

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134



**For families with children under 5
living in Waltham Forest**

Welcome to Roleplay

We are delighted to bring you the latest updates and stories from The Lloyd Park Children's Charity, celebrating achievements of our community and the impactful support and services for children, and their families.

Celebrating our Trustees

We would like to extend our heartfelt gratitude to our Trustees. Their guidance and commitment have been instrumental in driving our mission forward. Recently, our Trustees participated in a workshop focused on strategic planning, which has paved the way for exciting new initiatives. Their hard work and vision continue to inspire us all.

Running for the Baby Bank

I'm thrilled to share that I successfully completed the Cambridge Half Marathon to raise funds for the Baby Bank. This initiative is close to my heart, as it was developed by local parents and continues to provide practical help and emotional support to local families, often during times of crisis. The experience was both challenging and rewarding, and I am grateful for the support and encouragement I received along the way. It's not too late to contribute to this worthy cause, find out more and donate using the QR code.

Get Involved

Interested in making a difference? There are many ways to get involved with The Lloyd Park Children's Charity. Whether through volunteering, donating, or participating in our events, your support helps us continue to provide essential services to our community.

Wendy Fields
The Lloyd Park Children's Charity
Chief Executive Officer

Dates for your Diary

7th - 21st April: Easter Holiday

Holiday Scheme open

Friday 18th April: Bank Holiday

All services closed

Monday 5th May: Bank Holiday

All services closed

Monday 21st April: Bank Holiday

All services closed

Tuesday 22nd April: Team Training Day

All services closed

Wednesday 7th May:

LPC and HHC Parents Evening

Monday 26th May: Bank Holiday

All services closed

27th - 31st May: Half Term

Holiday Scheme open

Saturday 28th June: LPC Summer Fayre

Saturday 5th July: HHC Summer Fayre

Wednesday 23rd July: Last Day of Term

Monday 25th August: Bank Holiday

All services closed

Monday 1st September: Team Training Day

All services closed



Grow Wild GoFundMe Campaign

We want to say a huge thank you to our wonderful community for raising over £45,000 between September and December of last year during our Grow Wild GoFundMe campaign!

This money will go directly towards sustaining our amazing Grow Wild adventure play space for another year meaning we can continue to run imaginative and fun outdoors play and learning experiences for all our local children.

Special mention must go out to all of our dedicated team members involved in making everything happen in Grow Wild throughout the year, rain or shine. In particular, Chris and Will who also led on promoting our GoFundMe appeal with such great success!

Thank you!



Congratulations to Higham Hill Hub and Walthamstow Toy Library

We are thrilled to congratulate the Higham Hill Hub and Walthamstow Toy Library, who have recently received generous grants to support their work.

Higham Hill Hub is a cornerstone for local activities and support. With its diverse range of programs and events, the Hub fosters community spirit and offers a welcoming space for residents of all ages to connect, learn, and grow. This grant of £1.9 million will be instrumental in constructing an environmentally friendly community centre for Higham Hill, ensuring even greater benefits for the community.

Walthamstow Toy Library received a grant from the Reaching Communities Fund to support their mission of providing safe and creative spaces for children and their adults to play, learn, interact, and loan high quality toys which don't cost the earth. This grant will allow them to develop their services and enhance their facilities for our community.

Join us in celebrating their achievements and looking forward to the positive impact these grants will bring!



@LloydParkCC

Families Voice and Fundraising

Mission Christmas

Last Christmas we were lucky enough to have our amazing work with families recognised by Cash for Kids and their Mission Christmas campaign who awarded us £4725 to help us buy presents for local children in need.

The fund went a really long way and we were able to gift over 240 presents to 135 local children whose families were struggling with the cost of living crisis.

Huge thanks to our LPCC team members who lovingly wrapped and packed all those presents ready for delivery before Christmas!



Annual Celebration



The Lloyd Park Children's Charity held our annual celebration in March, marking our 44th year of service to the community.

