

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134

For families with children under 5
living in Waltham Forest



Happy New Year from The Lloyd Park Children's Charity!

As we step into 2026, I want to extend heartfelt thanks to our families, volunteers, staff, and partners for being part of The Lloyd Park Children's Charity community. I truly believe that "it takes a village to raise a child" - and last year, together, we created safe, welcoming, and joyful spaces for children and families across Waltham Forest.

Creating a community where all children can thrive

Did you know Waltham Forest is a Borough of Sanctuary? This means the local authority has committed to creating a welcoming and supportive environment for migrants, refugees, and people seeking sanctuary. This reflects our shared commitment to compassion and ensuring every child has the right to live and grow in a safe and supportive environment.

At The Lloyd Park Children's Charity, we believe that while our differences make us unique, it's the similarities of human experience that truly unite us - the need to feel safe, valued, and loved. While our stories may differ, the essence of family and the desire to see our children thrive, is something we share. This year, we'll focus on strengthening that sense of shared humanity and belonging. We invite you to get involved and help us create a positive, inclusive space for all children to flourish.

Are you making the most of the support available for Childcare?

Childcare isn't just care - it's about giving your child the best start in life. High-quality early education helps children build confidence, develop social skills, and prepare for school. It also gives parents time to work, study, or simply recharge. What's available?

- 15 hours free for all 3 and 4-year-olds
- 30 hours free for eligible working families
- Support for 2-year-olds from low-income families
- Plus, Tax-Free Childcare and extra help for student parents or families with disabled children

Don't miss out - these schemes can save you money and open up opportunities for your child. For advice and applications, visit Waltham Forest Childcare Support or speak to our team.

Exciting Creative Project for 2026

We're thrilled to announce a new community art initiative! This year, we'll collaborate with local artists to explore children's rights through art, culminating in an exhibition featuring work by children, our Lloyd Park community, and local residents. From this, we'll design a vibrant print to refresh the exterior panels of The Lloyd Park Centre - replacing the design that has proudly stood for 21 years.

This project is about more than art, it's about our values of collaboration, celebrating our community and lived experiences and opportunity for every child. We're looking for volunteers to form a project group to guide this exciting venture. If you'd like to be part of it, please contact us at info@tlpcc.org.uk.

Wendy Fields

The Lloyd Park Children's Charity
Chief Executive Officer

Dates for your diary

Monday, 5th January

Training Day - all services closed.

Tuesday, 6th January

All services open.

Monday, 16th - Friday, 20th February

Term-time activities closed (see holiday activity timetable). Holiday Club open.

Monday, 30th March - Friday, 10th April

Easter Holidays - term-time activities closed.

Holiday Club open (see holiday activity timetable).

Friday, 3rd April

Good Friday - all services closed.

Monday, 6th April

Easter Monday - all services closed.

  @LloydParkCC



Angela, Nicola and Playworker Amber at Tapestry HQ for the launch of Let Play Lead The Day.



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I have a right to rest,
relax and play

Rights Respecting School Award

The United Nations Convention on the Rights of the Child (CRC) is being shared with the children, team and parents across the Charity. We have been teaching and learning how the rights impacts on our lives and children everywhere. We have been exploring the CRC as a whole. All rights are equally important, which right resonates with you?

Rights in action

We have a Rights Respecting Mascot who will be introduced whenever we talk about rights. The mascot will go home to encourage families to talk about children's rights with their child. For example the right to be safe, the mascot can be shown how to keep safe i.e. holding hands when crossing the road or wearing a seat belt in the car.

'I Have The Right' by Reza Dalvand - is a wonderful picture book introducing the rights, in child friendly language with beautiful images.

Building Brighter Futures through Education and Support

Let Play Lead The Day!

Celebrating the joy and power of play with Tapestry and Playworker Amber!

At The Lloyd Park Children's Charity, we believe in the incredible power of play, to spark imagination, build confidence, and support brighter futures for children and their families. That's why we're delighted to share a fantastic new project from our friends at Tapestry: "Let Play Lead The Day!" is a beautiful animation and resource celebrating play!

