different elements and textures. Messy play promotes all areas of children learning and development in a safe and stimulating environment.

Physical and Sensory Play

£1 first child, 50p siblings.

A fun and stimulating session for you and your children to promote children physical and sensory development. The session provides a range of sensory opportunities from trampoline, see-saws, painting, shaving foam and lights.

Kid's Kitchen

Free.

Kid's Kitchen cook from scratch with under 5's and support people to set up and run cooking sessions with kids. Cooking with children, however young, and supporting careers, to give them the skills and the confidence to do the same. Booking required shirin.hassan@walthamforest.gov.uk or call **0208 496 2442**.

Dad's Club

A session that is great for fathers to play with their children in a creative, stimulating, safe and secure environment to develop in all areas. Stimulating activities for children of all ages from 0-4 years.