

September to
December 2024

Best Start in Life Timetable

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What's on for under-5s
at your local Family Hub



Waltham Forest

Family Hub locations

Open Monday to Friday
9am to 5pm

Best Start in Life activities take place in our four Family Hubs and in community spaces across the borough.

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Half term

Monday 21 October to
Friday 25 October

Christmas Holiday

Friday 20 December to
Friday 3 January





Chingford Family Hub
 5 Oaks Grove, E4 6EY
 See page 16 for site locations

Leytonstone Family Hub
 2-8 Cathall Road, E11 4LF
 See page 38 for site locations

Best Start in Life

Best Start in Life services are for under-5s and their families in Waltham Forest. They are delivered in our Family Hubs and a range of other venues across Waltham Forest. They include Council-delivered and Council-funded services, provided by our partners. In this section you can find descriptions of the different Best Start in Life events that we host.



Lloyd Park Children's Charity



NELFT NHS
 North East London
 NHS Foundation Trust

Family Hub Phonenumber
0208 496 4965

Mon to Fri: 9am to 5pm
 with a 24-hour answering service and the option to leave a message for a call back.

Our free Family Hub phonenumber offers impartial support and advice to families with children living in Waltham Forest. It also offers support to young people aged up to 25 years old.

Activity Explainer

These pages give a full list of all the Best Start in Life sessions for under-5s you'll find at our Family Hubs sites. Check the Chingford, Walthamstow, Leyton and Leytonstone sections to see the timetables for these sessions.



The activities in this book have a different colour superhero to show what type of activity you can expect:

When you see **Curious Carina** you can expect play and learning sessions that will support your child's learning and development.



When you see **Active Ashton** you can expect a session to promote your child's health.



When you see **Brave Bilkis** you can expect a session to help parents and children who may be having a difficult time.



When you see **Helpful Hakim** you can expect an activity to support children with learning and developmental delay or SEND.



Play and Learning Activities

These inclusive, fun, and interactive drop-in sessions for under-5s help children play, learn, and socialise. Skilled staff provide advice on extending learning at home and can direct you to other supportive services. Some sessions are themed, such as for young parents, LGBTQI+, or dads/male carers.

123 Mini Chefs

Enjoy the fun of cooking with your toddler while transferring learned skills from our class to your home. Please note: children attending this session must be able to use cutlery independently.

Bong-a-long

These sessions help kids have heaps of fun, experiencing new sounds and rhythms to help early musicality. Sessions focus on songs and rhymes to help speech, and action songs and movement for co-ordination.

Book and Craft

Fun craft session based on characters and themes from books.

Crafty Families

Fun craft activities for children. Parental supervision required.

Dads' Coffee Morning Stay and Play

Dads and carers are welcome to join these fun-packed drop-in play sessions that will support your child's development in all areas. Come along and meet other dads!

Dads' Club

This is a great place to meet other fathers and carers in your area. The Club offers a variety of fun play-based activities for you and your child.

Dads' Stay and Play

Family playtime with our library toys and musical instruments. Come along and meet other dads and carers.

Family Cooking Club

Family friendly cooking classes packed with fun.

Film Club

Join for a series of delightful and heartwarming films specially curated for a young audience. Adults must be accompanied by a child and children must have adult supervision.

Free Early Education and Childcare Information Drop-In

Don't miss out on up to 30 hours of free early learning and childcare for your child per week. Pop in and get answers to all your questions and check whether you're entitled to the expanded offer for working families.

Grandparents' Group

Come along with your grandchildren to enjoy an open play session of fun and exciting activities, from arts and crafts to physical play. This session supports all areas of children's learning and development in a safe and stimulating environment.

Grow Wild Explorer

Join this green, outdoor play space promoting your child's learning. For more information go to www.tlpc.org.uk or call **0208 531 9522**.

Kids' Crafts Club

In this world of imagination, creativity, and endless possibilities, get ready to unleash your artistic talents and embark on exciting crafting adventures. The club is all about nurturing young minds and encouraging self-expression through various hands-on craft activities.

Lego and Duplo Club

Join us for our weekly Lego and Duplo club to play and meet new friends.

Let's Create

A fun themed arts and craft session for your child. Parental supervision is recommended.

For more activities, visit walthamforest.gov.uk/events

Little Ballers

This is a sports and games session for children over two years old, to help improve fitness, flexibility, coordination, listening and discipline.

Music and Movement

Come and join a fun, stimulating and interactive session where your child can move, sing and dance.

Music and Rhymes

A fun session for your child to experience play through music and rhyme.

Outdoor Dads' Club at Grow Wild

A play session for dads and their children under the age of 5. Fun activities in a natural adventure playground built for climbing, sliding, hopping, jumping and exploring.

Outdoor Explore and Play Session

A fun outdoor session for you to play with your children in a creative and stimulating environment that will support their development in all areas.

Play Session

A fun session for you to play with your children in a creative and stimulating environment that will support their development in all areas.

Reading From the Start

All families with children under 5 are welcome to attend. These are weekly activities for you and your child to enjoy within the session. Top tips for reading and family support.

SEND Lego Club

This is a free session for SEND Families to have the opportunity to join a friendly Lego Club for children.

Sensory and Rhymes

Sessions from birth to pre-crawlers, antenatal and post-natal, focusing on songs and rhymes to help speech, and action songs and movement for coordination, with weekly speech and language top tips.

Sensory Rhyme Time

Focuses on songs and rhymes to help speech, and action songs and movement for coordination.

Stay and Play

A fun session in a creative and stimulating environment that will support your child's learning across all areas. Delivered by schools, early years professionals and library staff.

Stories and Crafts for Babies

A fun and interactive session. A chance for your baby to experience stories and crafts all within one session.

Stories and Crafts for Toddlers

A fun and interactive session. A chance for your toddler to experience stories and crafts all within one session.

Stories and Rhymes

Join us as while we sing all your favourite songs, from 'The Welcome Song' to 'Happy and You Know It', 'Wheels on the Bus', 'Okey Cokey', and many more. Learn speech and language tips while having fun.

Story Time

Fun storytelling sessions where you listen to a different story every week.

Tambini Music and Rhymes

Fun sessions with songs and rhymes to help speech, and movement for coordination.

Under-2s Play Session

Fun interactive play activities for children under the age of two. As children reach new milestones, come along to find out how you can support your child develop their curiosity.

We Are Friends

A weekly intergenerational storytelling program that brings together children under 5 (and their parents or guardians) and older residents through storytelling and songs. There'll be puppets, instruments, colourful scarves and bubbles, and a chance to create new friendships across the generations.

You and Your New Baby, Stay and Play

Your baby's first social group! Have fun meeting other families with babies, share experiences and learn how to support your child's development in a fun and relaxing environment. You can join in from pregnancy until your baby is crawling.

Young Parents' Group

A great place to meet other parents aged under 25 through four weeks of sessions for parents and their children under the age of 5. Each week has a different theme/activity. For more information email: familysupport@tlpcc.org.uk or call **0208 527 1737**.



Scan here for an up-to-date events list!



Health and wellbeing support

These sessions are focused on promoting your baby's or child's health and wellbeing, or to help you with your own health and wellbeing goals.

Baby and Toddler Clothes Exchange

A baby and toddler clothes exchange day where you can meet other parents and exchange baby clothes for free.

Baby Massage

You will learn how to massage your baby safely during this weekly five-session course. Massage offers benefits such as bonding, calming your baby, improving sleep, aiding digestion, and enhancing circulation. We recommend you start after your baby has had their six checks and when your baby is content and alert.

