

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.



Welcome to the September edition of Roleplay and the start of a new term.

Welcome back Pauline. The last term our Chief Executive Officer, Pauline Thomas, was sadly taken unwell. After major surgery and a period of rest she is recovering well and we are all looking forward to her return.

Ofsted visited the Higham Hill Centre on 6th March to inspect our childcare provision, and graded us Outstanding. We are so proud, as all of our services are now outstanding. Well done to the team... You are truly an inspirational bunch! Search Higham Hill Centre on the Ofsted website for the full report.



Welcome to new families joining us at the start of term and a farewell to those that moved on. I loved attending the school leaver graduation ceremonies last term and celebrating the progress children have made. Each child was introduced and we learnt about their interests and plans for the future... an archaeologist, a train driver and a tooth fairy! Parents and carers spoke with a mixture of sadness and excitement, describing what an important role the nursery had played in their child's early life, but how they were now ready for school.



Our charity exists to build brighter futures for children and their families and we have a range of services and activities aimed at supporting families during this important stage of development (detailed on the timetable pages or online www.tlccc.org.uk). Come along to our sessions to meet other families, make new friends, and if you would like to discuss your child's early development please speak to any member of the team. We all look forward to seeing you.

Wendy Fields
Acting Chief Executive Officer



What's on this term?

We look forward to the **Halloween Disco** at The Lloyd Park Centre and Higham Hill Centre on 26th October. Tickets in advance.

Our **Annual General Meeting** is on 10th October. Come along and find out about our charity.

Grand Opening of the new play area at The Lloyd Park Centre. Follow us on facebook for more information.

Dates for your diary

Monday 3rd September
ALL SERVICES CLOSED - Training Day

Tuesday 4th September - All services open

Monday 23rd - Fri 27th October - Half Term

Thursday 20th December - Last Day of Term
4pm CLOSE

3rd and 4th January
ALL SERVICES CLOSED - Training/ cleaning day

Monday 7th January - All services open

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

The Pirate Ship has docked!

Work on the new play space at The Lloyd Park Centre is underway

We are all looking forward to the Grand Opening

Follow us of Facebook
@LloydParkCC



0 Learning Through Play

What roles do adults play?

Play is a spontaneous, natural method of learning for most children, that involves either learning alone or with others. *"Play helps children to be competent learners who can make connections and who can create and transform ideas and knowledge, because they are imaginative and expressive"* (Early Years Foundation Stage).

Here's our Top Tips for supporting children's play:

Observing, joining in with, and building on your child's play will help them to feel good about themselves and will build confidence.

Children's play is motivating, especially when it is based on what the child is interested in discovering. Try to follow children's play and build on their ideas.

Play is often social, involving plenty of opportunities for talk and discussion. When playing with other children they learn more about relationships and develop social and interaction skills.

Questions can make children feel under pressure or a failure if they get the wrong answer. Instead try describing what they are doing or what they appear to be interested in, or try repeating and extending children's vocabulary by adding different or new words to the conversation.

Young children pick up on emotions, which means positive adults will encourage positive attitudes in children. Try making positive comments when children are playing and give lots of praise.



Stay and Play Visiting Days at Nursery

Visiting days and play sessions held in schools and nurseries are a great way to find out about the childcare and education options available for your child. You will get to know staff, the environment and will get a feel for the routines and culture of the setting.

Low Hall Nursery School are open for children 18 months+ on Tuesdays at 9.30am and 1pm and Church Hill Nursery School on Wednesdays at 9.15am and 1pm during term time. The team report that "...child visitors settle in quickly and happily, feeling more confident when starting nursery and separating from their main carer with ease".

These sessions are a great opportunity for parents and carers to play with their children in creative, safe and stimulating environments. Children are inspired by the 'grown up' 3 and 4 year olds and parents and carers can talk to qualified teachers and Early Years Practitioners about their child's development. This can be the start of getting early and ultimately life-changing support.

Contact your local nursery or school to see if they have play sessions or visiting days. More information can be found in the Child Care section on the online Waltham Forest Directory.



