

# 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.



This year is going to be an exciting year of change.

I have had the privilege of leading the Lloyd Park Children's Charity over the last 38 years which has been an enjoyable journey. I am now planning to step down from the Chief Executive position but I intend on staying involved and continuing to support the charity into the future.

I am really very proud to say that the charity is doing so well, thanks to the hard work and determination of staff, volunteers, our partners and trustees. Last year we received our 4th outstanding judgement from Ofsted, the contract for Children and Family Centre services was extended for another 2 years and we have plans to extend our childcare and introduce other services in partnership with Peabody at the Paradox Centre in Chingford.

I look forward to working with my team in planning for a successful transition and continuing to build brighter futures for children and families.



Pauline Thomas MBE



## What's on this term?

We look forward to ...

### The Lloyd Park Centre Sponsored Walk

Tuesday 21st May

### Higham Hill Centre Summer Fayre

Sunday 30th June

## Dates for your diary

### Training Day

Tuesday 23rd April 2019

### First Day of Term

Wednesday 24th April

### Bank Holiday

Monday 6th May

### Bank Holiday

Monday 27th May

### Half Term

Monday 27th - Friday 31st May

### Last day of term

Friday 19th July

### Summer Holiday

22nd July - 30th August  
(LPC Holiday Club running)

### Training Day

2nd September

### First Day of Term

3rd September 2019

Dates and times can change at short notice

Please visit [www.lfpc.org.uk](http://www.lfpc.org.uk)

or follow us on Facebook



## A Celebration of our History

Founded in 1981, The Lloyd Park Children's Charity has a long and vibrant history working with children and families in Waltham Forest.

When Pauline Thomas moved to Aveling Park Road in 1977 there was nowhere for people to go with their children, so she opened up her home to friends and other families. Together they set up a range of activities: keep-fit, coffee mornings and play sessions and Halloween and Bonfire parties. They used the Playscheme in a gardener's shed and double-decker bus in Lloyd Park.

In 1981 the bus was under threat of closure, so they formed the Lloyd Park Action Group and started a campaign to improve services for the community. As a result, they were given use of five portacabins in Lloyd Park and in 1984 we formed The Lloyd Park Parent and Toddler Group; with play sessions every weekday afternoon.

Since this time, with Pauline Thomas as Chief Executive Officer, The Lloyd Park Children's Charity has continued to develop services to support local families and the needs we see across our community. There have been so many successes. From raising the funds to employ our first staff members, securing grants of £1.3 million in 2002 for the building in Lloyd Park and in 2016 winning the contract for Children and Family Centres to enable us to support families across Waltham Forest.

There have been some amazing people involved over the years who have helped make this charity so special. Staff, volunteers and trustees have been key to its success. But the charity would not be here today if it wasn't for Pauline's commitment to supporting local people over the last 38 years.

In recognition of her achievements she was awarded an MBE by Prince Charles in 2011 and as she plans to step down from the Chief Executive Role we are planning to celebrate such a special person who has done so much for Waltham Forest.

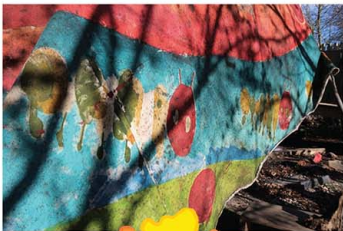
Thanks from The Lloyd Park Children's Charity Team.



Follow us on Twitter and Facebook @LloydParkCC



Yoga with Ros  
Mondays at The Lloyd Park Centre  
8 - 9.30pm £8.50 per session



## National Smile Month is fast approaching!

It's that time of the year when we can take some time to focus on our beautiful smiles.

National Smile Month runs from the 13th of May to the 13th June. This year we will be hosting a toothbrush exchange in the four Children and Family Centre hubs across the borough where families are welcome to bring their children's old toothbrushes and receive a free goody bag including a new toothbrush and other fun treats all designed to encourage children to brush their teeth. (Even if families don't bring their old toothbrush children will still receive a free goody bag)

Goody bags will be given out at the following Children and Family Centre's:

- 13th - 21st May. Leyton Children and Family Centre
- 21st - 28th May. Leytonstone Children and Family Centre
- 28th May - 5th June. Walthamstow Children and Family Centre
- 5th - 13th June. Chingford Children and Family Centre



### Top Tip!

Start brushing with a toothpaste containing fluoride from the moment you see your new baby's first tooth.

