

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.



Happy New Year and welcome to the January edition of Roleplay.

2018 was another busy year for our charity. Ofsted visited Higham Hill in March and The Lloyd Park Centre in October and both settings were judged Outstanding. Well done to the team for this fantastic achievement.

We are really pleased that London Borough of Waltham Forest plan to extend the contract for Children and Family Centre universal services for a further two years up to July 2021. We are looking forward to working with our partners and local families to make improvements to our services.

The Lloyd Park Children's Charity Annual General Meeting was held on 10th October 2018. We celebrated our history and our plans for the future. Guest speakers included parents who

talked about their experiences of using our services and Henry, one of our children, who spoke confidently about his time in our childcare from 10 months old to leaving the outside school hours club last year, when he started secondary school. Henry shared his memories including a visit from Suntrap, when a snake slithered into his hair and got stuck! I would like to welcome our new Trustee Board and our new Chair: Sarah Lloyd Scott.

It's always nice to hear positive feedback from our families. Please speak to any member of our team about your experiences or if you have ideas or suggestions for the future.

I look forward to exciting things happening in 2019!

Wendy Fields
Acting Chief Executive Officer



Exciting New Children's Community Project to be Launched in Chingford

We are pleased to announce that The Lloyd Park Children's Charity is teaming up with Peabody and London Borough of Waltham Forest to offer a range of new services in the Valley ward for children and their families. The Paradox Centre on the Chingford Hall Estate is already hosting Dads Club, Play All Day (see the timetable for more info), employability, training and advice services and a programme for young people. New services will include:

- A new Childcare Setting for children 2-5 years. The planned opening is April 2019 (regular updates will be posted on our website and open days will be announced).
- Reading From the Start: Reading clubs for young children and their families, including free books for children living on the Chingford Hall Estate.
- Ready for School Project: Helping 4-year-olds from Chingford Hall Estate make a successful start at Chingford Hall Primary School in September 2019.
- Our regular Children and Family Centre Play sessions including Dads Club and Play All Day
- Employability, training and advice.

Follow us on Facebook LloydParkCC or on our website for updates and more information. Or for more information about the Paradox timetable contact jennifer.hyatt@peabody.org.uk 020 3828 3568.

What's on this term?

We look forward to the **Easter Egg Hunt** at Higham Hill and The Lloyd Park Centre - 6th April - TBC

Dates for your diary

Training Day

Thursday 3rd and Friday 4th January 2019
All services closed

First Day of Term

Monday 7th January - All services open

Half Term

Monday 18th - Friday 22nd February

Easter Holiday

Monday 8th - Monday 22nd April

Good Friday

Friday 19th April - All services closed

Easter Monday

Monday 22nd April - All services closed

Training Day

Tuesday 23rd April - All services closed

First Day of Term

Wednesday 24th April - All services open

Dates and times can change at short notice
Please visit www.tlpc.org.uk
or follow us on Facebook





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

Perinatal Mental Health

What is it?

The perinatal period accounts for the time from when you first become pregnant until your baby is one year. During this time there is a possibility that parents/carers of your baby may experience some form of mental health difficulty.

Why does this happen?

Having a baby can be a wonderful time for the whole family. However, sometimes parents may become depressed or anxious for no good reason; it just happens and cannot be explained. Other factors can make this time especially challenging, e.g a difficult delivery, having a baby who is unwell or if parents already have a mental health diagnosis. It is important to understand that whatever the cause, or no cause, you are not to blame and this can happen to anyone.

What to do about it/who to tell?

It really is OK to say you are not OK. If you or your partner's mood or behaviour appears different to how they usually are, you will need to talk to someone. In the first instance, it may help to talk to close family or friends. You can also speak to your Health Visitor. It is better to do this sooner rather than later.

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

Immunisations

Immunisations are a way of protecting against serious infectious diseases, and it is important that your baby or child has their immunisations at the right age to ensure that they are protected as early as possible. Immunisation doesn't just protect your child; it also helps to protect your family and the whole community, especially those children who, for medical reasons are unable to be immunised.