It was a wonderful opportunity to honor the achievements of the past year and look forward to the future. This event allowed us to recognise the efforts of our staff, volunteers, and supporters, and to celebrate the positive impact we have made in the community.

Thank you to everyone who attended and made the event a memorable success!

You said... We did!

You said...

Parents shared concerns about gaps in support for SEND children and their families.

We did...

We have introduced a new CoCo East Parent led SEND group incorporating our Somewhere to Belong approach.

You said...

Families wanted to support their children's wellbeing.

We did...

Our team received training in Children's Yoga and are exploring ways to introduce this to our timetable.

You said...

Parents requested additional Grow Wild sessions after school.

We did...

We added Wednesday and Thursday after school sessions to our term time activity programme.



Building Brighter Futures through Education and Support

Family Time

The Early Years Alliance offers valuable Family Time Tips to help parents engage their children in meaningful activities. These tips, shared daily via WhatsApp, focus on promoting learning through play, covering areas like language development, health, and nutrition.

Activities range from music and science explorations to gardening, even without a garden. Additionally, their "Let's Learn Together @ Home" program provides interactive sessions tailored to different age groups, helping parents understand their child's learning preferences. These resources are designed to support children's development in a fun and practical way, making family time both enjoyable and educational.

Here are some specific activities recommended by the Early Years Alliance:

- **Music and Movement:** Create a mini dance party at home. Play your child's favourite songs and dance together. This helps with physical development and rhythm.
- **Nature Walks:** Go for a walk in your local park and collect leaves, stones, or flowers. Use these to create a nature collage at home.
- **Storytime:** Read a book together and then act out the story. This enhances language skills and imagination.
- **Cooking Together:** Involve your child in simple cooking tasks like mixing ingredients or decorating cookies. This teaches them about measurements and following instructions.
- **Gardening:** If you don't have a garden, use pots or containers to plant seeds. Watching plants grow can be a fascinating learning experience.
- **Science Experiments:** Simple experiments like mixing baking soda and vinegar to create a volcano can spark curiosity and interest in science.

Growth Mindset

I'm Becca, a Walthamstow mum and Primary school teacher. I'm on a Growth Mindset mission to help families raise confident, resilient children who keep going when things get tough - no perfect parenting required!

Did you know?

Research shows children with a Growth Mindset are 2-3 times more likely to persevere, building confidence and motivation. Plus it boosts achievement by 8-10 per cent and strengthens self-esteem, resilience, and well being.

The opposite sounds like:

- ✗ "I'm bad at drawing."
- ✗ "Clever people don't make mistakes."
- ✗ "I won't be good at climbing, so I won't try."

If this sounds familiar, you're not alone - and the great news is, you can change it.

I recently trained Lloyd Park Children's Charity staff to help families raise children who feel brave enough to try, fail, and keep going.

For free weekly tips you can use today, join Noisy Book Club Mail 📧

📧 noisybookclub.com

📧 Instagram: @noisybookclub



Nature Scavenger Hunt

Getting out into nature has many health benefits! Get outside, breathe the air and use your eyes, ears and nose to find the following things. Tick the things you manage to find. Have fun!

☐

A flower in bloom



A bird flying high

☐
☐

A funny shaped leaf



A cloud that looks like an animal

☐
☐

A puddle to splash in!



Something that smells nice

☐



Health and Wellbeing

Do you have a child under 5?

We are here to support you with healthy teeth



Would you like to ...

- Know more about tooth decay and how to prevent it?
- Feel more confident on tooth friendly food and snacks?
- Find new ideas on how to make tooth brushing fun?



