

# roleplay

feed the imagination

Edition 30 April 2017



“ It gives me great pleasure to welcome families to the April edition of Roleplay. This edition is a celebration of the new integrated approach to Children and Family Centre services, packed with useful information for families living in Waltham Forest.

## What's Inside...

Information regarding getting active with your family.... NELFT have a timetable of clinics and an article about health visiting. Citizens Advice tell us more about the SENDIASS Service, and parents share their experiences of using local services. We have also included some information about the introduction of 30 hours of free childcare for working parents from September 2017, which I know will be a fantastic help for many families. You will also find the new Activity Timetables for each of the neighbourhoods. A special thanks to everyone who has contributed!

We would also like to say a special thanks to the Trustees of Wadham Preschool for their generous donation to our charity. Wadham Preschool provided a valuable service to families living in Walthamstow for many years, but sadly closed their doors last year. In line with their constitution, or rules, the Trustees donated a range of equipment, resources and funding to The Lloyd Park Centre, as our aims and charitable mission are similar. These resources will be used to improve our early year's services for local families.

The charity has a Communication Sub Group made up mainly of parents who are currently developing a new Website for our charity. This is a really exciting project which will improve the way we communicate; and will be packed with helpful resources and information for local families. We can't wait to launch it later in the year. ”

Pauline Thomas MBE  
Chief Executive Officer

## Diary Dates 2017

Training Day: Closed 18th April 2017

First Day of Term: 19th April 2017

Half Term: 29th May - 2nd June 2017

Last Day of Term: 21st July 2017

Training Day: 1st September 2017

First Day of Term: 4th September 2017

Dates and times can change at short notice,  
please go to [www.theloydparkcentre.co.uk](http://www.theloydparkcentre.co.uk)  
or follow us on Facebook for updates.



## Other News

### Leytonstone Hub Building

After some improvements to the play space last year, Harrow Green has become a lovely venue in the Leytonstone neighbourhood, and we have received lots of really nice feedback from parents and staff. However, Adult Education Services are transforming Harrow Green Library and there will be a major renovation project to bring the whole building back to good use for the community.

This is great news, but will mean a temporary relocation of Leytonstone Children and Family Hub after the May Half Term Week until the building work is complete, keep an eye on our facebook and twitter pages for advertisement of alternative locations. We will advertise the change of venue in our sessions and on our facebook and twitter pages.

We apologise for the inconvenience this may cause but are really looking forward to seeing the building back to its former glory; serving the local community!



## Registering with the Children and Family Centre

Registering with the Children and Family Centre in Waltham Forest we are lucky that Children and Family Centre's are available for families. In order to keep these services, we have to ensure that we are reaching as many families as possible.

The way that we know if we are achieving this is by registering families and then seeing if these families are coming along to sessions. Please ensure you are registered and if not, register. You can do this either in paper form (available from any session) or online (by going to [www.walthamforest.gov.uk/content/childrens-and-family-centre-registration-form](http://www.walthamforest.gov.uk/content/childrens-and-family-centre-registration-form)).

Please also take part in our online questionnaire (use the link right). We look forward to seeing you at one of the sessions, or receiving your feedback soon!



## ► Learning Through Play and Training and Employment

### Get active!

#### Ideas to having family fun, whilst getting more fit!

Babies and young children need plenty of opportunities to explore the world around them in an active way. Being active as a family doesn't need to involve expensive toys and play equipment, there's a lot we can do with everyday household items and a bit of imagination. Aim for at least three hours of activity every day. There are lots of things you can do with your child to support them in their physical development and one great way is to allow them to be independent and try new things!

#### 0-12 months

Babies develop their physical skills amazingly quickly in the first year, going from being completely helpless and floppy to crawling, feeding themselves, co-ordinating their hand and eye movements and so much more. Even small babies can be active! You can give your baby the opportunity to lie on their tummy (with an adult present), show them how to hold a rattle or object, and allow them to kick without any restrictions.

#### Toddlers

Toddlers love to explore and experiment, so you can encourage this by giving them opportunities to play in different ways such as simple ball games, dancing, playing in the park or even creating an obstacle course in the living room!

#### Pre-schoolers

As children get older they can try more complex games and activities with rules and turn-taking. They might enjoy running races, acting out a favourite story, playing hide and seek, or making mud pies.

Remember that your child may need to try something lots of times before they get it right, they might get frustrated and need help sometimes but, let them try. Lots of encouragement and praise will go a long way.