HENRY Healthy Eating and Dental Health Drop-In

Pop in with any questions you have for our trained nutritionists. We are here to help you support your children develop good healthy eating and dental teeth habits.

HENRY Infant Feeding Group Drop-In

Whether you are breast, bottle, or mixed feeding our trained infant feeding practitioners can help support you give your baby the best start in life. These are drop-in sessions. We encourage families to attend early on in the session to ensure the team can give you the support you need. Call the team on the local Infant Feeding helpline for more information on **0207 961 9073**.

Child Health Clinic

Come to get your baby or child weighed, or to speak to a member of the Health Visiting Team in one of our friendly and welcoming Child Health Clinics.

You can also collect your third bottle of Healthy Start vitamins for your baby at a Child Health Clinic. Find out more at bit.ly/healthystart-WF

These drop-in sessions give families the opportunity to ask questions about their child's health, growth or development. Please bring your baby's red book when attending the clinic.

The Health Visiting team offers contacts as part of the Healthy Child Programme, and all children are offered appointments for health and development reviews within the Family Hubs. These appointments are offered when your baby is over one year old, and again after your child turns two.

The health review provides the opportunity to review your child's development and discuss any questions you may have about their health, growth and behaviour. Our staff are trained to support and advise families about staying healthy, supporting your child's play, development, behaviour, sleep, dental care, immunisations, and minor ailments. You can learn more about the Best Start in Life offer, and the wider opportunities available for your child within the borough, including access to childcare and specialist services if required. At your 2 to 2-and-a-half year review, you will also receive our Best Start in Life pack, containing information, resources and a gift for you and your child.

If you have not been contacted for a one-year health review when your child turns 15 months, or their 2 to 2-and-a-half-year review when they turn 27 months, you can call the 0-19 team **0300 033 6200** or email thgpcg.wf0-19spa1@nhs.net. If you are unable to attend the offered appointment, please contact us and we can rearrange for you.

To find out more about service, or to speak to a Duty Health Visitor, call 0300 300 6200.

For more activities, visit walthamforest.gov.uk/events

Initial Sleep Consultation

Sleep deprivation not only affects a child's learning, behaviour, mood and health but also the physical and mental wellbeing of the whole family. The Sleep Support team provide friendly advice for children over the age of one.

For bookings or more information visit tlpcc.org.uk or call **0208 527 1737** or email: familysupport@tlpcc.org.uk.

Meet the Home Birth Team

Opportunity to meet your midwife from Whipps Cross Hospital's Midwifery Team. Use this Eventbrite link to book your space: bit.ly/homebirthteam.

Speech and Language Support Drop-In

If you are worried about your child's speech language or communication and they are under 5 years old, you can visit one of our drop-in sessions and talk to a Speech and Language Therapist. You do not need an appointment. Ask our Speech and Language Therapy team any questions about your child's communication development and get tips and strategies to try at home.



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.

Walthamstow Family Hub:

Thursday 28 November, 9.30am to 11am
Friday 6 December, 1.30pm to 3pm

Chingford Family Hub:

Tuesday 8 October, 10am to 11.30am

Paradox Centre:

Monday 11 November, 1.30pm to 3pm

United Free Church:

Monday 16 September, 1pm to 2.30pm

Leytonstone Family Hub:

Friday 4 October, 10am to 11.30am

Seddon Centre:

Monday 30 September, 1pm to 2.30pm

Queens Road Family Hub:

Friday 8 November, 10am to 11.30am

QuitRight Waltham Forest

Our specialist advisors can help find a treatment option that is right for you, making it even easier to quit smoking and beat the cravings. You can self-refer through the QuitRight webpage: quitrightwf.org. Call **0207 882 8230** to book, or simply walk in.

For more activities, visit walthamforest.gov.uk/events



Family Support

These sessions are aimed at parents and children who may be having a difficult time. All sessions are run by skilled staff who are able to provide advice and information and signpost to other family support services.

Buddies

Are you finding life tough at the moment? Are you expecting, or do you have a child under two? A friendly HENRY Buddy will keep in touch regularly by telephone to help you through the challenges of adjusting to family life. Buddies can support you over a few days or weeks and when you need it. They'll listen, provide support, and offer practical ideas.

Get in touch with HENRY to book your place: 0208 496 5223/wfsupport@henry.org.uk.

Community Drop-In

An informal space where adults get friendly support and information from local volunteers, community organisations and Waltham Forest Early Help teams. This includes information about local services, support for parent, community activities and help to use online services.

Flourish

A support group for mothers who are finding the transition into motherhood not to be as they expected. A chance to talk and share with other mothers feeling the same and learn to have fun with their baby. For bookings or more information visit tlpcc.org.uk or call **0208 527 1737** or email: familysupport@tlpcc.org.uk.

Free Early Education and Childcare Information Drop-In

Don't miss out on up to 30 hours of free early learning and childcare for your child per week. Pop in and get answers to all your questions and check whether you are entitled to the expanded offer for working families. Find your nearest session in the event pages.

Violence Against Women and Girls (VAWG) Drop-In

A safe, confidential, and non-judgemental space for anyone to come and seek advice in relation to their safety, wellbeing and practical needs. If you want to talk about how you feel, get advice, or find some support, you can meet with one of our specialist workers.

The Parents Lounge: Break Tha Cycle

A safe space for parents to discuss topics that affect them, to make new friends, and create a parent community. A space by parents for parents. For more information, contact **07535 280 467**.



For more activities, visit walthamforest.gov.uk/events



Sessions to support children with Learning and Developmental Delay and/or SEND

Learning together - Pre-school

These fun, stimulating and interactive play activities give your children a space to learn and socialise safely, while their needs are met and their progress supported. An allocated key person as well as health and/or education professionals will support parents and carers with individual learning plans. Referral needed by a health or education professional for the Early Years Inclusion Pathway.

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Sensory Play

In these fun, stimulating and interactive sessions, under-5s with learning and developmental delay/ SEND can play, learn and socialise with other children. These sessions also allow parents or carers to meet new friends and share knowledge and experiences. All sessions are inclusive and provide a range of activities that are appropriate for children of all abilities. This is a free drop-in session; booking is not necessary.

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Scan here for an up-to-date events list!

For more activities, visit walthamforest.gov.uk/events

Workshop and Programme Explainer

Some Best Start in Life activities are either one-off events (like our HENRY workshops) or they're long-term programmes (like many of our sessions for parents). Find details about them in these pages, 12 to 15.

HENRY workshops

HENRY is part of the Family Hubs programme, funded by the Council. It is open to expecting parents and parents and carers of children under 5. They run face-to-face and online workshops which support families with key milestones and health topics.

Online Workshop: Caring for My Newborn

This session is for parents of babies aged 0 to 8 weeks. Join our postnatal workshop, which explores up-to-date information to enable you to feed your baby confidently and address challenges such as night-time feeding, sleep, and parental well being.

Dates online:

Time: 2pm to 3.45pm

Saturday 14, Wednesday 25 September

Saturday 12, Wednesday 23 October

Saturday 9, Wednesday 20 November

Saturday 7, Wednesday 18 December

Get in touch with HENRY to book your place: call 0208 496 5223 or wfsupport@henry.org.uk



Antenatal Breastfeeding Workshop: Preparing to Feed my Baby

Come and meet our Early Infant Feeding team! Join our antenatal workshop which explores how to get breastfeeding off to a good start before the baby comes. We cover what to expect, how to prepare and share top tips to help you bond and feed baby. These sessions are delivered online and in your local Family Hub.