Healthy Teeth Workshop	1-to-1 Support	oral Health Play Sessions
<ul style="list-style-type: none"> • Run by specialist dental nurse • Online and face-to-face • Running across Waltham Forest <p>Check our timetable by scanning the QR code below to find out more.</p>	<p>Do you require 1-to-1 support on healthy eating and oral health?</p> <p>Come along to our fortnightly drop ins and meet on or our friendly HENRY team.</p> <p>These sessions are running across the Waltham Forest.</p>	<p>Run by Oral Health Champions from the Lloyd Park team. Come along and join our fun packed tooth-friendly activities.</p> <p>Running across the Borough, please see the Better Start in Life Waltham Forest timetable for more details.</p>

For more information or to sign up, please contact us on:

wfsupport@henry.org.uk | 0208 496 5223 | www.henry.org.uk/walthamforest

Or scan our QR code



**Best Start
in Life**



SCAN ME

Autism Awareness Month - April 2025

Autism is something people have for their whole life, but with the right help, the quality of their life can be significantly improved. The sooner help is sought, the better their life can be. People with autism can learn new skills, find hobbies, get healthier, make friends, and find jobs. Everyone with autism can learn and grow with the right support.

Autism is called a hidden disability because people with autism often look the same as everyone else, but they can still have big challenges. Autism affects everyone differently. Some people might need a lot of help, while others need less. It is more often diagnosed in boys than girls, but many girls with autism are not diagnosed because they hide their difficulties. The ratio gap between girls and boys diagnosed is decreasing with improved diagnostic tools.

Here are some common symptoms of autism:

1. Social Communication Challenges - For example: difficulty making eye contact.
2. Repetitive Behaviours - For example: lining up toys in a specific way.
3. Sensory Sensitivities - For example: over or under sensitive to things.
4. Developmental Delays - For example: Difficulty with learning and cognitive skills.

These are just a few examples, there are many others.

If you notice signs or have any concerns (in your child under 5) pop along to Somewhere to Belong (where parents can come in to see our professionals and other parents with concerns or queries).

1st and 3rd Monday of the month at The Lloyd Park Centre between 1.00-2.30pm. Or visit your GP (any age) or Health Visitor (under 5s).

Healthy Eating Week



Why not join in with Healthy Eating Week; 9th to 13th June 2025!

Eating healthy is important for everyone in the family. Try to eat lots of fruits and vegetables. They give you vitamins and minerals that keep you healthy. Whole grains like brown rice and whole wheat bread are good because they have fibre and keep you full.

Protein is important too. Eat lean meats, fish, beans, and nuts (allergy permitting). These foods help your body grow and stay strong. Don't forget dairy or dairy alternatives for strong bones and teeth.

Try to eat less sugary snacks and drinks. Drink water, milk, or natural fruit juices instead. Cooking together can be fun and helps everyone learn about healthy food.

Remember, eating balanced meals and the right amount of food is key to staying healthy.

Super Veg Pasta

Get two of your five a day with this deliciously versatile sauce:

Ingredients

2 red pepper quartered and seeded
2 tbsp olive oil
1 fennel bulb, roughly chopped
1 onion roughly chopped
1 large carrot roughly chopped
2 garlic cloves, crushed
¼ tsp crushed chillies
1 tsp fennel seeds
2 tbsp tomatoes puree
400g can chopped tomatoes

600ml vegetable stock
1 tsp caster sugar
Small handful basil, leaves shredded
500g bag fresh egg pasta, cooked

Method

1. Heat grill and put the peppers in the oven for ten minutes. Transfer to a bowl, cover and set aside. When cool peel off the skin and cut the flesh into strips.

2. Heat the oil in a large saucepan and cook the fennel, onion and carrot for 8-10 mins until soften. Stir in the garlic, chillies, fennel seeds and tomato puree and cook for 2 mins, add the canned tomatoes, stock and sugar. Simmer for 15 mins until vegetable are completely soft.

3. Take out some spoonful of sauce (this will later add texture), then blend the rest in a saucepan until almost smooth with a stick blender. Simmer for 5 mins to thicken, stir in the reserve sauce, shredded basil and peppers.

