

Roleplay

**Lloyd Park
Children's Charity**

Charity Number 1102134

For families with children under 5 years
living in Waltham Forest

Our charity exists to build brighter futures for children and families,
and our vision is for every child to have the best start in life.



Roleplay was introduced by a group of local parents to improve access and to provide useful information to families in Waltham Forest. It is produced by parents, staff and partners working in settings across the Borough.

Our new childcare provision The Valley Centre, will be opening at The Paradox Centre in September. We have developed the outdoor play space, created a secure entrance, new toilets and kitchen. We are replacing the flooring and giving everything a coat of paint!
We are looking forward to welcoming new children (2-5 years) and their families. I would like to thank Peabody for working in partnership with us on this project.

We are recruiting a new Chief Executive Officer for our charity. This has been a huge piece of work and I would like to thank our Trustees and Senior Leadership Team who are committed to ensuring we get the best person to lead our charity into the future.

Thanks to BBC Children in Need our Baby Bank will be doing more to support children and families in crisis. We have been awarded a three year grant of £72,300 to provide information, support and access to essential items for parents of babies and young children, living in poverty. Funding will provide a range of fun activities, learning opportunities and parenting skills to strengthen family relationships.

Pauline Thomas (MBE)
Chief Executive Officer

visit tpcc.org.uk

Get Involved

Do you want to support your community? Are you interested and passionate about services for families during the early years? Join our Trustee Board or sub groups.

On Wednesday 9th October 2019, The Lloyd Park Children's Charity will hold our Annual General Meeting where we will celebrate our achievements over the past year and elect new Trustees.

If you think you might be interested please contact paulinet@tpcc.org.uk to book an informal information session where we can tell you more about the role and requirements.

WHAT'S ON THIS TERM?

We look forward to ...

Halloween Party at The Lloyd Park Centre
Friday 1st November

Halloween Disco at The Higham Hill Centre
Friday 1st November

Winter Fayre at The Lloyd Park Centre
Sunday 24th November

Winter Fayre at The Higham Hill Centre
Saturday 7th December

DATES FOR YOUR DIARY

Training Day

Monday 2nd September - All services closed

Annual General Meeting

Wednesday 9th October

Half Term

Monday 21st - Friday 25th October

Last Day of Term

Friday 20th December

Cleaning Day

Friday 3rd January 2020 - All services closed

Training Day

Monday 6th January - All services closed

First Day of Term

Tuesday 7th January

Dates and times can change at short notice. Please visit www.tpcc.org.uk or follow us on Facebook



@LloydParkCC



0 Being Healthy

Please visit our blog for more articles
and top tips for families!
<http://www.tlpc.org.uk/parenting-blog/>



eRedbook

The Personal Child Health Record or 'Red Book' is now available as an online app that can be downloaded onto mobile devices. This app gives parents secure access to their child's health information on the go. Health information including your baby's birth notification details, new-born screening test results, immunisations records and health checks will flow directly into the eRedbook.

This is a new digital tool that will be discussed with pregnant women, new mums and their partners to encourage them to register for the e-Redbook, which can be used alongside the paper red book. A paper copy of the red book will still be provided to all parents when their baby is born.

Parents can register and access the eRedbook app by downloading from the play or app store or by visiting website www.eredbook.org.uk

The eRedbook will provide convenient, online access to many aspects of your child's health record including:

- Antenatal advice and information
- Timelines and reminders about screenings, health reviews and immunisations
- Growth measurements and charts information
- Advice on child's developmental 'firsts' (feeding, moving, words and so on)
- Tailored advice and information by age and location

Parents will be able to add photos and their own notes to the eRedbook, and will have the ability to share access with family members and health professionals. Additionally, parents will be able to save notes and questions for their next health appointment, using the app to monitor and support their child's health and developmental progress.

For further information about the eRedbook, please do speak with a member of the NELFT 0-19 Universal Health Visiting team in clinic or call us on **0300 3001970**



Introducing a new HENRY workshop for the autumn term.

Can you answer yes to any of the following questions?

- My child only eats a limited range of foods.
- Mealtimes are a constant challenge.
- My child doesn't seem to eat very much.

If you do, why not book on to our new Fussy Eating Workshop.

We will explore food preferences, portion sizes and ideas for enjoyable family mealtimes.

In addition, we will provide you with some helpful resources including:

- How big is a portion? chart.
- Top Tips for enjoyable family mealtimes.
- Taste Journey chart (a chart with stickers to help you keep track of foods that you have offered your child).

The workshop is for parents/carers only as we do not have crèche facilities; it lasts for 1.5 hours and there will be one in each of the Waltham Forest Hubs after Autumn.

Please see Whats On for dates, times and booking information.

We look forward to meeting you.