Dates online:

Saturday 21 September, 10am to 12 noon

Friday 18 October, 12 noon to 2pm

Saturday 2 November, 10am to 12 noon

Friday 13 November, 12 noon to 2pm

Leytonstone Family Hub:

Wednesday 27 November, 4pm to 6pm

Queens Road Family Hub:

Tuesday 3 September, 1.30pm to 3.30pm

Walthamstow Family Hub:

Wednesday 2 October, 10am to 12 noon

Chingford Family Hub:

Wednesday 13 November, 4pm to 6pm

Get in touch with HENRY to book your place: 0208 496 5223 / wfsupport@henry.org.uk

New sessions are added each term.
Get the next set of dates from HENRY's website:
henry.org.uk/walthamforest

Get in touch with HENRY to book your place:
0208 496 5223
wfsupport@henry.org.uk

Infant Feeding Helpline **0207 961 9073**

Mon to Fri: 9am to 5pm
Sat: 9am to 2pm

Our Waltham Forest phonenumber is staffed by a local team of HENRY Infant Feeding Practitioners. They can support you with breast / bottle / mixed feeding.

Healthy Teeth Workshop

Online sessions where you can learn more about your child's dental health and get some top tips for teeth. Explore how to keep teeth healthy right from the very first tooth.

Dates online:

Tuesday 1 October, 10am to 11.30am
Wednesday 11 December, 1pm to 2.30pm

Starting Solids Workshop

Join us for a group workshop which explores when, how and what to feed your baby. This is run as a two-hour online workshop and face-to-face.

Dates online:

Friday 11 October, 10am to 12 noon
Friday 29 November, 1pm to 3pm

Walthamstow Family Hub:

Wednesday 25 September, 10am to 12 noon
Tuesday 10 December, 10am to 12 noon

Leytonstone Library:

Tuesday 12 November, 10am to 12 noon

Queens Road Family Hub:

Tuesday 10 September, 1pm to 3pm

Get in touch with HENRY to book your place:
0208 496 5223 / wfsupport@henry.org.uk

Dental Drop-In at the Library

Join our library sessions to learn more about your child's dental health. Come and have a friendly chat with our qualified dental nurse!

- Get some top tips for teeth.
- Explore how to keep teeth healthy right from the very first tooth.
- Share good oral health habits.
- Come along for a tooth friendly story during the Stories and Rhymes session with a fun toothbrushing song! All dates run alongside Stories and Rhymes, and carry on for half an hour after the session.

Hale End Library:

Wednesday 11 September, 10.30am to 11.30am

Leytonstone Library:

Tuesday 24 September, 11am to 12 noon
Monday 18 November, 11am to 12 noon

Walthamstow Library:

Wednesday 9 October, 11.30am to 12.30pm
Tuesday 3 December, 11.30am to 12.30pm

Leyton Library:

Monday 14 October, 11am to 12 noon

Chingford Library:

Wednesday 6 November, 11am to 12 noon

Lea Bridge Library:

Tuesday 17 December, 11am to 12 noon

Parenting Programmes

HENRY Healthy Families Group Programme

A free eight-week programme for families with children under 5, which helps you give your child the best possible start in life. Each week you'll join an interactive group session with other local families to explore parenting confidence, eating well as a family, physical activity for your little ones and balancing family life. You'll receive a free HENRY toolkit which includes everything you will need during the programme and lots of helpful resources to use in your family.

We run online and face-to-face programmes, and new dates are added all the time.

Queens Road Family Hub:

Tuesday afternoons starting in September / October.

Walthamstow Family Hub:

Wednesday mornings starting in September / October.

Online programmes running at different times across the week.

Get in touch to find out more:
0208 496 5223 or wfsupport@henry.org.uk.

Strengthening Families, Strengthening Communities (SFSC)

For parents/carers with children aged three to 18. Designed to promote protective factors, develop healthy lifestyles, keep families and communities free from violence, build special relationships with your child based on unconditional love, and give your child the key skills to grow.

Triple P 0-12

For parents/carers with children aged up to twelve years old. Learn about the causes of child behaviour problems, set goals, and use strategies to promote development and manage misbehaviour.

Triple P for Babies

This course helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby.

Time: 10am to 12noon

Dates: Tuesday 1, 8, 15, 22, 29 October
Tuesday 5, 12, 19 November

Location: The Grow Well Centre

To book an appointment, visit:
lloydparkcc.eventbrite.com

Triple P Stepping Stones

For parents/carers with children aged up to twelve years old with an intellectual or physical disability. An extension of Triple P 0-12 that helps you manage problem behaviour and developmental issues common in children with a disability.

Triple P Teen

For parents/carers with children aged 11 to 18 years old. Promote your teenagers' development and potential, or address concerns about your teenagers' behaviour.

For all Parenting Programme information and to book sessions, please email earlyhelpparenting@walthamforest.gov.uk or visit bit.ly/parentingWF

Although being a parent can be very rewarding, there may be times when you need some extra support. Help is available to parents and carers in Waltham Forest through local parenting programmes and services, funded by the Council.

Positive Behaviour Support (PBS)

For parents/carers of children with autism, a learning disability or a range of other complex care needs. Improve the quality of life for your child and your family and create opportunities for meaningful engagement with day to day life.

Mellow Bumps

An antenatal parenting programme for expecting parents. Feel more relaxed during pregnancy, improve your wellbeing and build a stronger relationship with your baby. Starting at 20 to 30 weeks' gestation.

Age: Antenatal
Time: 1pm to 3pm
Dates: Wednesday 2, 9, 16, 23, 30 October
Wednesday 6, 13, 20 November
Location: Queens Road Family Hub

Citizens Advice

Citizens Advice is a one-stop shop for residents in need of support. They offer a range of services including debt management, benefits, employment, immigration, and housing. Call **0808 278 7838** for advice and to make a booking.

Connective Parenting Sessions

For parents/carers of children and young people aged 0 to 25 years with SEND. Create a calmer family home with practical tips on how to increase connection, manage meltdowns and learn strategies for self care, increasing presence, prioritising and gestures.

Online Mellow Babies for Dads

An attachment and relationship-based group programme for parents of babies and children. Reflective and practical techniques are both used to allow parents to address challenges. Delivered for both mothers and fathers separately.

Time: 2pm to 4pm
Dates Online: Thursday 3, 10, 17, 24, 31 October
Thursday 7, 14, 21 November

Online course. For booking details go to www.lloydpark.eventbrite.com.

Being a Parent

For parents/carers of children aged 2 to 12 years. Run for parents, led by parents, supporting you to manage your and your child's feelings, communicate and interact positively with your child, use positive behaviour management strategies and manage parental stress.

Parent/carer online check-in sessions

For parents/carers with children aged 0 to 18 years old. Learn new strategies to manage your child's behaviour and to increase connection.

Baby and Us

For parents of babies up to 9 months. Led by parents for parents with support to understand your baby's cues, and cope with challenges around feeding, sleep and crying.

For all Parenting Programme information and to book sessions, please email earlyhelpparenting@walthamforest.gov.uk or visit bit.ly/parentingWF



Chingford Family Hub



These sessions may be subject to change. Scan QR code for more information



Chingford Family Hub

5 Oaks Grove, E4 6EY

- 5** Chingford Library
The Green, E4 7EN
- 6** Parkside Primary School
21 Wellington Avenue, E4 6RE
- 7** Paradox Centre and The Valley Centre
3 Ching Way, E4 8YD
- 8** Hale End Library
Castle Avenue, E4 9QD
- 9** Highams Park
Tamworth Avenue, IG8 9RF
- 10** Longshaw Primary Academy (Nursery)
Longshaw Road, E4 6LH
- 11** Selwyn Primary
Selwyn Avenue, E4 9NE
- 12** Parkside Primary School
Peel Close Entrance, E4 6XU
- 13** Chingford Health Centre
109 York Road, E4 8LF

Chingford (North)

All sessions are for under-5s and are free unless otherwise stated.

