

Roleplay

Lloyd Park Children's Charity

Charity Number 1102134



For families with children under 5 years living in Waltham Forest

Our charity exists to build brighter futures for children and families, and our vision is for every child to have the best start in life.



Introducing Mellow Bumps

A 6 week antenatal parenting programme for mothers-to-be who are 20-30 weeks pregnant at the start of the programme.

It aims to reduce stress and anxiety and helps prepare to meet babies needs from birth.

Course 1:

14th, 21st, 28th Jan. 4th, 11th, 18th Feb.

Course 2:

25th Feb. 3rd, 10th, 17th, 24th, 31st March

Both courses are 10am - 12 noon at the Higham Hill Centre.

Please email sabine@tlpcc.org.uk to book.

Dates for your diary

Cleaning Day

Friday 3rd January 2020 - All services closed

Training Day

Monday 6th January - All services closed

Half Term

Monday 17th - Friday 21st February

Last Day of Term

Friday 3rd April

Training Day

Monday 20th April - All services closed

First Day of Term

Tuesday 21st April

Dates and times can change at short notice.

Please visit www.tlpcc.org.uk or follow us on Facebook @LloydParkCC



I am thrilled and honoured to have been given the opportunity as Chief Executive Officer to continue the amazing work of our founder Pauline Thomas MBE. I have been involved with The Lloyd Park Children's Charity since it was established in 1981 and I'm dedicated to doing the very best we can; building brighter futures for children and families in Waltham Forest.

The Lloyd Park Children's Charity is an amazing organisation. With over 150 dedicated employees and volunteers, fantastic partner organisations, outstanding services and over 3 million pound turnover, we reached 16,000 children under 5 last year.

But we need you... the children, parents, local organisations, funders and supporters. Get involved, use

our services, tell us what you think and what's important to you.

The Lloyd Park Children's Charity team work hard to ensure every child reaches their full potential. We are so proud to have been nominated for the Early Years nasen award, which seeks to recognise and share the best practice in the UK which benefits children and young people with special and additional educational needs and disabilities (SEND). Thanks to our partners Whitefield Academy Trust and congratulations to the team.



Wendy Fields
Chief Executive Officer



The Valley Centre Opening

My name is Hayley and I am pleased to introduce our new setting in Chingford called The Valley. I am a proud Early Years Nursery Manager and have been fortunate enough to have project managed the opening of the nursery over the last year.



The building has undergone many changes to enable us to offer a high quality childcare provision. I have seen the premises shape into a wonderful free flow play Early Years Provision for 2-5 year olds with both indoor and outdoor learning.

We are now officially open with children who are already flourishing in our care. The nursery is ready for you to have a tour and spaces are still available, so please call the centre to book now on 020 3150 2313.

We look forward to welcoming you into our new setting.



@LloydParkCC



Being Healthy



Please visit our blog for more articles and top tips for families!
<http://www.tlpc.org.uk/parenting-blog/>

Health Visitor Six Week Appointment

What is it?

A new birth contact is made by a Health Visitor when a new baby is 10-14 days old; a follow up visit is also offered when the baby is around six weeks old. The GP will also want to see mum around this time.

Why are there two appointments at around 6 weeks?

Your GP has a role to ensure both mother and baby are physically well, and that an immunisation programme is started. GP's may ask about any mental health issues. Your Health Visitor is interested in all aspects of mother's health and all other family members. A short questionnaire (The Edinburgh Postnatal Depression Scale) will be completed with mum.

Why are Health Visitors asking about mental health?

Having a baby can be a wonderful time for the whole family. However, parents can sometimes experience problems. Parents may feel down, sometimes it just happens and it cannot be explained. It is important to understand that whatever the cause, or no cause, you are not to blame and this can happen to anyone.

What happens next?

Your Health Visitor can offer time to talk through your concerns in 'Listening Visits', perhaps offering other relevant support such as local 'FLOURISH' groups or IAPT (Improving Access to Psychological Therapies).

Your Health Visitor can be contacted on **0300 300 1970** or email nem-tr.0-19universalspawf@nhs.net

NELFT NHS
NHS Foundation Trust



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

HENRY Top Tips to Support Children's Healthy Eating



- Eat together - so they will copy and see others eating and enjoying food.
- Involve children in shopping and preparing meals - the children and family centres are running food themed sessions where you can come and prepare food with your child. Check dates in the "What's On" section of Roleplay.
- Try, try and try again - repeated exposure will help children become familiar with smell, taste, texture and appearance of different foods.
- Pile on the praise - notice small successes and say how proud you are when they try new food.
- Portion power - offer small and age appropriate portion sizes and use child sized plates.