This inspiring project was created in collaboration with the phenomenal Playworker Amber, an award-winning inclusive playworker and consultant whose story is transforming how families and communities think about play. Amber's own childhood experiences in an adventure playground inspired the animation, showing how imagination can transform everyday objects into extraordinary adventures.

The animation is bursting with colour, movement, and heart, the short film captures the magic of children's creativity, turning cardboard boxes into castles, puddles into oceans, and playgrounds into whole new worlds. It's a reminder that the best play doesn't need to be planned or polished, it just needs space and time.

We were honoured to be part of the launch, where our very own Angela Carter delivered an excellent

speech on the importance of play and what it stands for within our organisation.

Angela spoke passionately about how play is at the heart of everything we do at The Lloyd Park Children's Charity, shaping how we engage with children, support families, and create spaces where curiosity and imagination can flourish.

Alongside the animation, Tapestry and Amber have created a free downloadable resource for families and educators. It's filled with playful ideas, developmental insights, and gentle encouragement for grown-ups who want to reconnect with the spirit of play - without pressure, expectation, or perfection.

www.tapestry.info/let-play-lead-the-day/

Together, they're championing a powerful message: When we let play lead the day, imagination thrives, relationships grow, and joy finds its way into every home.

Let play lead your day - and build a brighter future!

This joyful initiative has been supported by a brilliant network of play advocates and organisations, including NSPCC, Play England, Eureka Museum, London Play, Awesome CIC, PlayBoard NI, Unicorn Theatre, Wicksteed Playgrounds, Little Hibba, YPO, and of course The Lloyd Park Children's Charity.



Staying Safe, Training and Employability

A culture of safeguarding at The Lloyd Park Children's Charity

At The Lloyd Park Children's Charity, safeguarding is central to our mission. With over 40 years of experience supporting families, we create safe, inclusive spaces where children can flourish. Our trained staff respond swiftly to concerns and work in partnership with local partners and parents to build trust and transparency. Safeguarding is embedded across all our services - from our nurseries, our Children and family centres to our Baby Bank.

Parents play a vital role in safeguarding. At home, you can embed a culture of safety by encouraging open conversations, teaching children about boundaries, and modelling respectful behaviour. Stay alert to changes in your child's mood or behaviour and know where to seek help if needed. Keep communication lines open with your child's nursery or school.

Together, we can create a strong, protective network around every child. At The Lloyd Park Children's charity, safeguarding isn't just a policy - it's a shared commitment. If you are worried about a child, please speak to a member of our team.



New Year, New Job? Join our team

Looking for a fresh start in 2026? The Lloyd Park Children's Charity is hiring! We have exciting opportunities including Early Years Educators (Level 2 and 3), Facilities Manager, Catering Manager and Cleaner. Whether you're passionate about helping children thrive or want to grow your career in a supportive environment, there's a place for you here.

Why join us? Joining The Lloyd Park Children's Charity means more than just a job, it's a chance to make a real difference while enjoying great benefits including Benenden Health membership, 50% discount on childcare, access to reward schemes and outstanding training and development. If you're ready to start the year with purpose, visit www.tlpc.org.uk/join-our-team and explore our current vacancies.

Home Safety: A family guide to staying safe and warm

During the coldest months of January and February, our homes become cosy retreats - but winter also brings unique safety risks. From icy paths to heating hazards, it's important to take precautions to protect your family.

Heating Safety - Ensure your heating systems are serviced. Never use ovens or hobs for warmth, and keep flammable items away from heaters. Install and test carbon monoxide detectors to prevent silent poisoning.

Fire Prevention - Winter sees a rise in house fires. Use candles safely - keep them away from curtains and never leave them unattended. Test smoke alarms monthly, avoid overloading sockets, and practice a fire escape plan with your family.

Slip, Trip & Fall Hazards - Icy paths and wet floors can lead to injuries. Grit driveways and use non-slip mats at entrances. Keep floors clutter-free and ensure stairways are well-lit.

Winter-Proofing Your Home - Cold weather can damage your home. Insulate pipes to prevent freezing, clear gutters to avoid leaks, and check your roof for damage. Keep emergency supplies like torches, blankets, and bottled water in case of power cuts.