### Top Tip!

Ask your children and family centre for a list of dentists accepting patients.

What would you like to read about in Roleplay?  
Email [info@ttfcc.org.uk](mailto:info@ttfcc.org.uk) with any questions  
or suggestions for articles.

## Deafness Awareness

Have you ever imagined a world without sound? Listening to music, hearing the birds tweeting, talking, singing are some of the things that most of us take for granted.

1 in 6 people in the UK are affected by hearing loss. There are 50,000 children with hearing loss in the UK. Adults and Children who are deaf, or suffer from some form of hearing impairment, face communication barriers such as lack of confidence, isolation and depression.

It can affect a child's speech and language development and social and emotional development.

At The Lloyd Park Children's Charity we are committed to identifying individual needs and working closely with the families to ensure that those individual needs are planned for and met.

As part of this commitment and to enable us to work more effectively with the families we work with who are experiencing deafness we have arranged for 20 Members of staff to have British sign language training in May. This coincides with Deafness Awareness week 14-20th May.

If you feel we could offer you any help or support, please talk to a member of our team at one of our sessions.

Are you a deaf parent willing to volunteer to help introduce our services to other parents? If so contact a member of our team for more details.

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

## Are you pregnant?

The NELFT Waltham Forest Health visiting team are now using different solutions to improve access to our service and we are offering an antenatal telephone contact to all expectant parents between 28 and 34 weeks of their pregnancy. This appointment can last for up to 30 minutes and will give the opportunity to talk about feelings and preparations for becoming a parent, as well as find out useful information about caring for your baby.

We will provide an introduction to our service and how to access our clinics and support services. Following this contact, we will email out an antenatal information pack to all expectant parents. This will allow time for health information to be accessed before baby arrives and will help to support new parents plan and make preparations for their new arrival.

Letters will be sent to arrange this consultation. If you wish to discuss your appointment or require an interpreter, please contact 0300 300 1970.



## Wool donations wanted

The knitting club at Higham Hill Homemade Community Cafe have been knitting blankets for local families. If you have any unwanted wool please donate it to this fantastic group. You can drop it to Higham Hill Childrens Centre or speak to a member of staff in one of the Hub buildings.

## You Said

Parents in the South East neighbourhood asked for a ticketing system for all sessions at The Junction...

## You Said

You wish you'd known more about parenting difficulties.....

## You Said

You would like more communication regarding fees from the Finance Team...

## We Did

We have introduced this and are trialling it at the moment.

## We Did

Launched I Wish I'd known campaign on Facebook and twitter and in activity sessions to encourage parents to support each other through acknowledging difficulties and sharing knowledge about what they've learned.

## We Did

Effective April 2019 Termly Advance Invoices and Quarterly in Arrears Statements to be issued. Additional Services i.e. extra days to be invoiced monthly in arrears.



## Why is Dad's Club, Dad's Club?

We often get asked why is Dads' Club just for Dads and it is really hard to sum up in a few words, but let's start at the beginning.

We've been running dad's club for 12 years now. This group started with a group of local fathers who wanted a play space for them and their children. The group has developed and supported many fathers who have faced different challenges in life; bereavement, illness, loss and offers opportunities for being able to make connections with other fathers in similar situations.

The one constant message we have back from fathers is that "they like this space for themselves" and some may think it sounds selfish, but on the other hand it gives them the space they need to be amongst other dad's - to talk, to connect, to confide in others, in a secure place.

If you would like to talk through any of these ideas, please feel free to contact me, Chris, on [chris@tlpcc.org.uk](mailto:chris@tlpcc.org.uk) or you can talk to a member of our team.

Thanks, Chris Rowley, Grow Wild Manager.



TLPCCC would like to Thank everyone who helps support our Charity! Special Thanks go to:

### Estates17

who supported our Winter Fayres with advertising boards and donated £1800.

### Taylor Wimpey

for their £500 donation towards Baby Bank.

### Cash for Kids

who donated £1250 to buy 50 Christmas gifts for children who attend our Baby Bank.

### Goals Chingford

and their customers who bought over 30 Christmas presents for Baby Bank children.

### Stow Bros

who bought books as Christmas presents for children who attended the Leyton Children and Family Centre Christmas party.

Thanks to **The Mall, Sodo Pizzeria, Bru, The Queens Arms, Lotolie Hairdressers and Wynwood** who donated prizes for our Winter Fayres.

Not forgetting all the generous individuals who donated online!