In Waltham Forest the immunisations are offered by your GP practice as part of the Healthy Child Programme.

The current immunisation schedule is printed in your baby's Personal Child Health Record (the Red Book); please take this record to all health appointments.

As a helpful reminder the NHS has a handy planner that offers a personalised schedule for your baby or child that you can download, this planner will show the dates that your child's immunisations are due.

Please visit the NHS choices website:

<https://www.nhs.uk/Tools/Pages/NHsvaccinationplanner.aspx> to download your child's personal planner and view the current national schedule of immunisations.

Understandably parents and carers may have questions about childhood immunisations. There are very few reasons that babies cannot be immunised. If you have any questions about whether your baby should be receiving a vaccination please discuss with your GP, Practice Nurse or Health Visitor, who will be able to advise further.

If you have any queries about your child's health, growth or development please contact the 0-19 Universal Health Visiting and School Nursing team: **0300 300 1970** or email us on nem-tr.0-19universalspawf@nhs.net

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



To find out about Family Support
within our play sessions
please talk to a member
of our team



My name is Amelie and I have recently joined the amazing HENRY team here at Waltham Forest as the new Healthy Weight and Oral Health team lead.

We provide a wide range of support for families in the early years including workshops and programs.

We currently have an amazing 8 week one-to-one program run by our fully trained and very dedicated volunteers for parents or carers of children under 5 years old who might be facing challenges with healthy eating and weight. The programme is free to join and offers helpful support with healthy eating, parenting confidence, and family lifestyle habits.

If you feel that you could benefit from it or know any families that would, please give us a call on **020 8496 5223**, email us on wfsupport@henry.org.uk or email me at Amelie.gonguet@henry.org.uk

Bonjour!



You Said

Parents had asked for sessions to be run at the Cathall Road end of Leytonstone as they missed them being run from the Old Harrow Green Library.



We Did

Well we are back! The new centre is called the Junction.

You Said

Parents also asked that the Music and Movement session start and finish a bit later so more in line with school time for those that needed to collect siblings.



We Did

We have now moved Music and Movement to a 1.30 start and 2.30 finish in the South East Neighbourhood - Leytonstone.

You Said

Parents requested You & Your New Baby to separate from Clinic in the Leyton neighbourhood.



We Did

You & Your New Baby is now a stand alone session.

What would you like to read about in Roleplay?
Email info@tlpcc.org.uk with any questions or suggestions for articles.

Challenge Mental Health Stigma and Become a Time To Change Champion

By Jon Salmon

Mental health problems affect 1 in 4 of us in any year and while it is surprisingly common, too many of us feel unable to speak openly due to the stigma. I didn't dare tell anyone that I had a mental illness and ended up being sectioned in a hospital after a psychotic episode in my early 20s. I really did think if anyone knew I had been mentally ill it would affect my chances of getting a job, finding a girlfriend and even having children. Luckily, I was able to get Cognitive Behavioural Therapy through my employers' health insurance and returned to work a year later at the start 2000 not daring to tell a soul what had happened to me.

Fast forward nearly 20 years later, I am the proud Dad of two children who have attended the Lloyd Park Centre, coming up to celebrate 10 years of marriage and been able to keep my mental illness secret from most people I know. That was all to change when picking up my children from nursery and I got a text from a friend to say his sister had passed away earlier that day. I went on to find out that she had been suffering from Post Natal Depression after having her second child and had taken her own life. I just couldn't understand how she hadn't been able to get the right help! That is when I decided I needed to speak more openly about my own mental health in the hope it may help someone else going through a difficult time. I have gone on to speak alongside Prince William, talking in the House of Lords, raising awareness on national TV and going back to my old college to talk to students.

It is great to see Lloyd Park Children's Charity new support group for mums 'Flourish' and the recent campaign #IWishIdKnown highlighting the high's and low's of having children. Waltham Forest is the first London Borough to be awarded hub status for Time To Change and is awarding funding to local champions to put on events and initiatives that challenge mental health discrimination.