Come to one of our Healthy Eating drop in sessions or group workshops, for further information check our timetable under the "What's On" section of Roleplay.

Please talk to your GP or Health Visitor if your child is refusing entire food groups; eating less than 10 food items; is upset/distressed when presented with new food/texture and/or if you are concerned about your child's growth and weight.



Helping Children use the Toilet

NELFT NHS
NHS Foundation Trust

Every child is different and attain bladder and bowel control at different times. If your child shows signs of awareness they have done a wee or poo this means they are recognising signals from their body. Toilet training usually begins between 18-30 months.

Top Tips

- Become aware of your child's wee or poo habits. Children with disabilities or developmental delay usually have normal functioning bladder and bowel but may take longer to be toilet trained. Check your child has a healthy bladder - are they able to wee and poo regularly without discomfort?
- Having time and patience is important. Take your time, it's not a race! Try toileting 20 minutes after a meal for 10-20 minutes.
- Choose a potty with your child. Encourage them to sit on it for a short time to get them used to it. You could try singing songs or reading a story.
- Nappies soak up wee, so your child may not be aware of being wet. Try putting a piece of folded kitchen roll in the nappy to increase awareness or put a pair of knickers under the nappy.
- Ensure your child has a minimum of 6-8 drinks every day (120-150mls for 2-year olds). Water is best!
- Talk about their wee and poo. Get them involved in the toileting process by giving simple explanations and tell them if they are wet or dry when you change them. Change your child in the bathroom standing up.
- Try to motivate your child by using a reward system and lots of encouragement.

If you require further support or advice please speak to a member of the NELFT 0-19 team, we are accessible in clinics (for under 5s) in school nurse drop ins (for over 5s) or call **03003001970**, or email nem-tr.0-19universalspawf@nhs.net



You Said

Some parents wanted more sessions in the morning as children sleep in the afternoon.



We Did

So to meet the needs of all our families we are introducing a Play All Day in Leytonstone. This will be on a Friday at Snowberry Nursery. This will give parents the opportunity to access and drop in to this.

You Said

People requested more affordable childcare places to be available locally.



We Did

We have now opened our wonderful new setting 'The Valley Centre', in Chingford.



Estates17 for supporting us once again with advertising boards for our Winter Fayres

Poundland Leytonstone for all of their wonderful Halloween donations



Max Jervis-Read – Our Chair of Trustees

I am honoured to have been voted the Chair of the Trustee Board for The Lloyd Park Children's Charity 2019-2020.

My children and I have previously attended the Baby Clinic, stay and play sessions in the community, Grow Wild outdoor adventure play space and one of the nurseries all run by this fantastic organisation. As a result, I know first-hand the excellent experiences TLPC provides for children in their early years, and the support they give to families to be the best that they can be.

As a qualified Social Worker and Mental Health Nurse working in Waltham Forest, I am also aware of how the charity's wider services such as the Baby Bank, Ready for School Program and parent support initiatives, empower families to break through the barriers of inequality they experience.

Having served as a member of the Trustee Board for the last two years as Safeguarding Lead and Vice-Chair, and working with the Grants and Fundraising Subgroup, I am very excited to continue to be part of a team which contributes to positively changing the life trajectories of children in our local area.



It's Party Time, Grow Wild Style!

We are happy to announce that bookings for birthday parties at Grow Wild in 2020 are now open!

To avoid disappointment, book now!

Perhaps you've been to or held a party here before? In which case you have some idea of how fun, unique and adventurous they are! Or, maybe this is your first time hearing about them. We offer an exciting experience for children and families to celebrate in a beautiful, challenging, outside nature play space full of things to make, discover and try!

We're open in all seasons and try to cater to your ideas and times. We are now offering the chance to have smaller baby parties here too, always with a qualified staff member.

People have said:

"It really felt like it was everyone's celebration! We were all made to feel included and part of the challenges."

"The staff accommodated all our wishes and made it all come true – the parents had as great of a time as the children – in fact it brought out all our inner children!"

"It was a birthday party like the ones we used to have; completely fun and full of great memories. We're booking for next year already!"

Pop in for a visit to chat and have a look around or email chrisr@tlpcc.org.uk

Thanks to Alyn and XAG studios for the generous donations they continue to supply to us.