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

Healthy Child Programme

The NELFT Waltham Forest 0-19 Health Visiting and School Nursing team work in partnership with other health professionals, community midwives, GPs and other services including The Lloyd Park Children's Charity and HENRY to support all children in the borough to achieve the Best Start in Life.

Health Visitors and School Nurses are qualified nurses with special training and experience in child and family health and development. We lead teams to deliver the Healthy Child Programme to families, starting from contact in pregnancy through to when your child leaves school.

All expectant parents are offered a contact during pregnancy, and a Health Visitor will visit when baby is born. We visit all parents 6 weeks after the birth, and offer contact within our child health clinics. We offer all children aged 1 year and 2-2 1/2 a health and development review, this appointment is an opportunity to discuss any questions you may have about your child's health, growth and behaviour.

We understand that families from all walks of life may need support for specific issues, so the service provided for each family can vary, depending on the personalised assessments of their needs and what may work for them.

If you wish to contact the service, to speak with our Duty Health Visitor or to book an appointment, please call our Single Point of Access **0300 3001970** or email nem-tr-0-19universalspaw@nhs.net. For daily updates about our services.

NELFT Waltham Forest Health Visiting
NELFT Waltham Forest School Nursing



Find us on:
facebook

What would you like to read about in Roleplay?
Email info@tlpc.org.uk with any questions
or suggestions for articles.

You Said
You wanted more sessions held at The Seddon Centre in the Leyton Area.

You Said
Parents wanted the opportunity to attend sessions that fit around their child's nap time.

You Said
Parents told us that they weren't aware of the 2 year FEEE nursery offer.

We Did
We have arranged to have a 'Play All Day' session at The Seddon Centre.

We Did
Each area will now have a Play All day from 9-3.

We Did
We teamed up with the Hackney Playbus in each neighbourhood to meet parents out in the local areas, which enabled us to inform parents of the offer.



TLPC would like to thank everyone who helps support our Charity! Special thanks go to:

Children in Need for supporting salary costs for our Baby Bank over 3 years.

Stow Bros for donating £250 to buy new toys for our Baby Bank play session.

Local parent Jo and Bella Magazine who donated bags of beauty goodies to our Baby Bank.

Thanks for raffle donations go to:

Sodo Pizzeria
The Queens Arms
Wynwood Café
Wood St Coffee
This Cherry's on the Cake

Not forgetting all the generous individuals who donated online!

Flourish – A parents' view:

I was referred to Flourish by my health visitor as I had suffered acute anxiety after the birth of my first child and felt it beneficial to have support in place following the birth of my second. I was nervous about attending but after a phone call with Ruhksana who leads the group she explained how Flourish works and what qualities I could bring from my experience.

Flourish is a warm, safe nurturing space to share without judgement or to sit and reflect and to listen. You are always welcomed with a hot drink and a biscuit. Somewhere to share your week - difficulties and triumphs. A play space to explore with your baby, ideas for activities to do at home. Information on weaning, weigh in clinics and the philosophy of treasure baskets - aiding your baby's development.

I made friends and learnt new perspectives from women from all different backgrounds, cultures and ethnicities but with a common thread of responsibility and how that can affect your mental health under the pressures of becoming a parent. I benefitted from others sharing their stories, the podcasts they listened to and what got them through the early weeks of caring for a newborn.

I would definitely recommend Flourish to any new mothers struggling with how they are feeling post birth and wondering if you are the only one. The group is referral only but the first step is to tell your midwife, health visitor or GP if you are worried. You are not alone!



Community Knitting:

There are some wonderful people in our community and they don't get any better than The Community Social Activity Group in Walthamstow. Supported by Pinpoint Inc, these talented and generous folk knit cardigans and blankets for families from our Baby Bank. These are knitted with love, care and attention and provide warmth and comfort to babies, children and families in need in our borough.

The group is looking for men and women to join them. They meet up every Monday behind the Community Café in Higham Hill Park, 12-2pm. In addition to knitting and crochet they also play games and have a good old chat. Tea and biscuits are offered and donations of wool are appreciated.

Call Heidi for more info 07843 920787.

Yoga with Ros
Mondays
The Lloyd Park Centre
8 - 9.30pm
£8.50 per session



Oral Health Promotion

The Children and Family Centre teams offer Oral Health sessions throughout the year. From the feedback gathered from the last sessions held, we have noticed that the families have found it really useful! Top tips on how and when to start brushing are discussed during the session and much more...

One parent commented:

"Very informative, good to know when to brush teeth, how much toothpaste should be used for different ages, importance of brushing and registering with a dentist"

All feedback is valued. We are always striving to share as much knowledge as we can with our community. Look out for the next Oral Health session in our 'What's on' section in Roleplay.