Monday



Reading From the Start

Location: Paradox Centre

Age: Under 4s

Time: 9.15am to 11am

Frequency: Weekly, term time only



Speech and Language Support Drop-In

Location: Chingford Family Hub

Time: 9.30am to 11.30am

Frequency: 7 October, 4 November and 2 December



Stay and Play

Location: Selwyn Primary

Frequency: Weekly, term time only

More information:

Session 1: 9.30am to 11am

Session 2: 1pm to 3pm



Flourish, post-natal support group

Location: Chingford Family Hub

Age: Under 2s

Time: 10am to 12 noon

Frequency: Weekly

More information: Invite only. Contact

familysupport@tlpcc.org.uk for more information

Monday



We Are Friends

Location: Chingford Library

Age: Under-5s, parents, and over-65s

Time: 11am to 11.30am

Frequency: Weekly

More information: Book your place online by searching We Are Friends on Eventbrite



Learning together - Preschool

Location: Chingford Family Hub

Time: 1.30pm to 3pm

Frequency: Weekly, term time only

More information: Targeted group. Invite only



Under-2s Play Session

Location: Paradox Centre

Age: Under 2s

Time: 1.30pm to 3pm

Frequency: Weekly, term time only



Eating Well

Location: Paradox Centre

Time: 1.30pm to 3pm

Frequency: 4, 11, 18 November

More information: Within Under-2s Play Session

Chingford (North)

Tuesday



Play Session

Location: Chingford Family Hub

Age: Under 4s

Time: 10am to 11.30am

Frequency: Weekly



Oral Health Promotion

Location: Chingford Family Hub

Time: 10am to 11.30am

Frequency: 8 October

More information: Within Play Session



Exploring Foods

Location: Chingford Family Hub

Time: 10am to 11.30am

Frequency: 5, 12, 19 November

More information: Within Play Session



Stay and Play

Location: Chingford Library

Time: 11am to 12 noon

Frequency: Weekly



We Are Friends

Location: Hale End Library

Age: Under-5s, parents, and over-65s

Time: 11am to 11.30am

Frequency: Weekly

More information: Book your place online by searching We Are Friends on Eventbrite

Tuesday



You and Your New Baby

Location: Chingford Family Hub

Age: Birth to pre-crawlers, antenatal and postnatal

Time: 1.30pm to 3pm

Frequency: Weekly



Quit Right Waltham Forest

Location: Chingford Family Hub

Time: 2pm to 4pm

Frequency: Weekly



Kids Crafts

Location: Chingford Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



All sessions are for under-5s and are free unless otherwise stated.

Wednesday



Infant Feeding Café (women only)

Location: Chingford Family Hub
Time: 9.30am to 11am
Frequency: Weekly



Community Drop-In

Location: Chingford Family Hub
Time: 9.45am to 11.15am
Frequency: Weekly



Stories and Crafts for toddlers

Location: Paradox Centre
Age: Two to four years
Time: 10am to 11am
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling



Stories and Rhymes

Location: Hale End Library
Time: 10.30am to 11.30am
Frequency: Weekly



Stay and Play

Location: Hale End Library
Time: 11am to 12 noon
Frequency: Weekly



Stories and Rhymes

Location: Chingford Library
Time: 11am to 11.30am
Frequency: Weekly

Wednesday



Stories and Crafts for Babies

Location: Paradox Centre
Age: Under 2s
Time: 11.15am to 12.15pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling



Baby Massage

Location: Chingford Family Hub
Age: 6 weeks to 1 year olds
Time: 1.30pm to 2.30pm
Frequency: 5 week course
Cost: £22.15
More information:
Course 1: 11, 18, 25 September, and 2, 9 October
Course 2: 13, 20, 27 November, and 4, 11 December
To book www.lloydparkcc.eventbrite.com



Sensory and Rhymes

Location: Paradox Centre
Time: 1.30pm to 2.30pm
Frequency: Weekly, term time only



Young Parents' Group

Location: Chingford Family Hub
Age: Parents under 25 years with children under 5
Time: 1.30pm to 3pm
Frequency: 16, 23, 30 October and 6 November



Initial Sleep Consultation

Location: Chingford Family Hub
Time: 3pm to 5pm
Frequency: 4 September, 2 October, 6 November
More information: To book an appointment:
www.lloydparkcc.eventbrite.com

Chingford (North)

Thursday



Stay and Play

Location: Chingford Library

Time: 9.30am to 10.30am

Frequency: Weekly, term time only



Outdoor Explore and Play session

Location: Highams Park

Time: 10am to 11.30am

Frequency: Weekly

More information: Meeting point by Children's Playground, Highams Park



Child Health Clinic

Location: Chingford Family Hub

Time: 1pm to 3.30pm

Frequency: Weekly



Healthy Eating and Dental Health Drop-In

Location: Chingford Family Hub

Time: 1pm to 3pm

Frequency: Every first and third Thursday of the month

More information: Alongside the Child Health Clinic



Stay and Play

Location: Longshaw Primary Academy

Time: 1.30pm to 3pm

Frequency: Weekly, term time only

Cost: £1.00



Kids Crafts

Location: Chingford Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly

Friday



Stay and Play

Location: Parkside Primary School

Time: 8.45am to 10.15am

Cost: £1.00

Frequency: Weekly, term time only

More information: Closed on first and last Friday of each term



Child Health Clinic

Location: Chingford Health Centre

Time: 9.30am to 12 noon

Frequency: Weekly



Violence Against Women and Girls Drop-In

Location: Chingford Family Hub

Time: 10am to 1pm

Frequency: Weekly



Stories and Rhymes

Location: Chingford Library

Time: 11am to 11.30am

Frequency: Weekly



Grandparents Group

Location: Chingford Family Hub

Time: 1.30pm to 3pm

Frequency: Weekly



Stories and Rhymes

Location: Hale End Library

Time: 1.30pm to 2.30pm

Frequency: Weekly, term time only

All sessions are for under-5s and are free unless otherwise stated.

Saturday



Child Health Clinic

Location: Chingford Health Centre

Time: 10am to 12 noon

Frequency: Second and fourth Saturday of the month



Dad's Club

Location: Chingford Family Hub

Time: 10am to 12 noon

Frequency: First Saturday of the month



Kids Crafts

Location: Hale End Library

Age: Two years and above

Time: 10.30am to 11.30am

Frequency: Weekly



Kids Crafts

Location: Chingford Library

Age: Two years and above

Time: 11am to 12 noon

Frequency: Weekly

Sunday



Dad's Stay and Play

Location: Chingford Library

Age: Up to eight years

Time: 1pm to 2pm

Frequency: Weekly



Kids Crafts

Location: Chingford Library

Age: Two years and above

Time: 1pm to 2pm

Frequency: Weekly





These sessions may be subject to change. Scan QR code for more information

Walthamstow Family Hub

313 Billet Road, E17 5PX

- 14 **The Lloyd Park Centre**
Winns Avenue Entrance, E17 5JW
- 15 **Higham Hill Library**
North Countess Road, E17 5HS
- 16 **Walthamstow Library**
High Street, E17 7JN

- 17 **Wood Street Library**
1 Troubridge Square, E17 3GN
- 18 **Higham Hill Centre, nursery side**
313 Billet Rd, E17 5PX
- 19 **The Grow Well Centre**
7 Saxon Close, E17 8LE

Walthamstow (Central)

All sessions are for under-5s and are free unless otherwise stated.