To become a Time to Change champion like me or to find out more about please contact Waltham Forest Hub Co-ordinator, Chris O'Sullivan at: chris.osullivan@crestwf.org.uk or visit <http://walthamforest.gov.uk/timetochange>

If you have been affected by anything in this article please do talk to someone and you can call the Samaritans free any time, from any phone on 116 123.



Staff Awards 2018



A great evening was had by all at The Lloyd Park Children's Charity Awards ceremony in September 2018.

These awards voted by parents and colleagues and help us recognise staff, other individuals and organisations who have made life better for children and families.

Extra Yard

Lloyd Park Centre (LPC) - Lydia Musana
Children and Family Centres (C&FC) - Angela Carter
Higham Hill Centre (HHC) - Sarah Burgess

Volunteer of the Year

Kathleen Varey and Marcia Scarlett

Best Newcomer

LPC - Nekeisha John
C&FC - Vicky Kaur
HHC - Donna Lucas

Play Champion

LPC - Patricia Oyewole
C&FC - Uzma Sajid and Leah Sifflet
HHC - Uzma Quershi

Heart and Soul

LPC - Paige Coles
C&FC - Ashley Julien
HHC - Shahera Begum

Outstanding Community Partner

Carol Frederick, Early Help Delivery Lead,
London Borough of Waltham Forest
Lorraine Manford, School Improvement
Consultant

Parent Champion

LPC - Stephanie Cook
C&FC - Sabine El Khoury
HHC - Vanessa Cassius-Mckay

Fundraiser of the Year

LPC - Joyce Belverstone
C&FC - Ashley Julien
HHC - Higham Hill Daycare

Special Recognition

Peter Addai-Boateng, Finance Manager

Outstanding Achievement

Pauline Thomas MBE
Chief Executive Officer



Learning Through Play

Your Child's Learning

The activities at our play sessions are based on the Early Years Foundation Stage (EYFS) and cover all areas of a child's development.

Every activity that a child engages in incorporates lots of areas of the EYFS, for example, a child playing with playdough will be experimenting with Maths, Communication and Language, Expressive Arts and Design, Physical development as well as Personal, Social and Emotional development (if they are playing alongside other children).

In our sessions staff observe and evaluate your child's learning to plan activities that will spark interest and interaction, as well as helping to support their continued development. We plan specific focus weeks to target individual areas of the EYFS. Activities and experiences are then weaved into the weekly planning, this way ensuring that all children are accessing the entire curriculum.

Keep an eye out on our website and facebook to find out which focus weeks are coming up!



Supporting Your Child's Communication and Language Skills

Learning to talk is one of the most exciting and important skills your child will learn. The things you do together as you chat and play will all help your child grow into a confident communicator. Try these tips:

- Talk to your child during your everyday routines, describing what is happening and what they can see "water goes splash!" "look, a bus!" "yummy banana!"
- Share books with your child. Don't worry if they don't want to listen to the whole story, talking about the pictures will help keep them interested.
- Use actions and gestures when you speak to help your child listen and understand.
- If your child has a dummy, keep it for sleep times only and try to reduce it by the time they are 1 year old.
- Try to limit screen time (phones, tablets, TV) – too much can affect children's ability to listen.
- Talk to your child in your home language- they will learn more languages as they grow.
- Show your child choices to help them try words out e.g. "apple or banana?"
- Sing songs and rhymes together, using actions to help your child join in.

If you have any concerns or questions about your child's speech or language development, come along to one of our free drop-in sessions at your local Children and Family Centre.

HENRY Speech and Language Therapy Team.



Make a Sensory Board

A fun and interactive activity that is easy to create and full of learning potential for your child.

Help your child to use their fine motor skills and encourage them to problem solve at the same time. You can tailor this to any age child with different levels of difficulty and use whatever you have at home. Just think creatively (and safely)!