Yoga with Ros
Mondays
The Lloyd Park Centre
8 - 9.30pm
£9 per session

To find out what parenting courses are available please email for queries & information:
earlyhelpparenting@walthamforest.gov.uk

0 Learning Through Play, Staying Safe and Employability



Making sure your child is warm and cosy is very important during the cold winter months, but are you aware of the right way to dress your child while in the car?
Making sure your child is safe whilst travelling will mean that they should not wear thick coats or snowsuits. The main reasons for this are:

Your child will get too hot once the car has warmed up.

The padding on the suit will mean the straps are not tight enough to protect your child in the event of an accident.

Your child may be able to squeeze out of the straps

Your child may be cold when first in the car and so cover on the outside of the restraints and remove once the car has heated up. Do not put any blankets under the straps.

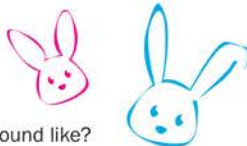


The Joy of Puddle

P is for 'Puddles', splashy and wet. Get on your boots and join in the fun!
U is for 'Umbrella', to stop getting wet, to hide and play peekaboo!
D is for 'Drops'. Drops of rain, falling from the sky. Listen carefully...what do the drops sound like?
D is for 'Delight'. The delight on a child's face when they jump and have fun splashing.
L is for 'Laughter', for leaping, for loving spending time with special people.
E is for 'Emptying'. Take out containers, let the rain fill them. Pour it away and start again.
S is for 'Spish-splash', enjoying time getting wet. Don't feel down about the rain, turn it into something positive.

The rain gives unlimited opportunities for play. Have you ever stood in the rain and felt it? Have you ever just shut your eyes and listened to the raining falling? Have you made a mud pie recently?

Think about experiencing things in a new way. We usually find ourselves rushing to get out of the rain, but why not embrace it? Get yourself prepared, dressed appropriately, have no-where in particular to be and then enjoy. Enjoy the rain, enjoy the quality time together with your children!



Healthy Early Years London Awards

For the past ten months LBWF have been supporting the Healthy Early Years London (HEYL) awards programme. Funded by the Mayor of London, it supports and recognises achievements in child health, wellbeing and development in early years settings.

The Mayor's new programme is a key ambition of 'Better Health for Londoners', London's Health Inequalities Strategy and is targeted at London's 13,000+ childcare settings, with the aim of setting a new industry standard and tackling health inequalities across the city at the earliest opportunity in a child's life.

Since its inception in the borough, LBWF have registered over 35 early years providers who are working towards achieving their Bronze Award. Under the scheme, nurseries, children's centres, playgroups and childminders in London will be given support to help children learn about the importance of healthy eating and exercise, as well as help with their social and emotional development. They will be awarded a Bronze, Silver or Gold awards based on their achievements.

A big congratulations to Little Learners Nursery - St Mary's for being the first nursery to achieve their Bronze Award, led by Nursery Manager, John Coggin, though he has since left his role. They achieved bronze award by showing evidence they are providing;

- A healthy early years setting which promotes good health for children as well as staff.
- A "Good" or "Outstanding" Ofsted rating.
- Whole setting approach by involving children, parents, and the local community to create a healthy learning environment.
- Partnering with external agencies to support staff to develop knowledge and expertise.



Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday

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

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

Music and Movement
📍 🎵
10.15-11 & 11.15-12
Wood Street Library. Free.
Please check www.tipcc.org.uk to confirm location as Wood St Library is due to move.

You and Your New Baby
📍 📞
1.30-3
The Lloyd Park Centre.
£1 first child, 50p twins.
Term time only.

Flourish (Post Natal Depression Group)
📍 + 📞
1.30-3.30
Walthamstow Children and Family Centre Hub. Invitation only, speak to a member of staff. Term time only. Free.

Boogie Books
📍
2.30-3
Homemade Cafe.
Voluntary Donation.

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

Tuesday

Outdoor Play Session (Grow Wild)
📍 📞
9.45-11.15
The Lloyd Park Centre.
£2 first child, 50p siblings.

Crawlers to 2 Year Olds
📍 📞
1.30-3
The Lloyd Park Centre.
£1 first child, 50p siblings.
Term time only.

Child Health Clinic
+ ① 📞 📍
1.30-3.30
Delivered by NELFT
Walthamstow Children and Family Centre Hub.
Free

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.



Wednesday

ESOL, Tots & Toddler Reading Book Club
📍 ①
9.30-11.30
For more information email helo@elatt.org.uk

Citizens Advice Waltham Forest
①
9.30-2
Please call to book: 020 8509 6444
Walthamstow Children and Family Centre Hub.

Imagination Library
📍 📞
1.15-2.30
Walthamstow Central Library
Term time only. Free.