Children and Family Centre Play Sessions: helping every child to reach their potential

The Statutory framework for the Early Years Foundation Stage (EYFS) has four guiding principles when thinking about children's learning, development and care from birth to five years:

- 1) every child is a unique child, who is constantly learning and can be resilient, capable, confident and self-assured
- 2) children learn to be strong and independent through positive relationships
- 3) children learn and develop well in enabling environments, in which their experiences respond to their individual needs and there is a strong partnership between practitioners and parents and/or carers
- 4) children develop and learn in different ways and at different rates.

In Children and Family Centre sessions we work alongside parents and carers to get to know children. We watch them play and focus on their interests and what they like to do. Children feel valued when people around them are interested in them. This increases their confidence so they are able to build on what they already know about the world.

If you would like to know more about supporting your child's learning through play using the EYFS talk to a member of the team. You can also join My Learning Journey.

Breaking Barriers

Are services welcoming and easy for all families to use? Is the right kind of support available, at the right time? The Breaking Barriers project led by local parent Max Jervis-Read, aims to answer these questions.

We have been talking to families about their experiences during special sessions in our Grow Wild space. This is helping us to improve our services for all families.

Upcoming events are aimed at children with Type 1 Diabetes, adoptive parents and the deaf community. Speak to a member of the team or follow us on facebook for more information @LloydParkCC.

If you have an idea about how to support young children and their families or you want to get involved in planning or running sessions for your community please get in touch: maxjervisread@gmail.com

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

Being Healthy

Domestic abuse One Stop Shop

Do you ever fear your partner or members of your family? Do you experience physical or verbal abuse? Do you feel intimidated or controlled by others in your life? Domestic abuse is any incident of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence between people who are, or have been in a relationship or family members.

Domestic abuse One Stop Shop is 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 including:

- Safety planning
- Legal matters
- Housing advice
- Reporting to the police
- Advice around benefits and finances
- Therapeutic interventions for adults and children
- Specialist support (e.g. drug and alcohol, sexual health)

There's no need to book an appointment, just drop in to one of our scheduled sessions in Children and Family Centres in Walthamstow, Chingford, Leyton and Leytonstone.

For more information speak to staff at your local Centre, you might want to read www.womensaid.org.uk/the-survivors-handbook/ available online in a number of languages and in audio, or e-mail Laura.Butterworth@walthamforest.gov.uk or rasha.hamid@walthamforest.gov.uk



For more information about family health join one of our workshops or drop-ins. Please see the Activity Timetables and What's On section for more information or speak to a member of the team.



Online safety

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child's staying safe?

Help your children stay safe online.

Work as a TEAM

- T** Talk about staying safe online.
- E** Explore their online world together.
- A** Agree rules about what's ok what's not.
- M** Manage your family settings and controls.

3 tips to help start the conversation:

1. Explore sites and apps together and talk about any concerns.
2. Ask your child if they know how to stay safe online.
3. Talk about personal information and what to share online.

For much more detailed information's and child friendly pictures about staying safe online please look at below link.

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

Baby Massage

Baby massage offers a wonderful experience and a special time to communicate both verbally and non-verbally with babies so they feel loved, valued and respected. It is a lovely and fun way to bond and spend dedicated time with your baby whilst getting to know and learning a skill that will benefit both you and your baby.

There are many benefits of joining a baby massage course, these include:

- Pleasure and relaxation for both parent and baby.
- Massage may assist in developing closeness and communication-enhancing the parent and baby attachment and bond.
- Massage may establish better infant sleep patterns by soothing the baby.
- Reassurance to parent and baby regarding skin contact and the 'permission' to touch and be touched.
- Helps to calm babies' emotions and relieve stress.

If you would like any further information, please speak to a member of the team.



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

Parent feedback:

'I was recommended to join the Incredible Years programme by Vicky at the Stories and Rhymes session at Higham Hill. With terrible two's approaching, the programme and book has made a huge difference with my parenting and I would highly recommend it to any family or lone parent. It is definitely an eye opener for situations us mothers and fathers will face. The class is so friendly and everyone is so respectful during group discussions. Our tutors Sabine and Diane are both great!