0 Learning Through Play, Staying Safe and Employability

Early Help - How we support families (a real example)

The Early Help Team provide family support in the home to parents/carers with children (0-18) and explores each family's situation to ensure the support they receive is tailored to their needs. Families can request help for themselves or other professionals (such as Health Visitors) and can make a referral on their behalf. Here we are going to explain one of our cases to show you how we can help:

A Health Visitor referred first time parents with an 8-month old little girl for support as they had no recourse to public funds, were unable to work, had no family support and were staying in a friend's room. Their financial worries increased after receiving an NHS bill for their daughter's birth. The Early Help Practitioner (EHP) could see how loving and affectionate the parents are although due to lack of space the baby was often strapped in her baby chair watching cartoons on TV.

Through Early Help support the family accessed food banks, Baby Bank and financial support through the Citizens Advice Advisor.

Positive changes have occurred through:

- Creating a small and suitable play space in the room so the baby could play on the floor.
- Receiving one to one sessions with the EHP around starting solids, routines, play and learning.
- Attending sessions at the Children and Family Centre with the EHP.
- Mother attending a parenting programme which she found helpful.
- A 'team around the child meeting' with parents and health professionals to create co-ordinated support.
- The family now have a visa to stay.

If you feel that we can offer you any help or support, please talk to a member of our team or call MASH on 020 8496 2310.



Child Safety at Home

Home; a place for play, for calm, for spending time together. A 'safe' place for children to grow and develop.

Here are a few ideas to help to keep your children safe in your home environment:

1. Make sure you have properly installed smoke alarms that are checked regularly.
2. Make sure that medicines and cleaning products are stored safely, ideally in a lockable cupboard.
3. Make sure cots and prams do not have stuffed toys, cushions or loose clothing.
4. Never leave your child alone in the bath or shower.
5. Make sure small children can't reach hot drinks as these can scald up to 15 minutes after being poured.

There is lots of advice available to help your family stay safe. You could try looking at the following website:

www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tip

Volunteering for Baby Bank

I started my journey as a volunteer at Baby Bank by firstly being a family in need of Baby Bank. Over time of receiving support I saw the work that was done with families and myself. I decided that I would like the opportunity to give back to the Baby Bank and asked if I could be a volunteer.

I love and enjoy what I do at the Baby Bank and play session. It has helped me to build my confidence, communicate with people of different cultures and to assist those in need. I also enjoy facilitating activities like singing and role play with the children in the Baby Bank play session.

I gain support from other Children and Family Centre staff, my Baby Bank teammates and Sarah who is such an amazing person to work with. I would recommend volunteering to everyone.

If you would like to volunteer, please contact your local Children & Family Centre for more information or visit the TLPCP website.

from Chioma

Music - A Tool for Learning!

Music is a brilliant source of learning for children of all ages. It helps to build confidence, to strengthen children's social skills, to increase patience levels as well as inspiring creativity and much much, more!

Here we would like to give a few suggestions of how to make some different musical instruments with your child that you can then use while singing, playing music and dancing. (Please note that you will need to fully supervise your child with these items).

1. Use a loaf tin or plastic box and elastic bands to make a stringed instrument. Pull the elastic bands around the tin or box. As simple as that... let your child play it like a guitar.
2. Use a dry and clean plastic bottle and fill with dry uncooked pasta or rice. Why not try a few different things and see what different sounds they make.
3. There's nothing better than emptying your saucepan cupboard and grabbing a wooden spoon! Bang Bang!

There are many other ways to create musical instruments. Why not get your creative juices flowing and try out other ways too!



Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

Monday

Childminder Drop In
(prospective parents welcome)
Delivered by LBWF
🕒 9.30-11
Walthamstow Children and Family
Centre Hub. Term time only.
£1 first child, 50p siblings.

Move and Rhyme Funtime (0-4s)

🕒 10.10.30 & 11.11.30
Homemade Community Cafe.
Delivered by local parent Carlene.
Voluntary donation.

Music and Movement

🕒 10.15-11 & 11.15-12
Wood Street Library.
Free.

You and Your New Baby

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

Flourish

🕒 1.30-3.30
Walthamstow Children and Family
Centre Hub. Invitation only, speak to
a member of staff. Term time only. Free.

Boogie Books

🕒 2.30-3
Homemade Cafe.
Voluntary Donation.

Services are available for all,
irrespective of where you live.

Antenatal appointments available in each neighbourhood
Speak to your midwife to book an appointment

1st Friday of Month 10-12, drop-in to Priory Court Community
Centre Coffee Morning to see your Ward Councillor or Housing Officer or
Citizens Advice for welfare, benefit or debt queries

Tuesday

Outdoor Play Session (Grow Wild)
🕒 9.45-11.15
The Lloyd Park Centre.
£2 first child, 50p siblings.