4. Serve with the pasta.



Staying Safe, Training and Employability



Staff Spotlight!

Donna has been working for the Charity for 8 years now, as an Early Years Assistant " I used to be based in a quiet classroom, so when I first came to The Higham Hill Centre, I thought WOW! It took me two hours to get here. Now I've found an easy way to get here. I'm so happy to travel that far, as I know I'm going to have a really good time with the children and my team when I get here!"
At Nursery, Donna can always be found sitting surrounded by children.

What the children think about Donna, when asked by an adult?

'Really my best friend'

'I feel love'

'Donna helps us make things'

'I like playing with Donna, she has interesting things'.

We are so lucky to have Donna at The Charity, Children, Parents and the team think she's a star!

Baby Wearing (Baby sling safety use, a parent guide)

Baby wearing can be very beneficial for parent/carers and baby as it can help to create a close bonds and aid in skin-to-skin contact. While baby wearing comes with lots of benefits it can also come with some risks if not carried out correctly. Slings and carriers need to be secure, and ensure baby isn't wearing too many layers. When wearing a correctly fitted baby sling it should be comfortable for user and baby, if it doesn't feel right then it is best to seek support from a professional sling consultant at a local sling library.

Things to consider when baby wearing:

- Tight fitted carriers and slings - baby should be close enough to hug, any slack, loose fabrics will allow baby to slump which could hinder baby breathing or hurt your back
- Baby's face should be on view and able to be seen when glancing down, the fabric of a sling or carrier should not close around them
- Baby should be placed close enough to your chin that is comfortable but when tipped forward you are able to kiss baby's forehead
- Baby's chin should never be on their chest as this can restrict breathing, ensure there is always a space for a finger width under baby's chin
- Support baby's back in an upright carrier. Baby should be held comfortable and close to the wearer, so their backs are supported in a natural position with their tummy and chest against you
- Ensure baby is dressed appropriately, the sling will count as a layer of clothing as well as your body heat. Do not use snow or pram suits as this can cause baby to overheat
- Forward carrying should only be done from 4-6months or as and when baby has good neck and head control
- Baby should only be facing outwards for 20-30minutes at a time as it is an unnatural position. Baby should be turned inwards to sleep so their heads don't slump and ensures you can monitor their airways
- There are many different types of carriers and to find one that best suits you and your baby look for a local sling library to get a professional baby wearing professional consultant to help

East London Sling Library - runs Fortnightly, Jubilee Park Leyton - appointment only

written by Abbie Lloyd (parent)




Thank You

**CoCo East volunteers for all your
help and dedication last term**

**Shelter London for delivering free
housing rights workshops at our
Grow Well Centre**



Early Years Lead Practitioners

We are so proud of our Lead Practitioner students (Level 5), half of whom have completed their studies this term. Their commitment to continuous professional development is admirable.

The Early Years Leader is a work-based programme, completed over 18-24 months. The team studying have gained hands on experience, developing their knowledge on child development and leading practice.

A massive congratulations to those that have passed and the very best of luck to those who are in the final stages of the course.

We look forward to the celebration event next term, where we will acknowledge all the hard work that's taken place!



