

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134



For families with children under 5
living in Waltham Forest

Welcome to Roleplay

Waltham Forest is a vibrant place for families with young children, with many activities and opportunities on offer. We hope that Roleplay provides lots of useful information to support families in making the most of what's available - from play sessions and parenting support to health services and community events.

Acknowledging Our Fantastic Team

Over the past few weeks, I've had the pleasure of meeting with staff across our services to learn from their experiences. These conversations have been invaluable in helping us strengthen our plans and ensure we're doing the very best we can for children and families.

It's been a joy to hear from so many dedicated practitioners who love their roles and are passionate about supporting every child to thrive. Their commitment, creativity, and care are what make our services so special - thank you to each and every one of you.

Children's Rights and Rights Respecting Schools

As equality and children's rights are at the heart of our charity's mission, I'm thrilled to share that we've begun our journey toward achieving the Early Years Rights Respecting Schools Award. This initiative, led by UNICEF, helps embed children's rights into everyday practice and culture.

We believe that every child has the right to be heard, valued, and respected - and this programme will help us further champion those values across all our settings.

Family Hubs

We're delighted to announce that the London Borough of Waltham Forest has extended our Children and Family Centre contract. This means we'll continue to deliver a wide range of play, family support, and health services across the borough in community venues and Family Hubs.

While there will be some changes to our timetable as part of the new agreement, we remain committed to offering the well-loved activities that matter most to our community.

We're proud to deliver these vital services on behalf of the local authority and grateful that Waltham Forest continues to prioritise and invest in children's services.

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

Dates for your diary

2nd September - Training Day

All services closed

15th October - Parents Evening

The Lloyd Park Centre 6 - 8pm

The Higham Hill Centre 6 - 8pm

27th - 31st October - Half-term

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

31st October - Halloween Disco

The Lloyd Park Centre 6.30 - 8.30pm

The Higham Hill Centre 6.30 - 8.30pm

29th November - The Winter Fayre

The Lloyd Park Centre 11am - 2pm

December - Christmas Concert TBC

6th December - Winter Wonderland Party

The Higham Hill Centre 11am - 2pm

10th December - Christmas Dinner

16th December - Christmas Party

19th December - Last day of term

20th December - Christmas Break

5th January - Training Day

All services closed

6th January - First day of term

@LloydParkCC



Brighter Futures are Greener Futures: LPCC's Bold Steps Toward Net Zero

The Lloyd Park Children's Charity (LPCC) has achieved a remarkable 71% reduction in its carbon emissions since its original eco-audit in 2023, according to a new report by 3 Acorns Eco-Auditors. This progress, described as one of the most impressive updates in the auditors' 17-year history, reflects the charity's deep commitment to sustainability and climate action.

Key changes include switching to a green electricity tariff, drastically reducing waste by moving from disposable to cloth nappies, and transforming the catering offer to a mostly plant based menu. These efforts have not only cut emissions but also saved land, water, and energy - benefiting both the environment and the local community.

The charity has also embedded sustainability into its operations, from replacing PCs with energy-efficient laptops, to introducing reusable PPE and growing herbs on-site. Even banking and pensions are under review, with plans to move to ethical providers to further reduce financial emissions.

This inspiring progress was led by our Eco Subgroup and made possible thanks to funding from the City Bridge Trust through its Greening the Third Sector programme. With continued innovation and community involvement, LPCC is setting a powerful example for how early years settings can lead the way in environmental responsibility. If you want to get involved contact info@tlpcc.org.uk.

Building Brighter Futures through Education and Support

Applying for a school place to start in September 2026

Applying for primary school admissions in the London Borough of Waltham Forest (LBWF)

Eligibility: If your child was born between 1st September 2021 and 31st August 2022, they are eligible to start reception in September 2026.

Application Period: Applications open on 1st September 2025 and the deadline for on-time applications is 15 January 2026

Notification of Results: You will be informed of the school allocation by email on 16th April 2026

If your child has an education, health and care plan (EHCP), the arrangements for your child's start in reception will be different. The SEND team will contact you directly to explain the process further.