Monday



Flourish, post-natal support group

Location: The Lloyd Park Centre

Age: Under 2s

Time: 9.30am to 11.30am

Frequency: Weekly

More information: Invite only. Contact familysupport@tlpcc.org.uk for more information



Stories and Rhymes

Location: Wood Street Library

Time: 11am to 11.30am

Frequency: Weekly



We Are Friends

Location: Higham Hill Library

Time: 11am to 11.30am

Frequency: Weekly

More information: Book your place online by searching We Are Friends on Eventbrite



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Baby Massage

Location: Walthamstow Family Hub

Time: 1.30pm to 2.30pm

Frequency:

Course 1: Thursday 19, 26 September, 3, 10, 17 October

Course 2: Thursday 7, 14, 21, 28 November, 5 December

Cost: £22.15

More information:

To book: www.lloydparkcc.eventbrite.com



Story Time

Location: Walthamstow Library

Time: 4pm to 5pm

Frequency: Weekly



Walthamstow (Central)

Tuesday



Quit Right Waltham Forest

Location: Walthamstow Family Hub
Time: 10am to 1pm
Frequency: Weekly



Stories and Rhymes

Location: Walthamstow Library
Time: 10am to 10.45am
Frequency: Weekly, term time only



Dad's Stay and Play

Location: Wood Street Library
Time: 10.30am to 11am
Frequency: Weekly



Young Parents' Group

Location: The Lloyd Park Centre
Age: Parents under 25 years with children under 5
Time: 1pm to 2.30pm
Frequency: 24 September, 1, 8, 15 October

Tuesday



Stay and Play

Location: Wood Street Library
Time: 11am to 11.30am
Frequency: Weekly



Stories and Rhymes

Location: Walthamstow Library
Time: 11am to 11.45am
Frequency: Weekly, term time only



Child Health Clinic

Location: Walthamstow Family Hub
Time: 1pm to 3.30pm
Frequency: Weekly



HENRY Infant Feeding Group Drop-In

Location: Walthamstow Family Hub
Time: 1.30pm to 3pm
Frequency: Weekly
More information: Alongside the Child Health Clinic

All sessions are for under-5s and are free unless otherwise stated.

Wednesday



Stay and Play

Location: Walthamstow Library

Time: 9.30am to 10.30am

Frequency: Weekly, term time only



Stories and Rhymes

Location: Wood Street Library

Time: 11am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Stay and Play

Location: Walthamstow Library

Time: 12 noon to 1pm

Frequency: Weekly



Music and Movement

Location: Walthamstow Toy Library

Time: 1pm to 2pm

Frequency: Weekly, term time only



Kids Crafts

Location: Walthamstow Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Evening Child Health Clinic

Location: Walthamstow Family Hub

Time: 4pm to 5.30pm

Frequency: First and third Wednesday of the month



Walthamstow (Central)

Thursday



Under-2s Play Session

Location: Walthamstow Family Hub
Age: Birth to pre-crawlers, antenatal and postnatal
Time: 9.30am to 11am
Frequency: Weekly, term time only



Healthy Eating and Dental Health Drop-In

Location: Walthamstow Family Hub
Time: 9.30am to 11am
Frequency: Every second Thursday of the month
More information: Alongside Under-2s Play Session



Community Drop-In

Location: Walthamstow Library
Time: 9.45am to 11.15am
Frequency: Weekly



Violence Against Women and Girls Drop-In

Location: Walthamstow Family Hub
Time: 10am to 4pm
Frequency: Weekly



Stories and Rhymes

Location: Higham Hill Library
Time: 11am to 11.30am
Frequency: Weekly



We Are Friends

Location: Wood Street Library
Age: Under-5s, parents, and over-65s
Time: 11am to 11.30am
Frequency: Weekly
More information: Book your place online by searching We Are Friends on Eventbrite

Thursday



We Are Friends

Location: Walthamstow Library
Age: Under-5s, parents, and over-65s
Time: 11.15am to 11.45am
Frequency: Weekly
More information: Book your place online by searching We Are Friends on Eventbrite



Stay and Play

Location: Higham Hill Library
Time: 11.30am to 12.30pm
Frequency: Weekly



Grow Wild Explorer

Location: The Lloyd Park Centre
Time: 9.30am to 10.30am and 11am to 12 noon
Frequency: Weekly, term time only
More information: Contact chris@tlpcc.org.uk for more information



You and Your New Baby

Location: Walthamstow Family Hub
Age: Birth to pre-crawlers, antenatal and postnatal
Time: 11.15am to 12.45pm
Frequency: Weekly



Healthy Eating and Dental Health Drop-In

Location: Walthamstow Family Hub
Time: 11.15am to 12.45pm
Frequency: Every fourth Thursday of the month
More information: Alongside You and Your New Baby



Learn together Preschool

Location: The Lloyd Park Centre
Time: 1pm to 2.30pm
More information: Targeted group, invite only

All sessions are for under-5s and are free unless otherwise stated.

Friday



Sensory Play

Location: Walthamstow Family Hub

Time: 9.30am to 11.30am

Frequency: Weekly, term time only



Initial Sleep Consultation

Location: Higham Hill Centre

Time: 10am to 12 noon

Frequency: 27 September, 11 October, 1 November

More information: Consultations are half an hour slot appointments, to book visit

lloydparkcc.eventbrite.com



Speech and Language Support Drop-In

Location: Walthamstow Family Hub

Time: 10.30am to 12.30pm

Frequency: 6 September, 4 October, 1 November and 6 December



Stay and Play

Location: Higham Hill Library

Time: 11am to 12 noon

Frequency: Weekly



Stories and Rhymes

Location: Wood Street Library

Time: 11am to 11.30am

Frequency: Weekly



Friday



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Stay and Play

Location: Walthamstow Library

Time: 12 noon to 1pm

Frequency: Weekly



Play Session

Location: Walthamstow Family Hub

Time: 1.30pm to 3pm

Frequency: Weekly



Eating Well

Location: Walthamstow Hub

Dates: 4, 11, 18 October

Time: 1.30pm to 3pm

More information: Within Play Session



Exploring Foods

Location: Walthamstow Hub

Dates: 8, 15, 22 November

Times: 1.30pm to 3pm

More information: Within Play Session

Walthamstow (Central)

All sessions are for under-5s and are free unless otherwise stated.