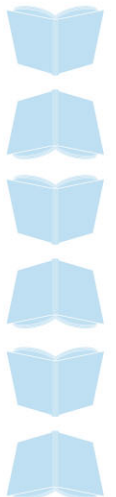
You will need:
A sheet of stiff cardboard, old zips cut off of clothes, white glue or strong tape.

Stick the zips onto the cardboard using the glue or strong tape making sure that they can still open and close. Stick as many on as you want to. Watch as your child tries to open and close them. For extra fun you can also cut off the piece of material with buttons and button holes and stick them on too!

WORLD BOOK DAY

1ST MARCH

2019



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.	Course 1: Tue 15th, 22nd, 29th January, 5th, 12th February 10-11.30 The Lloyd Park Centre. Course 2: Fri 1st, 8th, 15th, 22nd, 29th March 1.30-3 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Tue 15th, 22nd, 29th January, 5th, 12th February 1.30-2.30 Paradox Course 2: Fri 1st, 8th, 15th, 22nd, 29th March 1.30-2.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Mon 14th, 21st, 28th Jan. 4th, 11th February 1.30-3 Course 2: Mon 25th Feb. 4th, 11th, 18th, 25th March 1.30-3 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Mon. 21st, 28th Jan. 4th, 11th, 18th Feb. Seddon Centre. 1.30-2.30 Course 2: Fri. 1st, 8th, 15th, 22nd, 29th Mar. 1.30-2.30 £10 per course (payment in advance to secure place) To book call Shirin Hassan 020 8496 450
Oral Health Promotion Information about local dentists and how to look after your childrens teeth.	Thur. 31st Jan. 1.30-3 within Play Session at Walthamstow Hub Tue. 12th March 1.30-3 within Crawlers to 2 at Lloyd Park Centre Free	Tue. 15th Jan. 10-11.30 within Stay 2 Play. Thur. 7th Feb. 1.30-3 within Play All Day at Paradox. Wed. 27th March. 1.30-3 within Crawlers to 2.	14th Jan. 10-11.30 within Play Session at United Free Church. 12th Feb. 1.30-3 within Messy Play at Langthorne Pavilion. 22nd March. 9-12 within Physical and Sensory Play Session	14th Jan. 1.30-3 within Crawlers to 2. 25th Feb. 9.45-11.15 within Play Session at Seddon Centre.
Parenting Programmes Incredible Years Triple P Primary	Please visit https://directory.walthamforest.gov.uk to view upcoming courses			
HENRY Healthy Family programme	Session starting 17th Jan. through to 4th March (break during half term) Higham Hill Training Room 9.30-12 Call 020 8527 1737 to book			
HENRY Starting Solids Workshop (Delivered by HENRY) Join us for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby	Friday 25th Jan 10-12pm Friday 15th March 10-12pm Call HENRY to book your free place 020 8496 5223	Wed. 20th Feb 10-12pm Wed. 17th April 10-12pm Call HENRY to book your free place 020 8496 5223	Mon. 18th Feb 9.30-11.30am Call HENRY to book your free place 020 8496 5223	Wed. 6th March 10-12pm Call HENRY to book your free place 020 8496 5223
Starting Solids Information Session Healthy Weight Champions provide an introduction to when, how and what you feed your baby.	Mon. 11th Feb 1.30-3 Mon. 1st April 1.30-3 at The Lloyd Park Centre	Tue. 29th Jan. 1.30-3 Tue. 19th March 1.30-3	Tue. 22nd Jan. 10-11.30 Tue. 12th Mar. 10-11.30	Tue. 23rd Jan. 1-2.30 Tue. 20th Mar. 1-2.30
Food themed activities-Eating Well for Families. 3 consecutive sessions on how to make balanced meals for children. At the end, children and adults sit together and enjoy new tastes.	Thur 7th, 14th, 21st March 1.30-3 within Stay 2 Play Free	Tue 26th Feb. 5th, 12th March 9.30-11.30 within Stay 2 Play	Thu.14th, 21st, 28th March 1.30-3 within Play Session.	Fri 1st, 8th, 15th Feb. 9.30-12 within Sensory Circuit Session
Food themed activities - Exploring Foods 3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.	Wed 30th Jan, 6th, 13th Feb., 1.30-3 within Play Session at St Michael's Hall.	Thu. 31st Jan. 7th, 14th Feb. 10-11.30 within Play All Day at the Paradox Centre.	Tue. 29th Jan. 5th 12th Feb. Tue. 1.30-3 within Messy Play at Langthorne Pavilion.	Mon. 4th, 11th, 18th March 9.45-11.15 within Play Session at Seddon Centre.
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 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. 22nd Jan. 1.30-3 within You & Your New Baby. Wed. 13th Feb. 1.30-3. within Crawlers to 2 Year Olds. Thu. 7th Mar. 10-11.30. at Paradox within Play All Day. Fri. 12th Apr. 9.30-11. within Play Session.	Monday 21st Jan. 1.30-3 within Play Session at United Free Church. Fri 15th, 29th Mar. 1.30-3 within Crawlers to 2. Thu. 7th Mar. 1.30-3 within Play Session.	Fri. 25th Jan. 9.30-12 within Sensory Circuit Mon. 18th Feb. 1.30-3 within Crawlers to 2. Mon. 11th Mar. 9.45-11.15 within Play Session at Seddon Centre Fri. 5th Apr. 10-11.30 within Messy Play at Emmanuel Parish Hall.
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 the 2nd Thursday of the month. 1-4pm	Monthly drop-in on the 3rd Monday of the month. 10-1pm	Monthly drop-in on the 1st Wednesday of the month. 10-1pm	Monthly drop-in on the 4th Tuesday of the month. 10-1pm