Crawlers to 2 Year Olds

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

Child Health Clinic

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

Evening Child Health Clinic & Infant

Feeding Drop In
🕒 1.30-3
Delivered by NELFT and HENRY.
Walthamstow Children and Family
Centre Hub. Free.

Wednesday

ESOL, Tot's & Toddler Reading Book
Club
🕒 9.30-11.30
For more information
hello@elatt.org.uk or call 020 7275
6750

Citizens Advice Waltham Forest

🕒 9.30-2
Please call to book: 020 8509 6444
Walthamstow Children and Family
Centre Hub.

Imagination Library

🕒 1.15-2 & 2.15-3
Walthamstow Central Library
Term time only. Free.

Parent and Toddler

🕒 1.15-2.45
Delivered by The Lloyd Park Centre
£2 first child, 50p siblings.
Term time only.

Child Health Clinic

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

Breastfeeding Cafe

🕒 1.30-3
Delivered by HENRY.
Church Hill Nursery School.
Starts 11th Sep. Term time only. Free.

Thursday

Play All Day

🕒 9.30-11
Between 9 and 3
Walthamstow Children and Family
Centre Hub.
£1 first child, 50p siblings.

Work Club

Delivered by DWP, CFC Engagement.
Steps into Work.
🕒 9.30-11.30 (fortnightly)
Starting 05/09/2019
Please call to book: 020 8496 3511
Walthamstow Children and Family
Centre Hub. Term time only.

Creative Kids

🕒 11.30 & 1-2.30
William Morris Gallery in partnership
with The Lloyd Park Centre.
2nd Thursday of the month.
Booking essential, contact:
www.wmgallery.org.uk
Term time only. Free.

Child Health Clinic

🕒 1.30-2
Delivered by NELFT.
The Lloyd Park Centre.
Term time only. Free.

Somewhere to Belong

🕒 1-2.30
Walthamstow Toy Library.
Invitation only.
Term time only. Free.

Saturday

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

🕒 10-12
Last Saturday of the month.
£3 dads, £3 first child, 50p siblings.
(includes breakfast)

Child Health Clinic

🕒 10.30-12.30
Delivered by NELFT.
Walthamstow Children and Family
Centre Hub. 1st and 3rd Saturday
of the month. Free.

Friday

Speech and Language Drop In
🕒 9.30-11
Delivered by HENRY.
Church Hill Nursery School.
Term time only. Free.

Stay 2 Play (session for all 2 year
olds)

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

Parent and Toddler

🕒 10-11.30
The Higham Hill Centre.
Term time only.
£1 first child, 50p siblings.

Baby Bank Play Session

🕒 10-11.30
Priory Court Community Centre
Free.

Stories and Rhymes

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

Grow Wild

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

Dads' Club

🕒 10-12
The Lloyd Park Centre.
Last Saturday of the month.
£3 dads, £3 first child, 50p siblings.
(includes breakfast)

Child Health Clinic

🕒 10.30-12.30
Delivered by NELFT.
Walthamstow Children and Family
Centre Hub. 1st and 3rd Saturday
of the month. Free.

Chingford Children and Family Centre Timetable (North Neighbourhood)

Monday

Flourish Post Natal Depression Group
(Speak to your health visitor)
🕒 10-12
Chingford Children and Family Centre
Hub.
Invitation only, speak to a member of
staff. Term time only. Free.

Somewhere to Belong

🕒 1.30-3
Chingford Children and Family Centre
Hub.
Invitation only. Term time only.
Free.

Child Health Clinic & Infant Feeding Support

🕒 1.30-3.30
Delivered by HENRY and NELFT.
Chingford Health Centre.
Free.

Toddler Time (18-35 months)

🕒 1.30-3
Delivered by Yardley Early Years Centre.
Term Time Only.
Please call 020 8523 7382 to book.

Tuesday

Tiny Tots

🕒 9.10-11
Delivered by Yardley Early Years Centre
Term Time Only.
Please call 020 8523 7382 to book.

Work Club

Delivered by DWP, CFC Engagement.
Steps into Work.
🕒 9.30-11.30 (fortnightly)
Starting 3/9/19
Chingford Children and Family Centre
Hub.
Please call to book 020 8496 1551.

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

🕒 9.30-11.30
Chingford Children and Family Centre
Hub.
Term time only. Free.

You and Your New Baby

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

Speech and Language Drop In

🕒 1.30-3
Delivered by HENRY.
Chingford Children and Family Centre
Hub.
Term time only. Free.

Wednesday

Painters and Decorators
(18m - 3yrs)

🕒 9.30-11
Delivered by Yardley Early Years Centre.
Term Time only.
Please call 020 8523 7382 to book.

Parent and Toddler & Childminder Drop In

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

Music & Movement (0-4 year olds)

🕒 1.30-3
Delivered by Yardley Early Years Centre
Hub.
£1 first child, 50p siblings.
Term time only.