Saturday



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Film Club

Location: Walthamstow Library

Time: 12 noon to 2pm

Frequency: Weekly



Kids Crafts

Location: Higham Hill Library

Age: Two years and above

Time: 2pm to 3pm

Frequency: Weekly



Kids Crafts

Location: Walthamstow Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Outdoor Dad's Club at Grow Wild

Location: The Lloyd Park Centre

Time: 9.30am to 10.30am, and 11am to 12 noon

Frequency: Last Saturday of the month

Sunday



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Film Club

Location: Walthamstow Library

Time: 12 noon to 2pm

Frequency: Weekly



Kids Crafts

Location: Walthamstow Library

Time: 2pm to 3pm

Frequency: Weekly



Queens Road Family Hub

Leyton



These sessions may be subject to change. Scan QR code for more information



Queens Road Family Hub

215 Queens Road, E17 8PJ

- | | | | | | |
|----|---|----|---|----|---|
| 19 | The Grow Well Centre
7 Saxon Close, E17 8LE | 24 | Leyton Library
High Road, E10 5QH | 28 | Barclay Primary School (Canterbury Road)
155 Canterbury Road, Leyton, E10 6JE |
| 20 | Cornerstone Baby Bank
The Cornerstone, 149 Canterbury Rd, E10 6EH | 25 | St Joseph's Infant School
Vicarage Rd, E10 5DX | 29 | Barclay Primary School (Hoe Street)
398 Hoe Street, Walthamstow, E17 9AA |
| 21 | Lea Bridge Library
Lea Bridge Road, E10 7HU | 26 | Sybourn Primary School
Perth Road, E10 7PB | 30 | Whipps Cross Hospital
Whipps Cross Rd, London, E11 1NR |
| 22 | Seddon Centre
33 Clyde Place, E10 5AS | 27 | Bright Kids Day Nursery
1-3 The Square, High Road Leyton, E10 5NR | | |
| 23 | Leyton Sports Ground
2 Crawley Rd, E10 6RJ | | | | |

Queens Road (South West)

Monday



Child Health Clinic

Location: Queens Road Family Hub

Time: 9.30am to 12 noon

Frequency: Weekly



Healthy Eating and Dental Health Drop-In

Location: Queens Road Family Hub

Time: 9.30am to 11am

Frequency: Every second and fourth week of the month



HENRY Infant Feeding Group Drop-In

Location: Queens Road Family Hub

Time: 9.30am to 11am

Frequency: Weekly



Violence Against Women and Girls Drop-In

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly

Monday



Baby Massage

Location: The Grow Well Centre

Age: Birth to pre-crawlers

Time: 10.30am to 11.30am

Frequency:

Course 1: 9, 16, 23, 30 September, 7 October

Course 2: 4, 11, 18, 25 November, 2 December

Cost: £22.15

More information: To book:

www.lloydparkcc.eventbrite.com



Stay and Play

Location: Lea Bridge Library

Time: 11am to 12 noon

Frequency: Weekly



Stories and Rhymes

Location: Leyton Library

Time: 11am to 11.30am

Frequency: Weekly



Under-2s Play Session

Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: Weekly, term time only



Oral Health Promotion

Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: 30 September

More information: Within Under-2s Play Session

All sessions are for under-5s and are free unless otherwise stated.

Monday



Bong-A-Long

Location: Queens Road Family Hub
Time: 1.45pm to 2.30pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling
More information: Sessions start 9 September



Let's Create

Location: Seddon Centre
Time: 3.15pm to 4pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling



Crafty Families

Location: Lea Bridge Library
Age: Two years and above
Time: 4pm to 5pm
Frequency: Weekly



Tambini Music and Rhymes

Location: Seddon Centre
Time: 4pm to 4.45pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling



Tuesday



Stay and Play

Location: Barclay Primary School (Canterbury Road)
Time: 9am to 10am
Frequency: Weekly, term time only
Cost: £1.00



Stay and Play

Location: Barclay Primary School (Hoe Street)
Time: 9am to 10am
Cost: £1.00
Frequency: Weekly, term time only



Stay and Play

Location: Bright Kids Day Nursery
Time: 9.45am to 10.45am
Frequency: Weekly



Community Drop-In

Location: Queens Road Family Hub
Time: 9.45am to 11.15am
Frequency: Weekly



Flourish, post-natal support group

Location: Queens Road Family Hub
Age: Birth to pre-crawlers, antenatal and postnatal
Time: 10am to 12 noon
Frequency: Weekly
More information: Invite only. Contact familysupport@tlpcc.org.uk for more information

Queens Road (South West)

Tuesday



Violence Against Women and Girls Drop-In

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly



You and Your New Baby, Stay and Play

Location: Leyton Sports Ground

Age: Birth to pre-crawlers

Time: 10am to 11.30am

Frequency: Weekly



Triple P Babies

Location: The Grow Well Centre

Age: Parents and babies

Time: 10am to 12 noon

Frequency: 1, 8, 15, 22, 29 October,
5, 12, 19 November

More information: To book:

www.lloydparkcc.eventbrite.com



Stay and Play

Location: Leyton Library

Time: 11am to 12 noon

Frequency: Weekly



Stories and Rhymes

Location: Lea Bridge Library

Time: 11am to 11.30am

Frequency: Weekly

Tuesday



Play Session

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: Weekly



Eating Well

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: 1, 8, 15 October

More information: Within Play Session



Healthy Families Group programme

Location: Queens Road Family Hub

Age: Parents, babies and under 5s

Time: 1pm to 3pm

Frequency: 8 week course starting October

More information: To book or find out more:

0208 496 5223 / www.henry.org.uk/walthamforest



Speech and Language Support Drop-In

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: 24 September, 22 October,
26 November



The Parents Lounge: Break the Cycle

Location: Queens Road Family Hub

Time: 1pm to 3pm

Frequency: Weekly, term time only

All sessions are for under-5s and are free unless otherwise stated.

Wednesday



Little Ballers

Location: Queens Road Family Hub

Age: Two years and above

Time: 9.30am to 10.15am

Frequency: Weekly

Cost: £2.50 first child, 50p sibling



Stay and Play

Location: Lea Bridge Library

Time: 10am to 12 noon

Frequency: Weekly



Violence Against Women and Girls Drop-In

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly

Wednesday



Play Session

Location: St Joseph's Infant School

Time: 1pm to 2.30pm

Frequency: Weekly, term time only



Sensory Play

Location: Queens Road Family Hub

Time: 1pm to 2.30pm

Frequency: Weekly



Lego Club

Location: Lea Bridge Library

Age: Three years and above

Time: 4pm to 5pm

Frequency: Weekly



Queens Road (South West)

Thursday



Learning together - Preschool

Location: Seddon Centre

Time: 10am to 11.30am

Frequency: Weekly, term time only

More information: Targeted group, invite only



Let's Create

Location: Queens Road Family Hub

Age: Eighteen months and above

Time: 10am to 10.45am

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



HENRY Infant Feeding Group Drop-In

Location: Cornerstone Baby Bank

Time: 10.30am to 11.30am

Frequency: Weekly, term time only



Tambini Music and Rhymes

Location: Queens Road Family Hub

Time: 11am to 11.45am

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



We Are Friends

Location: Leyton Library

Age: Under-5s, parents, and over-65s

Time: 11am to 11.30am

Frequency: Weekly

More information: Book your place online by searching We Are Friends on Eventbrite

Thursday



We Are Friends

Location: Lea Bridge Library

Age: Under-5s, parents, and over-65s

Time: 11am to 11.30am

Frequency: Weekly

More information: Book your place online by searching We Are Friends on Eventbrite



Meet the Home Birth Team

Location: Queens Road Family Hub

Time: 12 noon to 3pm

Frequency: Fourth Thursday of the month

More information: Use this Eventbrite link to book your space: bit.ly/homebirthteam



Quit Right Waltham Forest

Location: Queens Road Family Hub

Time: 1pm to 5pm

Frequency: Weekly



Young Parents' Group

Location: Queens Road Family Hub

Age: Parents under 25 years with children under 5

Time: 1pm to 3pm

Frequency: 8, 15, 22, and 29 November



Stories and Rhymes

Location: Seddon Centre

Time: 1.15pm to 2pm

Frequency: Weekly, term time only

All sessions are for under-5s and are free unless otherwise stated.