Congratulations to The London Borough of Waltham Forest for the recent Ofsted inspection of Children's Social Care Services. For more information go to: <https://files.api.ofsted.gov.uk/v1/file/50061232>



## The Friend Ship has launched!

As a mum of two that has been involved with The Lloyd Park Children's Charity (TLPCCC) for many years, I have been lucky enough to attend many events over the years to celebrate the achievements of this brilliant charity. Saturday 19th January, I found myself thoroughly engrossed and entertained in the wonderful new play area at The Lloyd Park Centre. The name was announced and 'The Friendship' was officially opened!

With fantastic new play opportunities such as a roundabout, sandpit, slide, swinging hammocks and mud pit and kitchen (being the firm favourite with my two girls!), as well as my favourite...an actual boat with a sail... the morning was lovely! The children at The Lloyd Park Centre will be using the space every day and there will be events where families will be invited to use this space, so look out for these in the future!

Well done to all at TLPCCC for this great addition to the charity!  
Penny (Mum of Bethany and Kitty)

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



# 0 Learning Through Play, Staying Safe and Employability



## Your Child's Learning

Have you ever noticed how children love boxes? When there are celebrations, they seem to always choose the boxes rather than what comes inside. Sometimes, this can be the cause of frustration or laughter... but why not make the most of it!

To a child, a box is not just 'a box'. It's a car, it's a cupboard, it's hide and seek... the play opportunities are many! Be led by your child. Leave a box in the middle of the room and see what the box becomes to them. Adapt the box, use both of your imaginations. Cut holes, stick things on it or fill it with everyday items... every child loves a whisk or a hairbrush! These will feel like treats to your child.

Most of all, enjoy the time with your child. It will benefit you both to spend this quality time together.



## Volunteering

My name is Adila, I am an Activity Coordinator at the Leyton Children and Family Centre Hub. I started my journey at the Lloyd Park Children's Charity through volunteering after my studies. To help me find the right career path, volunteering seemed to be the best route for me to go down to find the suitable career for myself.

I enjoyed planning activities, getting to know families within the sessions, I enjoy helping people and love the whole ethos of The Lloyd Park Children's Charity, its a great place to work with very enthusiastic members of staff.

When the job opportunity came up I applied for the role as an Activity Coordinator and was successful in a full time job at the Leyton Children and Family Centre Hub.

Volunteering can help unlock the door of many opportunities leading to future employment. If you would like more information about volunteering with the Lloyd Park Children's Charity, please contact your local Children & Family Centre for the volunteer application form.

All volunteers receive ongoing support, supervision and appropriate training during their journey of volunteering. Please contact a member of staff for more information.



## FREE Stay 2 Play Session

Bring your child to a FREE Stay 2 Play session and join in the fun yourself.

Each two-hour session supports your child's learning through playing with other children alongside their parents/carers.

You can find details of your nearest Stay 2 Play session at: [directory.walthamforest.gov.uk](http://directory.walthamforest.gov.uk) and search Stay 2 Play, or call 020 8496 3566



## Domestic Abuse

*"Domestic violence is any incident or pattern of incidents of controlling, coercive and threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality"*

Domestic violence and abuse have a major impact on the health, social, emotional and intellectual development of the child and young person and have a major impact on the family. Women are more likely than men to be the victim of different types of abuse (partner abuse, family abuse, sexual assault and stalking) and in particular sexual violence.

Domestic violence is a sensitive issue – people often find it hard to discuss. Identification of risk and early intervention with families can significantly reduce risk of escalation and is important for breaking the cycle of abuse.

Health professionals in a variety of settings are well placed to identify potential domestic violence and abuse cases and respond appropriately to disclosure. Pregnancy and early parenthood is a particularly vulnerable time.

If you experience any violence or abuse at home you can contact Waltham Forest Health Visiting Team on 0300 300 1970 or email [nem-tr.0-universalspaw@nhs.net](mailto:nem-tr.0-universalspaw@nhs.net) or access One Stop Shop drop-in session at your local Children and Family Centre where you can get confidential advice on safety planning, legal matters, housing advice and explore support options.

See the What's On section of Roleplay for when these sessions take place.