'I have attended both the HENRY and Incredible Years Parenting Programmes during my maternity leave. My daughter is 7 months old now and I think it is very important to learn about different parenting techniques and apply them from a very young age. I find these programmes very useful and they also gave me a chance to meet other mums in the neighbourhood. I can strongly recommend both of these programmes to any new/experienced parents!

If you are interested in joining a parenting programme, please look at the 'What's On' section.



General Data Protection Regulations

The European Union's General Data Protection Regulations enforced on 25th May aim to provide a single set of rules across Europe to strengthen data protection and data privacy rights for individuals.

What Data do we use?

Children and Family Centres use information such as contact details, ethnicity, languages spoken, special educational needs and disabilities, and attendance to our sessions. This is all stored on E-Start, which is a secure database. We also use a system called The Learning Book to record observations and assessments of children's learning and development and we make and receive referrals when families want additional help. All of this information is used to help us to provide the best service we can for local families.

We use data to:

- enable us to carry out specific functions for which we are responsible
- derive statistics which inform decisions such as funding or making changes to services
- assess performance and to set targets

Access to your Personal Data

You have the right to request access to information that we hold and to object to us processing your data. To make a request for your personal information please contact info@tipcc.org.uk. If you have a concern or complaint about the way we are collecting or using your personal data, you should raise your concern with us in the first instance by speaking to a member of our team or by contacting info@tipcc.org.uk or directly to the Information Commissioner's Office at <https://ico.org.uk/concerns/>

For more information please refer to our data protection policy and privacy notices www.tipcc.org.uk.

Sleep routines



Many parents find that their babies don't always sleep well. If you would like support with your child's sleep and they are over 6 months old, you can attend a Sleep Support session (detailed in the What's On section) or if you cannot attend these sessions email familysupport@tipcc.org.uk

Prior to 6 months there are some things you can try to help your baby establish good sleep patterns.

During the first 8 weeks taking babies outside in the afternoon in the daylight will help them adjust to light/dark, day/night. Help babies to be active during the day by talking during a feed and whilst nappy changing in a light room. A daytime routine of feed, play, sleep will help avoid an association of needing to feed in order to go to sleep. Indicate night time with dim lighting, only changing nappies when you need to and by limited any talking.

After 3 months it's a good time to introduce a short bedtime routine. This can be challenging, so here's our Top Tips and ideas to help your child sleep well:

- Sticking to a regular bedtime will help your child know it's time to sleep
- Offer a feed before bedtime will avoid reflux and prevent associations with falling asleep
- Avoid stimulating activities during the hour before sleep
- Create a cool dark/dimly lit sleep environment as this will help trigger the sleep hormone melatonin
- A short warm bath for 5-10 minutes will heat your child's body temperature and when he gets out of the bath the sudden drop in temperature stimulates melatonin production. (If your child plays too long in the bath, the water cools down and your child will miss the effect of the change in temperature).
- Massage and quiet music before getting into nightclothes
- Read 1-2 bedtime stories
- A cuddle and kiss and then lay in cot/bed drowsy but not asleep in a dark room.

A dark blue rectangular box with a white crescent moon and several white stars of varying sizes, representing a night sky.

Please speak to a member of the Children and Family Centre team for more information about sleep routines. Or if you have a query about night time infant feeding speak to the HENRY Team on 020 8496 5223.