Up and coming Courses and Workshops

Walthamstow

Chingford

Leytonstone

Leyton

Baby Massage Course 1: Thursday 24th April. 1st 8th 15th 22nd May 1.30 - 2.30 Walthamstow Family Hub. Course 2: Thursday 5th 12th 19th 26th June. 3rd July 1.30 - 2.30 Walthamstow Family Hub. Price £22.15 per course. To book: www.tlpcc.org.uk/whats-on	Course 1: Wednesday 23rd 30th April. 7th 14th 21st May 1.00 - 2.00 Chingford Family Hub. Course 2: Wednesday 11th 18th 25th June. 2nd 9th July 1.00 - 2.00 Chingford Family Hub. Price £22.15 per course. To book: www.tlpcc.org.uk/whats-on	Course 1: Monday 28th April. 12th 19th May. 2nd 9th June 1.00 - 2.00 Leytonstone Family Hub. Course 2: Monday 16th 23rd 30th June. 7th 14th July 1.00 - 2.00 Leytonstone Family Hub. Price £22.15 per course. To book: www.tlpcc.org.uk/whats-on	Course 1: Monday 28th April. 12th 19th May. 2nd 9th June 10.30 - 11.30 Grow Well Centre, 7 Saxon Close. Course 2: Monday 16th 23rd 30th June. 7th 14th July 10.30 - 11.30 Grow Well Centre, 7 Saxon Close. Price £22.15 per course. To book: www.tlpcc.org.uk/whats-on
Eating Well Friday 25th April. 2nd 9th May within Play Session at Walthamstow Family Hub 1.30-3.00	Monday 2nd 9th 16th June within Play and Learn 0-4s at The Paradox Centre 1.30-3.00	Tuesday 1st 8th 15th May within Play and Learn Under 2s at Leytonstone Family Hub 10.00 - 11.30	Friday 13th 20th 27th June within Play and Learn 0-4s at Queens Road Family Hub 10.00-11.30
Exploring Foods Thursday 12th 19th 26th June within Play and Learn Under 2's at Walthamstow Family Hub 9.30-11.00	Friday 9th 16th 23rd May within Play and Learn Under 4s at Chingford Family Hub 10.00 - 11.30	Monday 7th 14th 21st April within Play and Learn 0-4s at Leytonstone Family Hub 10.00 - 11.30	Wednesday 7th 14th 21st May within Play and Learn 0-4s at St Josephs Infant School 1.00-2.30
Oral Health Promotion A fun oral health themed play session where children can explore how to keep teeth healthy.	Friday 6th 13th 20th June within Play and Learn 0-4s at Walthamstow Family Hub 1.30-3.00	Tuesday 6th May within Play and Learn 0-4s at Chingford Family Hub 10.00 - 11.30 Friday 9th May within Play and Learn 0-4s at Chingford Family Hub 10.00-11.30	Tuesday 1st April within Play and Learn 0-4s at Leyton Sports Ground 1.00 - 2.00 Friday 11th July within Play and Learn 0-4s at Queens Road Family Hub 10.00-11.30
Initial Sleep Consultation For children over 1. If you would like to discuss your child's sleep and bedtime routines please speak to a member of the team in one of these play sessions. For children under 1 please speak to a Health Visitor or HENRY Infant Feeding Team.	Fridays. 16th May. 20th June. 11th July. The Higham Hill Centre. Half hour slots between 10.00-12.00 To book an appointment: www.tlpcc.org.uk/whats-on	Wednesdays. 7th May. 4th June. 2nd July. Chingford Family Hub. Half hour slots between 3.00-5.00 To book an appointment: www.tlpcc.org.uk/whats-on	Tuesdays. 6th May. 10th June. 8th July. Leytonstone Family Hub. Half hour slots between 10.00-12.00 To book an appointment: www.tlpcc.org.uk/whats-on
Children's Yoga Delivered by CoCo East. For children 0-4 years, 1 child per parent/ carer. Children's yoga promotes wellbeing by enhancing physical flexibility, strength, and coordination. It also helps reduce stress and anxiety, improves focus and concentration, and fosters emotional balance.			
Mellow Bumps An antenatal parenting programme for expectant parents with health and social care needs (20-30 weeks gestation at start of course). Feel more relaxed during pregnancy, improve your well-being and start to build a relationship with your baby. Email: familysupport@tlpcc.org.uk			
Painting Together A 6-week Art therapy workshop for children between 2 & 5yrs and their parent/carers. Delivered by Surya De Witt Art Psychotherapist in partnership with LPCC. Helping children and parents develop their emotional bond and attachment.	<p>Scan the QR code to book your place on our courses and workshops</p>		
Single Parents Coaching Facilitated by Orla from Solas. Provides a safe, engaging space for parents to share experiences and receive structured support, focusing on connection, practical skills and wellbeing. The sessions are open to single parents, co-parents, solo parents by choice and widowed parents who are the primary caregivers of children aged 0-5.			
Listening and Learning We'd love to hear about your 'living experiences' and thoughts on what would make life in Waltham Forest better for your family.	<p>Our Early Years Child and Family Practitioners can provide short term support around your child's development, routines or behaviour within our play sessions. For more information about our support for families with children under 5 please talk to a member of our team or email: familysupport@tlpcc.org.uk</p>		
Family Support			

