

Edition 31. September 2017

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134

Children and Family Centre
Activity Timetable Inside



Hello and welcome to our Autumn/Winter of edition of Roleplay and the start of a new term.

The team have been busy improving our offering to local children and families in Waltham Forest and we have a lot of exciting news to report.

Some of you may have noticed that we've changed our charity name. The charity is now called The Lloyd Park Children's Charity and we have a wonderful new logo to match. Our mission and what we do remains the same and our new name now reflects the range of services that the charity offers across Waltham Forest.

We are launching a brand new website which will provide up to date information about our childcare services, Grow Wild outdoor play space, the Baby Bank and Children and Family Centre activities.

I would like to thank our volunteers Widiene Moussa and other members of the Communications Sub Group who have worked really hard to improve the quality of information available to local families.

I think they have done a wonderful job, please take a look www.tlpc.org.uk

We are working with award winning APES (Adventure Playground Engineers) at two of our centres which will be getting exciting makeovers.

The Lloyd Park Centre will have an exciting play space for children attending the nursery and The Higham Hill Centre (formally Higham Hill Daycare) is expanding its nursery, thanks to a grant secured by the Local Authority to offer the new 30-hour Free Early Education Entitlement (FEEE). Check if your family is eligible www.childcarechoices.gov.uk

We are always trying to improve our services for you and your family, so please take a few minutes to complete our online survey <https://thelloydparkcentre.typeform.com/to/CH7HNG>. Our charity exists to build brighter futures for every child and help us be the best we can and we can't do that without your feedback.

Thank you,
Pauline Thomas MBE CEO



Dates for your diary:

Training Day: 1st Sep 2017
First Day of Term: 4th Sep 2017
Half Term: 23rd to 27th Oct 2017
Last Day of Term: 20th Dec (4pm)
Training Day: 3rd Jan 2018
First Day of Term: 4th Jan 2018

Fundraising event dates:

LPC Halloween Disco 27th Oct 2017
LPC Winter Fair 26th Nov 2017
HHC Halloween Disco 27th Oct 2017
Winter Fayre 3rd Dec 2017
AGM 11th Oct 2017

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

15 and 30 Hours Free Childcare

The Lloyd Park Children's Charity will be taking part in the 30hrs free childcare introduced in September 2017 for parents whose child is accessing daycare services.

In the New Year Higham Hill Centre will provide an additional 28 term time only places for parents eligible for the 30hr Free Childcare.

Currently the waiting lists for Daycare are closed due to the number of children on them. However, this does not include Sessional places (15 Hrs) in both Lloyd Park Centre or Higham Hill Centre for September or for the new 30hr places for January 2018.

If you are currently looking for a place for your 3-year-old please contact either Centre for more details.



Please join us for our
Annual General Meeting
Wednesday 11th October

Follow us on Facebook



Learning Through Play and Training and Employment

Seasonal Outdoor Activities

As we move towards Winter it is very tempting to snuggle down inside and hibernate. However, as Autumn moves into Winter there are lots of exciting things to do outdoors with your children.

The leaves changing colour and falling can make an excellent opportunity for them and develop their understanding of the natural world. Going on a walk to a park or forest offers fun learning experiences like picking leaves, jumping in puddles and spotting wildlife, collecting leaves and conkers, dens to build and logs to climb.



Here are some ideas:

- Find some pine cones, let them dry out on and when they dry let your child cover them with glue and decorate with glitter. Leave them to dry and hang them with some string. They make lovely decorations around your house!
- Collect some leaves and let them dry. Use the leaves in a craft activity, either by painting the leaf and then pressing it onto paper to create a print of the leaf or by using the leaves in a sticking activity.
- Make a bird feeder. Get a bagel and let your child cover it in peanut butter, dip the bagel into a tray of bird seed so that the whole bagel is covered in seed. String it up and hang on a tree!

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).