Please see a member of our team if you need support filling in the form or any further information. We are here to help you.

For further details go to:
www.walthamforest.gov.uk/schools-education-and-learning/apply-school-place/year-admissions



Ready to make a real impact?



Join The Lloyd Park Children's Charity as a Level 3 Early Years Educator and be a hero in children's lives!

Apply now and become part of our passionate and committed team.

To learn more about this, explore other roles within the charity, or discover available training opportunities, please visit www.tlpcc.org.uk Call 020 8531 9522 or email info@tlpcc.org.uk



Congratulations!

We would like to say a massive congratulations to the following team members who have successfully completed their Early Years qualifications:

Level 5: Lizzie, Amit, Caeia, Renee, Debbie and Vanessa.

Level 3: Megan and Germana.

Level 2: Rahela, Haleema and Thevagi.

Continual Professional Development is an important part of our Charity's ethos. Well done to you all!



Black History Celebrations across the Charity

The UN convention of Children's Rights states: 'Non - Discrimination - All children are equal and should be treated without discrimination, regardless of their race, gender, religion, or any other factor'.

During October, we are excited to celebrate Black History Month at our Charity! This special month is dedicated to recognising and honouring the contributions, culture, and history of Black people in the UK and around the world.

Throughout the month we will engage in a variety of fun and educational activities. We will explore stories, songs, and art projects that highlight the achievements and rich heritage of Black individuals. Our value is to foster an environment of equality and fairness, building inclusivity, respect, and understanding around cultural differences

We encourage you to join us in celebrating at home by sharing stories and discussing the importance of diversity with your children. Together, we can inspire a love for learning about different cultures and histories.



Families Voice and Fundraising



You said... We did!

You said... Children in daycare at The Lloyd Park Centre stated they wanted a road to drive the mini cars/bikes on.

We did... We now have a road track printed onto the playground for them to practice their driving skills!

You said... families wanted groups aimed at Asian Mums who have experienced postpartum low level mental health.

We did... through Coco East we have partnered with Maria, a parent with lived experiences who is delivering a weekly online support group.

You said... "Why don't we have more Sensory Play sessions, our youngest really enjoys them but we only have two options across the borough and we don't live particularly close to either of them"

We did... Due to popular demand we have increased the very popular Sensory Play Session, with one in each neighbourhood for September term.



Special thanks go to Harrington-Mira for their kind donation of £400 from a football fundraiser.

Health and Wellbeing



Let's Go Potty!

Learning to use the potty independently and moving away from nappies is a big milestone for your child. With your support, they'll develop lots of new and exciting skills. Children gain control of their bladder and bowels when they are physically ready, so it's important to go at their pace. Every child is different, so try not to compare your child's progress with others.

Here are two helpful resources to support you:

- **Let's Go Potty** is an evidence-based approach to helping children transition out of nappies and use the toilet independently. It's based on the belief that children are born ready to learn new skills. Learn more at: <https://eric.org.uk/potty-training/lets-go-potty/>
- **NHS: How to Potty Train** offers practical advice and guidance on potty training. www.nhs.uk/baby/babys-development/potty-training-and-bedwetting/how-to-potty-train/



Songs & Smiles - Intergenerational Music Groups in Waltham Forest

Songs & Smiles brings young children, their grown-ups and older people together through joyful music, play and friendship, all inside local care homes.

These heart warming weekly sessions provided by the Together Space help reduce loneliness, boost wellbeing and build beautiful bonds across generations. Free to attend, they're perfect for 0 - 4 year olds and their grown-ups who love a singalong and a sense of community.