# Neighbourhood Map

Key

 = Neighbourhood Hub

North

Central

**Paradox Centre**  
3 Ching Way E4 8YD  
020 8501 9909

**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

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

**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

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

**Wood Street Library**  
Forest Rd E17 4AA  
020 8496 3000

**Froth and Rind Cafe**  
37 Orford Rd E17 9NL  
020 8527 1737

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

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

**Walthamstow Central Library**  
High Street, Walthamstow,  
E17 7JN

**Allum Medical Centre**  
Fairlop Rd E11 1BN  
020 8430 7369

**Leytonstone Library**  
6 Church Lane E11 1HG  
020 8496 3000

**Le Petit Corner**  
734 High Rd Leytonstone  
E11 3AW

**George Tomlinson Primary School**  
33 Harrington Rd E11 4QN

**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

**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

**Seddon Centre**  
Clyde Place E10 5AS

**Leyton Library**  
273 Leyton High Rd  
E10 50H  
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

**Langthorne Pavilion**  
Birch Grove E11 4YG  
020 8527 1737

South West

South East



## Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Childminder Drop In</b> (prospective parents welcome) Delivered by LBWF 9.30-11 Walthamstow Children and Family Centre Hub. Term time only. £1 first child, 50p siblings.	<b>Outdoor Play Session (Grow Wild)</b> 9.45-11.15 The Lloyd Park Centre £2 first child, 50p siblings.	<b>ESOL, Tots &amp; Toddler Reading Book Club</b> 9.30-11.30 For more information hello@elfat.org.uk or call 020 7275 6750	<b>Work Club</b> Delivered by DWP, CFC Engagement. Steps into Work. 9.30-11.30 (fortnightly) Starting 10/1/2019 Please call to book: 020 8496 3511 Walthamstow Children and Family Centre Hub. Term time only.	<b>Parent and Toddler</b> 10-12 The High Hill Centre Term time only. £1 per child.
<b>Move and Rhyme Funtime (0-4s)</b> 10-10.30 & 11.11-30 Homemade Community Cafe Delivered by local parent Carlene. Voluntary donation.	<b>Crawlers to 2 Year Olds</b> The Lloyd Park Centre. £1 first child, 50p siblings. Term time only.	<b>Citizens Advice Waltham Forest</b> 9.30-2 Please call to book: 020 8509 6444 Walthamstow Children and Family Centre Hub.	<b>Creative Kids</b> 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	<b>Speech and Language Drop In</b> 9.30-11 Delivered by HENRY Church Hill Nursery School. Term time only. Free.
<b>Music and Movement</b> 10.15-11 & 11.15-12 Wood Street Library. Free.	<b>Child Health Clinic</b> 1.30-3.30 Delivered by NELFT Walthamstow Children and Family Centre Hub. Free.	<b>Infant Feeding Support</b> 10-12 Delivered by La Leche. The Lloyd Park Centre. 1st and 3rd Wednesday of the month. Free.	<b>Stay 2 Play</b> (play session for all 2 year olds) 10-12 Walthamstow Children and Family Centre Hub. Term time only. Free.	<b>Baby Bank Play Session</b> 10-11.30 Priory Court Community Centre Free.
<b>You and Your New Baby</b> 1.30-3 The Lloyd Park Centre. £1 first child, 50p twins. Term time only.	<b>Healthy Eating Drop-in</b> at the Child Health Clinic (Term Time) 1.30-2 Delivered by HENRY. Free.	<b>Breastfeeding Beyond Babyhood</b> 1.30-2 Delivered by La Leche. Walthamstow Children and Family Centre Hub. 2nd Wednesday of the month. Free.	<b>Stories and Rhymes</b> 10.15-11 & 11.15-12 Higham Hill Library. Term time only. Free.	<b>Stories and Rhymes</b> 10.15-11 & 11.15-12 Wood Street Library. Term time only. Free.
<b>Flourish</b> 1.30-3.30 Walthamstow Children and Family Centre Hub. Invitation only, speak to a member of staff. Term time only. Free.	<b>Evening Child Health Clinic &amp; Infant Feeding Drop In</b> 4.30-6.30 Delivered by NELFT and HENRY. Walthamstow Children and Family Centre Hub. Free.	<b>Imagination Library</b> 1.15-2 & 2.15-3 Walthamstow Central Library. Free.	<b>Child Health Clinic</b> 12.30-2 Delivered by NELFT. The Lloyd Park Centre. Term time only. Free.	<b>Grow Wild</b> Delivered by The Lloyd Park Centre 1.30-3 The Lloyd Park Centre. £2 first child, 50p siblings.
<b>Boogie Books</b> 2.30-3 Homemade Cafe. Voluntary Donation.		<b>Parent and Toddler</b> 1.15-2.45 Delivered by The Lloyd Park Centre £2 first child, 50p siblings. Term time only.	<b>Play Session (0-4 year olds)</b> 1.30-3 Walthamstow Children and Family Centre Hub. £1 first child, 50p siblings. <b>Pop-Up Library</b> Within 1st and 3rd Play Session of the month.	<b>Saturday</b> <b>Family Grow Wild and Speech and Language Drop In (HENRY)</b> 10-12 The Lloyd Park Centre. 2nd Saturday of the month. £2 per child, £1 per adult.
Services are available for all, irrespective of where you live.		<b>Child Health Clinic</b> 1.30-3.30 Delivered by NELFT. Comely Bank (buggy storage at the toy library) Free.	<b>Child Health Clinic</b> 1.30-3.30 Delivered by HENRY. Froth and Rind Cafe. Term time only. Free.	<b>Dads' Club</b> 10-12 The Lloyd Park Centre. Last Saturday of the month. £3 per dad, £3 first child, 50p siblings (includes breakfast)
*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	Antenatal appointments available in each neighbourhood Speak to your midwife to book an appointment	<b>Breastfeeding Cafe</b> 2-4 Delivered by HENRY. Froth and Rind Cafe. Term time only. Free.	<b>Somewhere to Belong</b> 1.2-30 Walthamstow Toy Library. Invitation only. Term time only. Free.	<b>Child Health Clinic</b> 10.30-12.30 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	Tuesday	Wednesday	Thursday	Friday