Activity and Session Timetable

Walthamstow Neighbourhood

Monday

Grow Wild

9.30 - 10.30, 11.00 - 12 noon
1.30 - 2.30
Term-time only
Grow Wild, Lloyd Park
£5 per child.

Flourish *

Post-natal support group
9.30 - 11.30
The Lloyd Park Centre
Contact familysupport@tlpcc.org.uk
for more information
Invitation only group.
Free

CoCo East parent led SEND Group including Somewhere to Belong

facilitated by Yasmin
1st and 3rd Monday of the month
1.00 - 2.30
The Lloyd Park Centre
£5 per family



Tuesday

Stories and Rhymes *

With speech and language top-tips
10.00 - 10.45, 11.00 - 11.45
Term-time only
Walthamstow Central Library
Free

CoCo East Family Play Session

Aimed at families with children
under 4 years with lived experience
of mental health and wellbeing
10.00 - 11.30 Term-time only
The Lloyd Park Centre
£5 per child.



Grow Wild

9.30 - 10.30, 11.00 - 12 noon
1.30 - 2.30
Term-time only
Grow Wild, Lloyd Park
£5 per child.

Wednesday

Music and Movement *

Delivered by TLPCC.
1.00 - 2.00 Term-time only
Walthamstow Toy Library
and Play Centre
Free

Deaf Support Play Session

Flourish special educational services
10.00 - 11.00 Term-time only
2nd and 4th Wednesday of the
month
The Lloyd Park Centre
Free



Grow Wild

9.30 - 10.30, 11.00 - 12 noon
1.30 - 2.30, 3.45 - 4.45
Term-time only
at Grow Wild, Lloyd Park
£5 per child.

Thursday

Grow Wild Explorer *

9.30 - 10.30, 11.00 - 12 noon
1.30 - 2.30
Term-time only
Grow Wild, Lloyd Park
Free

Learn and Play Under 2s *

For 0 - 2's and expectant parents
9.30 - 11.00 Term-time only
Walthamstow Family Hub
Free

You and Your New Baby *

Birth to pre-crawlers,
antenatal and postnatal
11.15 - 12.45
Walthamstow Family Hub
Free

Learning Together *

Pre-school early inclusion pathway
2 - 4 year olds
1.30 - 2.30 Term-time only
Walthamstow Family Hub
Invitation only. Free

Grow Wild

3.45 - 4.45
Term-time only
Grow Wild, Lloyd Park
£5 per child.



Friday

Learn and Play Sensory Session *

9.30 - 11.00 Term-time only
Walthamstow Family Hub
Free

Play Session

10.00 - 11.00
The Higham Hill Centre
£5 per child

Baby Bank Play Session

0 - 4 years
10.00 - 12.00 Term-time only
The Lloyd Park Centre
Free

Grow Wild

9.30 - 10.30, 11.00 - 12 noon
Term-time only
Grow Wild, Lloyd Park
£5 per child.