Crawlers to 2 Year Olds

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

Thursday

Citizens Advice Waltham Forest

🕒 9-1
Chingford Children and Family Centre
Hub.
Please call to book 020 8509 6444

Play all Day (0-4 year olds)

🕒 9-3
Paradox Centre.
Term time only.
£1 first child, 50p siblings. Free for
residents of the Chingford Hall Estate

Childminders Group Delivered by LBWF

🕒 9.30-11
Chingford Children and Family Centre
Hub. Term Time Only.

Family Time

🕒 1.30-3
Delivered by Yardley Early Years Centre
Term Time Only.
Please call 020 8523 7382 to book.

Child Health Clinic and Breastfeeding Cafe

🕒 1.30-3.30
Delivered by NELFT
Chingford Children and Family Centre
Hub. Free.

Evening Child Health Clinic

🕒 4.30-6.30
Delivered by NELFT.
Chingford Health Centre.
2nd and 4th Thursday of each month.

Friday

Play Session (0-4 year olds)

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

Stories and Rhymes (0-4 year olds)

🕒 1.15-2 & 2.15-3
Hale End Library.
Term time only. Free.

Grandparents Group

Delivered by the Early Help team.
🕒 1.30-3
Chingford Children and Family Centre
Hub.
Free.

Child Health Clinic

🕒 10-11.30
Delivered by NELFT.
Chapel End Early Years Centre.
Term time only. Free.

Saturday

Dad's Club

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

Services are available for all,
irrespective of where you live.

Antenatal appointments available in each neighbourhood
Speak to your midwife to book an appointment

Leyton Children and Family Centre Timetable (South West Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play All Day 9-3 Seddon Centre Term time only £1 first child, 50p siblings.</p> <p>Child Health Clinic 9.30-11.30 Delivered by NELFT. Leyton Children and Family Centre Hub. Free.</p> <p>Garden Club 10-11.30 Leyton Children and Family Centre. Contact Shirin Hassan 020 8496 2442 to book.</p> <p>Bengalotang 10-11.30 Term Time Only Session 1: 1.30-2.15 (Under 5's) Session 2: 2.30-3.15 (Under 1's) Leyton Children & Family Centre Hub. Contact Shirin Hassan 020 8496 2442 to book.</p> <p>Songs & Smiles (0-4 year olds) 11-12 Delivered by The Together Project. Aspray House Care Home, 461 Lea Bridge Road E10 7EB Booking essential email: songs@thetogetherproject.co.uk www.thetogetherproject.co.uk Voluntary donation.</p>	<p>Citizens Advice Waltham Forest 9-11.30 Leyton Children and Family Centre Hub. Please call to book 020 8509 6444</p> <p>Child Health Clinic 9.30-11.30 Delivered by NELFT. Seddon Centre. Free.</p> <p>Flourish 10-12 Leyton Children and Family Centre Hub. Invitation only, speak to a member of staff. Free.</p> <p>Speech and Language Drop In 10-11.30 Delivered by HENRY. Leyton Children and Family Centre Hub. Term Time Only. Free.</p> <p>You and Your New Baby 1-2.30 Seddon Centre.</p> <p>Stories and Rhymes 1-1.45 & 2-2.45 Leyton Library (Limited Places) Term Time Only.</p> <p>Playful Yoga (2 years +) 1.30-2 Leyton Children & Family Centre Hub. £1</p>	<p>Kids Kitchen 10-12 Leyton Children & Family Centre Hub. Contact Shirin Hassan 020 8496 2442 to book. 4th September – 8th October</p> <p>Breastfeeding Cafe 1.30-3.30 Leyton Children and Family Centre Hub. Term time only.</p> <p>Music and Movement 1.30-2.30 Seddon Centre Term time only. £1 first child, 50p siblings.</p> <p>Songs & Smiles (0-4 year olds) 2.30-3.30 Delivered by The Together Project Albany Road, E10 7EL Booking essential email: songs@thetogetherproject.co.uk www.thetogetherproject.co.uk Voluntary donation.</p>	<p>Somewhere to Belong 10-11.30 Seddon Centre Invitation only. Term time only. Free.</p> <p>Stay 2 Play (play session for all 2 year olds) 1-3 Leyton Children and Family Centre Hub. Term time only. Free.</p> <p>Work Club 1-3 (fortnightly) Leyton Children and Family Centre Hub. Please call 020 8496 2442 to book</p>	<p>English Conversation Club 9.30-11 Delivered by Adult Learning Service. This is an informal club for non-English speaking adults. Term time only. For more information please call Shirin Hassan 020 8496 2442</p> <p>Child Health Clinic & Infant Feeding Support 9.30-11.30 Delivered by NELFT and HENRY. Seddon Centre. Free.</p> <p>Messy Play (0-4 year olds) 9.45-11.15 Emmanuel Parish Hall. Term time only. £1 first child, 50p siblings.</p> <p>Physical and Sensory Play 9.30-10.30 Walkers to 4 year olds. 11-12 Babies to Crawlers. Leyton Children and Family Centre Hub. Term time only. £1 first child, 50p siblings.</p>
<p>Saturday</p> <p>Dad's Club 10-12 Leyton Children and Family Centre Hub. 2nd Saturday of the month. £1 first child, 50p siblings.</p>				