The Learning Book

The Learning Book is an electronic Learning Journey based on the framework of the Early Years Foundation Stage (EYFS), which sets standards for the learning, development and care of children from birth to 5 years old.

We are using the The Learning Book in play sessions at all of our Children and Family Centres in Waltham Forest to promote children's learning and development. Learning Book can be used to collect photographs, video clips, observations and audio clips as a record of children's learning.

If you want to sign up to the Learning Book at a play session, please ask a member of staff so you can log onto your child's Learning Book at home. We hope to extend the use of number of families using this in the nearer future.



Road Safety Week: 21st-27th November 2017

Road Safety for 0-4 year olds

One of the best ways that you can help your child to stay safe is to set a good example when using roads, on foot and in the car. Talking about traffic with your child will also help him or her to learn:

- Talk about vehicles you see: which is biggest or fastest? What colours are they? Which carries the most people? Which way is it going? Do some counting.
- Building up your child's language will help them to understand traffic: use words to describe speed, size, shape, directions or talk about signs, lights, signals and road markings.
- Talk about how we can tell when traffic is near or when it is coming towards us, asking your child when cars are safe and when they can be dangerous.

This information has been taken from 'Think Education' by the Department of Education. Their website contains lots more facts and helpful tips. Visit <http://think.direct.gov.uk/education/early-years-and-primary/parents/3-to-5s/why-road-safety-matters/> to find out more.

Being Healthy

Waltham Forest Health Visiting



Health visiting Community Nursery Nurses Staff nurses

Health Visitors (HVs) are highly trained professionals. We are qualified Nurses and Midwives and we all hold a post-graduate specialist qualification in Community Health. Our focus is on prevention of ill health and promotion of good health. In Waltham Forest the Health Visiting team provides contacts to your family during your pregnancy (28-34 weeks gestation), following the birth of your baby (10-14 days and again at 8 weeks after their birth) as well as developmental reviews at one and at two years for every child. Advisory sessions are offered at all the weekly drop in child health clinics by the teams and we also offer contact to families who have moved into our area.

We work in community based teams that include Staff Nurses and Community Nursery Nurses. We also work with other agencies including Children & Family Centres, Early Help and Children's Social care and teams. By working in partnership with others we aim to deliver the best possible health outcomes for children.

Please call 0300 300 1970 if you wish to speak to a Health Visitor, have any queries about the service, or to book a Health Review for your child. We are currently booking health reviews for children aged one year and two-two and a half years so if you have a child of this age and have not been offered an appointment please contact us.

Our Facebook page is updated with clinic times and relevant health information

<https://www.facebook.com/NELFTWalthamForestHealthVisiting/>



ADHD (Attention Deficit Hyperactivity Disorder)

Hello, I'm Ann Thomas and I am part of the SEN (Special Educational Needs) team at The Lloyd Park Children's Charity.

Jamie Oliver, Justin Timberlake, Will Smith, Michelle Rodriguez, Paris Hilton, Richard Branson, Walt Disney and Albert Einstein. What do these celebrities have in common? These plus many more have or had ADHD. ADHD is a group of symptoms that include inattentiveness, hyperactivity and impulsiveness.

As this is almost a description of busy, curious, 3 and 4-year-olds, most cases are diagnosed when children are 6-12 years old.

It's reassuring to know that many adults with ADHD channel their energy into rewarding lives, but parenting a child with the condition can be challenging and exhausting.

Although there's no cure for ADHD, it can be managed with appropriate educational support, advice and support for parents and affected children, alongside medication, if necessary.

If you would like any further information please contact a member of our team on 020 8527 1737.

Speech and Language Tips

There's lots we can do at home to help children develop their speech and communication skills.

- Sharing books together
- Chatting as part of daily family life – for instance talking to your baby about what you're doing when you're getting them dressed
- Spending time playing together without the TV, radio or phone
- Going for a walk and talking about what you see
- Eating together and chatting at mealtimes

If you are concerned about your child's speech and language development, talk to your Health Visitor or visit one of the free speech & language drop-ins in the timetable.



Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

BUILDS RELATIONSHIPS & SOCIAL SKILLS	MAINTAINS HEALTH & WEIGHT	CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
IMPROVES SLEEP	DEVELOPS MUSCLES & BONES	ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least 3 Hours across everyday

PLAYGROUND	JUMP	CLIMB
MESSY PLAY	THROW/CATCH	SKIP
OBJECT PLAY	DANCE	GAMES
PLAY	BIKE	SCOOT
TUMMY TIME	SWIM	WALK

Move more. Sit less. Play together

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive



Families Voice, Fundraising and Economic Wellbeing

Families Feedback on Universal Services

"Hello, my name is Brian Blake. I have 5 children with my youngest called Brandon who is 13 months old. Since my wife has gone back to work, I have looked after my son. I attend four sessions a week and thoroughly enjoy all of them.



My child has a place to go and be a child and learn and have fun. This has helped him develop his movement, personality, his focus and independence. When in the session environment, he has developed his balancing and is in the process of taking his first small steps. I can proudly say I love attending all the groups in my area (the Central area) and thanks all the staff for their hard work and dedication."

"I am a local registered childminder and I have been attending the songs and movement session at Emmanuel Church Hall for the past 5 years. The children I have attended with have been from 7 months to 5 years. They have enhanced their learning on colours, numbers, rhythm, co-ordination, remembering songs, making new friends and meeting children, parents and carers from different cultural backgrounds. This interaction gives my children confidence and the ability to not be afraid in being out in the community/public with people who are not too familiar with them.

In the past year the song and movement session has changed its approach and this is now a more child and parent lead session with parents leading in songs (including myself). I have seen the positive change this has had on some parents, where English is not their first language, whereby they would be quiet and interaction with others limited. It has made them grow with confidence and able to talk and form new friendships with other parents and carers."

You Said
Working parents have asked for evening and weekend services.

You Said
A number of parents were concerned about their experience in Child Health Clinics in Leyton.

You Said
Parents in the Central neighbourhood wanted a morning session for 2 yr olds.

We Did
There is a monthly Dad's Club in each neighbourhood on a Saturday, along with a monthly family session in Grow Wild (The Lloyd Park Centre). There is also an evening Child Health Clinic at Walthamstow Hub.

We Did
NELFT, HENRY and The Lloyd Park Children's Charity worked together to provide a range of services within the Child Health Clinic in the Seddon Centre. Our aim is to provide a relaxed environment and an improved experience.

We Did
Stay 2 Play moved to a Thursday morning at Walthamstow Hub.



Fundraising

On Friday the 9th of June, The Lloyd Park Centre and Higham Hill Day Care took part in a sponsored walk. The children at Higham Hill Day Care walked around the local park three times and LPC children did three laps of the duck pond. The event was a huge success, Frank at Higham Hill said, "that was the best, can we do it again?" Both walks were well supported by parents, grandparents and carers.

The sponsored walk was part of the nursery's Knowledge and Understanding of the World Week, whereby children explored the local environment looking and talking about the different sights and sounds in their local communities. Not only did the children do some exercise they managed to so far raise £1,823.45.

The Lloyd Park Children's Charity is a registered charity. We are always looking for new ways to fundraise, for specific projects or to enable our charity be sustainable. If you have any fundraising ideas, please contact Helen on 020 8527 1737 or Keri on 020 8531 9522, we would love to hear from you. Thank you for your support.



HENRY Healthy Families Programme

The HENRY Healthy Families programme is for parents with babies and young children (0-5 years) and is run for 8 weeks. It is designed to give parents the tools and skills they need for a healthy family lifestyle. This programme includes a mix of knowledge-based and skills-based sessions, such as:

- Feel more confident as a parent
- Reduce mealtime stress
- Enjoy being active as a family more often
- Encourage their child away from screens and TV
- See their child eat more fruit and vegetables
- Gain ideas to help with family routines

For more information, please call 020 8527 1737

'I found this programme interesting and stimulating. Also I found it very helpful as it taught me how big is the portion size is for the children, what are the signs when the child is full up and for how to meet their needs according to their behaviour and feelings'.