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 DWP, CFC Engagement,
Steps into Work.

☎ ☎
9.30-11.30 (fortnightly)
Starting 18/9/18
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 twins.

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.

Parent and Toddler
& Childminder Drop In

☎ ☎ ☎
9.30-11.30
Delivered by Chapel End Early Years
Centre.
Term time only.

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 to book 0300 330 1175

Play all Day (0-4 year olds)

☎ ☎ ☎ ☎
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.

Stories and Rhymes (0-4 year olds)

☎ ☎
1.15-2 & 2.15-3
Hale End Library.
Term time only. Free.

Grandparents Group

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

Child Health Clinic

+ ① ☎ ☎ ☎
1.30-3
Delivered by NELFT.
Chapel End Early Years Centre.
Term time only. Free.

Saturday

Dad's Club

☎ ☎ ☎ ☎
10-12
Paradox Centre.
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

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.

Garden Club

② ③ ④
10-11.30
Leyton Children and Family Centre
Starting March 2019
Contact Shirin Hassan 020 8496 2442
to book

Crawlers to 2 Year Olds

② ③ ④
1.30-3
Leyton Children and Family Centre Hub.
£1 first child, 50p siblings.

Tuesday

Citizens Advice Waltham Forest

+ ① ②
9-1.30
Leyton Children and Family Centre Hub.
Please call to book 0300 330 1175

Child Health Clinic

+ ① ② ③
9.30-11.30
Delivered by NELFT.
Seddon Centre.
Free.

Flourish

② + ③ ④ ⑤
10-12
Leyton Children and Family Centre Hub.
Invitation only. Free.

Speech and Language Drop In

② ① ② ③ +
10-11.30
Delivered by HENRY.
Leyton Children and Family Centre Hub.
Term Time Only. Free.

You and Your New Baby

② ③ ④
1-2.30
Seddon Centre.
Free.

Stories and Rhymes

② ③ ④
1-1.45 & 2-2.45
Leyton Library
(Limited Places)
Term Time Only.

Wednesday

Breastfeeding Cafe

Delivered by HENRY
+
1-2.30
Kukoolala Cafe
Jubilee Park
Term time only.