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

Child Health Clinic
+ ① 📞 📍
1.30-3.30
Delivered by NELFT.
Comely Bank (buggy storage at the toy library) Free.

Breastfeeding Cafe
+ ① 📞 📍
1.30-3
Delivered by HENRY.
Church Hill Nursery School.
Term time only. Free.

Grow Wild (After school session)
Delivered by The Lloyd Park Centre
📍
3.45-5
(For children aged 0-10 yrs, must be accompanied by a parent/carer)
£3 per child.

Thursday

Play All Day
📍 📞 📞 ①
9-3
Walthamstow Children and Family Centre Hub.
£1 first child, 50p siblings.

Work Club
Delivered by DWP, CFC Engagement, Steps into Work.
📍 ①
10-11.30
1st Thursday of the month starts 9 Jan.
Please call to book: 020 8496 3511
Walthamstow Children and Family Centre Hub.

Creative Kids
📍
10-11.30 & 1-2.30
William Morris Gallery in partnership with The Lloyd Park Centre.
2nd Thursday of the month.
Booking essential, contact: www.wmgallery.org.uk
Term time only. Free.

Child Health Clinic
+ ① 📞 📍
12.30-2
Delivered by NELFT.
The Lloyd Park Centre.
Term time only. Free.

Somewhere to Belong
📍 📞 📞
1-2.30
Walthamstow Toy Library.
Invitation only.
Term time only. Free.

Saturday

Family Grow Wild
📍 📞 📞 ① + 📍
10-12
The Lloyd Park Centre.
2nd Saturday of the month.
£2 per child, £1 per adult.

Speech and Language Drop In (HENRY)
10-12
Based in the Family Grow Wild session.
The Lloyd Park Centre.
2nd Sat of month Free.

Friday

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

Parent and Toddler
📍 📞 📞
1.15-2.45
The Higham Hill Centre
£1 first child, 50p siblings.
Term time only.

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

Baby Bank Play Session
📍 ① 📞
10-11.30
Priory Court Community Centre
Free.

Stories and Rhymes
📍 📞 📞
10.15-11 & 11.15-12
Wood Street Library.
Term time only. Free.
Please check www.tipcc.org.uk to confirm location as Wood St Library is due to move.

Grow Wild
Delivered by The Lloyd Park Centre
📍 📞
1-3
The Lloyd Park Centre.
£3 per child.

Dads' Club
📍 📞 📞
10-12
The Lloyd Park Centre.
Last Saturday of the month.
£3 dads, £3 first child, 50p siblings.

Child Health Clinic
+ ① 📞 📍
10.30-12.30
Delivered by NELFT.
Walthamstow Children and Family Centre Hub. 1st and 3rd Saturday of the month. Free.

Antenatal appointments available in each neighbourhood
Speak to your midwife to book an appointment

1st Friday of Month 10-12, drop-in to Priory Court Community Centre Coffee Morning to see your Ward Councillor or Housing Officer or Citizens Advice for welfare, benefit or debt queries

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday

Flourish (Post Natal Depression Group)
📍 + 📞
10-12
Chingford Children and Family Centre Hub.
Invitation only. Term time only. Free.

Somewhere to Belong
📍 📞 📞
1.30-3
Chingford Children and Family Centre Hub.
Invitation only. Term time only. Free.

Child Health Clinic & Infant Feeding Support
+ ① 📞 📍
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 7382 to book.

Tuesday

Tiny Tots
📍 📞
9.10-11
Delivered by Yardley Early Years Centre
Term time only.
Please call 020 8523 7382 to book.

Work Club
Delivered by JCP and Partners.
📍 ①
10-11.30
1st Tuesday of the month
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 and Your New Baby (pre-crawlers)
📍 📞
1.30-3
Chingford Children and Family Centre Hub.
£1 first child, 50p siblings.

Speech and Language Drop In
📍 ① 📞 +
1.30-3
Delivered by HENRY.
Chingford Children and Family Centre Hub.
Term time only. Free.

Wednesday

Painters and Decorators (18m - 3yrs)
📍 📞
9.30-11
Delivered by Yardley Early Years Centre.
Term time only.
Please call 020 8523 7382 to book.

Music & Movement (0-4 year olds)
📍 📞 📞
1.30-2.30
Paradox Centre
£1 first child, 50p siblings.
Term time only.

Crawlers to 2 Year Olds
📍 📞
1.30-3
Chingford Children and Family Centre Hub.
£1 first child, 50p siblings.