"..... This programme helped me improve my parenting skills and to understand better about my daughter needs. It is structured in a very friendly manner, being more like an experience exchange between the parents not like a fixed set of rules about parenting. The program helped me build my confidence about being a good mother for my child and a good guardian for the entire family....."



'Baby Bank' service helping with the cost of raising children in Waltham Forest

With the cost of raising children increasing every year, we are lending a helping hand.



The Lloyd Park Children's Charity redistributes pre-loved baby essentials to vulnerable and in need families in Waltham Forest. Our baby bank provides equipment like clothing and toys for newborns to 5 year olds (and in some cases older children), through referrals from social care, health professionals and other support agencies.

Since launching, we have helped over 329 families but there are so many more that need our help so we have launched an appeal to raise £50,000. This money will help us grow the service and to relocate it to help more families with more items.

The Baby Bank was set up in 2014 by parent Paula Vacarey who attended the Lloyd Park Centre for their family sessions. "People were struggling to cope financially and I thought used baby items could really help families in need".

Please support our appeal www.everyclick/babybank-walthamforest to donate any items, email info@tlpcc.org.uk

Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ESOL (Entry level 1 & 2) Delivered by ELATT 📺 ① 9.30-11.30 Walthamstow Children and Family Centre Hub. Booking: hello@elatt.org.uk or call 020 7275 6750</p> <p>Sing-a-long 🎵 10.10-30 11.11.30 Venue: Homemade Community Cafe Delivered by local parent Carlene Voluntary donation</p> <p>Music and Movement 🎵 🎶 10.15-11 & 11.15-12 Wood Street Library. Term time only. Free.</p> <p>You and Your New Baby 👶 👶 1.30-3 The Lloyd Park Centre. £1 first child, 50p siblings. Term time only</p> <p>Flourish 🎵 + 🎶 ✉️ 1.30-3.30 The Lloyd Park Centre. Invitation only. Term time only. Free.</p> 	<p>ESOL (Entry level 1 & 2) Delivered by ELATT 📺 ① 9.30-11.30 Walthamstow Children and Family Centre Hub</p> <p>Outdoor Play Session (Grow Wild) 🌿 🎈 10-11.30 The Lloyd Park Centre. £2 first child, 50p siblings.</p> <p>Crawlers to 2 Year Olds and Healthy Eating Drop In Delivered By HENRY 👶 🎵 1.30-3 Walthamstow Children and Family Centre Hub. £1 first child, 50p siblings. Term time only.</p> <p>Child Health Clinic + ① 🎵 🎶 1.30-3.30 Delivered by NELFT. Walthamstow Children and Family Centre Hub. Free.