Learn and Play 0-4s *

1.30 - 3.00
Walthamstow Family Hub
Free



* The Lloyd Park Children's
Charity delivering services on
behalf of Best Start in Life

We are delivering **PEEPS** in
our sessions to support your
child's home learning

1st Saturday of the month

Family Grow Wild

Up to 8 year olds
10.00 - 11.30
at Grow Wild, Lloyd Park
£6 per child. **



2nd Saturday of the month

Rainbow Group Grow Wild

Up to 8 year olds
10.00 - 11.30
at Grow Wild, Lloyd Park
£6 per child. **



2nd Saturday of the month

Forever Families Grow Wild

Up to 8 year olds
For children with adopted families
1.00 - 2.30
at Grow Wild, Lloyd Park
£6 per child. **



Last Saturday of the month

Outdoor Dads Club *

0 - 4 years
9.30 - 10.30 and 11.00 - 12 noon
at Grow Wild, Lloyd Park
Free
Contact lpc@tlpcc.org.uk for more
information.

3rd Sunday of the month

Somewhere to Belong Grow Wild

Up to 8 year olds
Aimed at children with SEND
2.00 - 3.30
at Grow Wild, Lloyd Park
£6 per child. **



** Discretionary discounts are available for those on low income or benefits, contact chris@tlpcc.org.uk for more information.

Chingford Neighbourhood

Monday

Flourish *

Post-natal support group
10.00 - 12 noon
Chingford Family Hub
Contact familysupport@tlpcc.org.uk
for more information
Invitation only.
Free

Learn and Play Under 2s *

1.30 - 3.00 Term-time only
Paradox Centre
Free

Learning Together *

Pre-school early inclusion pathway
2 - 4 year olds
1.30 - 3.00 Term-time only
Chingford Family Hub
Invitation only
Free

Tuesday

Learn and Play 0-4s *

10.00 - 11.30
Chingford Family Hub
Free

You and Your New Baby *

Birth to pre-crawlers,
antenatal and postnatal
1.30 - 3.00
Chingford Family Hub
Free



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We are delivering **PEEPS** in
our sessions to support your
child's home learning

Wednesday

Stories and Crafts *

2 - 4 years
Delivered by Treasure Me Kids
10.00 - 11.00 Term-time only
Paradox Centre
£2.50 first child, 50p siblings

Tambini's Music and Rhymes *

0 - 2 years
Delivered by Treasure Me Kids
11.15 - 12.00 Term-time only
Paradox Centre
£2.50 first child, 50p siblings

Sensory And Rhymes *

0 - 4 years
2.00 - 3.00 Term-time only
Chingford Family Hub
Free



Thursday

Outdoor Explore in Nature Session *

0 - 4 years
10.00 - 11.30
Meet at the children's playground,
Highams Park
Free



Friday

Learn and Play 0-4s *

10.00 - 11.30
Chingford Family Hub
Free

Stories and Rhymes *

With speech and language Top-Tips
0 - 4 years
1.30 - 2.30 Term-time only
Hale End Library
Free

1st Saturday of the month

Dads Club *

0 - 4 years
10.00 - 12 noon
Chingford Family Hub
Free

Activity and Session Timetable

Leytonstone Neighbourhood

Monday

Learning Together *

Pre-school early inclusion pathway
2 - 4 year olds
10.00 - 11.30 Term-time only
Leytonstone Family Hub,
The Junction
Invitation only
Free

Play Session *

10.00 - 11.30
Leytonstone Toy Library
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

Learn and Play 0-4s *

With weekly speech and
language top-tips
1.00 - 2.30 Term-time only
United Free Church
Free



* The Lloyd Park Children's
Charity delivering services on
behalf of Best Start in Life

We are delivering **PEEPS** in
our sessions to support your
child's home learning

Tuesday

You and Your New Baby *

Birth to pre-crawlers,
antenatal and postnatal
10.00 - 11.30
Leytonstone Family Hub,
The Junction
Free

Play Session *

1.00 - 2.30
Leytonstone Library
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org