For more support on keeping your child fit and healthy, come along to a Healthy Eating drop-in session or workshop, call Best Start with HENRY on 020 8496 5223, or speak to one of our team members in person.

For more ideas, there are ten minute activity suggestions on [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



### The joy of messy play and how to engage your child in messy activities!

A messy experience; Flourey goo on our hands making playdough, squishing it through our fingers, rolling out on the table making it into sausages or snails. A brown mixture of paint created by mixing all colours of the rainbow, on the table as well as all over our hands, arms, face and even in our hair. All created by our own little hands, a piece of art work any child would be proud of!



Staff are as filthy as the children, as they squish clay between their fingers. They talk about how it feels, what happens when it dries and the shapes they are making. Getting our wellies on and jumping in the wet mucky puddles, digging the dirt with nearby stick. Oh, the excitement of such fantastic opportunities!

Messy play helps children in so many ways; to relax, express their feelings, experiment with the different materials, learn about texture and develop hand and eye coordination or practice skills such as tipping and pouring, filling and measuring. Ultimately experience has taught us children love getting their hands dirty while exploring the world around them.

Come along to one of our play sessions and experience messy play in our environment!

### Recruit, Recruit Recruit!

Here at The Lloyd Park Centre we currently have a number of job opportunities on offer. These include:

- Early Years Practitioners level 2 and 3 qualified. Full time posts
- Play workers 3 hours per day; 36 hours during holiday periods
- Kitchen assistant; 3 hours per day

Please contact the centre on 0208 531 9522/ 0208 527 1737 to find out more information or to get an application pack. (The Lloyd Park Centre is committed to safeguarding, thus all posts are subject to a DBS check and two satisfactory references)

#### Are you interesting in a career working with children and families?

We also have apprenticeship positions available in our Centres across Waltham Forest. Contact: [ipc@thelloydparkcentre.co.uk](mailto:ipc@thelloydparkcentre.co.uk) for more information.



## ► Neighbourhood Map

Key

 = Neighbourhood Hub

North

**Larkwood Primary School**  
New Rd E4 8ET 020 8529 4979

**Selwyn Primary School**  
Cavendish Road, E4 9NG  
020 8527 3814

**Paradox Centre**  
3 Ching Way E4 8YD

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

**Higham Hill Daycare** 020 8527 1737  
**Walthamstow Children and Family Centre Hub** 020 8496 3511  
313 Biller Rd E17 5PX