</p> <p>Breastfeeding Cafe + 2-4 Homemade Community Cafe. Higham Hill Park.</p> <p>Evening Child Health Clinic & Infant Feeding Drop In + ① 🎵 🎶 4.30-6.30 Delivered by NELFT and HENRY. Walthamstow Children and Family Centre Hub. Free.</p>	<p>Citizens Advice Waltham Forest ① 9.30-1.30 Please call to book: 020 8496 3511 Walthamstow Children and Family Centre Hub.</p> <p>Infant Feeding Support + 10-12 Delivered by La Leche. The Lloyd Park Centre. 1st and 3rd Wednesday of the month. Free.</p> <p>Breastfeeding Beyond Babyhood + 10-12 Delivered by La Leche. Higham Hill Daycare. 2nd Wednesday of the month. Free.</p> <p>Play Session (0-4 year olds) 👶 🎵 🎶 1.30-3 St Michael's Hall. £1 first child, 50p siblings.</p> <p>Parent and Toddler 👶 🎵 🎶 1.15-2.45 Delivered by The Lloyd Park Centre £2 first child, 50p siblings. Term time only.</p> <p>Child Health Clinic & Infant Feeding Support + ① 🎵 🎶 1.30-3.30 Delivered by NELFT and HENRY. Comely Bank (buggy storage at the toy library) Free.</p>	<p>Work Club Delivered by JCP and Partners 📺 ① 9.30-12 Please call to book: 020 8496 3511 Walthamstow Children and Family Centre Hub.</p> <p>Creative Kids 🎨 10-11.30 & 1-2.30 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</p> <p>Stay 2 Play (play session for all 2 year olds) 👶 🎵 🎶 10-12 Walthamstow Children and Family Centre Hub. Term time only. Free.</p> <p>Stories and Rhymes 🎵 🎶 10.15-11 & 11.15-12 Higham Hill Library. Term time only. Free.</p> <p>Child Health Clinic + ① 🎵 🎶 12.30-2 Delivered by NELFT. The Lloyd Park Centre. Term time only. Free.</p> <p>Play Session (0-4 year olds) 👶 🎵 🎶 1.30-3 Walthamstow Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>TOPS (Toddler Opportunity Parent Support) 👶 🎵 ✉️ 🎶 1-2.30 Walthamstow Toy Library. Invitation only. Term time only. Free.</p>	<p>Speech and Language Drop In 👶 🎵 🎶 9.30-11 Delivered by HENRY. Church Hill Nursery School. Term time only. Free.</p> <p>Stories and Rhymes 🎵 🎶 10.15-11 & 11.15-12 Wood Street Library. Term time only. Free.</p> <p>Grow Wild Delivered by The Lloyd Park Centre 🌿 🎈 1-2.30 The Lloyd Park Centre. £2 first child, 50p siblings.</p> 
<p>Services are available for all, irrespective of where you live.</p>				
<p>Saturday</p> <p>Family Grow Wild and Speech and Language Drop In (HENRY) 👶 🎵 🎶 ① + 🎵 10-12 The Lloyd Park Centre. 2nd Saturday of the month. £2 per child, £1 per adult.</p> <p>Dad's Club 👶 🎵 🎶 10-12 The Lloyd Park Centre. Last Saturday of the month. £3 per dad, £3 first child, 50p siblings. (includes breakfast)</p>				

