

Roleplay

Lloyd Park Children's Charity

Charity Number 1102134

What's Inside:
The Children and Family Centre activity timetable and introduction to our new service 'Somewhere to Belong'



Welcome to the April edition of Roleplay, the newsletter for families with children under 5 living in Waltham Forest.

We are really excited about our partnership with Whitefield School in developing the new 'Somewhere to Belong' group, aimed at supporting children below expected levels of development and those with Special Educational Needs and Disabilities. We would like to thank Zoe Wells from Whitefield for sharing her passion and the research she has conducted with local families. Somewhere to Belong is now offered in each neighbourhood, please come along or speak to any member of the team for more information.

Work is underway at The Lloyd Park Centre to redevelop the front playground, and The Higham Hill Centre has been extended to allow us to offer the new 30 hour free early years education. We have a lovely new nursery space and a bigger garden with a pirates ship! All 3 and 4 year old children in England can get free childcare, and some 2 year olds are also eligible. For more information about the range of childcare in Waltham Forest visit www.walthamforest.gov.uk/childcareoptions.

Our charity's Grant Fundraising Subgroup is made up of local parents and volunteers. They are hosting a number of events aimed at speaking to local families about the types of services they would like to use. Please get involved and help our charity build brighter futures and do the best we can for local families. Follow us on Facebook or Twitter @LloydParkCC for more information.

Pauline Thomas MBE
Chief Executive Officer

Get Well Soon Pauline! Everyone at the Lloyd Park Children's Charity wishes her lots of love and a speedy recovery.



UNICEF Baby Friendly Initiative

In January we were delighted to be presented with a Certificate of Commitment from the UNICEF Baby Friendly Initiative, recognising the firm foundation we have laid across the Children and Families Centres (CFCs) and Health Visiting services towards accreditation.

The certificate was presented to the team by Councillor Grace Williams, Waltham Forest's Portfolio Lead Member for Children and Young People. Cllr Williams said "This important first step on the road to Baby Friendly accreditation recognises the hard work that has happened to get us to this point and the commitment of everyone in Waltham Forest to supporting families at a challenging and exciting time after the birth of their baby."

The next step is to train all Children and Family Centre and Health Visiting staff in understanding the importance of breastfeeding, relationship building and in how to support families. This training will roll out across both services over the coming year.

To meet the Baby Friendly standards, we will ensure that centres and clinics are welcoming to breastfeeding mothers and that all parents are supported with feeding in an environment free from the promotion of breastmilk substitutes and bottles. We will also be working with local businesses on how they can welcome breastfeeding mothers.

If you have any questions about the initiative please email Elaine, the Infant Feeding Lead in HENRY, on elaine.londesborough-vanrooyen@henry.org.uk.



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

Dates for your diary

Monday 16th April
ALL SERVICES CLOSED - Training Day
Tuesday 17th April
All services open
Monday 7th May
Bank Holiday - All services closed
Monday 28th May
Bank Holiday - All services closed
Friday 20th July
Last Day of Term
Monday 3rd September
ALL SERVICES CLOSED - Training Day
Tuesday 4th September
All services open

Fundraising Dates:
Higham Hill Centre Summer Fayre
Sunday 1st July (11am - 2pm)

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



Learning Through Play

Somewhere to Belong

Whitefield School have been talking to local families with children with Special Educational Needs and Disabilities (SEND) about the services that are important to them. They have also been searching internationally and travelling the country to see how some of the most effective services work.

The Lloyd Park Children's Charity are proud to be working in partnerships with Whitefield in developing 'Somewhere to Belong' as a new multi-agency group that will run weekly during term time in each of the neighbourhoods.

Families told us that they wanted somewhere they felt they belonged, and we have designed 6 sessions in line with the services parents feel are important.

If you have a child with SEND, or if you are concerned about any area of your child development, please come along, meet other families, learn about the support and services available to your family and help to shape this exciting new approach.

Please contact Zoe or Angela at angelac@tpcc.org.uk or z.wells@whitefield.waltham.sch.uk



Messy play

Messy play is a natural part of learning. Children are compelled to explore their world by touching, smelling and tasting. It is important that they are able to do this in a relaxed and positive atmosphere. Let children experience the feel and smell of different mediums.

By exploring textures, tastes and smells, they will:

- Build confidence to try new experiences.
- Learn to control the muscles in their hands and fingers for future writing skills.
- Learn new words and develop communication as you play together.

What you can do at home:

Find a place that you don't mind getting messy, or use a cover such as old newspapers or plastic sheeting. You and your child should wear old clothes so that you can both enjoy the activities and have fun.

Babies

Babies' first experience of messy play is playing with their food. When introducing solids, children will naturally want to touch their food. Let them play with mashed or liquidised food, smearing, squeezing and feeling the textures and tasting the food.

Toddlers

Cooking is an ideal time for your toddler to play alongside you, mixing and stirring ingredients such as flour and water. Water play in the bath or in a bucket can be fun. Wash old clothes or dolls, use jugs and funnels and add some texture with suitable bubble bath.

Play all day

This is our new and exciting session that offers creative play opportunities for children and parents which they can access all day 9am-3pm.