**William Morris Gallery**  
Lloyd Park Forest Rd  
E17 4PP 020 8496 4380

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

**Church Hill Nursery School**  
Woodbury Rd E17 9SB  
020 8520 4918

**Leyton Children & Family Centre Hub (Queens Road)**  
215 Queens Road E17 6PJ  
020 8496 2442

**Lea Bridge Library**  
Lea Bridge Rd E10 7HU  
020 8496 3009

**Emmanuel Parish Hall**  
Hitcham Rd E17 8HL

**Leyton Green Clinic**  
Leyton Green Rd E10 6BL  
020 8430 8153

**Secdon Centre**  
Clyde Place E10 SAS  
020 8556 8300

**Langthorne Health Centre**  
Leyton Green Clinic  
13 Langthorne Rd E11 4HX  
020 8430 7510

South West

**Snowberry Nursery**  
2 Snowberry Close E15 2AH  
020 8534 3683

**Leytonstone Children & Family Centre Hub (Harrow Road)**  
8 Cathall Rd E11 4LF  
020 8495 2060

South East

**Yardley Early Years Centre**  
Hawkwood Crescent  
E4 7PH 020 8523 7382

**Chingford Children and Family Centre Hub (Wyemead)**  
5 Oaks Grove E4 6EY  
020 8496 1561

**Hale End Library**  
Castle Av E4 9QD  
020 8496 1050

**Chingford Health Centre**  
York Rd E4 8LF  
020 8430 8016

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

**Lloyd Park Centre**  
Wiens Av Entrance  
E17 5JW  
020 8531 9522

**Wood St Library**  
Forest Road E17 4AA  
020 8496 3000

**St Gabriel's Community School**  
Havant Rd E17 3JF  
020 8503 7505

**Walthamstow Toy Library**  
46 Ravenswoor Rd  
E17 9LY  
020 5509 3401

**Allum Medical Centre**  
Fairlop Rd E11 1BN  
0208 430 7389

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

**Pastures Youth Centre**  
Good Shepherd Building  
15 Davies Lane E11 3DR  
020 8496 2960

**Gwyn Jones Primary School**  
Halehault Rd  
E11 1EU  
020 8566 7904

**Acacia Nursery**  
8 Cecil Rd E11 3HF  
020 8538 4444

## Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Employment and Training Advice</b> Delivered by Job Centre Plus 9.30-12.30 Leyton Children and Family Centre Hub. Please call to book 020 8496 2450	<b>Citizens Advice Waltham Forest</b> 9-1 Leyton Children and Family Centre Hub. Please call to book 020 8496 2450	<b>Rollers and Crawlers (0-2 year olds)</b> 1-2.30 Leyton Children and Family Centre Hub. £1 first child, 50p siblings.	<b>Play Session (0-5 year olds)</b> 9.45-11.15 Seddon Centre. £1 first child, 50p siblings.	<b>Child Health Clinic &amp; Infant Feeding Support</b> 9.30-11.30 Delivered by NELFT and HENRY. Seddon Centre. Free.
<b>Play Session (0-5 year olds)</b> 9.45-11.15 Seddon Centre. £1 first child, 50p siblings. Term time only.	<b>Child Health Clinic &amp; Infant Feeding Support</b> 9.30-11.30 Delivered by NELFT and HENRY. Seddon Centre. Free.	<b>Speech and Language Drop In</b> 4.30-6.30 Delivered by HENRY. Leyton Children and Family Centre Hub. Free. 3rd Wednesday of the month only.	<b>Healthy Eating Drop In</b> 9.45-11.15 Delivered by HENRY. Seddon Centre. Free.	<b>Music and Movement</b> 10-11 Emmanuel Parish Hall. Term time only. £1 first child, 50p siblings.
<b>Child Health Clinic</b> Delivered by NELFT. Leyton Children and Family Centre Hub. Free.	<b>You and Your New Baby</b> Delivered by HENRY. Leyton Children and Family Centre Hub. Free.		<b>Speech and Language Drop In</b> 10-11.30 Delivered by HENRY. Leyton Children and Family Centre Hub. Free.	<b>Play Session (0-5 year olds)</b> 10-11.30 Leyton Children and Family Centre Hub. £1 first child, 50p siblings.
<b>Messy Play</b> In partnership with HENRY. Leyton Children and Family Centre Hub. £1 first child, 50p siblings.		<b>Stories and Rhymes</b> 10-10.45 & 11.15-12 Lea Ecology Library. Term time only. Free.	<b>2nd Play (play session for all 2 year olds)</b> Seddon Centre. Term time only. Free.	<b>Flourish</b> (post natal depression group) 1-3 Leyton Children and Family Centre Hub. Invitation only. Free.
<b>Healthy Eating Drop In</b> Delivered by HENRY. Leyton Children and Family Centre Hub. Free.		<b>TOPS (toddler opportunity parent support)</b> 1.30-3 Leyton Children and Family Centre Hub. Invitation only. Term time only. Free.	<b>TOPS (toddler opportunity parent support)</b> 1.30-3 Leyton Children and Family Centre Hub. Invitation only. Term time only. Free.	<b>Saturday</b> <b>Dad's Club</b> 10-12 Leyton Children and Family Centre Hub. 2nd Saturday of the month. £1 first child, 50p siblings.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Citizens Advice Waltham Forest</b> 9-1 Leytonstone Children and Family Centre Hub* Please call to book 020 8496 2980	<b>Play Session (0-5 year olds)</b> 10-11.30 Leytonstone Children and Family Centre Hub* £1 first child, 50p siblings.	<b>Child Health Clinic</b> 9.30-11.30 Delivered by NELFT. Leytonstone Children and Family Centre Hub* Free.	<b>Child Health Clinic &amp; Infant Feeding Support</b> 9.30-11.30 Delivered by HENRY and NELFT. Langthorne Health Centre. Free.	<b>Childminder Group LSBW</b> 9.30-11.30 Leytonstone Children and Family Centre Hub* £1 first child, 50p siblings. Term time only.
<b>Stories and Rhymes</b> 9.30-10.15 & 10.30-11.15 Leytonstone Library. Term time only. Free.	<b>Healthy Eating Drop In</b> 10-11.30 Delivered by HENRY. Leytonstone Children and Family Centre Hub* Free.	<b>Employment and Training Support</b> Delivered by Job Centre Plus 10.30-12.30 Leytonstone Children and Family Centre Hub* Please call to book 020 8496 2980	<b>Rollers and Crawlers (0-2 year olds)</b> 1.30-2.30 Accacia Nursery. £1 first child, 50p siblings. Term time only.	<b>Play Session (0-5 year olds)</b> 10-11.30 Delivered by HENRY. Gwyn Jones Primary School. £1 first child, 50p siblings. Term time only.
<b>Play Session (0-5 year olds)</b> 10-11.30 Gwyn Jones Primary School. £1 first child, 50p siblings. Term time only.	<b>Sty 2 Play (play session for all 2 year olds)</b> 1.30-3.30 Snowberry Nursery. Term time only. Free.	<b>Play Session (0-5 year olds)</b> 1.30-3 Leytonstone Children and Family Centre Hub* £1 first child, 50p siblings.		<b>Healthy Eating Drop In</b> 10-11.30 Delivered by HENRY. Gwyn Jones Primary School. Free.
<b>Infant Feeding Support</b> 1.30-3 Delivered by HENRY. Leytonstone Children and Family Centre Hub* Free.	<b>Flourish</b> (post natal depression group) 1.30-3.30 Leytonstone Children and Family Centre Hub* Invitation only. Free.	<b>Speech and Language Drop In</b> 1.30-3 Delivered by HENRY. Leytonstone Children and Family Centre Hub* Term time only. Free.	<b>Rollers and Crawlers (0-2 year olds)</b> 1.30-2.30 Accacia Nursery. £1 first child, 50p siblings. Term time only.	<b>Music and Movement</b> 1.30-2.30 Leytonstone Children and Family Centre Hub* Free.
<b>You and Your New Baby</b> 1.30-3 Leytonstone Children and Family Centre Hub* £1 first child, 50p siblings.		<b>TOPS (toddler opportunity parent support)</b> 1.30-3 Accacia Nursery School. Invitation only. Free.	<b>Rollers and Crawlers (0-2 year olds)</b> 1.30-2.30 Accacia Nursery. £1 first child, 50p siblings. Term time only.	<b>Saturday</b> <b>Dad's Club</b> 10-12 Leytonstone Children and Family Centre Hub* 3rd Saturday of the month. £1 first child, 50p siblings.
<b>TOPS (toddler opportunity parent support)</b> 1.30-3 Accacia Nursery School. Invitation only. Free.		<b>Speech and Language Drop In</b> 9.30-11 Honor Green Library 3rd Sat of the month.	<b>Rollers and Crawlers (0-2 year olds)</b> 1.30-2.30 Accacia Nursery. £1 first child, 50p siblings. Term time only.	