Music and Movement

② ③
1.30-2.30
Seddon Centre
Term time only.
£1 first child, 50p siblings.



Thursday

Somewhere to Belong

② ③ ④ ⑤
10-11.30
Seddon Centre
Invitation only. Term time only.
Free.

Stories and Rhymes

② ③ ④
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
Leyton Children and Family Centre Hub.
Term time only. Free.

Work Club

Delivered by DWP, CFC Engagement,
Steps into Work.
② ③
1-3 (fortnightly)
Leyton Children and Family Centre Hub.
Please call 020 8496 2442 to book

Friday

English Conversation Club

9.30-11
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 1450

Child Health Clinic & Infant Feeding Support

+ ① ② ③
9.30-11.30
Delivered by NELFT and HENRY.
Seddon Centre.
Free.

Healthy Eating Drop-In

+ ① ②
9.30-11.30
Seddon Centre

Messy Play (0-4 year olds)

② ③ ④
10.11.30
Emmanuel Parish Hall.
Term time only.
£1 first child, 50p siblings.

Physical Play and Sensory Play

② ③ ④ ⑤
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

② ③ ④ ⑤
10-12
Leyton Children and Family Centre Hub.
2nd Saturday of the month.
£1 first child, 50p siblings.

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

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

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday

Citizens Advice Waltham Forest
🕒 9.30-2
*Leytonstone Children and Family Centre Hub.
Please call to book 0300 330 1175

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

Somewhere to Belong
👶👦👧👨👩
10-11.30
Snowberry Nursery. Invitation only.
Term time only. Free.

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

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

Tuesday

Money Matters
🕒 9-1
*Leytonstone Children and Family Centre Hub
Appointment only.

You and Your New Baby
👶👦👧👨👩
10-11.30
*Leytonstone Children and Family Centre Hub.
£1 first child, 50p siblings.

Work Club
🕒 1.30-3.30
Delivered by JCP and partners
Fortnightly.
*Leytonstone Children and Family Centre Hub.
For booking contact:
Tanya.Blake@walthamforest.gov.uk.

Messy Play
👶👦👧👨👩
1.30-3
Langthorne Pavilion
£1 first child, 50p siblings.

Flourish
👶 + 🕒 📧
1.30-3.30
Acacia Nursery
Invitation only. Free.

Wednesday

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

Music and Movement
👶🕒
1.30-2.30
*Leytonstone Children and Family Centre Hub.
Free.
*Maximum capacity 30 people



Thursday

Healthy Eating Drop In
+ 🕒 📧
9.30-11.30
Delivered by HENRY.
Langthorne Health Centre.
Term Time Only. Free.

Child Health Clinic and Infant Feeding Support
+ 🕒 📧
9.30-11.30
Delivered by NELFT and HENRY
Langthorne Health Centre.
Free.

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

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

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

Friday

Physical and Sensory Play
👶👦
9-10.15 Walkers to 4 year olds.
10.30-12 Babies to crawlers.
*Leytonstone Children and Family Centre Hub.
Term time only.
£1 first child, 50p siblings.

Crawlers to 2 Year Olds
👶👦
1.30-3
*Leytonstone Children and Family Centre Hub.
£1 first child, 50p siblings.

Saturday

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

Speech and Language Drop-In
👶👦👧 +
10-12
*Leytonstone Children and Family Centre Hub.
3rd Saturday of the month.

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

Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday

Childminder Drop In
(prospective parents welcome)
Delivered by LBWF

9.30-11
Walthamstow Children and Family
Centre Hub. Term time only.
£1 first child, 50p siblings.

ESOL (Entry level 1 & 2)
Delivered by ELATT

9.30-11.30
Walthamstow Children and Family
Centre Hub.
Booking: hello@elatt.org.uk
or call 020 7275 6750

Move and Rhyme Funtime (0-4s)

10-10.30 & 11-11.30
Homemade Community Cafe.
Delivered by local parent Carlene.
Voluntary donation.

Music and Movement

10.15-11 & 11.15-12
Wood Street Library.
Free.