This session was introduced following parent feedback on their time constraints and their wish to be able to freely access throughout the day. We have created a friendly environment for children and adults to spend quality time together.

Like many of our other sessions, parents would have the opportunity to learn and engage with their child's early learning development through the learning book.

Feel free to come and visit us at The Paradox Centre and don't worry about the time.

Are you the parent or carer of a 2 year old?

If you are, you may be entitled to 15 hours of free childcare for 38 weeks a year. Find out if you are eligible; <https://www.gov.uk/childcare-calculator>

We may have a place at one of our nurseries; <http://www.tpcc.org.uk/childcare/> or check for nurseries and childminders across the borough; www.walthamforest.gov.uk/childcareoptions

Research shows that good quality childcare from an early age makes a real difference to how well a child does in the future. It will give your child the chance to make new friends, begin to get ready for school, try new activities and improve their language skills.

It will also free up your time for training, a part-time job, hobbies, a break, more hours at work or can help to reduce your childcare bill. Check our website to see if we have any opportunities for you; <http://www.tpcc.org.uk/our-mission/join-our-team/>

Some 2 year olds get 15 hours FREE education.

Can you?





In February Baby Bank said goodbye to The Higham Hill Centre and hello to its new home at the Priory Court Community Centre.

We are delighted that we can now continue to accept donations of good quality, second hand items such as unmarked 0-5 clothing, toys and books or larger items such as Moses baskets or buggies. We can also accept new items such as nappies, cotton wool and wet wipes. Currently we are on the look out for boys clothing especially 2-3-year-olds, shoes and baby and toddler books.

We know that all families can hit hard times financially and Baby Bank is there to support those times of crisis for up to 6 weeks.

Our new service in Priory Court Community Centre is now open as follows:

Donations: Tuesday morning between 10am – 1pm.

Baby Bank parcel collections: Friday mornings between 10 - 11.30am.

Every Friday families can collect Baby Bank parcels, at the same time we will run a play session with activities for children under 5. On the first Friday of the month this session runs alongside Councillor Grace Williams coffee morning surgery where you can talk to the Councillor and other organisations that may also join us.

Baby Bank could not run as smoothly as it does without our amazing volunteers, Kathleen and Nadia. They remind us of the miller's daughter in Rumpelstiltskin, no matter how many donations we receive, they swiftly sort and tidy it into pristine order, and begin all over again. A massive thank you to you all for your hard work and dedication.

Any enquiries please email babybank@tlpcc.org.uk

You Said

Parents in Chingford wanted a more flexible way to access services.

You Said

Parents of children with Special Educational Needs and Disabilities took part in research conducted by Whitefield School. They spoke about the challenges they face and the support they would like to access.

You Said

Parents giving feedback in our play sessions wanted more physical activities for young children.

We Did

We are piloting 'Play all Day' on Thursday between 9-3pm at Paradox Centre. Come along and drop in for a day of fun.

We Did

Somewhere to Belong is a new service designed by The Lloyd Park Children's Charity and Whitefield's School in response to local research. We are really looking forward to working in partnership with local families, HENRY speech and language team and Citizens Advice SENDIASS team to offer what we hope will be a really valuable service.

We Did

Soft Play sessions have been introduced in the hub buildings in Leyton and Leytonstone hubs. There is also Play All Day at Paradox in Chingford, and Grow Wild sessions at Lloyd Park in Walthamstow all offering physical play.

Support for Families

If you would like to know how we can support your child's development, behaviour or routines or would like information about nursery do chat to a family support worker in our play sessions. Please see our timetable for parenting programmes, Speech & language and Healthy Eating drop-ins and sessions. For breast or bottle feeding advice call HENRY's support line; **020 8496 5222**.

If being a mother is not quite what you thought it would be and your feelings about child birth, feeding or soothing your baby are sad and not getting any happier do consider our friendly support group Flourish.



Support with interview skills, training and CV's

Help you to build your self-confidence to find the work you want. Regular Work Clubs are running in Leyton, Leytonstone, Walthamstow and Chingford. Please call our centres to book; <http://www.tlpcc.org.uk/contact-us/>

The clubs offer employment support and advice, help with CVs and interviews, as well as finding job opportunities for you to get into work.

Do you want to:

- Learn new skills?
- Gain a qualification?
- Develop your existing skills to find work?

If the answer is yes, contact Waltham Forest Adult Learning Service; <http://www.lbwfadultlearning.co.uk> where there are hundreds of exciting courses to set you on the road to success.



A Parents Perspective

My name is Karine and my son is St Michael Thompson.

We have been coming to Children and Family Centre's play session for nearly two years.

We have attended TOPS (Toddler Opportunity Parent Support) session at the Leyton Hub.

At the time when TOPS was suggested to me by my support worker I was happy to go along as I wanted to do my very best in helping my son's development. My Family Support Worker and the Speech and Language Therapist from the Henry team worked together to make sure that my son got the best support, this included sending off referrals and making contact with my health visitor.

I was given a plan of activities that I could do with St. Michael from the Speech and Language Therapist. These activities were then joined in to the TOPS sessions and I was able to continue supporting my son without feeling like I had another thing to do.