Child Safety - Teach children about heater safety and dress them in layers for outdoor play. Lock away medicines and cleaning products, especially during winter illness season.

Mental Wellbeing - Short days can affect mood. Encourage outdoor time and stay connected with loved ones.

Stay safe, stay warm and enjoy the wintertime!

Health and Wellbeing

Parental Wellbeing

When parents feel well and supported, children thrive. A calm, confident parent helps create a safe and loving environment where children can grow and learn. Life can be busy and sometimes overwhelming but looking after your own wellbeing isn't self-centred - it's essential for your child's development.

Early years social prescribing is a way to connect families with helpful services. Whether it's joining a local group, accessing emotional support, or getting advice, these resources can make everyday life feel more manageable. It's about finding what works for you and your family.

At The Lloyd Park Children's Charity, we believe that strong families build strong futures. That's why we're here to support parents as well as children - because when you feel good, your child does too.



Contact our Early Years Social Prescribing Team by completing our on line request for help form Request Help www.tlpc.org.uk/social-prescribing and we will call to see how we can support you.



SEND Support

The Lloyd Park Children's Charity offers dedicated SEND support to families in Waltham Forest. Our services include inclusive day care and sessional provision, providing individual support, guidance through referrals to speech therapy and advisory clinics, and support with SENIF funding and EHCPs. We work with the deaf community via a drop in session and day care provision, providing BSL support.

Tailored early years programmes like "Learning Together," designed to help children with additional needs thrive in inclusive environments, this includes sensory play sessions.

LPCC works closely with parents to co-create support plans using council-approved toolkits. Through initiatives like the "Somewhere to Belong" programme and the CoCo East collaborative, we ensure families have a voice in shaping services. Our approach is warm, inclusive, and focused on empowering both children and their caregivers. Contact us if you feel we could support you.

We are also taking nursery applications, contact us for further information on how we can support by emailing lpc@tlpc.org.uk

What's in that cup?

We all want the best for our children and that includes keeping their smiles healthy and bright! But did you know that what they drink can have a big impact on their teeth?

If your child regularly sips on juice, even the "healthy" kind like freshly squeezed or from concentrate, it's worth knowing this: fruit juices are full of natural sugars and acids that can wear down tooth enamel. Over time, this can lead to tooth decay and acid erosion, which can make teeth sensitive and painful. Tooth erosion happens when the protective enamel wears away, exposing the softer dentine underneath. This can make eating and drinking hot or cold things really uncomfortable.

So, what's best for little teeth?

Water and milk are the top choices - they're kind to teeth and keep children hydrated.

If you do give fruit juice, make sure it's very diluted, served only once a day, and ideally in an open cup or with a straw to reduce contact with teeth.

Try to avoid fizzy drinks as much as possible - they're especially harsh on enamel.



Tips for Parents: Cutting Back on Juice

- Start small: Gradually dilute juice with more water over time until your child gets used to the taste.
- Offer fun alternatives: Try fruit-infused water with slices of orange, cucumber, or berries for a splash of flavour.
- Use special cups: Let your child pick a fun water bottle or cup they love - it can make drinking water more exciting!
- Lead by example: Children copy what they see - if they see you choosing water, they're more likely to do the same.
- Stick to routines: Offer juice only at mealtimes and avoid it as a go-to drink throughout the day.
- Celebrate small wins: Praise your child when they choose water or milk - positive reinforcement goes a long way!

A few small changes can make a big difference in protecting your child's smile for years to come!

Families Voice and Fundraising

Co-production

Families with children under 5 face a range of challenges:

- Child Poverty & Housing Insecurity
- Health Inequalities
- SEND Support Gaps
- Isolation & Mental Health

Through co-production, we've worked hand-in-hand with families to design services that reflect their lived experiences and real needs:

Grow Well & Grow Wild; Nature-based play and wellness spaces co-designed with parents to support early development, emotional wellbeing and foster community coherence.

Early Years Social Prescribing; Families help shape pathways to support - linking them with services including, mental health provision, and financial advice and children's play and developmental activities.