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play Session (0-4 year olds) 👶 🎵 🎶 9.30-11 Larkswood Primary School £1 first child, 50p siblings. Term time only.</p> <p>Flourish (post natal depression group) 🎵 + 🎶 ✉️ 10-12 Chingford Children and Family Centre Hub. Invitation only. Term time only. Free.</p> <p>TOPS (Toddler Opportunity Parent Support) 👶 🎵 ✉️ 🎶 1.30-3 Chingford Children and Family Centre Hub. Invitation only. Term time only. Free.</p> <p>Child Health Clinic & Infant Feeding Support + ① 🎵 🎶 1.30-3.30 Delivered by HENRY and NELFT. Chingford Health Centre. Free.</p> <p>Toddler Time (18-35 months) 👶 1.30-3.00 Delivered by Yardley Early Years Centre. Term Time Only.</p> 	<p>Tiny Tots 👶 🎵 9.10-11 Delivered by Yardley Early Years Centre Term Time Only</p> <p>Work Club Delivered by JCP and Partners 📺 ① 9.30-12 Chingford Children and Family Centre Hub. Please call to book 020 8496 1511</p> <p>Stay 2 Play (play session for all 2 year olds) 👶 🎵 🎶 9.30-11.30 Chingford Children and Family Centre Hub. Term time only. Free.</p> <p>You & Your New Baby 👶 👶 1.30-3 Chingford Children and Family Centre Hub. Pre-crawlers £1 first child, 50p siblings.</p> <p>Speech and Language Drop In 👶 ① 🎵 🎶 + 1.30-3 Delivered by HENRY. Chingford Children and Family Centre Hub. Term time only. Free.</p>	<p>Painters and Decorators (18m - 3yrs) 🎨 9.30-11 Delivered by Yardley Early Years Centre. Term Time only.</p> <p>Parent and Toddler & Childminder Drop In 👶 🎵 🎶 9.30-11.30 Delivered by Chapel End Early Years Centre. Term time only.</p> <p>Play Session (0-4 year olds) 👶 🎵 🎶 1.15-2.45 Paradox Centre £1 first child, 50p siblings. Term time only.</p> <p>Rollers and Crawlers (0-2 year olds) 👶 🎵 1.30-3 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.</p> 	<p>Citizens Advice Waltham Forest ① 9-1 Chingford Children and Family Centre Hub. Please call to book 020 8496 1511</p> <p>Play Session (0-4 year olds) 👶 🎵 🎶 9.30-11 Selwyn Primary School. £1 first child, 50p siblings. Term time only.</p> <p>Childminder Group Delivered by LBWF 👶 🎵 ① 9.30-11 Wyemead Centre. Term Time Only.</p> <p>Music and Movement 🎵 🎶 1.30-2.30 Paradox Centre. Term time only. Free.</p> <p>Family Time 👶 1.30-3:00 Delivered by Yardley Early Years Centre Term-Time Only</p> <p>Child Health Clinic, Healthy Eating Drop In and Breastfeeding Cafe + ① 🎵 🎶 🎵 1.30-3.30 Delivered by HENRY and NELFT. Chingford Children and Family Centre Hub. Free.</p> <p>Evening Child Health Clinic + ① 🎵 🎶 4.30-6.30 Delivered by NELFT Chingford Health Centre 2nd and 4th Thursday of each month.</p>	<p>Play Session (0-4 year olds) 👶 🎵 🎶 9.30-11 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Stories and Rhymes 🎵 🎶 1.15-2 & 2.15-3 Hale End Library. Free.</p> <p>Grandparents Group Delivered by the Early Help team. 👶 🎵 1.30-3 Chingford Children and Family Centre Hub. Free.</p> <p>Child Health Clinic + ① 🎵 🎶 🎵 1.30-3 Delivered by NELFT. Chapel End Early Years Centre. Term time only. Free.</p> <p>Saturday</p> <p>Dad's Club 👶 🎵 🎶 10-12 Chingford Children and Family Centre Hub. 1st Saturday of the month. £1 first child, 50p siblings.</p> <p>Speech and Language Drop In 👶 ① 🎵 🎶 + 10-11.30 Delivered by HENRY. Chingford Children and Family Centre Hub. 1st Saturday of the month. Term time only. Free.</p>

Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday

Child Health Clinic
 + ① ② ③ ④

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

Play Session (0-4 year olds)
 ② ③ ④ ⑤

9.45-11.15
 Seddon Centre.
 £1 first child, 50p siblings.
 Term time only.

Messy Play
 ② ③ ④

1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.



Tuesday

Citizens Advice Waltham Forest
 + ① ②

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

Child Health Clinic
 + ① ② ③ ④

9.30-11.30
 Delivered by NELFT.
 Seddon Centre.
 Free.

You and Your New Baby
 ② ③ ④

9.30-11.30
 Seddon Centre.
 Free.

Flourish
 ② + ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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

Speech and Language Drop In
 ② ③ ④ ⑤ +

10-11.30
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Free.

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

Wednesday

Breastfeeding Cafe
 +

1.30-2.30
 Kukoolala Cafe

Rollers and Crawlers (0-2 year olds)
 ② ③ ④

1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.

Speech and Language Drop In
 ② ③ ④ ⑤ +

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)
 ② ③ ④ ⑤

9.45-11.15
 Seddon Centre.
 £1 first child, 50p siblings.

Stories and Rhymes
 ② ③ ④ ⑤

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

Stay 2 Play (play session for all 2 year olds)
 ② ③ ④

1-3
 Seddon Centre.
 Term time only. Free.

Work Club
 Delivered by JCP and Partners
 ③ ④ ⑤

1-3.30
 Leyton Children and Family Centre Hub.
 Please call 020 8496 2442 to book

TOPS (Toddler opportunity parent support)
 ② ③ ④ ⑤ ⑥ ⑦ ⑧

1.30-3
 Leyton Children and Family Centre Hub.
 Invitation only. Term time only.
 Free.

Healthy Eating Drop In
 + ① ②

9.45-11.15
 Delivered by HENRY.
 Seddon Centre.
 Free.

Friday

Child Health Clinic & Infant Feeding Support
 + ① ② ③ ④

9.30-11.30
 Delivered by NELFT and HENRY.
 Seddon Centre.
 Free.

Music and Movement
 ② ③

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

Play Session (0-4 year olds)
 ② ③ ④ ⑤

10-11.30
 Leyton Children and Family Centre Hub.
 £1 first child, 50p siblings.



Saturday

Dad's Club
 ② ③ ④ ⑤

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

①
 9-1
 Leytonstone Children and Family Centre Hub.
 Please call to book 020 8496 2960

Stories and Rhymes
 ② ③

9.30-10.15 & 10.30-11.15
 Leytonstone Library.
 Term time only. Free.

Play Session (0-4 year olds)
 ② ③ ④ ⑤

10-11.30
 United Free Church Leytonstone.
 £1 first child, 50p siblings.
 Term time only.

Breastfeeding Cafe
 + ① ②

10.30-12
 Le Petit Corner

You and Your New Baby
 + ③ ④

1.30-3
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

TOPS (Toddler Opportunity Parent Support)
 ② ③ ④ ⑤ ⑥ ⑦ ⑧

1.30-3
 Acacia Nursery School.
 Invitation only. Free.

Tuesday

Early Help Money Matters
 Citizens Advice Waltham Forest

①
 9-1
 Leytonstone Children and Family Centre Hub.

Play Session (0-4 year olds)
 ② ③ ④ ⑤

10-11.30
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Flourish
 ② + ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

1.30-3.30
 Leytonstone Children and Family Centre Hub.
 Invitation only. Free.



Wednesday

Child Health Clinic
 + ① ② ③ ④

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

Employment and Training Support
 Delivered by Job Centre Plus
 ③ ④

10.30-12.30
 Leytonstone Children and Family Centre Hub.
 Please call to book 020 8496 2960

Play Session (0-4 year olds)
 ② ③ ④ ⑤

1.30-3
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.

Speech and Language Drop In
 ② ③ ④ ⑤ +

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

Healthy Eating Drop In
 + ① ②

1.30-3
 Delivered by HENRY.
 Leytonstone Children and Family Centre Hub.
 Free.



Thursday

Child Health Clinic & Infant Feeding Support
 + ① ② ③ ④

9.30-11.30
 Delivered by HENRY and NELFT.
 Langthorne Health Centre.
 Free.

Stay 2 Play (play session for all 2 year olds)
 ② ③

9.30-11.30
 Snowberry Nursery.
 Term time only. Free.

Rollers and Crawlers (0-2 year olds)
 ② ③

1.30-3
 Acacia Nursery.
 £1 first child, 50p siblings.
 Term time only.



Friday

Music and Movement
 ② ③

10.15-11.15
 Gwyn Jones Primary School.
 Free.

Play Session (0-4 year olds)
 ② ③ ④ ⑤

10-11.30
 Leytonstone Children and Family Centre Hub.
 £1 first child, 50p siblings.
 Term time only.