When we attended the staff always had activities that St Michael enjoyed playing with, and I was given the support to feel comfortable in playing with my son. I learned how to follow his lead and sit back and observe him when he did not need me to join in his play. St Michael has made so much progress and I am glad we got the support we needed at the earliest point.

We are still on the journey to making sure that his overall development is being supported but so far I am truly pleased. Thank you to Rachel, Angela and Ruhksana.

Karine Graham and St Michael Thompson (TOPS parent Leytonstone Hub)



Being Healthy

Staying Safe in Water

In 2015, 32 children of varying ages up to 19 years old drowned in the UK. Wherever there is open water, there is possible danger of drowning. A child can drown in as little as 5cm of water. Minimise the risk of accidents by taking some precautions.

Supervision – Parents and carers must ensure children of any age are adequately supervised at all times by an adult in or near the water including baths, garden ponds and swimming places.

Cover up open water – All sources of water can pose a risk of drowning.

Reduce the risks both at home, visiting and while on holiday:

- Ensure ponds are covered or fenced off
- Secure access to outside space or the garden areas
- Cover up drains and water storage devices
- Empty out baths, paddling pools and buckets immediately after use.

Swimming lessons for children – Children and young people should be encouraged to learn to swim and to understand the risks posed by water. Swimming should be undertaken in lifeguarded facilities.

Free swimming is available at most Better leisure centres in Waltham Forest. Visit better.org.uk and search for swimming.



HENRY Healthy Families 1:1 Programme

Everyone wants their children to have a great start in life, but with so much conflicting advice it can be confusing and very hard to know what to do as a parent especially in the early years. The HENRY Healthy Families 1 to 1 programme delivered by HENRY Best Start Mentors is helpful to families who would like to:

- Manage your child's increasing weight
- Get the right balance of foods and understand food labels
- Get ideas on how to reduce mealtime stress
- Establish a balanced style of parenting
- Get ideas for active play and reducing screen time
- Understand your child's behaviour

Best Start Mentors work closely with families for 1 hour every week for 8-10 weeks and together you explore the above topics. Every parent joining this programme receives a FREE HENRY toolkit which contains helpful resources that will be used during the programme and at home such as books, recipes, charts and a reward systems.

Parents have found it very beneficial with 97% recommending the programme and 89% feeling more confident as a parent.

A parent described this programme to be:

The best thing I could possibly have done to help me be a better mum.

For further information or to sign up for the programme (places are limited) contact the Best Start with HENRY Team on **020 8496 5223** or email wfsupport@henry.org.uk with your name and contact details.

Improvements to Sexual Health Services

After a competitive tender, Barts Health was awarded the contract to provide new and improved integrated sexual health services across North East London (NEL).

There will be two Centres of Excellence; one in Stratford and one in Whitechapel, in addition to community clinics in each NEL borough. These changes will ensure sexual health services deliver on what our residents say is important to them – services with longer opening hours, closer to people's home and better able to meet local residents' needs for both contraception, testing and treatment of sexually transmitted infection (STIs) in the same location.

What are the changes for Waltham Forest?

- The service at Whipps Cross, for both sexual health and HIV, will relocate to the new Centre of Excellence at the Sir Ludwig Guttmann Centre in Stratford in March 2018. This new Centre of Excellence will provide services for people with the most complex sexual health needs, extended opening hours – including evenings and Saturdays.
- From 2nd April, community clinics will offer services at Harrow Road, Forest Road Medical Centre, St James' Medical Centre, Boots Walthamstow plus a service in Chingford.
- To find more information on the changes, including clinic opening times and addresses, please visit www.bartshealth.nhs.uk/sexual-health contact nel.transformation@bartshealth.nhs.uk or tweet us on [@BHSexualHealth](https://twitter.com/BHSexualHealth)
- For more information on the changes to HIV services and to provide feedback via a short survey, please visit; <https://bartshealth.nhs.uk/dosh>

Flourish, the group that holds your hand

Flourish is a small friendly group for mothers of children under 2 who for a variety of reasons are not finding motherhood quite as they anticipated.

For some, in their eyes, other mothers are managing 'perfectly' whilst they find it hard or the routines monotonous or exhausting. For others, their feelings about childbirth, feeding or soothing their baby are sad and not getting happier.

Becoming a mother can raise a host of long buried memories of childhood whilst for others the transition from a working to a home environment can result in feeling overwhelmed or trapped.

The group meets weekly during term time and provides a safe space for mothers to talk openly and honestly about how they feel or how their week has been whilst their baby or toddler plays. If you are interested in joining do chat to a member of the Children and Family Centre Team or your Health Visitor. See the activity timetables for details or contact us for more information; info@tpcc.org.uk or **020 8527 1737**.

Parents Perspective

Flourish is an open space, with understanding group leaders. I've found it useful in talking openly to Mums who may be struggling with anxiety or depression. It's been eye opening to see that you are not alone with your feelings and others may have had similar experiences to you or may be feeling the same way.

Change4Life launches new healthier snacking campaign

Change4Life launched a new campaign to help families choose healthier snacks and reduce their children's sugar intake.

Parents can receive money-off vouchers for healthier snacks and get helpful tips and ideas by signing up to the Change4Life website; bit.ly/Change4lifeWF2018

'Look for 100 calorie snacks, two a day max!' and download the free and updated 'Food Scanner' app from the iTunes store or Google Play.