Thursday



Speech and Language Support Drop-In

Location: Queens Road Family Hub

Time: 1.30pm to 3.30pm

Frequency: 19 September, 17 October, 21 November and 19 December



Stories and Rhymes

Location: Seddon Centre

Time: 2.15pm to 3pm

Frequency: Weekly, term time only



Kids Crafts

Location: Lea Bridge Library

Age: Two years and above

Time: 4pm to 5pm

Frequency: Weekly



Lego and Duplo Club

Location: Leyton Library

Age: Three years and above

Time: 4pm to 5pm

Frequency: Weekly



Friday



Stay and Play

Location: Sybourn Primary School

Time: 10am to 11am

Frequency: Weekly, term time only



123 Mini Chefs

Location: Queens Road Family Hub

Age: Two years and above

Time: 10am to 12 noon

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



Play Session

Location: Queens Road Family Hub

Time: 10am to 11.30am

Frequency: Weekly



Exploring Foods

Location: Queens Road Family Hub

Time: 10am to 11.30am

Frequency: 15, 22, 29 November

More information: Within Play Session



Oral Health Promotion

Location: Queens Road Family Hub

Time: 10am to 11.30am

Frequency: 8 November

More information: Within Play Session

Queens Road (South West)

Friday



Baby and Toddler Clothes Exchange

Location: Lea Bridge Library

Time: 11am to 12 noon

Frequency: Last Friday of the Month



Baby and Toddler Clothes Exchange

Location: Queens Road Family Hub

Time: 11am to 12 noon

Frequency: Second Friday of the Month



Sensory Rhyme Time

Location: Lea Bridge Library

Time: 11am to 11.30am

Frequency: Weekly



Sensory Rhyme Time

Location: Leyton Library

Time: 11am to 11.30am

Frequency: Weekly



Initial Sleep Consultation

Location: Queens Road Family Hub

Time: 1pm to 3pm

Frequency: 20 September, 18 October, 22 November

More information: Consultations are half an hour slot appointments. To book visit:

www.lloydparkcc.eventbrite.com



Film Club

Location: Lea Bridge Library

Age: Up to ten years

Time: 4pm to 5.30pm

Frequency: Weekly



All sessions are for under-5s and are free unless otherwise stated.

Saturday



Dads' Club

Location: Queens Road Family Hub
Time: 10am to 12 noon
Frequency: Second Saturday of the month



Dads' Coffee Morning Stay and Play

Location: Lea Bridge Library
Age: Up to eight years
Time: 10am to 12 noon
Frequency: Weekly



Family Cooking Club

Location: Queens Road Family Hub
Age: Suitable for children aged four to 16
Time: 10am to 12.30pm
Frequency: Third Saturday of the month
Cost: £2.50 per family

Saturday



SEND Lego Club

Location: Queens Road Family Hub
Time: 10.30am to 12.30pm
Frequency: First Saturday of the month



Kids Crafts

Location: Leyton Library
Age: Two years and above
Time: 12 noon to 1pm
Frequency: Weekly



Film Club

Location: Leyton Library
Age: Three years and above
Time: 1.30pm to 2.30pm
Frequency: Weekly



Kids Crafts

Location: Lea Bridge Library
Age: Two years and above
Time: 1.30pm to 2.30pm
Frequency: Weekly

Sunday



Book and Craft

Location: Lea Bridge Library
Age: Two years and above
Time: 11am to 12 noon
Frequency: Weekly



Leytonstone Family Hub

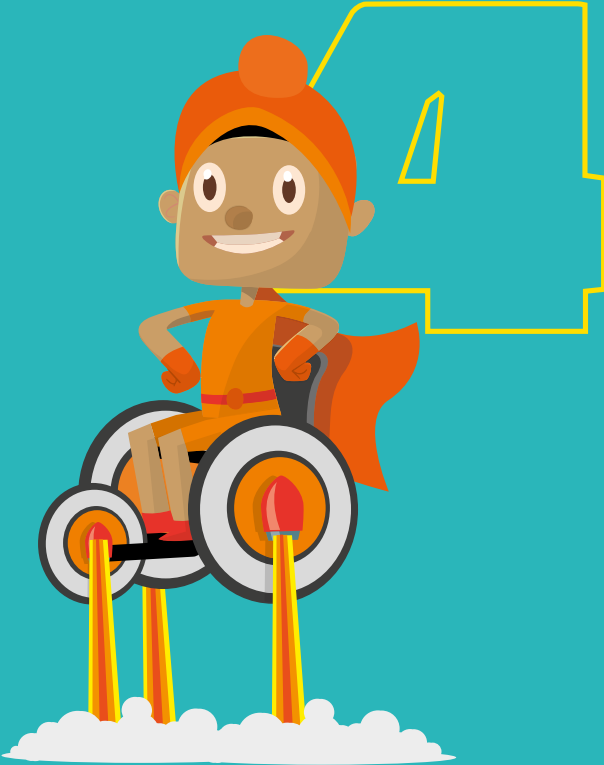


These sessions may be subject to change. Scan QR code for more information

Leytonstone Family Hub

2-8 Cathall Road, E11 4LF

- 30 Whipps Cross Hospital
Whipps Cross Rd, E11 1NR
- 31 United Free Church
55 Wallwood Road, E11 1AY
- 32 Leytonstone Library
Church Lane, E11 1HG
- 33 Leytonstone Toy Library
Birch Grove, E11 4YG
- 34 Downsell Primary School
134-136 Downsell Rd, E15 2BS



Leytonstone (South East)

All sessions are for under-5s and are free unless otherwise stated.

Monday



Learning together - Preschool

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: Weekly, term time only

More information: Targeted group, invite only



Play Session

Location: Leytonstone Toy Library

Time: 10am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Play Session

Location: United Free Church

Time: 1pm to 2.30pm

Frequency: Weekly, term time only



Oral Health Promotion

Location: United Free Church

Time: 1pm to 2.30pm

Date: 16 September

More information: Within Play Session

Monday



Baby Massage

Location: Leytonstone Family Hub

Age: Birth to pre-crawlers

Time: 1.30pm to 2.30pm

Frequency:

Course 1: 23, 30 September, and 7, 14, 21 October

Course 2: 4, 11, 18, 25 November, and 2 December

Cost: £22.15

More information: To book:

www.lloydparkcc.eventbrite.com



Kids Crafts

Location: Leytonstone Library

Age: Four years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Story Time

Location: Leytonstone Library

Age: Two years and above

Time: 4.30pm to 5pm

Frequency: Weekly



Leytonstone (South East)

Tuesday



Stay and Play

Location: Downsell Primary School

Time: 9.15am to 10.30am

Frequency: Weekly term time only, starting 10 September



Stay and Play

Location: Leytonstone Library

Time: 9.30am to 10.30am

Frequency: Weekly, term time only



Initial Sleep Consultation

Location: Leytonstone Family Hub

Time: 10am to 12 noon

Frequency: 24 September, 22 October, 26 November

More information: Bookings are for half an hour slots. To book: www.lloydparkcc.eventbrite.com

Tuesday



You and Your New Baby, Stay and Play

Location: Leytonstone Family Hub

Age: Birth to pre-crawlers, antenatal and postnatal

Time: 10am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Play Session

Location: Leytonstone Toy Library

Time: 10am to 2.30pm

Frequency: Weekly



Flourish, post-natal support group

Location: Leytonstone Family Hub

Age: Birth to pre-crawlers

Time: 1pm to 3pm

Frequency: Weekly

More information: Invite only, contact familysupport@lpcc.org.uk for more information



All sessions are for under-5s and are free unless otherwise stated.