Saturday

Dad's Club
 ② ③ ④ ⑤

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

Speech and Language Drop-In
 ② ③ ④ ⑤ +

9.30-11
 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

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			Child Development (Training Academy) To provide learners with knowledge of how children develop and the skills to enhance their development. 5th October, 9.30 – 2.30 Learning Through Play (Training Academy) To provide learners with the knowledge and skills to help young children learn through play. 12th October, 9.30 – 2.30 Any enquiries to Shirin Hassan on Shirin.Hassan@walthamforest.gov.uk 020 8496 2450
Baby Massage 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 29th Sep, 6th, 13th, 20th Oct Course 2: Fri 10th, 17th, 24th Nov, 1st Dec For more information or to book call 020 8527 1737	Course 1: Wed 13th Sep-11th Oct 10-11 Course 2: Wed 1st-29th Nov 10-11 These courses are free but require a £5 deposit to book a place which is refundable after the completion of the course. Contact 020 8496 1551 to book.	Thu 14th, 21st, 28th Sep, 5th Oct. 9.15-10.30 For more information or to book call 020 8527 1737	Starts Fri 15th Sep. Any enquiries to Shirin Hassan on Shirin.Hassan@walthamforest.gov.uk 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 15th Sep -10th Nov 9.30-11.30 For more information or to book call 020 8527 1737 Integrated creche At The Higham Hill Centre	Wed 13th Sep-8th Nov 1-3 For more information or to book call 020 8527 1737	Thu 14th Sep-9th Nov Excluding Oct half term 1-3 For more information or to book call 020 8527 1737	Tue 12th Sep -7th Nov 1.30-3.30 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 8th Sep-1st Dec 9-12 For more information or to book call 020 8527 1737		
Strengthening Families, Strengthening Communities	Fri 15th Sep-3rd Nov 9.30-12 To book or for more information email Shirin.Hassan@walthamforest.gov.uk or go to https://directory.walthamforest.gov.uk			
Starting Solids These sessions aim to support you with how, when and what solids to introduce to your baby.	Mon 25th Sep 1.30-3 Mon 27th Nov 1.30-3 At The Lloyd Park Centre in You and Your New Baby. Places are limited (no booking)	Tue 26th Sep 1.30-3 Tue 28th Nov 1.30-3 In You and Your New Baby Places are limited (no booking)	Mon 9th Oct 1.30-3 Mon 4th Dec 1.30-3 Call to book 020 8527 1737	Tue 10th Oct 1-3 Tue 5th Dec 1-3 Call to book 020 8527 1737
Food themed activities-Eating Well for Families. A session where we explore how to support your child in eating a variety of foods. At the end of each session, children and adults sit together to share and enjoy new tastes and smells.	Thu 5th, 12th 19th Oct 10-12 (Within Stay 2 Play session)	Tue 3rd, 10th, 17th Oct 9.30-11.30 (Within Stay 2 Play session)	Tue 24th, 31st Oct, 7th Nov 10-11.30 (Within Play Session)	Thu 26th, Oct, 2nd, 9th Nov 9.45-11.15 (Within Play Session) At The Seddon Centre
Food themed activities - Exploring Foods How to support your child in eating a variety of foods. You can find out more about portion sizes and more to help make mealtimes a happier time for everyone.	Wed 1st, 8th, 15th Nov 1.30-3 (Within Play Session at St Michael's)	Mon 20th, 27th Nov and 4th Dec 9.30-11 (Within Play Session and Larkwood Primary School)	Tue 21st, 28th Nov and 5th Dec 10.30-11.30 (Within Play Session)	6th, 13th, 20th Nov 1.30-3 (Within Messy Play Session)
Oral Health Promotion Information about local dentists, how to look after your children's teeth, resources.	28th Sep in Play Session at Higham Hill. 21st Nov in Crawlers to 2. 1.30-3	26th Sep in Stay 2 Play. 24th Nov in Play sessions at Hub. 9.30-11	25th Sep Play Session at United Free Church. 24th Nov at Play Session in Hub. 10-11.30	25th Sep in Play Session (Seddon Centre) 24th Nov in Play Session at Hub. 10-11.30

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