SEND parent support group; Safe, welcoming spaces for parents to share experiences and help influence services.

Workshops and wellness activities; From single parents coaching to children's art therapy sessions, families co-create services that build resilience and connections.



Join our co-production offer and help shape services that make a real difference.

Whether you're a parent, carer, or community member, we work together to plan, design, and deliver support that empowers families and helps every child thrive. It's more than participation - it's partnership. Be part of the change.

Join our co-production network, your voice matters.

Contact us: www.tlpcc.org.uk/coco-east

Meet us: CoCo East co-production events.

Tuesday February 10th 1pm-2pm 7 Saxon close E17 8LE

Let's take action together!

With increasing pressure on funding and growing needs in our community, it's more important than ever to come together and take action!

In November 2025, we held an action planning session where we invited families, professionals and partners to join us to look at how we can look towards better meeting the needs of our community.

Together, we:

- Explored key data insights, including the newly released Indices of Multiple Deprivation (October 2025), alongside other relevant data and lived experience.
- Co-created SMART actions that responded directly to what the data - and our community - are telling us.
- Strengthened our collective impact by sharing our experiences, building stronger teams and planning ways to work better together.

We hope that you will see the impact of these plans in the near future. If you would like to be more involved, please get in touch via lpcc@tlpcc.org.uk

Baby Bank needs you!

The rising cost of living continues to make it challenging for The Lloyd Park Children's Charity to keep some of our services running. We are currently finding it difficult to keep our Baby Bank open.

Baby Bank's closure would mean hundreds of vulnerable families would lose our emergency support with the cost of food, energy, clothing, safe sleeping supplies, nappies and hygiene products, as well as our team's vital work to help families in need get connected to other local health and welfare services.

We need your help

Can you connect us with businesses that have social responsibility programmes or donors who can support our work?

Please introduce us so we can explore ways to keep Baby Bank sustainable for local children. Contact: info@tlpcc.org.uk



We'd like to extend a heartfelt thank you to **local parent Yasmin** for generously volunteering with the CoCo East SEND Group, including Somewhere to Belong. Your support made a real difference in creating inclusive spaces for children and families in our community.

Thank you **Uncle Kweks** for your generous donation from your book sales and for sharing your wonderful stories at our Winter Wonderland events. Your support means so much to the children and our charity.

You said... We did!

You said... Parents asked to improve the outdoor area at LPC.

We did... We ordered resources for the Mud Kitchen, and a wheel barrow for the children to use.

You said... Parents asked to increase the times at parents evening.

We did... October timings were increased from 10 to 15 minutes. If parents required longer they could request to meet after 5pm.

You said... Mums asked to join Dads Club at Grow Wild.

We did... Dads Club is a dedicated space for dads, so we've added more Family sessions at Grow Wild.

Mission Christmas Campaign 2025



Michelle Williamson from **Cash for Kids** made a festive visit to our Community Living Room project with local celebrity **Fleur East** as part of their national 'Mission Christmas' campaign.

Lots of fun was had by all and families were gifted baby bundles, Christmas presents and vouchers to help with the cost-of-living at the most expensive time of the year! Huge thanks to Fleur, Michelle from Cash for Kids and the Mission Christmas team for creating such a memorable event for our families!



Activity and Session Timetable

Walthamstow Neighbourhood

Monday

Grow Wild

9.30 - 10.30 and 11.00 - 12.00,
term-time only
Grow Wild, Lloyd Park
£6 per child

Flourish *

Post-natal support group
9.30 - 11.30
The Lloyd Park Centre
Invitation only



Tuesday

Grow Wild

9.30 - 10.30, 11.00 - 12.00
1.30 - 2.30,
term-time only
Grow Wild, Lloyd Park
£6 per child.