Neighbourhood Map



North

Central

South West

South East

Larkwood Primary School
 New Rd E4 8ET
 020 8529 4979

Paradox Centre
 3 Ching Way E4 8YD

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

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

Priony Court Community Centre
 11 Priony Court E17 5NB
 020 8531 9990

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

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

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

Barn Croft Primary School
 2 Brunel Rd E17 8SB

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

Kukoolala 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

Yardley Early Years Centre
 Hawley Rd E4 7PH
 020 8523 7362

Chingford Children & Family Centre Hub (Wyermead)
 3 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
 Brookcroft Rd E17 4LH
 020 8527 9192

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

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 Cemetery Bank
 46 Ravenswood Rd E17 9LY
 020 8509 3401

Allum Medical Centre
 Fairlop Rd E11 1BN
 020 8430 7369

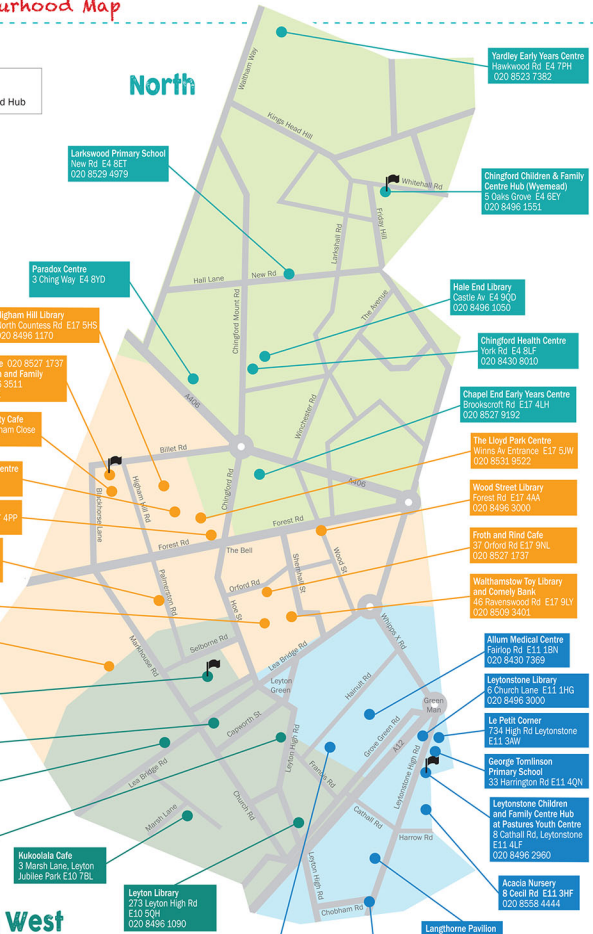
Leytonstone Library
 6 Church Lane E11 1HG
 020 8496 3000

Le Petit Corner
 734 High Rd Leytonstone
 E11 3AW

George Tomlinson Primary School
 33 Harrington Rd E11 4QN

Leytonstone Children and Family Centre Hub at Pastures Youth Centre
 8 Cathall Rd, Leytonstone
 E11 4LF
 020 8496 2960

Acaala Nursery
 8 Cecil Rd E11 3HF
 020 8558 4444



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

Move and Rhyme Funtime (0-4s)
10-10.30 & 11-11.30
Hansacres 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.

4th September - 20th December
During December month
please see Child Health Clinics
timetable for changes

Tuesday

ESOL (Entry level 1 & 2)
Delivered by ELAIT
🕒 📍
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.

Outdoor Play Session (Grow Wild)
For children under 5 with SEND
🕒 📍
11.30-12.15
The Lloyd Park Centre.
Free.

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

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 by
royalty) Free.

Breastfeeding Cafe
🕒 📍
2-4
Delivered by HENRY
Froth and Rind Cafe

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

Thursday

Work Club
Delivered by DWP, CFC Engagement,
Steps into Work.
🕒 📍
9.30-11.30 (fortnightly)
Starting 20/9/18
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
🕒 📍
1.2-3
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 Buggy 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.

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday

Play Session (0-4 year olds)
🕒 📍
9.30-11
Larkwood Primary School.
£1 first child, 50p siblings.
Term time only.

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**
🕒 📍
1.30-3.30
Delivered by HENRY and NELFT.
Chingford Health Centre.
Free.

Toddler Time (18-35 months)
🕒 📍
1.30-3
Delivered by Yartley Early Years Centre.
Term Time Only.
Please call 020 8523 7382 to book.

Tuesday

Tiny Tots
🕒 📍
9.10-11
Delivered by Yartley 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
🕒 📍
1.30-3
Delivered by HENRY.
Chingford Children and Family Centre
Hub.
Term time only. Free.