Thursday

Citizens Advice Waltham Forest
①
9-1
Chingford Children and Family Centre Hub.
Please call 0300 3301175 (advice line) or 020 8509 6444 (voicemail service)

Play all Day (0-4 year olds)
📍 📞 📞 ①
9-3
Paradox Centre.
Term time only.
£1 first child, 50p siblings. Free for residents of the Chingford Hall Estate

Childminder Group Delivered by LBWF
📍 ①
9.30-11
Chingford Children and Family Centre Hub. Term time only.

Family Time
📍 📞 📞
1.30-3
Delivered by Yardley Early Years Centre
Term time only.
Please call 020 8523 7382 to book.

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.

Evening Child Health Clinic
+ ① 📞 📍
4.30-6.30
Delivered by NELFT.
Chingford Health Centre.
2nd and 4th Thursday of each month.

Friday

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

Child Health Clinic
+ ① 📞 📍
10-11.30
Delivered by NELFT.
Chapel End Early Years Centre.
Term time only. Free.

Stories and Rhymes
📍 📞 📞
1.15-2 & 2.15-3
Hale End Library. Free.

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

Saturday

Dad's Club
📍 📞 📞
10-12
Chingford Children and Family Centre Hub.
1st Saturday of the month.
£1 first child, 50p siblings.

Antenatal appointments available in each neighbourhood
Speak to your midwife to book an appointment

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



Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday

Play All Day
 9-3
 Seddon Centre. Term time only.
 £1 first child, 50p siblings.

Child Health Clinic
 + ① 前 前
 9.30-11.30
 Delivered by NELFT. Leyton Children and Family Centre Hub. Free.

Garden Club (March-October only)
 前 前 前
 10-11.30.
 Leyton Children and Family Centre.
 Call 020 8496 2442 to book

Humpty Dumpty Singalong (0-15 months)
 前
 11-12
 Leyton Children and Family Centre.
 Term time only.
 Call 020 8496 2442 to book

Songs & Smiles (0-4 year olds)
 前 前
 11-12
 Delivered by The Together Project.
 Aspray House Care Home,
 481 Lea Bridge Road E10 7EB
 Booking essential email:
 songs@thetogetherproject.co.uk
 Voluntary donation.

Bongalong
 前 前
 Session 1: 1.30-2.15 (Under 5's)
 Session 2: 2.30-3.15 (Under 1's)
 Leyton Children & Family Centre Hub.
 Call 020 8496 2442 to book. Term Time Only

Baby Bank Play Session
 前 ① 前
 1.30-3
 Cyber Link E10 5DE
 Please contact us on 020 8527 1737 to
 arrange donation drop-off times.

Tuesday

Citizens Advice Waltham Forest
 + ① 前
 9-1.30
 Leyton Children and Family Centre Hub.
 Please call to book 020 8509 6444

Child Health Clinic
 + ① 前 前
 9.30-11.30
 Delivered by NELFT.
 Seddon Centre. Free.

Flourish (Post Natal Depression Group)
 前 + 前 前
 10-12
 Leyton Children and Family Centre Hub.
 Invitation only, speak to a member of
 staff. Free.

Speech and Language Drop In
 前 ① 前 前 +
 10-11.30
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Term time only. Free.

You and Your New Baby
 前 前 前
 1-2.30
 Seddon Centre.
 £1 first child, 50p siblings.

Stories and Rhymes
 前 前 前 前
 1-1.45 & 2-2.45
 Leyton Library (Limited Places)
 Term time only.

Playful Yoga (2 years +)
 + 前 前
 1.30-2
 Leyton Children & Family Centre Hub.
 £1 first child, 50p siblings.
 Term time only.

Adventure Babies
 前
 1.30-2.15
 Leyton Children & Family Centre Hub.
 Term time only.
 Contact Shirin Hassan 020 8496 2442
 to book.

Wednesday

ESOL
 前
 9.30-11.30
 Delivered by ELATT.
 Leyton Children and Family Centre Hub.
 For more information email
 hello@elatt.org.uk or call 020 7275
 6750

Little Ballers (2+ years)
 + 前
 10-10.45
 Leyton Children and Family Centre Hub.
 Term Time Only

Breastfeeding Cafe
 +
 1.30-3.30
 Delivered by HENRY
 Leyton Children and Family Centre Hub.
 Term time only.

Music and Movement
 前 前
 1.30-2.30
 Seddon Centre
 Term time only.
 Free.

Songs & Smiles (0-4 year olds)
 前 前
 2.30-3.30
 Delivered by The Together Project
 Albany Nursing Home,
 Albany Road, E10 7EL
 Booking essential email:
 songs@thetogetherproject.co.uk
 Voluntary donation.