Baby Bank Drop-in

1.00 - 2.30
The Higham Hill Centre

Child Health Clinic *

1.00 - 3.00
Walthamstow Family Hub



Wednesday

Grow Wild

9.30 - 10.30, 11.00 - 12.00
and 1.30 - 2.30, term-time only
Grow Wild, Lloyd Park
£6 per child

Deaf Support Play Session

Flourish special educational
services
10.00 - 11.00, term-time only
First Wednesday of the month
The Lloyd Park Centre

Rainbow Group Grow Wild

3.45 - 4.45, term-time only
Grow Wild, Lloyd Park
£6 per child



Thursday

Grow Wild Explorer *

0 - 4 years
LPC - Grow Wild area
9.30 - 10.30 and 11.00 - 12.00,
term-time only
Free

Play and Learn Under 2s *

0 - 2's and expectant parents
9.30 - 11.00, term-time only
Walthamstow Family Hub

Stay and Play

0 - 4 years
10.00 - 11.00, term-time only
The Lloyd Park Centre
£2 per child

You and Your New Baby *

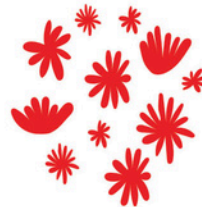
Birth to pre-crawlers,
antenatal and postnatal
11.15 - 12.45
Walthamstow Family Hub

Learning Together *

Pre-school inclusion pathway
2 - 4 year olds
1.30 - 3.00, term-time only
Walthamstow Family Hub
Invitation only

Grow Wild

Under 8's
3.45 - 4.45, term-time only
Grow Wild, Lloyd Park
£6 per child



Friday

Grow Wild

9.30 - 10.30 and 11.00 - 12.00
£6 per child.
1.30 - 3.00, £7 per child.
Term-time only
Grow Wild, Lloyd Park

Learning Together *

Inclusion pathway
0 - 2 years
9.30 - 11.00, term-time only
Walthamstow Family Hub
Invitation only

Stay and Play

0 - 4 years
10.00 - 11.00, term-time only
The Higham Hill Centre
£2 per child

Baby Bank Play Session

0 - 4 years
10.00 - 12.00, term-time only
The Lloyd Park Centre

Sensory Play and Learn *

0 - 4 years
1.30 - 3.00
Walthamstow Family Hub



1st Saturday of the month

Family Grow Wild

Up to 8 year olds
10.00 - 11.30
at Grow Wild, Lloyd Park
£7 per child **



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

2nd Saturday of the month

Family Grow Wild

Up to 8 year olds
9.30 - 10.30 and 11.00 - 12.00
at Grow Wild, Lloyd Park
£7 per child **



Forever Families Grow Wild

Up to 8 year olds
For children with adopted
families
2.00 - 3.30
at Grow Wild, Lloyd Park
£7 per child **



Last Saturday of the month

Outdoor Dads Club *

0 - 4 years
9.30 - 10.30 and 11.00 - 12.00
at Grow Wild, Lloyd Park

3rd Sunday of the month

Somewhere to Belong Grow Wild

Up to 8 year olds
For children with SEND and
their families
2.00 - 3.30
at Grow Wild, Lloyd Park
£7 per child **



Chingford Neighbourhood

Monday

Flourish *

Post-natal support group
10.00 - 12 noon
Chingford Family Hub
Invitation only

Learning Together *

Pre-school early inclusion
pathway
2 - 4 years
1.30 - 3.00, term-time only
Chingford Family Hub
Invitation only

Tuesday

Sensory Play and Learn *

0 - 4 years
10.00 - 11.30
Chingford Family Hub

You and Your New Baby *

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

Wednesday

Tambini's Music and Rhymes *

0 - 2 years
Delivered by Treasure Me Kids
10.00 - 11.00, term-time only
Salisbury Manor School
£2.50 first child, 50p siblings

Let's Create! *

2 - 4 years
Delivered by Treasure Me Kids
11.15 - 12.00, term-time only
Salisbury Manor School
£2.50 first child, 50p siblings

Thursday

Child Health Clinic *

1.00 - 3.00
Chingford Family Hub



Friday

Learn and Play Under 2's *

0 - 4 years
10.00 - 11.30
Chingford Family Hub

1st Saturday of the month

Dads Club *

0 - 4 years
10.00 - 12 noon
Chingford Family Hub

All sessions are FREE unless
otherwise stated

For more information about
Flourish please email
familysupport@tlpcc.org.uk



* 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



Activity and Session Timetable

Leytonstone Neighbourhood

Monday

Play and Learn 0-4s *
10.00 - 11.30
Leytonstone Family Hub,
The Junction.