Wednesday

Painters and Decorators
(18m - 3yrs)
🕒 📍
9.30-11
Delivered by Yartley 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
🕒 📍
9-11
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
🕒 📍
9.30-11
Chingford Children and Family Centre
Hub. Term Time Only.

Family Time
🕒 📍
1.30-3
Delivered by Yartley Early Years Centre
Term Time Only.
Please call 020 8523 7382 to book.

**Child Health Clinic, Healthy Eating
Drop In and Breastfeeding Cafe**
🕒 📍
1.30-3.30
Delivered by HENRY and NELFT.
Chingford Children and Family Centre
Hub. Free.

Evening Child Health Clinic
🕒 📍
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
🕒 📍
1.30-3
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.



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

Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday

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

Play Session (0-4 year olds)
 9.45-11.15
 Seddon Centre.
 £1 first child, 50p sibs.
 Term time only.

Messy Play (0-4 year olds)
 1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p sibs.

Healthy Eating Drop In
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Term Time Only. Free.



Tuesday

Citizens Advice Waltham Forest
 9.1-9.30
 Leyton Children and Family Centre Hub.
 Please call to book 020 8496 2450

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

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

Speech and Language Drop In
 10-11.30
 Delivered by HENRY.
 Leyton Children and Family Centre Hub.
 Term Time Only. Free.

You and Your New Baby
 1.2-3.0
 Seddon Centre.
 Free.

Stories and Rhymes
 1.45 & 2.2.45
 Leyton Library
 (Limited Places)
 Term Time Only.

Wednesday

Breastfeeding Cafe
 Delivered by HENRY
 1.2-3.0
 Kukulala Cafe
 Jubilee Park
 Term time only. Starts 12/9/18

Crawlers to 2 Year Olds
 1.30-3
 Leyton Children and Family Centre Hub.
 £1 first child, 50p sibs.



Thursday

Somewhere to Belong
 10.11.30
 Seddon Centre
 Invitation only. Term time only.
 Free.

Stories and Rhymes
 10-10.45 & 11.15-12
 Leaside Library.
 Term time only. Free.

Stay 2 Play (play session for all 2 year olds)
 1.3
 Seddon Centre.
 Term time only. Free.

Work Club
 Delivered by DWP, CFC Engagement.
 Steps into Work.
 1.3 (fortnightly)
 Starting 27/9/18
 Leyton Children and Family Centre Hub.
 Please call 020 8496 2442 to book



Friday

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

Music and Movement
 9-10 Walkers to 4 year olds
 10-11 Children with SEND
 11-12 Babies to Crawlers
 Leyton Children and Family Centre Hub.
 Term time only.
 £1 first child, 50p sibs.

Physical Play and Sensory Play
 9-10 Walkers to 4 year olds
 10-11 Children with SEND
 11-12 Babies to Crawlers
 Leyton Children and Family Centre Hub.
 Term time only.
 £1 first child, 50p sibs.

Saturday

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

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

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday

Citizens Advice Waltham Forest
 9-1
 Leytonstone Children and Family Centre Hub.
 Please call to book 0300 3301175

Stories and Rhymes
 9.45-10.30 & 10.45-11.30
 Leytonstone Library.
 Term time only. Free.

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

Healthy Eating Drop In
 10-11.30
 Delivered by HENRY.
 United Free Church.
 Term Time Only. Free.

Breastfeeding Cafe
 10.30-12
 Delivered by HENRY
 Term time only. Starts 12/9/18
 Le Petit Corner.

Somewhere to Belong
 1.30-3
 Acacia Nursery School.
 Invitation only. Free.

Tuesday

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

Work Club
 1-3
 Fortnightly Starting 25th September
 2018 due to building work. But please call the Centre to confirm Work Club has started.
 Leytonstone Children and Family Centre Hub.
 Call 020 8496 2960 or more information

Messy Play
 1.30-3
 Langthorne Pavilion
 £1 first child, 50p sibs.