Mondays at 11am
Alliston House Elderly Residential Home

Tuesdays at 11am
George Mason Lodge

Wednesdays at 11am
Forest View Care Home
Ivy Grove Care Home

Thursdays at 11am
St Ives Lodge Care Home

Instagram: @thetogetherprojectuk
Facebook: The Together Project

Find out more and sign up: www.thetogetherproject.org.uk/programmes/songs-and-smiles

Let's Talk Feelings: World Mental Health Day (October 10th)

World Mental Health Day is a time to talk about how we feel inside. Mental health is about our thoughts, emotions, and how we handle life's ups and downs. Just like we care for our bodies, we need to care for our minds too.

Children can feel happy, sad, worried, or angry - and that's okay! Talking to someone can really help.

Here are some ways to feel better:

- Move your body - play, dance, or walk
- Get creative - draw or write
- Take deep breaths
- Be kind to yourself

Families can support children by listening, keeping routines, and showing love and patience. If things feel too hard, it's okay to ask for help.



To enquire about getting support or for more information on the services we offer visit www.tlpc.org.uk/help-request

Let's work together to make sure every child feels safe, heard, and supported.



Safe Spaces



Hi, I'm Maria - a local Walthamstow Mum and Dietitian, passionate about supporting women to feel nourished and cared for during all stages of motherhood. This includes preconception, pregnancy, postpartum and parenthood.

After experiencing postpartum psychosis, I felt blindsided with how much my mind and body evolved during pregnancy and childbirth. I became deeply committed to creating safe spaces, tailored for all cultures, in being prepared for the realities of raising a child. This led to my new initiative called milk with haldi - modern maternal care rooted deep in tradition.

I am launching an exciting new series of projects, starting with partnering up with The Lloyd Park Children's Charity to start a weekly online South Asian mum meet up. Each session will be thoughtfully curated and personalised to spark thought provoking conversations. A chance to reflect, practice self-care and work flexibly around your needs.

See What's On for booking details

Parenting after loss is hard - you don't have to do it alone.

It is never talked about - the loneliness that can come with parenting living children, after experiencing pregnancy, baby or child loss.

My name is Poppy, bereaved mum, and founder of Daphne & Friends. "Playtime" is a fun stay-and-play, where babies and toddlers can play and explore, and parents can connect. There's no pressure to tell your story, you can just come and meet families who just get it. We listen with love, and understand that joy and grief can coexist. We hold space for all emotions - we get it - and we are there for you. You are welcome here.

Daphne & Friends are so pleased to be partnering with The Lloyd Park Children's Charity - CoCo East service.

Starting in September, our **Playtime** session will be at the Grow Well Centre on Wednesdays for play, community and support. See timetable for details.

www.daphneandfriends.org
www.instagram.com/daphneandfriendscic/



Staying Safe, Training and Employability

Feeling Safe is Every Child's Right

Every child has the right to feel safe - at home, at school, and everywhere else. That means no one should hurt, scare, or treat a child badly. In the UK and around the world, laws help protect children and make sure they are treated with kindness and respect.

Parents and carers play a big part in helping a child feel safe. Talking to them often, letting them know it's okay to speak up if something feels wrong, and that you'll always listen and believe them. Help them learn what's private, what's okay, and who they can turn to when they need help.

Help your child understand that there are many people that can also help to keep them safe such as police, teachers, doctors, and other trusted adults.

When children feel protected they can play, learn, and grow up happy and confident. Let's all work together to make sure every child knows they matter.



Being Kind

Bullying is when someone hurts or scares another person on purpose. It can happen at school, nursery, in the playground, or online. Bullying is not okay. Share these tips with your child to help if they find themselves or a friend in a position of being bullied:

Be Kind: Always be nice to others. Use kind words and actions.

Tell an Adult: If you see someone being bullied, tell a teacher, parent, or another adult you trust.

Include Everyone: Play with everyone and make sure no one feels left out.

Be a Friend: If someone is being bullied, be their friend. Sit with them and play together.

The NSPCC provide a service called 'Childline', where you can telephone or access support online. If you need any help, they are a confidential service that can help.

Online/on the phone, anytime: childline.org.uk/kids | 0800 1111

Remember, everyone deserves to feel safe and happy. Let's all be kind and stop bullying together!