You and Your New Baby

1.30-3
The Lloyd Park Centre.
£1 first child, 50p twins.
Term time only.

Flourish

1.30-3.30
Walthamstow Children and Family
Centre Hub. Invitation only.
Term time only. Free.

Boogie Books

2-2.30
Bru Cafe.
Voluntary Donation.

Tuesday

ESOL (Entry level 1 & 2)
Delivered by ELATT

9.30-11.30
Walthamstow Children and Family
Centre Hub

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

1.30-3.30
Delivered by NELFT
Walthamstow Children and Family
Centre Hub. Free

Healthy Eating Drop-in
at the Child Health Clinic
(Term Time)

1.30-3
Delivered by HENRY
Free

Evening Child Health Clinic & Infant
Feeding Drop In

4.30-6.30
Delivered by NELFT and HENRY.
Walthamstow Children and Family
Centre Hub. Free.



Wednesday

ESOL, Tots & Toddler Reading Book
Club

9.30-11.30
For more information
hello@elatt.org.uk or call 020 7275
6750

Citizens Advice Waltham Forest

9.30-2
Please call to book: 0300 3301175
Walthamstow Children and Family
Centre Hub.

Infant Feeding Support

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

Breastfeeding Beyond Babyhood

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

Play Session (0-4 year olds)

1.30-3
St Michael's Hall.
£1 first child, 50p siblings.

Parent and Toddler

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

Child Health Clinic

1.30-3.30
Delivered by NELFT and HENRY.
Comely Bank (buggy storage at the toy
library) Free.

Breastfeeding Cafe

2-4
Delivered by HENRY
Froth and Rind Cafe.
Term time only.

Thursday

Work Club
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.

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

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

10-12
Walthamstow Children and Family
Centre Hub.
Term time only. Free.

Stories and Rhymes

10.15-11 & 11.15-12
Higham Hill Library.
Term time only. Free.

Child Health Clinic

12.30-2
Delivered by NELFT.
The Lloyd Park Centre.
Term time only. Free.

Play Session (0-4 year olds)

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

Somewhere to Belong

1-2.30
Walthamstow Toy Library.
Invitation only.
Term time only. Free.

Friday

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

Baby Bank Play Session

10-11.30
Priory Court Community Centre
Free.

Stories and Rhymes

10.15-11 & 11.15-12
Wood Street Library.
Term time only. Free.

Grow Wild Delivered by The
Lloyd Park Centre

1-2.30
The Lloyd Park Centre.
£2 first child, 50p siblings.

Saturday

Family Grow Wild and Speech and
Language Drop In (HENRY)

10-12
The Lloyd Park Centre.
2nd Saturday of the month.
£2 per child, £1 per adult.

Dad's Club

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

Child Health Clinic

10.30-12.30
Delivered by NELFT.
Walthamstow Children and Family
Centre Hub. 1st and 3rd Saturday
of the month. Free.