Thursday

Somewhere to Belong
 前 前 前 前
 10-11.30
 Seddon Centre
 Invitation only. Term time only.
 Free.

Steps to Speaking (speech and language group)
 前 ① 前 前
 10-11.30
 Invitation only.
 Delivered by HENRY
 Leyton Children and Family Centre Hub.
 Term time only. Free.

Stay 2 Play
 前 前
 1-3
 Leyton Children and Family Centre Hub.
 Term time only. Free.

Work Club
 Delivered by DWP, CFC Engagement.
 Steps to Work.
 前 ①
 1-2.30 (1st Thursday of the month)
 Leyton Children and Family Centre Hub.
 Call 020 8496 2442 to book.

Tiny Talk (0-18 months)
 前 前
 3.30-4.30
 Leyton Children and Family Centre Hub.
 Term time only.
 Call 020 8496 2442 to book.

Friday

English Conversation Club
 前 ① 前 前
 9.30-11
 Delivered by Adult Learning Service.
 This is an informal club for non-English
 speaking adults.
 Term time only.
 Call 020 8496 2442 to book

Child Health Clinic & Infant Feeding Support
 + ① 前 前
 9.30-11.30
 Delivered by NELFT and HENRY.
 Seddon Centre.
 Free.

Physical and Sensory Play
 前 前 前 前
 9.30-10.30 Walkers to 4 year olds.
 11-12 Babies to Crawlers.
 Leyton Children and Family Centre Hub.
 Term time only.
 £1 first child, 50p siblings.

Saturday

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

Antenatal appointments available
 in each neighbourhood
 Speak to your midwife to book
 an appointment



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

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday

Citizens Advice Waltham Forest
 ①
 9.30-2
 Leytonstone Children and Family Centre
 Hub.
 Please call to book 020 8509 6444

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

Somewhere to Belong
 前 前 前 前
 10-11.30
 Leytonstone Children and Family Centre
 Hub.
 Invitation only. Term time only. Free.

Songs & Smiles (0-4 year olds)
 前 前
 10.30-11.30
 Delivered by The Together Project
 George Mason Lodge Care Home
 20 Chelmsford Road E11 1BS
 Booking essential email:
 songs@thetogetherproject.co.uk
 Voluntary donation.

Breastfeeding Cafe
 + ① 前
 10.30-12
 Delivered by HENRY
 Le Petit Corner.
 Term time only.

Stories and Rhymes
 前 前 前
 1.15-2 & 2.15-3
 Leytonstone Library.
 Term time only. Free.

Tuesday

Money Matters
 ①
 9-1
 Leytonstone Children and Family Centre
 Hub. Front Reception office.
 Appointment only.

Childminding Group
 前
 9-11.30
 Snowberry Nursey.
 Term time only.

You and Your New Baby
 前 前 前 前
 10-11.30
 Leytonstone Children and Family Centre
 Hub.
 £1 first child, 50p siblings.

Work Club
 ①
 1-3.30
 7th January, 3rd March
 Delivered by JCP and partners
 Leytonstone Children and Family Centre
 Hub.
 For booking contact:
 Tanya.Blake@walthamforest.gov.uk.

Flourish (Post Natal Depression Group)
 前 + 前 前
 1.30-3.30
 Acacia Nursery School
 Invitation only, speak to a member of
 staff. Free.

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

Wednesday

Child Health Clinic
 + ① 前 前
 9.30-11.30
 Delivered by NELFT.
 Leytonstone Children and Family Centre
 Hub. Term time only
 Free.
 NB: All customers attending the clinic
 are to arrive no later than 11.20am

Music and Movement
 前 ①
 1.15-2 & 2.15-3
 Leytonstone Library.
 Free.

Crawlers to 2 Year Olds
 前 前
 1.30-3
 The Junction.
 £1 first child, 50p siblings.



Thursday

Child Health Clinic and Infant Feeding Support
 + ① 前 前
 9.30-11.30
 Delivered by NELFT and HENRY
 Langthorne Health Centre.
 Free.
 NB: Please arrive before 11:25am, as
 this allows the health visitors to finish
 promptly for 11:30am

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

Speech and Language Drop In
 前 ① 前 前 +
 1.30-3
 Delivered by HENRY.
 Leytonstone Children and Family Centre
 Hub.
 Term time only. Free.

Friday

Play All Day
 前 前
 9-3
 The Junction.
 Term time only.
 £1 first child, 50p siblings.