Visit; bit.ly/Change4lifeWF2018 for more details and loads more tips on healthier snacking.



When choosing snacks for the kids, look for 100 calorie snacks two a day max **change 4Life**

Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Childminder Drop In (prospective parents welcome) Delivered by LBWF 🕒 📍</p> <p>9.30-11 Walthamstow Children and Family Centre Hub. Term time only. £1 first child, 50p siblings.</p> <p>ESOL (Entry level 1 & 2) Delivered by ELATT 🕒 📍</p> <p>9.30-11.30 Walthamstow Children and Family Centre Hub. Booking: hello@elatt.org.uk or call 020 7275 6750</p> <p>Move and Rhyme Funtime (0-4s) 🕒 📍</p> <p>10-10.30 & 11-11.30 Homemade Community Cafe. Delivered by local parent Carlene. Voluntary donation.</p> <p>Music and Movement 🕒 📍</p> <p>10.15-11 & 11.15-12 Wood Street Library. Free.</p> <p>You and Your New Baby 🕒 📍</p> <p>1.30-3 The Lloyd Park Centre. £1 first child, 50p siblings. Term time only</p> <p>Flourish 🕒 📍</p> <p>1.30-3.30 Walthamstow Children and Family Centre Hub. Invitation only. Term time only. Free.</p> 	<p>ESOL (Entry level 1 & 2) Delivered by ELATT 🕒 📍</p> <p>9.30-11.30 Walthamstow Children and Family Centre Hub</p> <p>Outdoor Play Session (Grow Wild) 🕒 📍</p> <p>9.45-11.15 The Lloyd Park Centre. £2 first child, 50p siblings.</p> <p>Outdoor Play Session (Grow Wild) For children under 5 with SEND 🕒 📍</p> <p>11.15-12.15 The Lloyd Park Centre. Free.</p> <p>Crawlers to 2 Year Olds 🕒 📍</p> <p>1.30-3 The Lloyd Park Centre. £1 first child, 50p siblings. Term time only.</p> <p>Child Health Clinic 🕒 📍</p> <p>1.30-3.30 Delivered by NELFT Walthamstow Children and Family Centre Hub. Free</p> <p>Healthy Eating Drop-in at the Child Health Clinic (Term Time) 🕒 📍</p> <p>1.30-3 Delivered by HENRY Free</p> <p>Evening Child Health Clinic & Infant Feeding Drop In 🕒 📍</p> <p>4.30-6.30 Delivered by NELFT and HENRY. Walthamstow Children and Family Centre Hub. Free.</p>	<p>Citizens Advice Waltham Forest 🕒 📍</p> <p>9.30-12 Please call to book: 020 8496 3511 Walthamstow Children and Family Centre Hub.</p> <p>Infant Feeding Support 🕒 📍</p> <p>10-12 Delivered by La Leche. The Lloyd Park Centre. 1st and 3rd Wednesday of the month. Free.</p> <p>Breastfeeding Beyond Babyhood 🕒 📍</p> <p>10-12 Delivered by La Leche. Walthamstow Children and Family Centre Hub. 2nd Wednesday of the month. Free.</p> <p>Play Session (0-4 year olds) 🕒 📍</p> <p>1.30-3 St Michael's Hall. £1 first child, 50p siblings.</p> <p>Parent and Toddler 🕒 📍</p> <p>1.15-2.45 Delivered by The Lloyd Park Centre £2 first child, 50p siblings. Term time only.</p> <p>Child Health Clinic 🕒 📍</p> <p>1.30-3.30 Delivered by NELFT and HENRY. Comely Bank (buggy storage at the toy library). Free.</p> <p>Breastfeeding Cafe 🕒 📍</p> <p>2-4 Delivered by HENRY Froth and Rind Cafe</p>	<p>Work Club Delivered by JCP and Partners 🕒 📍</p> <p>9.30-12 Please call to book: 020 8496 3511 Walthamstow Children and Family Centre Hub.</p> <p>Creative Kids 🕒 📍</p> <p>10-11.30 & 1-2.30 William Morris Gallery in partnership with The Lloyd Park Centre. 2nd Thursday of the month. Term time only. Free. Booking essential via: www.wmgallery.org.uk</p> <p>Stay 2 Play (play session for all 2 year olds) 🕒 📍</p> <p>10-12 Walthamstow Children and Family Centre Hub. Term time only. Free.</p> <p>Stories and Rhymes 🕒 📍</p> <p>10.15-11 & 11.15-12 Higham Hill Library. Term time only. Free.</p> <p>Child Health Clinic 🕒 📍</p> <p>12.30-2 Delivered by NELFT. The Lloyd Park Centre. Term time only. Free.</p> <p>Play Session (0-4 year olds) 🕒 📍</p> <p>1.30-3 Walthamstow Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Somewhere to Belong 🕒 📍</p> <p>1-2.30 Walthamstow Toy Library. Invitation only. Term time only. Free.</p>	<p>Speech and Language Drop In 🕒 📍</p> <p>9.30-11 Delivered by HENRY. Church Hill Nursery School. Term time only. Free.</p> <p>Baby Bank Play Session 🕒 📍</p> <p>10-11.30 Priory Court Community Centre Free.</p> <p>Stories and Rhymes 🕒 📍</p> <p>10.15-11 & 11.15-12 Wood Street Library. Term time only. Free.</p> <p>Grow Wild Delivered by The Lloyd Park Centre 🕒 📍</p> <p>1-2.30 The Lloyd Park Centre. £2 first child, 50p siblings.</p> <p>Family Grow Wild and Speech and Language Drop In (HENRY) 🕒 📍</p> <p>10-12 The Lloyd Park Centre. 2nd Saturday of the month. £2 per child, £1 per adult.</p> <p>Dad's Club 🕒 📍</p> <p>10-12 The Lloyd Park Centre. Last Saturday of the month. £3 per dad, £3 first child, 50p siblings. (includes breakfast)</p> <p>Child Health Clinic 🕒 📍</p> <p>10.30-12.30 Delivered by NELFT. Walthamstow Children and Family Centre Hub. 1st and 3rd Saturday of the month. Free.</p>
<p>Services are available for all, irrespective of where you live.</p>				