Pop in to the 'Pop Up Library' in Play Session on Thursday

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

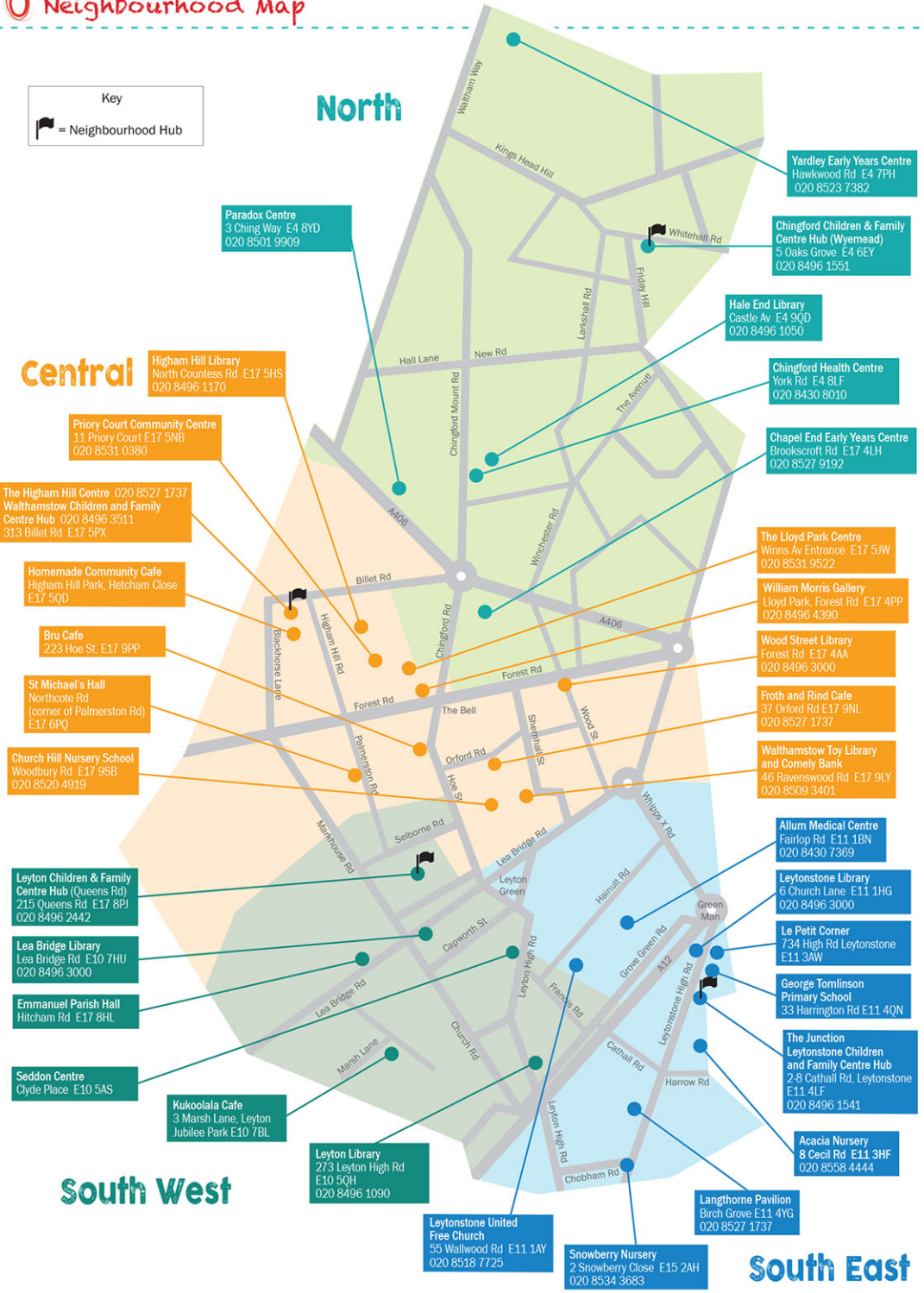
Antenatal appointments available in each neighbourhood
Speak to your midwife to book an appointment

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
 31.3 Billet Rd E17 5PX

The Lloyd Park Centre
 Wins 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

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

Bru Cafe
 223 Hoe St, E17 9PP

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

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

Allum Medical Centre
 Fairlop Rd E11 1BN
 020 8430 7369

Leytonstone Library
 6 Church Lane E11 1HG
 020 8496 3000

La Petit Corner
 734 High Rd Leytonstone
 E11 3AW

George Tomlinson Primary School
 33 Harrington Rd E11 4QN

The Junction Leytonstone Children and Family Centre Hub
 2-8 Cathall Rd, Leytonstone
 E11 4LF
 020 8496 1541

Acacia Nursery
 8 Cecil Rd E11 3HF
 020 8558 4444

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

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

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

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

Snowberry Nursery
 2 Snowberry Close E15 2AH
 020 8534 3683

Langthorne Pavilion
 Birch Grove E11 4YG
 020 8527 1737

South West

South East