<b>Flourish Post Natal Depression Group</b> (Speak to your health visitor) 10-12 Chingford Children and Family Centre Hub. Invitation only, speak to a member of staff. Term time only. Free.	<b>Tiny Tots</b> 9.10-11 Delivered by Yardley Early Years Centre Term Time Only Please call 020 8523 7382 to book.	<b>Painters and Decorators</b> (18m+ - 3yrs) 9.30-11 Delivered by Yardley Early Years Centre. Term Time only Please call 020 8523 7382 to book.	<b>Citizens Advice Waltham Forest</b> 9-11 Chingford Children and Family Centre Hub. Please call to book 020 8509 6444	<b>Play Session (0-4 year olds)</b> 9.30-11 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.
<b>Somewhere to Belong</b> 1.30-3 Chingford Children and Family Centre Hub. Invitation only. Term time only. Free.	<b>Work Club</b> Delivered by DWP, CFC Engagement. Steps into Work. 9.30-11.30 (fortnightly) Starting 18/1/19 Chingford Children and Family Centre Hub. Please call to book 020 8496 1551	<b>Parent and Toddler &amp; Childminder Drop In</b> 9.30-11.30 Delivered by Chapel End Early Years Centre Term time only.	<b>Play all Day (0-4 year olds)</b> 9.30-11.30 Paradox Centre Term time only. £1 first child, 50p siblings. Free for residents of the Chingford Hall Estate	<b>Stories and Rhymes (0-4 year olds)</b> 10-12 1.15-2 & 2.15-3 Hule End Library. Term time only. Free.
<b>Child Health Clinic &amp; Infant Feeding Support</b> 1.30-3.30 Delivered by HENRY and NELFT. Chingford Health Centre. Free.	<b>Stay 2 Play</b> (play session for all 2 year olds) 9.30-11.30 Chingford Children and Family Centre Hub. Term time only. Free.	<b>Music &amp; Movement (0-4 year olds)</b> 1.30-2.30 Paradox Centre £1 first child, 50p siblings. Term time only.	<b>Childminder Group</b> Delivered by LBWF 9.30-11 Chingford Children and Family Centre Hub. Term Time Only.	<b>Grandparents Group</b> Delivered by the Early Help team. 1.30-3 Chingford Children and Family Centre Hub. Free.
<b>Toddler Time (18-35 months)</b> 1.30-3 Delivered by Yardley Early Years Centre. Term Time Only Please call 020 8523 7382 to book.	<b>You and Your New Baby Pre-crawlers</b> 1.30-3 Chingford Children and Family Centre Hub. £1 first child, 50p twins.	<b>Crawlers to 2 Year Olds</b> 1.30-3 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.	<b>Family Time</b> 1.30-3 Delivered by Yardley Early Years Centre Term-Time Only Please call 020 8523 7382 to book.	<b>Child Health Clinic</b> 1.30-3 Delivered by NELFT. Chapel End Early Years Centre. Term time only. Free.
<b>Speech and Language Drop In</b> 1.30-3 Delivered by HENRY. Chingford Children and Family Centre Hub. Term time only. Free.		<b>Child Health Clinic and Breastfeeding Cafe</b> 1.30-3.30 Delivered by NELFT (Healthy Eating Drop-In delivered by HENRY 1.30-3) Chingford Children and Family Centre Hub. Free.	<b>Evening Child Health Clinic</b> 4.30-6.30 Delivered by NELFT. Chingford Health Centre 2nd and 4th Thursday of each month.	<b>Saturday</b> <b>Dad's Club</b> 10-12 Paradox Centre 1st Saturday of the month £3 first child, 50p siblings.
Antenatal appointments available in each neighbourhood Speak to your midwife to book an appointment	Antenatal appointments available in each neighbourhood Speak to your midwife to book an appointment	Antenatal appointments available in each neighbourhood Speak to your midwife to book an appointment	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	Tuesday	Wednesday	Thursday	Friday
<b>Child Health Clinic</b> 9:30-11:30 Delivered by NELFT Leyton Children and Family Centre Hub. Free.	<b>Citizens Advice Waltham Forest</b> 9:15-10:15 Leyton Children and Family Centre Hub. Please call to book 020 8509 6444	<b>Breastfeeding Cafe</b> Delivered by HENRY 1.30-3.30 Leyton Children and Family Centre Hub. Term time only.	<b>Somewhere to Belong</b> 10:11-30 Seddon Centre Invitation only. Term time only. Free.	<b>English Conversation Club</b> Delivered by Adult Learning Service. This is an informal club for non-English speaking adults. Term time only. For more information please call Shirin Hassan 020 8496 2442
<b>Play Session (0-4 year olds)</b> 9:45-11:15 Seddon Centre. £1 first child, 50p siblings. Term time only.	<b>Child Health Clinic</b> 9:30-11:30 Delivered by NELFT. Seddon Centre. Free.	<b>Music and Movement</b> 1.30-2.30 Seddon Centre. Term time only. £1 first child, 50p siblings.	<b>Stories and Rhymes</b> 10:10-45 & 11-11:45 Lea Bridge Library Term time only. Free.	<b>Child Health Clinic &amp; Infant Feeding Support</b> 9:30-11:30 Delivered by NELFT and HENRY. Seddon Centre. Free.
<b>Garden Club</b> 10:11-30. Leyton Children and Family Centre. Contact Shirin Hassan 020 8496 2442 to book.	<b>Healthy Eating Drop-In</b> 9:30-11 Seddon Centre. Free.	<b>Flourish</b> 10-12 Leyton Children and Family Centre Hub. Invitation only, speak to a member of staff. Free.	<b>Stay 2 Play (play session for all 2 year olds)</b> 1.3 Leyton Children and Family Centre Hub. Term time only. Free.	<b>Messy Play (0-4 year olds)</b> 9:45-11:15 Emmanuel Parish Hall. Term time only. £1 first child, 50p siblings.
<b>Crawlers to 2 Year Olds</b> 1.30-3 Leyton Children and Family Centre Hub. £1 first child, 50p siblings.	<b>Speech and Language Drop In</b> 10-11:30 Delivered by HENRY Leyton Children and Family Centre Hub. Term Time Only. Free.	<b>You and Your New Baby</b> 1.30-3 Seddon Centre.	<b>Work Club</b> Delivered by DWP, CFC Engagement. Steps into Work. 1.3 1-3 (fortnightly) Leyton Children and Family Centre Hub. Please call 020 8496 2442 to book	<b>Physical and Sensory Play</b> 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.
	<b>Antenatal appointments available in each neighbourhood</b> Speak to your midwife to book an appointment		<b>Saturday</b> <b>Dad's Club</b> 10-12 Leyton Children and Family Centre Hub 2nd Saturday of the month. £1 first child, 50p siblings.	<b>Services are available for all, irrespective of where you live.</b>

## Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Citizens Advice Waltham Forest</b> 9:30-2 *Leytonstone Children and Family Centre Hub. Please call to book 020 8509 6444	<b>Money Matters</b> 9-1 *Leytonstone Children and Family Centre Hub. Appointment only.	<b>Healthy Eating Drop In</b> 9:30-11 Delivered by HENRY. *Leytonstone Children and Family Centre Hub. Free.	<b>Child Health Clinic and Infant Feeding Support</b> 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	<b>Physical and Sensory Play</b> 9:30-10:30 Walkers to 4 year olds. 11-12 Babies to crawlers. *Leytonstone Children and Family Centre Hub. Term time only. £1 first child, 50p siblings.
<b>Play Session (0-4 year olds)</b> 10-11:30 United Free Church. £1 first child, 50p siblings. Term time only.	<b>You and Your New Baby</b> 10-11:30 *Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.	<b>Child Health Clinic</b> 9:30-11:30 Delivered by NELFT *Leytonstone Children and Family Centre Hub. Free.	<b>Stay 2 Play (play session for all 2 year olds)</b> 9:30-11:30 Snowberry Nursery. Term time only. Free.	<b>Crawlers to 2 Year Olds</b> 1.30-3 *Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.
<b>Somewhere to Belong</b> 10-11:30 Snowberry Nursery. Invitation only. Term time only. Free.	<b>Work Club</b> 1.30-3.30 Delivered by JCP and partners Fortnightly. *Leytonstone Children and Family Centre Hub. For booking contact: Tanya Blake@walthamforest.gov.uk	<b>Music and Movement</b> 1.15-2 & 2.15-3 9:30-11:30 *Leytonstone Children and Family Centre Hub. Free. *Maximum capacity 30 people	<b>Play Session (0-4 year olds)</b> 1.30-3 *Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.	<b>Saturday</b> <b>Dad's Club</b> 10-12 *Leytonstone Children and Family Centre Hub. 3rd Saturday of the month. £1 first child, 50p siblings.
<b>Breastfeeding Cafe</b> Delivered by HENRY Term time only. Le Petit Corner.	<b>Messy Play</b> 1.30-3 Langthorne Pavillion £1 first child, 50p siblings.	<b>Speech and Language Drop In</b> 1.30-3.30 Delivered by HENRY *Leytonstone Children and Family Centre Hub. Term time only. Free.	<b>Speech and Language Drop In</b> 10-12 *Leytonstone Children and Family Centre Hub. 3rd Saturday of the month.	
<b>Stories and Rhymes</b> 1.15-2 & 2.15-3 Leytonstone Library. Term time only. Free.	<b>Flourish</b> 1.30-3.30 Accacia Nursery Invitation only, speak to a member of staff. Free.	<b>Antenatal appointments available in each neighbourhood</b> Speak to your midwife to book an appointment	<b>Saturday</b> <b>Dad's Club</b> 10-12 *Leytonstone Children and Family Centre Hub. 3rd Saturday of the month. £1 first child, 50p siblings.	<b>Services are available for all, irrespective of where you live.</b>
	<b>Antenatal appointments available in each neighbourhood</b> Speak to your midwife to book an appointment		<b>Antenatal appointments available in each neighbourhood</b> Speak to your midwife to book an appointment	<b>Services are available for all, irrespective of where you live.</b>