Tuesday

You and Your New Baby *
Birth to pre-crawlers,
antenatal and postnatal
10.00 - 11.30
Leytonstone Family Hub,
- The Junction

Flourish *
Post-natal support group
Birth to 18 months
1.00 - 3.00
Leytonstone Family Hub
- The Junction
Invitation only



Wednesday

Child Health Clinic *
9.30 - 11.30
Leytonstone Family Hub
- The Junction

Learning Together *
Pre-school inclusion pathway
2 - 4 year olds
1.30 - 3.00, term-time only
United Free Church
Invitation only



Thursday

Play and Learn Under 2s *
10.00 - 11.30
Leytonstone Family Hub
- The Junction

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

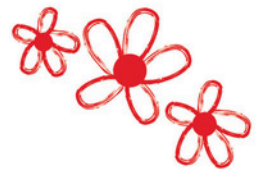
Tambini's Music & Rhymes *
0 - 4 years
Delivered by Treasure Me Kids
4.30 - 5.15, term-time only
Leytonstone Family Hub
- The Junction
£2.50 first child, 50p siblings

Friday

Sensory Play and Learn
0 - 4 years
10.00 - 11.30
Leytonstone Family Hub
- The Junction

3rd Saturday of the month

Dads Club *
0 - 4 years
10.00 - 12 noon
Leytonstone Family Hub
- The Junction



Leyton Neighbourhood

Monday

Child Health Clinic *
9.30 - 11.30
Queens Road Family Hub

Play and Learn Under 2s *
1.00 - 2.30, term-time only
Seddon Centre

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

You and Your New Baby *
Birth to pre-crawlers,
antenatal and postnatal
10.00 - 11.30
Leyton Sports Ground

Flourish *
Post-natal support group
Birth to 18 months
10.00 - 12 noon
Queens Road Family Hub
Invitation only group

CoCo East Wellbeing Play Session
10.00 - 11.30, term-time only
Grow Well Centre.



Learning Together *
Inclusion pathway
0 - 2 years
1.00 - 2.30, term-time only
Leyton Sports Ground
Invitation only



Wednesday

Learning Together *
Pre-school inclusion pathway
2 - 4 year olds
1.00 - 2.30, term-time only
Queens Road Family Hub
Invitation only



Thursday

Learning Together *
Pre-school inclusion pathway
2 - 4 year olds
9.30 - 11.00, term-time only
Seddon Centre
Invitation only