\* Venue likely to change

\*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 1s



Play



Information & Advice



Education & Employment



Family Support



Antenatal



Invitation Only



Child development & SEND



Food & diet



Speech & language development

## ► Being Healthy, Staying Safe



### Immunisations for pre-school children

Pre-school immunisations give your child the best protection before they start school to protect them from serious childhood diseases. If your child is aged three to five years old they should have routine immunisation prior to starting school.

The table below shows the pre-school immunisations your child will be offered. These immunisations will make sure that your child has the best protection against serious childhood diseases as they grow up. You can also visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) or call the free NHS helpline 111 for more information.



Vaccine	How it is given	Comments
Diphtheria, tetanus, pertussis (whooping cough) and polio (dTaP/IPV or DTaP/IPV)	One injection	This is a booster dose of the vaccine your child had as a baby, but without the Hib part. The Hib vaccine increases your baby's immunity to two diseases, meningitis C and Haemophilus influenzae type b.
Measles, mumps and rubella (MMR)	One injection	This is a second dose of the MMR vaccine. (If your child has not had the first dose yet, it should be given now and they should have their second dose in one month's time.)
Flu	Nasal spray	This vaccine is given at two – seven years of age (including children in school years 1, 2 and 3). Children who cannot have the nasal spray for medical reasons will be offered a vaccination by injection.



### Health Visitors

Hello my name is Claire and I am a Health visitor working for NELFT NHS Foundation Trust. In Health Visiting and School Nursing the benefit of working very closely with our colleagues in partner agencies has long been well recognised, and it is a very exciting time for my colleagues as we strengthen our partnerships with the four new neighbourhood Children and Family Centre hubs to deliver a service that is available and accessible to all families with babies and children living in Waltham Forest.