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play Session (0-4 year olds) 🕒 📍</p> <p>9.30-11 Larkwood Primary School £1 first child, 50p siblings. Term time only.</p> <p>Flourish (post natal depression group) 🕒 📍</p> <p>10-12 Chingford Children and Family Centre Hub. Invitation only. Term time only. Free.</p> <p>Somewhere to Belong 🕒 📍</p> <p>1.30-3 Chingford Children and Family Centre Hub. Invitation only. Term time only. Free.</p> <p>Child Health Clinic & Infant Feeding Support 🕒 📍</p> <p>1.30-3.30 Delivered by HENRY and NELFT. Chingford Health Centre. Free.</p> <p>Toddler Time (18-35 months) 🕒 📍</p> <p>1.30-3 Delivered by Yardley Early Years Centre. Term Time Only. Please call 020 8523 7383 to book.</p>	<p>Tiny Tots 🕒 📍</p> <p>9.10-11 Delivered by Yardley Early Years Centre Term Time Only. Please call 020 8523 7383 to book.</p> <p>Work Club Delivered by JCP and Partners 🕒 📍</p> <p>9.30-12 Chingford Children and Family Centre Hub. Please call to book 020 8496 1551</p> <p>Stay 2 Play (play session for all 2 year olds) 🕒 📍</p> <p>9.30-11.30 Chingford Children and Family Centre Hub. Term time only. Free.</p> <p>You & Your New Baby 🕒 📍</p> <p>1.30-3 Chingford Children and Family Centre Hub. Pre-crawlers £1 first child, 50p siblings.</p> <p>Speech and Language Drop In 🕒 📍</p> <p>1.30-3 Delivered by HENRY. Chingford Children and Family Centre Hub. Term time only. Free.</p> 	<p>Painters and Decorators (18m - 3yrs) 🕒 📍</p> <p>9.30-11 Delivered by Yardley Early Years Centre. Term Time Only. Please call 020 8523 7383 to book.</p> <p>Parent and Toddler & Childminder Drop In 🕒 📍</p> <p>9.30-11.30 Delivered by Chapel End Early Years Centre. Term time only.</p> <p>Music & Movement 🕒 📍</p> <p>1.30-2.30 Paradox Centre £1 first child, 50p siblings. Term time only.</p> <p>Rollers and Crawlers (0-2 year olds) 🕒 📍</p> <p>1.30-3 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Thursday</p> <p>Citizens Advice Waltham Forest 🕒 📍</p> <p>9-1 Chingford Children and Family Centre Hub. Please call to book 020 8496 1511</p> <p>Play Session (0-4 year olds) 🕒 📍</p> <p>9.30-11 Selwyn Primary School. £1 first child, 50p siblings. Term time only.</p>	<p>Play All Day (18m - 3yrs) 🕒 📍</p> <p>9-3 Paradox Centre. Term time only. £1 first child, 50p siblings. Free for residents of the Chingford Hall Estate</p> <p>Childminder Group Delivered by LBWF 🕒 📍</p> <p>9.30-11 Wyemead Centre. Term Time Only.</p> <p>Family Time 🕒 📍</p> <p>1.30-3 Delivered by Yardley Early Years Centre Term-Time Only. Please call 020 8523 7383 to book.</p> <p>Child Health Clinic, Healthy Eating Drop In and Breastfeeding Cafe 🕒 📍</p> <p>1.30-3.30 Delivered by HENRY and NELFT. Chingford Children and Family Centre Hub. Free.</p> <p>Evening Child Health Clinic 🕒 📍</p> <p>4.30-6.30 Delivered by NELFT Chingford Health Centre 2nd and 4th Thursday of each month.</p> 	<p>Play Session (0-4 year olds) 🕒 📍</p> <p>9.30-11 Chingford Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Stories and Rhymes 🕒 📍</p> <p>1.15-2 & 2.15-3 Hale End Library. Term time only. Free.</p> <p>Grandparents Group Delivered by the Early Help team. 🕒 📍</p> <p>1.30-3 Chingford Children and Family Centre Hub. Free.</p> <p>Child Health Clinic 🕒 📍</p> <p>1.30-3 Delivered by NELFT. Chapel End Early Years Centre. Term time only. Free.</p> <p>Saturday</p> <p>Dad's Club 🕒 📍</p> <p>10-12 Chingford Children and Family Centre Hub. 1st Saturday of the month. £1 first child, 50p siblings.</p> <p>Speech and Language Drop In 🕒 📍</p> <p>10-11.30 Delivered by HENRY. Chingford Children and Family Centre Hub. 1st Saturday of the month. Term time only. Free.</p>
<p>Services are available for all, irrespective of where you live.</p>				

Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health Clinic 9.30-11.30 Delivered by NELFT. Leyton Children and Family Centre Hub. Free.	Citizens Advice Waltham Forest 9-1 Leyton Children and Family Centre Hub. Please call to book 020 8496 2450	Breastfeeding Cafe 1.30-2.30 Kukulola Cafe Jubilee Park	Somewhere to Belong 10-11.30 Seddon Centre Invitation only. Term time only. Free.	Child Health Clinic & Infant Feeding Support 9.30-11.30 Delivered by NELFT and HENRY. Seddon Centre. Free.
Play Session (0-4 year olds) 9.45-11.15 Seddon Centre. £1 first child, 50p siblings. Term time only.	Child Health Clinic 9.30-11.30 Delivered by NELFT. Seddon Centre. Free.	Crawlers to 2 Year Olds 1.30-3 Leyton Children and Family Centre Hub. £1 first child, 50p siblings.	Stories and Rhymes 10-10.45 & 11.15-12 Lea Bridge Library Term time only. Free.	Music and Movement 10-11 Emmanuel Parish Hall. Term time only. £1 first child, 50p siblings.
Messy Play (0-4 year olds) 1.30-3 Leyton Children and Family Centre Hub. £1 first child, 50p siblings.	You and Your New Baby 9.30-11.30 Seddon Centre. Free.	Speech and Language Drop In 4.30-6.30 Delivered by HENRY. Leyton Children and Family Centre Hub. Free. 3rd Wednesday of the month only.	Stay 2 Play (play session for all 2 year olds) 13 Seddon Centre. Term time only. Free.	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 siblings.
Healthy Eating Drop In 1.30-3 Delivered by HENRY. Leyton Children and Family Centre Hub. Term Time Only. Free.	Flourish 10-12 Leyton Children and Family Centre Hub. Invitation only. Free.		Work Club Delivered by JCP and Partners 13-30 Leyton Children and Family Centre Hub. Please call 020 8496 2442 to book	English Conversation Club 9.30-11 Leyton Children and Family Centre Hub. Delivered by Adult Learning Service This is an informal club for non-English speaking adults. For more information please contact Shirin Hassan 020 8496 2450
Services are available for all, irrespective of where you live.				Saturday Dad's Club 10-12 Leyton Children and Family Centre Hub. 2nd Saturday of the month. £1 first child, 50p siblings.

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
Universal Money Matters Citizens Advice Waltham Forest 9-1 Leytonstone Children and Family Centre Hub. Please call to book 020 8496 2960	Early Help Money Matters Citizens Advice Waltham Forest 9-1 Leytonstone Children and Family Centre Hub. Invitation only.	Child Health Clinic 9.30-11.30 Delivered by NELFT. Leytonstone Children and Family Centre Hub. Free.	Child Health Clinic and Infant Feeding Support 9.30-11.30 Delivered by NELFT and HENRY Langthorne Health Centre. Free.	Physical Play 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 siblings.
Stories and Rhymes 9.45-10.30 & 10.45-11.30 Leytonstone Library. Term time only. Free.	You and Your New Baby 10-11.30 Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.	Messy Play 1.30-3 Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.	Stay 2 Play (play session for all 2 year olds) 9.30-11.30 Snowberry Nursery. Term time only. Free.	Healthy Eating Drop In 9.30-11 Delivered by HENRY. Leytonstone Children and Family Centre Hub. Term Time Only. Free.
Play Session (0-4 year olds) 10-11.30 United Free Church Leytonstone. £1 first child, 50p siblings. Term time only.	Play Session (0-4 year olds) 10-11.30 Langthorne Pavilion. £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.	Music and Movement 12 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. Free.
Breastfeeding Cafe 10.30-12 Le Petit Corner.	Employment Support and Training Work Club 1.30-3.30 Delivered by JCP Leytonstone Children and Family Centre Hub. Invitation only.		Speech and Language Drop In 9.30-11.30 Leytonstone Children and Family Centre Hub. 3rd Sat of the month.	Dad's Club 10-12 Leytonstone Children and Family Centre Hub. 3rd Saturday of the month. £1 first child, 50p siblings.
Somewhere to Belong 1.30-3 Acacia Nursery School. Invitation only. Term time only. Free.			Speech and Language Drop-In 9.30-11.30 Leytonstone Children and Family Centre Hub. 3rd Sat of the month.	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