Saturday

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

Speech and Language Drop-In
 前 ① 前 前 +
 10-12
 Leytonstone Children and Family Centre
 Hub.
 3rd Saturday of the month.
 Free.

Antenatal appointments available
 in each neighbourhood
 Speak to your midwife to book
 an appointment



*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


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
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. * £10 per course (payment in advance to secure place)	Course 1: Mon. 13th, 20th, 27th Jan. 3rd, 10th Feb. 12.30-2. Course 2: Mon. 2nd, 9th, 16th, 23rd, 30th March 12.30-2 The Community Room, Lloyd Park (behind Delice Cafe) Contact zainabk@tlpcc.org.uk to book. *	Course 1: Wed. 15th, 22nd, 29th Jan. 5th, 12th Feb. 1-2pm Course 2: Fri. 28th Feb. 6th, 13th, 20th, 27th March. 1-2pm Contact 020 8496 1551 to book. *	Course 1: Mon. 13th, 20th, 27th Jan. 3rd, 10th Feb. 1.30-2.30pm Course 2: Mon. 2nd, 9th, 16th, 23rd, 30th March. 1-2pm Email: kieszaj@tlpcc.org.uk or kathleenj@tlpcc.org.uk to book. *	Course 1: Wed. 8th, 15th, 22nd, 29th Jan. 5th Feb. 1.30-2.30pm Course 2: Wed. 12th, 19th, 26th Feb. 4th, 11th Mar. 1.30-2.30pm Call 020 8496 2442, email: leahs@tlpcc.org.uk or adilar@tlpcc.org.uk to book. *
Oral Health Promotion Information about local dentists and how to look after your children's teeth.	Thur. 13th Feb. 10-11.30am within Play All Day Mon. 30th March. 1.30-3pm within You and Your New Baby at The Lloyd Park Centre.	Wed. 15th Jan. 1.30-3pm within Crawlers to 2 Year Olds. Tue. 25th Feb. 9.30-11.30. within Stay 2 Play. Thur. 26th March 9-10.30am within Play All Day at Paradox.	Fri. 7th Feb. 10-11.30am within Play All Day Session. Wed. 18th March 1.30-3pm within Crawlers to 2 Year Olds.	Thur. 16th Jan. 1-3pm within Stay 2 Play. Thur. 5th March 1-3pm within Stay 2 Play.
HENRY Healthy Family Prog. Free 8 week programmes about nutrition, activity and emotional wellbeing. Contact HENRY to book your place on 020 8496 5223 or via email wfsupport@henry.org.uk	Starting Mon. 3rd February Starting Mon. 30th March 10-12am Term time only. Creche provided.	Starting Mon. 3rd February Starting Mon. 30th March 2-4pm at The Paradox Centre Term time only. Creche provided.	Starting Thur. 30th Jan. Starting Thur. 26th March 10-12am at Snowberry Nursery Term time only. Creche provided.	
HENRY Starting Solids Workshop Group workshop which explores when, how and what to feed your baby.	Friday 7th Feb. 1.30-3.30pm Wed. 1st April. 10-12pm Call HENRY to book your free place on 020 8496 5223	Thur. 30th Jan. 10-12pm Thur. 12th March 10-12pm Call HENRY to book your free place 020 8496 5223	Tuesday 28th Jan. 10-12pm Tuesday 24th March 10-12pm at Snowberry Nursery Call HENRY to book your free place 020 8496 5223	Friday 31st Jan. 1-3pm Thur. 19th March 10-12pm Call HENRY to book your free place 020 8496 5223
HENRY Fussy Eating Workshop Group workshop exploring solutions and guidance for coping with children who are not interested in food or eat a limited range of foods.	Wed. 4th March. 10-11.30am Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223	Thur. 27th Feb. 10-11.30am Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223	Tue. 11th Feb. 10-11.30am at Snowberry Nursery Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223	Thur. 5th March 10-11.30am Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223
HENRY Drop-in Sessions Open walk-in sessions about diet, nutrition, physical activities and healthy lifestyle	Tuesdays 7th, 21st Jan. 4th, 18th Feb. 3rd, 17th, 31st March. 1.30-3pm	Thursdays. 16th, 30th Jan. 13th, 27th Feb. 12th, 26th March. 9th April. 1.30-3pm	Wednesdays. 15th 29th Jan. 12th, 26th Feb. 11th, 25th March. 8th April. 9.30-11am	Tuesdays. 7th, 21st Jan. 4th, 18th Feb. 3rd, 17th, 31st March. 9.30-11am at The Seddon Centre
HENRY Healthy Teeth Workshop To equip you with all you need to know to keep children's teeth healthy as they grow. Parents and children welcome	Friday 17th Jan. 2-4pm Friday 21st Feb. 2-4pm Call HENRY to book your free place on 020 8496 5223	Friday 24th Jan. 2-4pm Call HENRY to book your free place on 020 8496 5223	Tuesday 4th Feb. 2-4pm Call HENRY to book your free place on 020 8496 5223	Friday 31st Jan. 2-4pm Call HENRY to book your free place on 020 8496 5223