#### Who are we?

Health Visitors are qualified nurses who have a 1 year additional training to gain a Specialist Public Health degree. Within our team we also have Community Staff Nurses, Nursery Nurses, Clinical assistants and administrators working together to deliver the Healthy Child Programme to ensure the Best Start in Life and ongoing support regarding health choices and wellbeing for your child and family.

We recognise that family needs can be very different, which is why we offer a service that hopes to respond to those needs, whether they be when you have a newborn baby, a toddler, or pre school child. Today we visit new babies in the home, and will come to see you again when baby is around 8 weeks old.

We have regular child health clinics with a clinic available every day as well as some evenings. You can drop into any clinic without an appointment. We offer health reviews for you child following the National Healthy Child programme, these are currently when your child is aged one year and again at two to two and a half years old.

### SENDIASS

Service offering support and information for parents who have children with special educational needs or disability.

Citizens Advice Waltham Forest delivers Waltham Forest SENDIASS and provides information, advice and support service for parents who have children with special educational needs or disability.

Things we can help with include guidance on the SEN Code of Practice, support on exclusions issues from school of children with SEND, information on school admissions or transfers, transport issues, referring and signposting clients to other relevant services. Fact sheets on the relevant issues are available on our Advice Waltham Forest website (address below).

Parents or young people can refer themselves to our service.

- Call our dedicated phone number on 020 3233 0251
- Call our advice line on 0300 330 1175 and they will be assessed for a call back by SENDIASS staff.
- Email to: [wfsendiass@walthamforestcab.org.uk](mailto:wfsendiass@walthamforestcab.org.uk)
- Our office at 220 Hoe Street, E17 3AY is open for drop-in from 10:00am to 4:00pm for clients to drop-in if they wish to. They will need to mention that they came for IAS in relation to their SEN issue. They will then be assessed by an adviser and referred to SENDIASS accordingly.



### Keep Children Safe in Water



Reduce risks

In 2015, 32 children drowned

A child can drown in as little as 5cm of water

Parents should Supervise children around any water such as Bath, Garden, ponds, Swimming, Buckets



## Families Voice and Economic Wellbeing



### Families Voice

Children and Family Centres Family Support aims to help parents/carers support their child's development and create positive relationships.

"When I was signposted by my health visitor for family support I wasn't expecting much - just a few tips that could be distilled down to an A4 piece of paper, on how to manage my toddler's dislike of pushchairs/going to bed. Instead I found a friendly, personable service - with a person who actually looked at my child as an individual, who introduced me to schemas and explained his behaviour; and who - with a thorough, analytic approach - has immediately improved the quality of time between me and my son." Sarah

If you would like help around supporting your child's learning through play, managing behaviour, introducing mealtime or bedtime routines or accessing a nursery please do talk to a Family Support Worker in our drop-in play sessions. There are also parenting programmes where you can learn about child development and practical parenting strategies. Parents often say they find sharing experiences with other parents invaluable. Please see Timetable for details.

Is being a mother not quite what you thought it would be? In your eyes, does everyone else seem like a perfect mum? Are your feelings about child birth, feeding or soothing your baby sad and not getting any happier? If so, Flourish might be the group for you - a safe place where you can talk about how you feel and learn to have more fun with your baby/young toddler. Please do talk to a Family Support Worker for more information.

If for some reason we can't help, we'll do our best to signpost you to people who can.



**You Said**  
Families in Walthamstow wanted a buggy park near the Hub entrance.

**You Said**  
Parents wanted exercise classes for adults

**You Said**  
Parents asked for Baby Massage sessions

**You Said**  
Parents wanted better signage

**We Did**  
A buggy park has been built.

**We Did**  
Zumba and Pilates classes have been held in the Walthamstow Neighbourhood.

**We Did**  
Baby Massage has been offered across Waltham Forest. More staff are going to access training to enable us to offer more courses.

**We Did**  
Some signage has been improved and more signage is currently being made.

### Parents Perspective

As a family with two young children, we have used the services provided by the Lloyd Park Centre extensively since 2011. We started as parents needing a supportive yet stimulating day care service for our son who has Down syndrome. From the moment we visited, to our son's first day in the 0-2s room, his transition to the 2-5s and his move to mainstream primary school, Lloyd Park have provided outstanding levels of care and support to both him and us as parents.

Despite now being a 'graduate' of the day care service, our son (now aged 6) also attends the holiday club which he loves and we visit 'Grow Wild' regularly, so he remains part of the Lloyd Park 'family'.