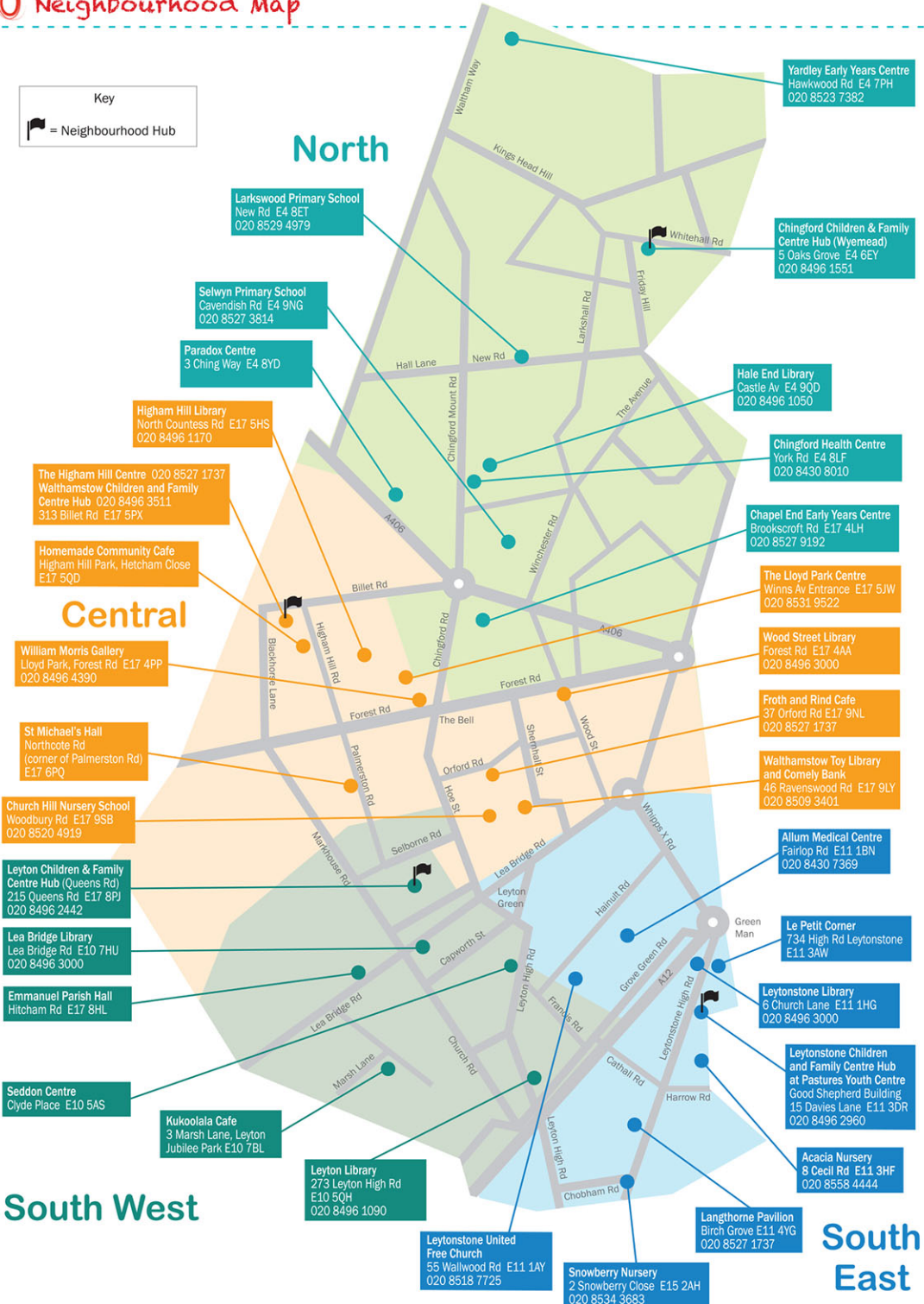


Speech & language development

Neighbourhood Map

Key
 = Neighbourhood Hub

North



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

Larkwood Primary School
 New Rd E4 8ET
 020 8529 4979

Chingford Children & Family Centre Hub (Wyemead)
 5 Oaks Grove E4 6EY
 020 8496 1551

Selwyn Primary School
 Cavendish Rd E4 9NG
 020 8527 3814

Paradox Centre
 3 Ching Way E4 8YD

Hale End Library
 Castle Av E4 9QD
 020 8496 1050

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

Chingford Health Centre
 York Rd E4 8LF
 020 8430 8010

The Higham Hill Centre 020 8527 1737
Walthamstow Children and Family Centre Hub 020 8496 3511
 313 Billet Rd E17 5PX

Chapel End Early Years Centre
 Brookcroft Rd E17 4LH
 020 8527 9192

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

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

Central

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

Wood Street Library
 Forest Rd E17 4AA
 020 8496 3000

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

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

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

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

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

Allum Medical Centre
 Fairlop Rd E11 1BN
 020 8430 7369

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

Le Petit Corner
 734 High Rd Leytonstone
 E11 3AW

Emmanuel Parish Hall
 Hitcham Rd E17 8HL

Leytonstone Library
 6 Church Lane E11 1HG
 020 8496 3000

Seddon Centre
 Clyde Place E10 5AS

Leytonstone Children and Family Centre Hub at Pastures Youth Centre
 Good Shepherd Building
 15 Davies Lane E11 3DR
 020 8496 2960