Food Themed Activities-Eating Well for Families. 3 sessions on how to make balanced meals for children.	Thur. 19th, 26th March. 2nd April 10-12pm within Play All Day	Tue. 14th, 21st, 28th January 10-11.30am within Stay 2 Play	Fri. 31st Jan. 7th, 14th Feb. 1.30-3pm within Play All Day at Snowberry Nursery	Mon. 13th, 20th, 27th Jan. 1-2.30pm within Play All Day at Seddon Centre
Food themed activities - Exploring Foods 3 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.	Tue. 28th Jan. 4th, 11th Feb. 1.30-3pm within Crawlers to 2 Year Olds at The Lloyd Park Centre	Thur. 27th Feb. 5th, 12th March 1.30-3pm within Play All Day at The Paradox	Mon. 9th, 16th, 23rd March 10-11.30am within Play Session at United Free Church	Thur. 12th, 19th, 26th March 1-3pm within Stay 2 Play
Sleep Session For children over 6 months. If you would like information on bedtime routines please speak to a member of the team in one of our Play Sessions.	1st and 3rd Saturday of the month within Child Health Clinic. 10.30am-12.30pm Call to book 020 8527 1737 Thur. 27th Feb. 10-12pm within Play All Day	Tue. 4th Feb. 1.30-3pm within You & Your New Baby. Wed. 26th Feb. 1.30-3pm within Crawlers to 2 Year Olds. Thur. 19th March. 1.30-3pm within Play All Day at the Paradox Centre	Mon. 20th Jan. 10-11.30am within Play Session at the United Free Church. Thur. 13th Feb. 9.30-11.30am within Stay 2 Play. Fri. 27th March 9am-3pm within Play All Day at Snowberry Nursery	Fri. 10th Jan. within Physical and Sensory Play Tue. 4th Feb. within You & Your New Baby at The Seddon Centre Mon. 23rd March within Play all Day 9 - 12 Seddon Centre
Domestic Abuse One Stop Shop A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.	Monthly drop-in on: Thursday 16th January. 13th February. 19th March. 10th April. 1-4pm	Monthly drop-in on: Monday 20th January. 17th February. 16th March 20th April. 10am-1pm	Monthly drop-in on: Wednesday 8th January. 5th February. 4th March. 8th April. 10am-1pm	Monthly drop-in on: Tuesday 28th January. 25th February. 24th March. 28th April. 10am - 1pm
Family Support	<ul style="list-style-type: none"> To find out about family support, within our play sessions, around routines, behaviour or your child's learning and development, please talk to a member of our team or email familysupport@tlpcc.org.uk For parenting advice you can also contact shirin.hassan@walthamforest.gov.uk / 020 8496 2442 For our Mellow Bumps antenatal parenting programme please see the Being Healthy page for more information. 			

Neighbourhood Map

Key
 = Neighbourhood Hub

North

Central

Priory Court Community Centre
 11 Priory Court E17 5NB
 020 8531 0380

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

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

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

Walthamstow Central Library
 High Street, Walthamstow,
 E17 7JN

Leyton Children & Family Centre Hub (Queens Rd)
 215 Queens Rd E17 8PJ
 020 8496 2442

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

Emmanuel Parish Hall
 Hitcham Rd E17 8HL

Leyton Cyber Link
 51 Beaumont Rd E10 5DE

Seddon Centre
 Clyde Place E10 5AS

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

South West

South East

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

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

Chingford Children & Family Centre Hub (Wyemead)
 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
 Brookscroft Rd E17 4LH
 020 8527 9192

Delicé Community Cafe
 Lloyd Park E17 5JW
 020 8531 9522

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

Wood Street Library
 Forest Rd E17 4AA
 020 8496 3000

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

Leytonstone Library
 6 Church Lane E11 1HG
 020 8496 3000

Le Petit Corner
 734 High Rd Leytonstone
 E11 3AW

Acacia Nursery
 8 Cecil Rd E11 3HF
 020 8558 4444

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

Langthorne Pavilion
 Birch Grove E11 4YG
 020 8527 1737