Antenatal appointments available in each neighbourhood
 Speak to your midwife to book an appointment

Services are available for all, irrespective of where you live.

Leytonstone Children and Family Centre Timetable (South East Neighbourhood)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Citizens Advice Waltham Forest 9.30-2 Leytonstone Children and Family Centre Hub. Please call to book 020 8509 6444</p> <p>Play Session (0-4 year olds) 10-11.30 United Free Church. £1 first child, 50p siblings. Term time only.</p> <p>Somewhere to Belong 10-11.30 Leytonstone Children and Family Centre Hub. Invitation only. Term time only. Free.</p> <p>Breastfeeding Cafe 10.30-12 Delivered by HENRY Le Petit Corner. Term time only.</p> <p>Stories and Rhymes 1.15-2 & 2.15-3 Leytonstone Library. Term time only. Free.</p>	<p>Money Matters 9-1 Leytonstone Children and Family Centre Hub. Appointment only.</p> <p>You and Your New Baby 10-11.30 Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Work Club 1-3.30 Delivered by JCP and partners Fortnightly. Leytonstone Children and Family Centre Hub. For booking contact: Tanya.Blaize@walthamforest.gov.uk.</p> <p>Messy Play 1.30-3 Langthorne Pavilion £1 first child, 50p siblings.</p> <p>Flourish 1.30-3.30 Acacia Nursery Invitation only, speak to a member of staff. Free.</p>	<p>Child Health Clinic 9.30-11.30 Delivered by NELFT. Leytonstone Children and Family Centre Hub. Free.</p> <p>Music and Movement 1.15-2 & 2.15-3 Leytonstone Children and Family Centre Hub. Free.</p>	<p>Child Health Clinic and Infant Feeding Support 9.30-11.30 Delivered by NELFT and HENRY Langthorne Health Centre. Free. NB: Please arrive before 11.26am, as this allows the health visitors to finish promptly for 11.30am</p> <p>Stay 2 Play (play session for all 2 year olds) 1.30-3 Leytonstone Children and Family Centre Hub. Term time only. Free.</p> <p>Play Session (0-4 year olds) 1.30-3 Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.</p> <p>Speech and Language Drop In 1.30-3 Delivered by HENRY. Leytonstone Children and Family Centre Hub. Term time only. Free.</p>	<p>Physical and Sensory Play 9.30-10.30 Walkers to 4 year olds. 11-12 Babies to crawlers. Leytonstone Children and Family Centre Hub. Term time only. £1 first child, 50p siblings.</p> <p>Crawlers to 2 Year Olds 1.30-3 Leytonstone Children and Family Centre Hub. £1 first child, 50p siblings.</p>
<p>Saturday</p> <p>Dad's Club 10-12 Leytonstone Children and Family Centre Hub. 3rd Saturday of the month. £1 first child, 50p siblings.</p> <p>Speech and Language Drop-In 10-12 Leytonstone Children and Family Centre Hub. 3rd Saturday of the month.</p>				

Antenatal appointments available in each neighbourhood
 Speak to your midwife to book an appointment

Services are available for all, irrespective of where you live.