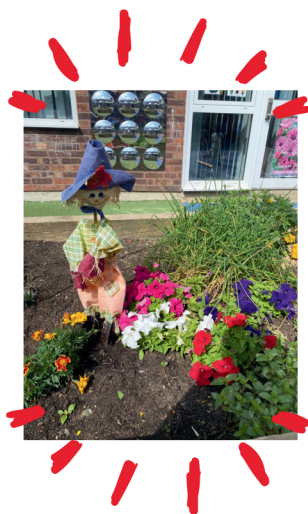
Flourish *

Post-natal support group
Birth to 18 months
1.00 - 3.00
Leytonstone Family Hub,
The Junction
Contact familysupport@tlpcc.org.uk
for more information
Invitation only
Free

Wednesday

Play Session *

10.00 - 11.30
Leytonstone Toy Library
For more info and entry fees
see our website for details:
www.walthamstowtoylibrary.org



Thursday

Learn and Play Under 2s *

10.00 - 11.30
Leytonstone Family Hub,
The Junction
Free

Let's Create *

0 - 4 years
Delivered by Treasure Me Kids
3.30 - 4.15 Term-time only
Leytonstone Family Hub,
The Junction
£2.50 first child, 50p siblings

Tambini's Music & Rhymes *

0 - 4 years
Delivered by Treasure Me Kids
4.30 - 5.15 Term-time only
Leytonstone Family Hub,
The Junction
£2.50 first child, 50p siblings



Friday

Learn and Play 0-4s *

10.00 - 11.30
Leytonstone Family Hub,
The Junction
Free



3rd Saturday of the month

Dads Club *

0 - 4 years
10.00 - 12 noon
Leytonstone Family Hub,
The Junction
Free

Leyton Neighbourhood

Monday

Learn and Play Under 2s *

1.00 - 2.30 Term-time only
Seddon Centre
Free

Let's Create *

2 - 4 years
Delivered by Treasure Me Kids
3.15 - 4.00 Term-time only
Seddon Centre
£2.50 first child, 50p siblings

Tambini's Music & Rhymes *

0 - 4 years
Delivered by Treasure Me Kids
4.00 - 4.45 Term-time only
Seddon Centre
£2.50 first child, 50p siblings



Tuesday

E-Visa Support

Delivered by ELAT
First Tuesday of the month
10.00 - 11.00
Grow Well Centre
Free



You and Your New Baby *

Birth to pre-crawlers,
antenatal and postnatal
10.00 - 11.30
Leyton Sports Ground
Free

Flourish *

Post-natal support group
Birth to 18 months
10.00 - 12 noon
Queens Road Family Hub
Contact familysupport@tlpcc.org.uk
for more information
Invitation only group
Free

Baby Bank Drop-in

1.00 - 2.30
Grow Well Centre
Free

Learn and Play 0-4s *

1.00 - 2.30
Leyton Sports Ground
Free

Wednesday

Learn and Play 0-4s *

1.00 - 2.30 Term-time only
St Joseph Infant School
Free

Learn and Play Sensory Session *

0 - 4 years
1.00 - 2.30
Queens Road Family Hub
Free



* The Lloyd Park Children's
Charity delivering services on
behalf of Best Start in Life

We are delivering **PEEPS** in
our sessions to support your
child's home learning

Thursday

Learning Together *

Pre-school inclusion pathway
2 - 4 year olds
10.00 - 11.30 Term-time only
Seddon Centre
Invitation only
Free

CoCo East Conversation Group and Play Session

0 - 4 years
1.00 - 2.30
Grow Well Centre
Free



Stories and Rhymes *

1.15 - 2.00 and 2.15 - 3.00
Term-time only
Seddon Centre
Free



Friday

Learn and Play 0-4s *

10.00 - 11.30
Queens Road Family Hub
Free

2nd Saturday of the month

Dads Club *

0 - 4 years
10.00 - 12 noon
Queens Road Family Hub
Free



Waltham Forest Neighbourhood Map