Children's Road Safety in the UK

Road safety is very important for children. Here are some simple tips to help keep them safe whilst out and about:

- Use Zebra Crossings: Always cross the street at zebra crossings or traffic lights. Look both ways before crossing.
- Hold Hands: Young children should hold an adult's hand when crossing the street.
- Wear Bright Clothes: Bright or reflective clothing helps drivers see children better, especially in the dark.
- Follow Traffic Signals: Teach children to see and understand traffic signals and signs.
- Stay on Pavements: Walk on pavements, not on the road. If there are no pavements, walk facing oncoming traffic.
- Be Alert: Avoid distractions like phones or headphones when walking near roads.
- Use Helmets: When riding bikes, always wear a helmet for protection.

By following these tips, you can help children can stay safe and avoid accidents on roads.



Thank You

Baby Bank Alliance

Harrington-Mira for their kind donation of
£400 from a football fundraiser.

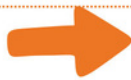
London School of Hygiene & Tropical Medicine for
supporting us with the March for March campaign!

Oxera for their kind donation of £500

Tesco's Leytonstone

Furnishing Futures

Activity and Session Timetable



Walthamstow Neighbourhood

Monday

Grow Wild

9.30 - 10.30, 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.

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

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
1.30 - 2.30, 3.45 - 4.45
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
2nd and 4th Wednesday of the month
The Lloyd Park Centre.

Thursday

Grow Wild

9.30 - 10.30, 11.00 - 12.00
1.30 - 2.30, 3.45 - 4.45
Term-time only
Grow Wild, Lloyd Park
£6 per child.

Play and Learn Under 2s *

For 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 early inclusion pathway
2 - 4 year olds
1.30 - 3.00 Term-time only
Walthamstow Family Hub
Invitation only.

Friday

Grow Wild

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

Learning Together *

0 - 2's
9.30 - 11.00 Term-time only
Walthamstow Family Hub.
Invitation only.

Baby Bank Play Session

0 - 4 years
10.00 - 11.30 Term-time only
The Lloyd Park Centre.

Sensory Play and Learn *

1.30 - 3.00
Walthamstow Family Hub.



* 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

All sessions are FREE unless otherwise stated

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

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. **



2nd Saturday of the month

Rainbow Group Grow Wild

Up to 8 year olds
10.00 - 11.30
at Grow Wild, Lloyd Park
£7 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
£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
Aimed at children with SEND
2.00 - 3.30
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.

Chingford Neighbourhood

Monday

Flourish *

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

Learning Together *

Pre-school early inclusion pathway
1.30 - 3.00 Term-time only
Chingford Family Hub.
Invitation only.



Tuesday

Sensory Play and Learn *

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 - 12 noon
Chingford Family Hub.

1st Saturday of the month

Dads Club *

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



Activity and Session Timetable

Leytonstone Neighbourhood

Monday

Sensory Play and Learn *

Pre-school early inclusion pathway
0 - 4 years
10.00 - 11.30 Term-time only
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 *

10.00 - 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

Play and Learn 0-4s *

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.



All sessions are FREE unless otherwise stated

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

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



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

Tuesday

CoCo East Family Play Session

For families with children under 3 years with lived experience of mental health and wellbeing.
10.00 - 11.30 Term-time only
Grow Well Centre
£5 per child.



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.

E-Visa Support

Delivered by ELAT
1st Tuesday of the month
10.00 - 11.30
Grow Well Centre.



Learning Together Under 2's *

1.00 - 2.30 Term-time only
Leyton Sports Ground.
Invitation only.

Wednesday

Playtime

Stay-and-play session for families affected by pregnancy, baby or child loss.
Delivered by Daphne
0 - 4 years
10.00 - 11.00 Term-time only
Grow Well Centre
Starts 10th September



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 Group and Play Session

0 - 4 years
1.00 - 2.30
Grow Well Centre.