Our daughter was born prematurely following a period of severe emotional trauma for our family. Once again, Lloyd Park stepped in to support us through its amazing Children's Centre outreach programmes (specifically, 'Baby Massage', 'Incredible Years', 'You and Your New Baby' and 'Infant Feeding Support', all of which helped with that all important bonding process). Our daughter now happily attends the daycare service in the 0-2s and loves every minute!



For us, the best thing about all the services offered by Lloyd Park is that they support our whole family holistically. Being part of the wider Lloyd Park family is really important to us and has really helped strengthen our ties to our community.

### Waltham Forest Parent Forum

We are a voluntary group of parents and carers of children and young people aged 0-25 with special educational needs and disabilities (SEND) in Waltham Forest.

Our aim is to provide opportunities for parents and carers to influence the decisions that affect their families, and to contribute to developing services that meet their families' needs.

We also aim to support families by sharing experiences and building networks. If you are a parent or carer of a child or young person with special educational needs and disabilities and want better services for them.....



JOIN US  
walthamforestparentforum@live.co.uk  
07528 433640 or 07794 298496  
www.walthamforestparentforum.com



### 30 Hours of free childcare for working parents

The things to know about the 30 hours free entitlement to early years education and childcare for eligible 3 and 4 year olds.

In September 2017 the 3 and 4 year old entitlement will increase the hours from 15 to 30 a week for working families who meet an eligibility criteria. This means that eligible children will be able to receive up to 1140 hours of free childcare a year.

The extended entitlement will be available to families where:

- Both parents are working (or the sole parent is working in a lone parent family).
  - Each parent earns on average a weekly minimum equivalent to 16 hours at National Minimum wage (£107 a week or £5574 per year) or 16 hours at National Living wage (£115 a week or £5960 per year).
  - Neither parent has an income of more than £100,000 per year.
- Eligible children can receive the extra free hours from the start of the term following their third birthday.

For more information, please go to The London Borough of Waltham Forest Directory website:  
<https://directory.walthamforest.gov.uk/kb/s/walthamforest/directory/home.page>