Messy Play



Health



Under 1's



Play



Information & Advice



Education & Employment



Family Support



Antenatal



Invitation Only



Child development & SEND*



Food & diet



Speech & language development

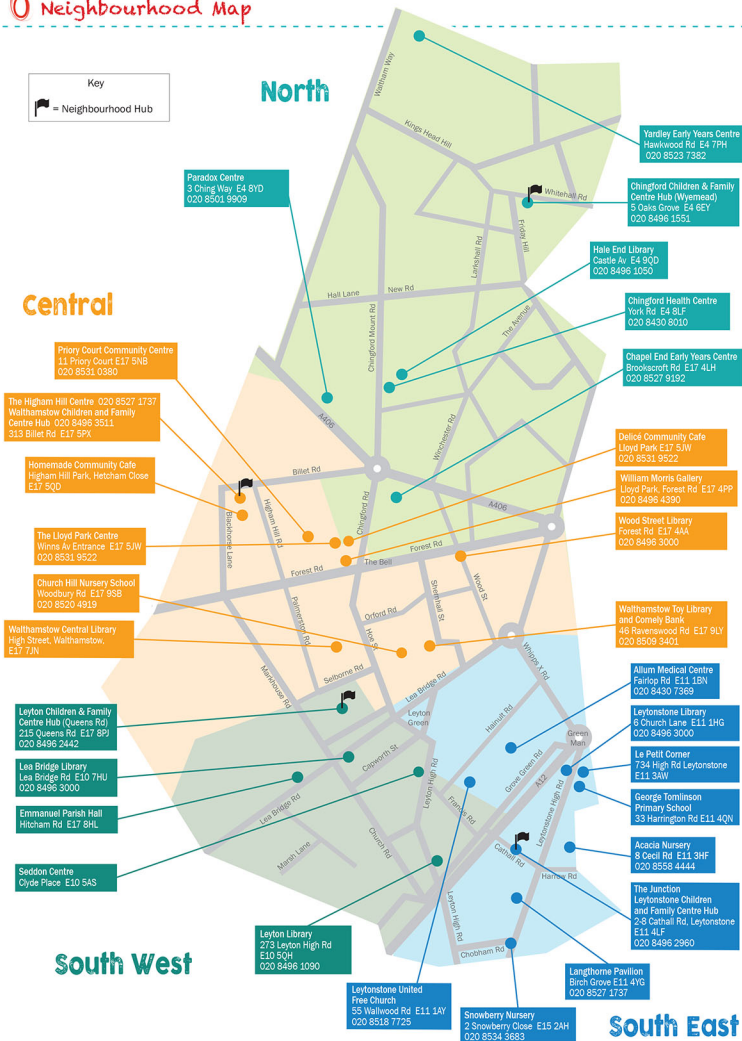
*All sessions are fully inclusive. If you are concerned about your child's development or special educational need or disability, come to these sessions to find out more about the support available for your family