Friday

Sensory Play and Learn *

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.



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 8 th 15 th 22 nd 29 th September, 6 th October 1.30 - 2.30 Course 2: Monday 3 rd 10 th 17 th 24 th November, 1 st December 1.30 - 2.30 Walthamstow Family Hub.	Course 1: Wednesday 10 th 17 th 24 th September, 1 st 8 th October 1.00 - 2.00 Course 2: Wednesday 5 th 12 th 19 th 26 th November, 3 rd Dec. 1.00 - 2.00 Chingford Family Hub.	Course 1: Monday 15 th 22 nd 29 th September, 6 th 13 th October 1.00 - 2.00 Course 2: Monday 3 rd 10 th 17 th 24 th November, 1 st December 1.00 - 2.00 Leytonstone Family Hub.	Course 1: Monday 8 th 15 th 22 nd 29 th September, 6 th October 10.30 - 11.30 Course 2: Monday 3 rd 10 th 17 th 24 th November, 1 st December 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 9 th 16 th 23 rd October within Play and Learn Under 2's at Walthamstow Family Hub 9.30 - 11.00	Friday 10 th 17 th 24 th October within Play and Learn Under 2s at Chingford Family Hub 10.00 - 11.30	Monday 6 th 13 th 20 th October within Sensory Play and Learn at Leytonstone Family Hub 10.00 - 11.30	Monday 6 th 13 th 20 th October within Play and Learn Under 2's at Seddon Centre 1.00 - 2.30
Exploring Foods Play-based activities for children to learn through exploration about healthy food choices.	Friday 19 th 26 th September, 3 rd October within Sensory Play and Learn at Walthamstow Family Hub 1.30 - 3.00	Friday 12 th 19 th 26 th September within Play and Learn Under 2s at Chingford Family Hub 10.00 - 11.30	Monday 8 th 15 th 22 nd September within Sensory Play and Learn at Leytonstone Family Hub 10.00 - 11.30	Monday 15 th 22 nd 29 th September within Play and Learn Under 2's at 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.	Thursday 11 th September within Play and Learn Under 2's at Walthamstow Family Hub 9.30 - 11.00 Friday 10 th October within Sensory Play and Learn at Walthamstow Family Hub 1.30 - 3.00	Tuesday 9 th September within Play and Learn Under 2s at Chingford Family Hub 1.30 - 3.00 Friday 3 rd October within Sensory Play and Learn Under 2s at Chingford Family Hub 10.00 - 11.30	Tuesday 9 th September within You and Your New Baby at Leytonstone Family Hub 10.00 - 11.30 Monday 20 th October within Sensory Play and Learn at Leytonstone Family Hub 10.00 - 11.30	Monday 8 th September within Play and Learn Under 2's at The Seddon Centre 1.00 - 2.30 Friday 24 th October 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 17 th September, 15 th October, 12 th November, 10 th December Walthamstow Family Hub 1.00 - 3.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Wednesday 17 th September, 15 th October, 12 th November, 10 th December Walthamstow Family Hub 3.00 - 5.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Tuesday 16 th September, 21 st October, 25 th November, 9 th December Leytonstone Family Hub 10.00 - 12.00 Half hour slots available. To book an appointment: www.tlpcc.org.uk/whats-on	Friday 26 th September, 17 th October, 28 th November, 5 th December Queens Road Family Hub. 1.00 - 3.00 Half hour slots available. To book an appointment: 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 1.15 - 2.15 Starts 5 th November - 10 th December Grow Well Centre, 7 Saxon Close. Free. To book visit www.tlpcc.org.uk/whats-on		 Scan the QR code to book your place on our courses and workshops	
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			
South Asian Mum Meet Up Delivered by Maria from Milk with Haldi. Supporting women to feel nourished and cared for during all stages of motherhood. This includes preconception, pregnancy, postpartum and parenthood.	2 nd and 4 th Thursday of the month. 11.00 - 12.00 Starts September 11 th Delivered online. 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			



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