CoCo East Conversation and Play Session
0 - 4 years
1.00 - 2.30
Grow Well Centre



Friday

Sensory Play and Learn *
0 - 4 years
10.00 - 11.30
Queens Road Family Hub

2nd Saturday of the month

Dads Club *
0 - 4 years
10.00 - 12 noon
Lea Bridge Road Library



All sessions are FREE unless otherwise stated

For more information about Flourish please email familysupport@tlpcc.org.uk




* 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



Up and coming Courses and Workshops

	Walthamstow	Chingford	Leytonstone	Leyton
Baby Massage	Course 1: Monday 12 th 19 th 26 th January, 2 nd 9 th February 1.30 - 2.30 Course 2: Monday 23 rd February, 2 nd 9 th 16 th 23 rd March 1.30 - 2.30 Walthamstow Family Hub	Course 1: Wednesday 14 th 21 st 28 th January, 4 th 11 th February 1.00 - 2.00 Course 2: Wednesday 25 th February, 4 th 11 th 18 th 25 th March 1.00 - 2.00 Chingford Family Hub	Course 1: Monday 12 th 19 th 26 th January, 2 nd 9 th February 1.30 - 2.30 Course 2: Monday 23 rd February, 2 nd 9 th 16 th 23 rd March 1.30 - 2.30 L'stone Family Hub-The Junction	Course 1: Monday 12 th 19 th 26 th January, 2 nd 9 th February 10.30 - 11.30 Course 2: Monday 23 rd February, 2 nd 9 th 16 th 23 rd March 10.30 - 11.30 Grow Well Centre
Baby Massage £25.00 per course. Book online www.tlpcc.org.uk/whats-on				
Eating Well Play based activities for children and families. Gain advice and information about children's healthy eating habits, portion sizes and more.	Thursday 5 th 12 th 19 th February within Play and Learn Under 2's at Walthamstow Family Hub 9.30 - 11.00	Friday 6 th 13 th 20 th March within Play and Learn Under 2s at Chingford Family Hub 10.00 - 11.30	Monday 2 nd 9 th 16 th March within Play and Learn 0-4s at Leytonstone Family Hub 10.00 - 11.30	Friday 6 th 13 th 20 th February within Sensory Play and Learn at Queens Road Family Hub 10.00 - 11.30
Exploring Foods Play-based activities for children to learn through exploration about healthy food choices.	Friday 6 th 13 th 20 th March within Sensory Play and Learn at Walthamstow Family Hub 1.30 - 3.00	Tuesday 24 th February, 3 rd 10 th March within Sensory Play and Learn at Chingford Family Hub 10.00 - 11.30	Friday 16 th 23 rd 30 th January within Sensory Play and Learn at Leytonstone Family Hub 10.00 - 11.30	Monday 15 th 22 nd 29 th January within Play and Learn Under 2's at The Seddon Centre 1.00 - 2.30
Oral Health Promotion It is never too early to support your child's oral health journey. Join in with our fun oral health themed play sessions where children can explore how to keep teeth healthy.	Friday 13 th February within Sensory Play and Learn at Walthamstow Family Hub 1.30 - 3.00 Thursday 5 th March within Play and Learn Under 2's at Walthamstow Family Hub 9.30 - 11.00	Friday 20 th February within Play and Learn Under 2s at Chingford Family Hub 10.00 - 11.30 Tuesday 24 th March within Sensory Play and Learn at Chingford Family Hub 10.00 - 11.30	Thursday 15 th January within Play and Learn Under 2's at L'stone Family Hub - The Junction 10.00 - 11.30 Monday 2 nd March within Play and Learn 0-4s at Leytonstone Family Hub - The Junction 10.00 - 11.30	Monday 19 th January within Play and Learn Under 2's at The Seddon Centre 1.00 - 2.30 Friday 13 th March within Sensory Play and Learn 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 the HENRY Infant Feeding Team.	Wednesday 25 th February, 4 th March, 11 th March Walthamstow Family Hub 1.00 - 3.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Wednesday 21 st January, 11 th February, 18 th March Walthamstow Family Hub 3.00 - 5.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Wednesday 21 st January, 18 th February, 11 th March L'stone Family Hub-The Junction 1.00 - 3.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Friday 23 rd January, 20 th February, 13 th March Queens Road Family Hub 1.00 - 3.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on
Shelter Workshops Shelter will hold information stalls once a month across the four neighbourhoods, where they will triage families with housing issues and either provide one-off advice or take on their cases for advocacy.	Friday 16 th of January within Baby Bank Play Session at The Lloyd Park Centre 10.00 - 12.00	Tuesday 17 th of February within Sensory Play and Learn at Chingford Family Hub 10.00 - 11.30	Monday 16 th of March within Play and Learn 0-4s at Leytonstone Family Hub 10.00 - 11.30	Friday 17 th of April within Sensory Play and Learn at Queens Road Family Hub 10.00 - 11.30
Single Parents Coaching Facilitated by Orla from Solas. Providing 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.	Wednesdays 12.30 - 1.30 Delivered online. Free. To book visit www.tlpcc.org.uk/whats-on			
Mindful Medley 5 week programme, exploring alternative interventions that can support parents & carers in understanding and promoting young children's wellbeing.	Wednesdays 10.00 - 11.00 Starts 25 th February Grow Well Centre, 7 Saxon Close. Free. To book visit www.tlpcc.org.uk/whats-on			
Family Support	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			



Scan the QR code to book your place on our courses and workshops

Waltham Forest Neighbourhood Map