Neighbourhood Map



North

Central



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

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

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

	Central Walthamstow Children and Family Centre Hub	North Chingford Children and Family Centre Hub	South East Leytonstone Children and Family Centre Hub	South West Leyton Children and Family Centre Hub
Baby Massage Before babies are able to speak one of the ways they communicate with the world around them is through touch. We use massage to communicate, soothe and bond with our babies.	Course 1: Mon. 16th, 23rd, 30th Sep. 7th, 14th Oct. 12-1.30 The Community Room, Lloyd Park (Near Delice Cafe) Contact zainabk@tlpcc.org.uk to book. Course 2: Fri. 8th, 15th, 22nd, 29th Nov. 6th Dec. 1.30-3 £10 per course (payment in advance to secure place) Contact vickyk@tlpcc.org.uk to book.	Course 1: Fri. 20th, 27th Sep. 4th, 11th, 18th Oct. 1.30-2.30 Course 2: Wed. 6th, 13th, 20th, 27th, Nov. 4th Dec. 1-2. £10 per course (payment in advance to secure place) Contact 020 8496 1551 to book.	Course 1: Mon. 16th, 23rd, 30th Sep. 7th, 14th Oct. 1.30-2.30 Course 2: Mon. 11th, 18th, 25th Nov. 2nd, 9th Dec. 1.30-2.30 £10 per course (payment in advance to secure place) Contact 020 8527 1737 to book.	Course 1: Wed. 11th, 18th, 25th Sep. 2nd, 9th Oct. 1.30-2.30 Course 2: Wed. 30th Oct. 6th, 13th, 20th 27th Nov. 1.30-2.30 £10 per course (payment in advance to secure place) To book call 020 8496 2442, email leahs@tlpcc.org.uk / adilar@tlpcc.org.uk
Oral Health Promotion Information about local dentists and how to look after your children's teeth.	Thur. 3rd Oct. 10-11.30 within Play All Day Mon. 4th Nov. 1.30-3 within You and Your New Baby at The Lloyd Park Centre.	Wed. 18th Sep. 1.30-3. within Crawlers to 2 Year Olds. Tue. 15th Oct. 9.30-11.30. within Stay 2 Play. Thu. 21st Nov. within Play All Day at Paradox.	Mon. 14th Oct. 10-11.30 within Play Session at United Free Church. Tue. 26th Nov. 1.30-3 within Messy Play at Langthorne Pavilion.	Mon. 30th Sep. 9-3 within Play All Day at The Seddon Centre. Thu. 31st Oct. 1-3. within Stay 2 Play.
HENRY Healthy Family Programme Contact HENRY to book your FREE place on 020 8496 5223 or via email wfsupport@henry.org.uk		Mon. 14th Oct. - Mon. 9th Dec. 2-4 at Paradox Centre. Term time only (creche provided)	To find out what parenting courses are available please email for queries & information: earlyhelpparenting@walthamforest.gov.uk	
HENRY Starting Solids Workshop Group workshop which explores and answers your questions on when, how and what to feed your baby.	Wed. 2nd Oct. 10-12pm Wed. 20th Nov. 10-12pm Call HENRY to book your free place on 020 8496 5223	Thu. 19th Sep. 10-12pm Thu. 7th Nov. 10-12pm Call HENRY to book your free place 020 8496 5223	Fri. 25th Oct. 10-12 Mon. 4th Nov. 1.30-3.30 Call HENRY to book your free place 020 8496 5223	Wed. 25th Sep. 10-12 Wed. 13th Nov. 10-12 Call HENRY to book your free place 020 8496 5223
HENRY Fussy Eating Workshop Group workshop exploring solutions and guidance for coping with children who are not interested in food or eat a limited range of foods.	Wed. 30th Oct. 10-11.30 Parents only, no creche available. Mon. 4th Nov. 1.30-3 Call HENRY to book your free place on 020 8496 5223	Thu. 17th Oct. 10-11.30 Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223	Tue. 17th Sep. 1.30-3 Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223	Wed. 4th Dec. 10-11.30 Parents only, no creche available. Call HENRY to book your free place on 020 8496 5223
HENRY Drop-In Sessions Open walk-in sessions about diet, nutrition, physical activities and healthy lifestyle	Tue. 3rd, 17th Sep. 1st, 15th, 29th Oct. 12th, 26th Nov. 10th Dec. 1.30-3	Thu. 12th, 26th Sep. 10th, 24th Oct. 7th, 21st, Nov. 5th, 19th Dec. 1.30-3	Wed. 11th, 25th Sep. 9th, 23rd Oct. 6th, 20th Nov. 4th, 18th Dec. 9.30-11	Tue. 3rd, 17th Sep. 1st, 5th, 29th Oct. 12th, 26th Nov. 10th Dec. 9.30-11 at The Seddon Centre.
Food Themed Activities-Eating Well for Families. 3 consecutive sessions on how to make balanced meals for children.	Thu. 7th, 14th, 21st Nov. 10-12 within Play All Day	Tue. 12th, 19th, 26th Nov. 10-12 within Stay 2 Play.	Fri. 4th, 11th, 18th Oct. 1.30-3.30 within Crawlers to 2 Year Olds.	Mon. 9th, 16th, 23rd Sep. 12-3 within Play All Day at The seddon Centre
Food themed activities - Exploring Foods 3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.	Tue. 24th Sep. 1st, 8th Oct. 1.30-3 within Crawlers to 2 Year Olds. at The Lloyd Park Centre.	Thur. 3rd, 10th, 17th Oct. 12.30-2 within Play All Day at the Paradox Centre.	Tue. 5th, 12th, 19th Nov. 1.30-3 within Messy Play at Langthorne Pavilion.	Mon. 4th, 11th, 18th Nov. 9-12 within Play All Day at The Seddon Centre.
Sleep Session For Children over 6 months. If you would like information on bedtime routines please speak to a member of the team in one of our Play Sessions.	1st and 3rd Saturday of the month within Child Health Clinic. 10.30-12.30 Thu. 26th Sep. 10-12 within Play All Day Call to book 020 8527 1737	Tue. 29th Oct. 1.30-3 within You & Your New Baby. Wed. 25th Sep. 1.30-3 within Crawlers to 2 Year Olds. Thu. 7th Nov. 1.30-3 with Play All Day at the Paradox Centre.	Fri. 27th Sep. 10-11.30 within Crawlers To 2 Year Olds Mon. 4th Nov. 1.30-3 within Play Session at the United Free Church Fri. 6th Dec. 11-12 within Babies to Crawlers.	Fri. 20th Sep. 9.30-12 within Physical and Sensory Play Tue. 15th Oct. 1.30-3 within You & Your New Baby at The Seddon Centre Mon. 4th Nov. 9-3 within Play All Day at The Seddon Centre.
Domestic Abuse One Stop Shop A safe, confidential and non-judgemental place for anyone to drop-in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.	Monthly drop-in on: Thu. 12th Sep. 10th Oct. 14th Nov. 12th Dec. 1-4	Monthly drop-in on: Mon. 16th Sep. 21st Oct. 18th Nov. 16th Dec. 10-1pm	Monthly drop-in on: Tue. 24th Sep. 29th Oct. 26th Nov. 17th Dec. 10-1	Monthly drop-in on: Wed. 4th Sep, 2nd Oct. 6th Nov. 4th Dec. 10-1
Family Support	To find out about family support, within our play sessions, around routines, behaviour or your child's learning and development, please talk to a member of our team or email familysupport@tlpcc.org.uk For parenting advice you can also contact shirin.Hassan@walthamforest.gov.uk / 020 8496 2442			