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.
 Term time only.
 Free.

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



Thursday

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.
 Term time only.
 £1 first child, 50p sibs.

Friday

Physical and Sensory Play
 9-10 Walkers to 4 year olds
 10-11 Children with SEND
 11-12 Babies to crawlers
 Leytonstone Children and Family Centre Hub.
 Term time only.
 £1 first child, 50p sibs.

Crawlers to 2 Year Olds
 1.30-3
 Leytonstone Children and Family Centre Hub.
 Term time only.
 £1 first child, 50p sibs.

Saturday

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

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

The Leytonstone Children and Family Centre is scheduled to return back to Cathall Road, in the coming months. More information will be made available by leaflets and posters closer to the date of the move.

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

*All sessions are fully inclusive. If you are concerned about your child's development or special educational need or disability, come to these sessions to find out more about the support available for your family



Messy Play



Health



Under 1's



Play



Information & Advice



Education & Employment



Family Support



Antenatal



Invitation Only



Child development & SEND*



Food & diet



Speech & language development

Children and Family Centre's are offering a range of training opportunities, health workshops, parenting programmes and more.

All events listed below will take place at the Children and Family Centre Hub buildings, unless a different venue is listed.

Booking details are also listed, and places are limited. Please talk to any member of staff if you would like more information, and follow The Lloyd Park Centre on Facebook for regular updates.