## ► What's On

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

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

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

	Central Walthamstow Children and Family Centre Hub	North Chingford Children and Family Centre Hub	South East Leytonstone Children and Family Centre Hub	South West Leyton Children and Family Centre Hub
<b>Adult Learning</b>	ESOL Mon and Tuesday 9.30-11.30 For more information hello@elatt.org.uk or call 020 7275 6750			English Club, Monday 1-3 Call or email to book 020 8496 2450 Shirin.Hassan@walthamforest.gov.uk  ESOL 10 week course Tuesday and Wednesday 9.30-11.30 Call or email ELATT for more information at hello@elatt.org.uk 020 7275 6750.
<b>Baby Massage</b> Before babies are able to speak one of the ways they communicate with the world around them is through touch. We use massage to communicate, soothe and bond with our babies.	CFC hub will deliver 2 baby massage sessions call 020 8496 3511 or email melinda.peragine@walthamforest.gov.uk for more details.	Course 1 Starts on 10th May (5 weeks ) with no session in half term 9.30-10.30 Course 2 Starts on 21st June for 5 weeks 11.30-12.30	CFC hub will deliver 2 baby massage sessions. Call 020 8496 2960 / 07966 969195 or email Jasmina.Sula@walthamforest.gov.uk	CFC hub will deliver 2 baby massage sessions Call 020 8496 2450 email: Shirin.Hassan@walthamforest.gov.uk
<b>Parenting Programmes</b> HENRY works with parents and carers of 0-5 year olds to help develop a healthier and more active lifestyle for the whole family. * Call for creche availability	HENRY* Fri 26th Apr-30th Jun 9.30-12. Call to book 020 8527 1737	HENRY* Wed 3rd May- 24th May then 7th Jun-28th Jun 1-3.30 Call to book 020 8527 1737	HENRY* Thur 4th-24th May then 8th-29th Jun 9.30-12 Call to book 020 8527 1737	HENRY* Tue 2nd May-23rd May then 6th Jun-27th Jun 9.30-12 Call to book 020 8527 1737
<b>Incredible Years</b> Helps you to support your baby's social, emotional, physical and communication development as well as strengthen your bond and relationship with your baby. For babies aged 0-4 months in May 2017	Weekly Wed 3rd May-5th July Higham Hill Daycare 1-3 call 020 8527 1737 for details and to book			
<b>Starting Solids</b> These workshops are for parents/carers to attend with their baby. They aim to support you with how, when and what solids to introduce to your baby.	Sat 29th Apr 10-12. At The Lloyd Park Centre Tue 20th Jun 10-11.30 At The Lloyd Park Centre in You and Your New Baby Call to book 020 8527 1737	Tue 25th April 1.30-3.30 Tue 4th Jul 1.30-3.30 In You and Your New Baby Call to book 020 852 1737	Mon 8th May 1.30-3.30 Mon 5th Jun 1.30-3.30 In You and Your New Baby Call to book 020 8527 1737	Tue 2nd May & 8th May 10.30-11.30 (1 hour) Tue 6th Jun 13th Jun 10.30-11.30 (1 hour) LCFC Call to book 020 8527 1737
<b>Cook and Eat</b> Three - session course where we explore healthy food swaps and portion sizes, find out what's in our foods and have a go at cooking. At the end of each session, children and adults sit together to share and enjoy new tastes and smells. Mmmmm... can't wait... sign up now!	1st/8th/15th June 10-12 (in Stay 2 Play) Walthamstow Children and Family Centre Call to Book 020 8527 1737	Tue 4th Jul 9.30-11.30 Tue 11th Jul 9.30-11.30 Tue 18th Jul 9.30-11.30 (at Stay 2 Play) Call to book 020 8527 1737	Wed 7th Jun 1.30-3.30 Wed 14th Jun 1.30-3.30 Wed 21st Jun 1.30-3.30 Call to book 020 8527 1737 **** Venue may change	Tue 20th Jun 1-3 Tue 27th Jun 1-3 Tue 4th July 1-3 Call to book 020 8527 1737
<b>Triple P Primary</b> For parents of children aged 3 - 12 years with concerns about their child's behaviour.	Thursday 8th June for 7 weeks 1.30-3.30 (Introduction session 25th May) call 020 8496 3511 or email melinda.peragine@walthamforest.gov.uk for more details.	Thursday 4th May for 7 weeks 9.30-11.45 (Introduction session before Easter) Call 020 8496 1551 or email kika.georgiou@walthamforest.gov.uk	To Be Confirmed Call 020 8496 2960   07966 969195 or email Jasmina.Sula@walthamforest.gov.uk	Tuesday 25th April for 7 weeks Time tbc (Introduction session before Easter) Call 020 8496 2450 or email Shirin.Hassan@walthamforest.gov.uk
<b>Fussy Eating Workshop</b> Lots of children seem to be fussy eaters - here you can find out more about hunger and fullness cues, portion sizes, responsive feeding and more to help make mealtimes a happier time for everyone. Children get to play, prepare, taste and share a healthy snack too!	St Gabriel's Community Hall 22nd/29th June, 6th July (in Crawlers to 2 years) 10-11.30am	10th/17th/24th May (in Play Session) 1.30-3.30 Paradox Centre	19th/26th April, 3rd May (in Play Session) 1.30-3.30 Leytonstone Children and Family Centre Hub	27th Apr, 4th/11th May (in Play Session) 9.45-11.15 Secdon Centre

# Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

## Monday

### ESOL (Entry level 1 & 2)

Delivered by ELAT  
 9.30-11.30  
 Walthamstow Children and Family Centre Hub.  
 Booking: hello@stat.org.uk or call 020 7275 6760

### Employment and Training Advice

Delivered by Job Centre Plus.  
 9.30-12.30  
 Please call to book: 020 8496 3511  
 Walthamstow Children and Family Centre Hub.

### Music and Movement

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

### Play Session (0-5 year olds)

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

### Healthy Eating Drop In

1.30-3  
 Delivered by HENRY.  
 The Lloyd Park Centre. Term time only. Free.



## Tuesday

### ESOL (Entry level 1 & 2)

Delivered by ELAT  
 9.30-11.30  
 Walthamstow Children and Family Centre Hub

### Childminder Group LBWF

9.45-11.15  
 St Gabriel's Community Centre  
 £1 first child, 50p siblings.  
 Free for FEEE Childminders.  
 Term time only.

### Outdoor Play Session (Grow Wild)

10-11.30  
 The Lloyd Park Centre.  
 £2 first child, 50p siblings.

### You and Your New Baby

10-11.30  
 The Lloyd Park Centre.  
 £1 first child, 50p siblings.

### Flourish

(post natal depression group)  
 1.30-3.30  
 The Lloyd Park Centre.  
 Invitation only. Term time only. Free.