\*Leytonstone Children and Family Centre Hub - Maximum capacity 30 people



\*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
<b>Baby Massage</b> 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.	<b>Course 1:</b> Tue 7th, 14th, 21st, 28th May, 4th June, 10-11.30 The Lloyd Park Centre. <b>Course 2:</b> Fri 7th, 14th, 21st, 28th June, 5th July, 1.30-3 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	<b>Course 1:</b> Friday 10th, 17th, 24th, 31st May, 7th June 1.30-2.30 <b>Course 2:</b> Friday 14th, 21st, 28th June, 5th, 12th July 1.30-2.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	<b>Course 1:</b> Thur. 25th April, 2nd, 9th, 16th, 23rd May, 10-11.30 <b>Course 2:</b> Thur. 6th, 13th, 20th, 27th June, 4th July, 10-11.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	<b>Course 1:</b> Wed. 1st, 8th, 15th, 22nd, 29th May, 1.30-2.30 <b>Course 2:</b> Mon. 3rd, 10th, 17th, 24th June, 1st July, 1.30-2.30 £10 per course (payment in advance to secure place) To book call 020 8496 2442, email leahs@tppcc.org.uk / adilar@tppcc.org.uk
<b>Oral Health Promotion</b> Information about local dentists and how to look after your children's teeth.	Thur. 9th May, 1.30-3 within Play Session Mon. 24th June, 1.30-3 within You and Your New Baby at The Lloyd Park Centre.	Tue. 30th Apr, 10-11.30, within Stay 2 Play. Thur. 16th May, 1-2.30, within Play All Day at Paradox. Fri. 28th June, 9.30-11, within Play Session.	Mon. 29th April, 10-11.30 within Play Session at United Free Church. Tue. 11th June, 1.30-3 within Messy Play at Langthorne Pavilion. Fri. 12th July, 9.30-11.30 within Physical and Sensory Play Session.	Mon. 6th May, 1.30-3 within Crawlers to 2 Year Olds. Fri. 7th June, 10-11.30 within Messy Play at Emmanuel Parish Hall.