| | Central Walthamstow Children and Family Centre Hub | North Chingford Children and Family Centre Hub | South East Leytonstone Children and Family Centre Hub | South West Leyton Children and Family Centre Hub |
|--|--|--|---|--|
| Adult Learning | ESOL Mon and Tue 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750 ESOL Mon and Wed Tots & Toddler Reading Book Club 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750 | ESOL with Tots and Toddlers. Mon, and Wed, 9.30-11.30 17/9/18 to 5/12/18 at The Paradox Centre For more info. hello@elatt.org.uk or call 020 7275 6750 | | English Conversation Club 9.30-11 Delivered by Adult Learning Service This is an informal club for non-English speaking adults. For more information please call Shirin Hassan 020 8496 2450 |
| Baby Massage | Course 1: Fri, 14th, 21st, 28th Sep, 5th, 12th Oct. 1.30-3.30 at Walthamstow Hub. Course 2: Tue, 30th Oct, 6th, 13th, 20th, 27th Nov. 10.11-30 The Lloyd Park Centre. £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book. | Course 1: Fri, 28th Sep, 5th, 12th, 19th, 26th Oct. 1.30-2.30 Course 2: Fri, 9th, 16th, 23rd, 30th Nov, 7th Dec. 1.30-2.30 £10 per course (Payment in advance to secure a place) Contact 020 8527 1737 to book. | Course 1: Thu, 20th, 27th Sep, 4th, 11th, 18th Oct. 10-11 Course 2: Thu, 8th, 15th, 22nd, 29th Nov, 6th Dec. 10-11 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book. | Course 1: Tue, 11th, 18th, 25th Sep, 2nd, 9th Oct. Seddon Centre. 1.30-2.30 Course 2: Fri, 2nd, 9th, 16th, 23rd Nov, 1.30-2.30 £10 per course (payment in advance to secure place) To book call Shirin Hassan 020 8496 2450 |
| Oral Health Promotion | Tue, 16th Oct. 1.30-3 within Crawlers to 2 Year Olds at The Lloyd Park Centre. Wed, 5th Dec. 1.30-3. within Play Session at St Michael's Hall. | Thu, 13th Sep. 1.30-3. within Play All Day at Paradox. Tue, 6th Nov. 10-11.30. within Stay 2 Play. Mon, 3rd Dec. 9.30-11 within Play Session at Larkwood Primary School. | Mon, 24th Sep. 10.11-30 within Play Session at United Free Church Leytonstone Tue, 30th Oct. 1.30-3 within Messy Play at Langthorne Pavilion. Fri, 7th Dec. 9-12 within Physical and Sensory Play Session | Wed, 19th Sep. 1.30-3 within Rollers and Crawlers. Mon, 15th Oct. 9.45-11.15 within Play Session. |
| Parenting Programmes | Strengthening Families Strengthening Communities (with crèche) 13/9 - 13/12 (Term Time only) at Barr Croft Primary School. Contact Jade Briant 07841 903289 jade@racefound.org.uk | Strengthening Families Strengthening Communities (with crèche) 11/9 - 11/12 (Term Time only) 9.30-12.30 at Paradox Centre. Contact Jade Briant 07841 903289 jade@racefound.org.uk | Triple P Primary 20/9 - 15/11 (Term time only) 9.30-11.45 George Tomlinson School. To book email shirin.hassan@walthamforest.gov.uk | Strengthening Families Strengthening communities, 12/09 - 12/12, 9.30 - 12.30 (Term time only) for booking and more information contact Jade Briant 07841 903289 jade@racefound.org.uk |
| HENRY Starting Solids Workshop (Delivered by HENRY) | Fri, 2nd Nov. 9.45-11.45 Fri, 7th Dec. 9.45-11.45 Call HENRY to book your free place 020 8496 5223 | Wed, 26th Sep. 10-12 Wed, 12th Dec. 10-12 Call HENRY to book your free place 020 8496 5223 | Mon, 22nd Oct. 1-3 Call HENRY to book your free place 020 8496 5223 | Thu, 18th Oct. 10-12 Call HENRY to book your free place 020 8496 5223 |
| Starting Solids Information Session at You and Your New Baby | Mon, 24th Sep. 1.30-3 Mon, 19th Nov. 1.30-3 at The Lloyd Park Centre Places are limited (no booking) | Tue, 9th Oct. 1.30-3 Tue, 27th Nov. 1.30-3 | Tue, 18th Sep. 10-11.30 Tue, 27th Nov. 10-11.30 | Wed, 19th Sep. 1-3 Wed, 14th Nov. 1-3 (Not in You and Your New Baby) Call 020 8527 1737 to book. |
| Food themed activities- Eating Well for Families. | Thu, 6th, 13th, 20th Sep. 10-12 within Stay 2 Play. | Tue, 16th, 30th Oct. 6th Nov. 10-11.30. within Stay 2 Play. | Mon, 26th Nov. 3rd, 10th Dec. 10-11.30 within the Play Session at United Free Church | Mon, 10th, 17th, 24th Sep. 1.30-3 within Messy Play. |
| Food themed activities - Exploring Foods | Wed, 14th, 21st, 28th Nov. 1.30-3 within Play Session at St Michael's Hall. | Thu, 15th, 22nd, 29th Nov. 10-11.30 within Play All Day at the Paradox Centre. | Tue, 2nd, 9th, 16th Oct. 1.30-3 within Messy Play at Langthorne Pavilion. | Mon, 5th, 12th, 19th Nov. 9.45-11.15 within Play Session at Seddon Centre. |
| Sleep Session | 1st and 3rd Saturday of the month within Child Health Clinic. 10.30-12.30 Call to book 020 8527 1737 | Tue, 18th Sep. 1.30-3 within You & Your New Baby. Wed, 17th Oct. 1.30-3. within Crawlers to 2 Year Olds. Thu, 22nd Nov. 10-11.30. within Play All Day. Fri, 14th Dec. 9.30-11. within Play Session. | Fri, 28th Sep. 1.30-3 within Crawlers to 2 Year Olds. Mon, 15th Oct. 10-11.30 within Play Session at United Free Church. Tue, 20th Nov. 1.30-3 at Langthorne Pavilion. Fri, 14th Dec. 1.30-3 within Crawlers to 2 Year Olds. | Mon, 17th Sep. 9.45-11.15 within Messy Play Wed, 10th Oct. 1.30-3 within Crawlers to 2 Year Olds. Mon, 5th Nov. 9.45-11.15. within Play Session at Seddon Centre. Fri, 7th Dec. 9-12. within Physical and Sensory Play Session. |
| All services delivered by HENRY begin week commencing 10/9/18 | | | | |