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

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

Acaia Nursery
 8 Cecil Rd E11 3HF
 020 8558 4444

South West

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

Langthorne Pavilion
 Birch Grove E11 4YG
 020 8527 1737

Snowberry Nursery
 2 Snowberry Close E15 2AH
 020 8534 3683

South East

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 Tue and Thu 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750		
Baby Massage and Sleep 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.	Teenage Parents Course: Fri 20th, 27th Apr, 4th, 11th and 18th May. 1.30-3. At the Hub. Course 1: Tue 17th, 24th Apr, 1st, 8th, 15th May, 10-11.30 The Lloyd Park Centre. Course 2: Fri 14th, 21st, 28th Jun, 5th, 12th Jul. 1.30-3. £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: 27th Apr, 4th, 11th, 18th, 25th May. Time TBC. Course 2: 1st, 8th, 15th, 22nd, 29th Jun. Time TBC. £10 per course (Payment in advance to secure a place. Deposits can be dropped off at the Hub.) Contact 020 8527 1737 to book.	Course 1: Tue 17th, 24th Apr, 1st, 8th, 15th May. 1.30-2.30 Course 2: Tue. 19th, 26th Jun. 3rd, 10th, 17th Jul. 1.30-2.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Tue. 24th Apr, 1st, 8th, 15th 22nd May. 1.30-2.30 Course 2: Tue. 8th 15th, 22nd, 29th May, 5th Jun. 1.30-2.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.
Oral Health Promotion Information about local dentists and how to look after your children's teeth.	Thu. 26th Apr. 10-12 within Stay 2 Play. Wed. 6th Jun. 1.30-3 within Play Session at St Michaels.	Thu. 26th Apr. 10-11.30 within Play All Day at Paradox. Fri. 8th Jun. 9.30-11 within the Play Session.	Mon. 23rd Apr. 10-11.30 within Play Session at United Free Church Leytonstone Wed 30th May. 1.30-3 Tue 10th Jul. 1.30-3 within Messy Play at Langthorne Pavilion.	Thu. 26th Apr. 1-3 within Stay 2 Play at the Seddon Centre. Wed. 23rd May 1.30-3 within Rollers and Crawlers. Mon. 11th Jun. 1.30-3 within Messy Play.
Parenting Programmes	Incredible Years Promoting and developing positive parent-child relationship through play and promoting social and emotional coaching of children. Mon 18th Apr. - 16th Jul. (weekly except Bank Holidays replaced with Wed 18th April and Wed 9th May). 10-12 For more information or to book call: 020 8496 2450 or email: Shirin.hassan@walthamforest.gov.uk Stepping Stones Wed 18th Apr - Wed 27th Jun (excluding Wed 30th May Half term) 10-12.30 Henry Maynard Primary School and Nursery, Addison Road, London, E17 9JE		Triple P Primary Thu. 19th Apr - 21st Jun. (excluding 31st May Half term) 9.30-11.45 George Tomlinson School, Harrington Road, Leytonstone, E11 4QN	Incredible Years Promoting and developing positive parent-child relationships through play, and promoting social and emotional coaching of children. Mon 19th, 26th Apr. 3rd, 10th, 17th, 24th May. 7th, 14th, 21st, 28th Jun. 5th, 12th, 19th Jul. 10-12 For more information or to book call: 020 8496 2450 or email: Shirin.hassan@walthamforest.gov.uk
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	Wed. 2nd May. 9.45-11.45 Wed. 6th Jun. 9.45-11.45 Call HENRY to book your free place 020 8496 5223	Wed. 23rd May. 10-12 Call HENRY to book your free place 020 8496 5223	Wed. 27th Jun. 10-12 Mon. 16th Jul. 10-12 Call HENRY to book your free place 020 8496 5223	Wed. 4th Jul. 10-12 Call HENRY to book your free place 020 8496 5223
Starting Solids Information Session at You and Your New Baby Come along to You and Your New Baby sessions with a Starting Solids focus. An introduction to when, how and what you feed your baby.	Mon. 14th May. 1.30-3 Mon. 2nd Jul. 1.30-3 at The Lloyd Park Centre Places are limited (no booking)	Tue. 8th May. 1.30-3 Tue. 26th Jun. 1.30-3	Tue. 29th May. 10-11.30 Tue. 3rd Jul. 10-11.30	Wed. 2nd May 1-3 Wed. 27th Jun. 1-3
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.	Tue. 14th, 21st, 28th Jun. 10-12 within Stay 2 Play.	Tue. 8th, 15th, 22nd May 9.30-11.30 within Stay 2 Play.	Tue 1st, 8th, 15th May. 1.30-3 within the Play Session at Langthorne Pavilion.	Mon. 11th, 18th, 25th Jun. 1.30-3 within Messy Play.
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.	Tue. 8th, 15th, 22nd May. 1.30-3 within Crawlers to 2 at The Lloyd Park Centre.	Thu. 7th, 14th, 21st Jun. 10-11.30 within Play All Day at the Paradox Centre.	Wed 27th Jun. 4th, 11th Jul. 1.30-3 within Messy Play.	Mon. 7th, 14th, 21st May. 9.45-11.15 within Play Session at Seddon Centre.