To find out what parenting courses are available please visit the Waltham Forest website as this is updated regularly.

There are a range of courses available to suit a variety of needs.

Please visit <https://directory.walthamforest.gov.uk> to view upcoming courses

<b>HENRY Starting Solids Workshop (Delivered by HENRY)</b> Join us for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby	Friday 10th May 10-12pm Friday 28th June 10-12pm Call HENRY to book your free place 020 8496 5223.	Thurs. 23rd May 10-12pm Thurs. 4th July 10-12pm Call HENRY to book your free place 020 8496 5223	Mon. 13th May 10-12pm Call HENRY to book your free place 020 8496 5223	Thurs. 6th June 9.30-11.30 Call HENRY to book your free place 020 8496 5223
<b>Starting Solids Information Session</b> Healthy Weight Champions provide an introduction to when, how and what you feed your baby.	Mon. 20th May 1.30-3 Mon. 1st July 1.30-3 at The Lloyd Park Centre. Places are limited.	Tue. 14th May, 1.30-3 Tue. 25th June 1.30-3 within You & Your New Baby.	Tue. 21st May, 10-11.30 Tue. 16th July, 10-11.30	Tue. 14th May, 1-2.30 Tue. 2nd July, 1-2.30
<b>Food Themed Activities-Eating Well for Families.</b> 3 consecutive sessions on how to make balanced meals for children. At the end, children and adults sit together and enjoy new tastes.	Thur. 6th, 13th, 20th June 10-12 within Stay 2 Play. Free.	Tue. 4th, 11th, 18th June, 10-11.30 within Stay 2 Play.	Thur. 14th, 21st, 28th June, 1.30-3 within Play Session.	Fri. 7th, 14th, 21st June, 9.30-12 within Physical and Sensory Play.
<b>Food themed activities - Exploring Foods</b> 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.	Tue. 7th, 14th, 21st May, 1.30-3 within Crawlers to 2 Year Olds, at The Lloyd Park Centre.	Thur. 9th, 16th, 23rd May, 10-11.30 within Play All Day at the Paradox Centre.	Tue. 7th, 14th, 21st May, 1.30-3 within Messy Play at Langthorne Pavilion.	Mon. 6th, 13th, 20th May, 9.45-11.15 within Play Session at Seddon Centre.
<b>Sleep Session</b> 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, 10.30-12.30 Call to book 020 8527 1737	Tue. 7th May, 1.30-3 within You & Your New Baby. Wed. 16th June, 1.30-3, within Crawlers to 2 Year Olds. Thu. 18th July, 10-11.30, with Play All Day at the Paradox Centre.	Mon. 13th May, 10-11.30 within Play Session at United Free Church. Fri. 7th June, 1.30-3 within Crawlers to 2 Year Olds. Fri. 21st June, 1.30-3 within Crawlers to 2 Year Olds. Thur. 5th July, 1.30-3 within Play Session	Fri. 3rd May, 9.30-12 within Physical and Sensory Play Mon. 3rd June, 1.30-3 within Crawlers to 2 Year Olds. Mon. 1st July, 9.45-11.15 within Play Session at Seddon Centre
<b>Domestic Abuse One Stop Shop</b> 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: 11th April, 9th May, 13th June, 11th July, 15th August, 1-4pm	Monthly drop-in on: 15th April, 20th May, 17th June, 15th July, 19th August, 10-1pm	Monthly drop-in on: 3rd April, 1st May, 5th June, 3rd July, 7th August, 10-1pm	Monthly drop-in on: 23rd April, 28th May, 25th June, 23rd July, 27th August, 10-1pm
<b>Family Support</b>	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 <a href="mailto:familysupport@tppcc.org.uk">familysupport@tppcc.org.uk</a> For parenting advice you can also contact <a href="mailto:shirin.Hassan@walthamforest.gov.uk">shirin.Hassan@walthamforest.gov.uk</a> / 020 8496 2442			