### Child Health Clinic & Infant Feeding Support

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

### Evening Child Health Clinic & Infant Feeding Drop In

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

## Wednesday

### Citizens Advice Waltham Forest

9.30-1.30  
 Please call to book: 020 8496 3511  
 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.  
 Higham Hill Daycare.  
 2nd Wednesday of the month.  
 Free.

### Play Session (0-5 year olds)

1.30-3  
 St Michaels 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 & Infant Feeding Support

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

## Thursday

### 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

### Crawlers to 2 year olds

10-11.30  
 St. Gabriel's Community Centre.  
 £1 first child, 50p siblings.  
 Term time only.

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

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

### Child Health Clinic & Infant Feeding Support

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

### Play Session (0-5 year olds)

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

### Healthy Eating Drop In

1.30-3  
 Delivered by HENRY.  
 Walthamstow Children and Family Centre Hub.  
 Free.

### TOPS (Toddler Opportunity Parent Support)

1.30-3  
 Walthamstow Toy Library.  
 Invitation only. Term time only. Free.

## Friday

### Stories and Rhymes

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

### Stories and Rhymes

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

### Speech and Language Drop In

9.30-11  
 Delivered by HENRY.  
 Church Hill Nursery School.  
 Term time only. Free.

### Grow Wild

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

### Saturday

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

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 child, £3 first child, 50p siblings (includes breakfast)

## Friday

### Play Session (0-5 year olds)

9.30-11  
 Chingford Children and Family Centre Hub.  
 £1 first child, 50p siblings.

### Flourish

(Post natal depression group)  
 1-3  
 Wyensad Centre.  
 Free.

### Stories and Rhymes

1.15-2 & 2.15-3  
 Hite End Library.  
 Free.

### Grandparents Group Delivered by the Early Help team.

1.30-3  
 Chingford Children and Family Centre Hub.  
 Free.

### Child Health Clinic & Healthy Eating Drop In

1.30-3  
 Delivered by HENRY and NELFT.  
 Chapel End Early Years Centre.  
 Free.

## Saturday

### Dad's Club

10-12  
 Chingford Children and Family Centre Hub.  
 1st Saturday of the month.  
 £1 first child, 50p siblings.

### Speech and Language Drop In

10-11.30  
 Delivered by HENRY.  
 Chingford Children and Family Centre Hub.  
 1st Saturday of the month.  
 Free.

# Chingford Children and Family Centre Timetable (North Neighbourhood)

## Monday

### Play Session (0-5 year olds)

9.30-11  
 Langwood Primary School  
 £1 first child, 50p siblings.  
 Term time only.

### Speech and Language Drop In

10-11.30  
 Delivered by HENRY.  
 Chingford Children and Family Centre Hub.  
 Term time only. Free.  
 1st and 3rd Monday of the month.

### TOPS (Toddler Opportunity Parent Support)

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)

1.30-3.00  
 Delivered by Yardley Early Years Centre.  
 Term Time Only.

## Tuesday

### Tiny Tots

9.10-11  
 Delivered by Yardley Early Years Centre.  
 Term Time Only

### Employment and Training Advice

Delivered by Job Centre Plus  
 9.30-12.30  
 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 & Your New Baby

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



## Wednesday

### Painters and Decorators

(18m - 3yrs)  
 9.30-12  
 Delivered by Yardley Early Years Centre.  
 Term Time only.

### Parent and Toddler & Childminder Drop In

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

### Play Session (0-5 year olds)

1.15-2.45  
 Paradox Centre  
 £1 first child, 50p siblings.  
 Term time only.

### Rollers and Crawlers (0-2 year olds)

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



## Thursday

### Citizens Advice Waltham Forest

9-1  
 Chingford Children and Family Centre Hub.  
 Please call to book 020 8496 1511

### Play Session (0-5 year olds)

9.30-11  
 Selwyn Primary School.  
 £1 first child, 50p siblings.

### Childminder Group Delivered by LBWF

9.30-11  
 Wyemensad Centre.  
 Term Time Only.

### Music and Movement

1.30-3.30  
 Paradox Centre.  
 Term time only. Free.

### Family Time

1.30-3.00  
 Delivered by Yardley Early Years Centre.  
 Term-Time Only

### Child Health Clinic, Infant Feeding Support & Healthy Eating Drop In

Delivered by HENRY and NELFT.  
 Chingford Children and Family Centre Hub.  
 Free.