Wednesday



Stay and Play

Location: Downsell Primary School

Time: 9.15am to 10.30am

Frequency: Weekly term time only, starting 11 September



Child Health Clinic

Location: Leytonstone Family Hub

Time: 9.30am to 12 noon

Frequency: Weekly



Healthy Eating and Dental Health Drop-In

Location: Leytonstone Family Hub

Time: 9.30am to 11am

Frequency: Every third Wednesday of the month

More information: Alongside the Child Health Clinic



Play Session

Location: Leytonstone Toy Library

Time: 10am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly

Wednesday



Kids Crafts

Location: Leytonstone Library

Age: Two years and above

Time: 11.30am to 12.30pm

Frequency: Weekly



Speech and Language Support Drop-In

Location: Leytonstone Family Hub

Time: 1.30pm to 3.30pm

Frequency: Weekly, term time only



Kids Crafts

Location: Leytonstone Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Story Time

Location: Leytonstone Library

Age: Two years and above

Time: 4.30pm to 5pm

Frequency: Weekly

Leytonstone (South East)

Thursday



Under-2s Play Session

Location: Leytonstone Family Hub

Age: Under 2s

Time: 10am to 11.30am

Frequency: Weekly



Healthy Eating and Dental Health Drop-In

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: Every first Thursday of the month

More information: Alongside Under-2s Play Session



Eating Well

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: 3, 10, 17 October

More information: Within Under-2s Play Session



Violence Against Women and Girls Drop-In

Location: Leytonstone Family Hub

Time: 10am to 4pm

Frequency: Weekly



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Speech and Language Support Drop-In

Location: Leytonstone Family Hub

Time: 12.30pm to 2.30pm

Frequency: 26 September, 31 October and 28 November



Play Session

Location: Leytonstone Toy Library

Time: 1pm to 2.30pm

Frequency: Weekly



Young Parents' Group

Location: Leytonstone Family Hub

Age: Parents under 25 years with children under 5

Time: 1pm to 3pm

Frequency: 3, 10, 17 and 24 October



Let's Create

Location: Leytonstone Family Hub

Age: Two years and above

Time: 3.30pm to 4.15pm

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



Tambini Music and Rhymes

Location: Leytonstone Family Hub

Time: 4.30pm to 5.15pm

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling

All sessions are for under-5s and are free unless otherwise stated.

Friday



Community Drop-In

Location: Leytonstone Family Hub

Time: 9.45am to 11.15am

Frequency: Weekly



Play Session

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: Weekly



Exploring Foods

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: 1, 8, 15 November

More information: Within Play Session



Oral Health Promotion

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: 4 October

More information: Within Play Session

Friday



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Infant Feeding Café (women only)

Location: Leytonstone Family Hub

Time: 1pm to 2.30pm

Frequency: Weekly



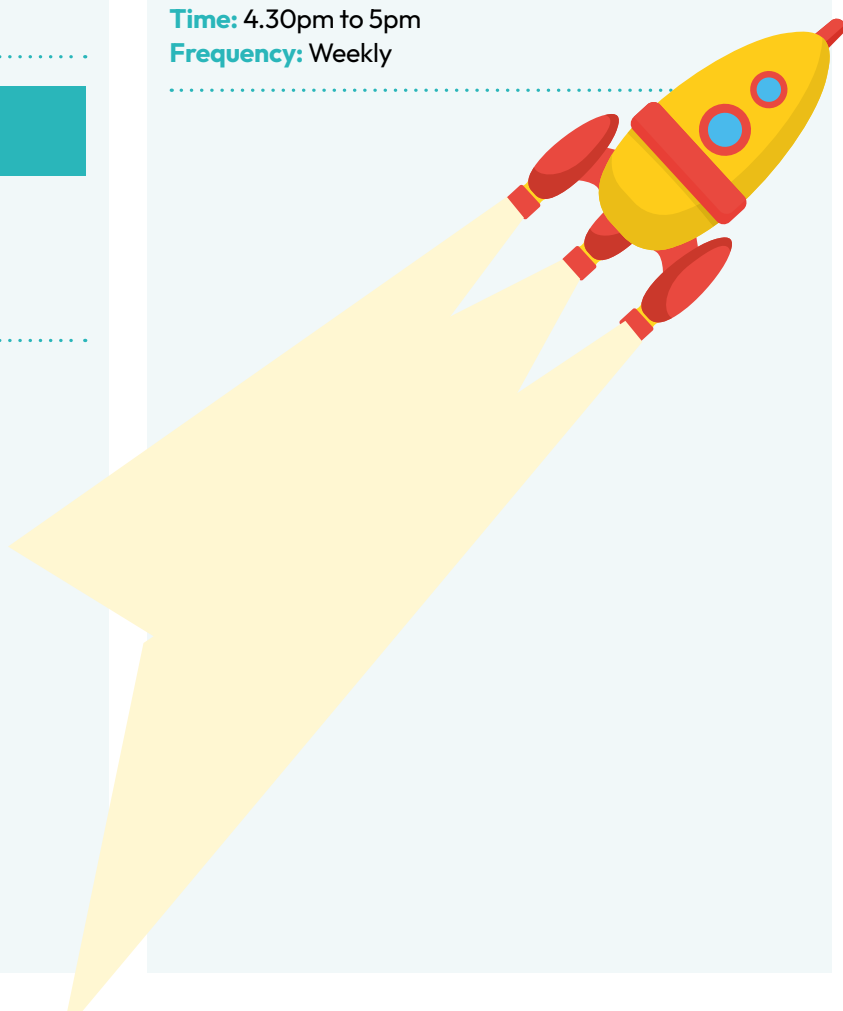
Story Time

Location: Leytonstone Library

Age: Two years and above

Time: 4.30pm to 5pm

Frequency: Weekly



Leytonstone (South East)

Saturday



Dads' Club

Location: Leytonstone Family Hub

Time: 10am to 12 noon

Frequency: Monthly

More information: Third Saturday of the month



Kids Crafts

Location: Leytonstone Library

Age: Two years and above

Time: 2pm to 3pm

Frequency: Weekly



Film Club

Location: Leytonstone Library

Time: 3pm to 4pm

Frequency: Weekly



Dads' Stay and Play

Location: Leytonstone Library

Time: 2pm to 3pm

Frequency: Weekly



Contact

Visit your local Family Hub:

walthamforest.gov.uk/familyhubs

For more information about
the Best Start in Life, visit

walthamforest.gov.uk/beststartinlife



Call the Family Hubs Phonenumber: **0208 496 4965**
(Monday to Friday, 9am to 5pm)

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For more information about free childcare and
early learning for children aged 9 months to
4 years old and to find a childcare provider, visit:
walthamforest.gov.uk/childcare

Contact the Early Years and Childcare Team
childcare@walthamforest.gov.uk

Childcare team helpline:
020 8496 3566

Claim Tax-Free Childcare and
free childcare for working families at:
childcarechoices.gov.uk

HMRC Childcare Helpline:
0300 123 4097



Vaccinations

YOUR CHILD'S VACCINATIONS AND WHEN TO HAVE THEM

Age	Vaccines
8 weeks	<ul style="list-style-type: none">• 6-in-1 vaccine (protects against diphtheria, hepatitis B, Hib (Haemophilus influenzae type b), polio, tetanus and whooping cough)• Rotavirus vaccine• Meningitis B vaccine
12 weeks	<ul style="list-style-type: none">• 6-in-1 vaccine (2nd dose)• Pneumococcal vaccine• Rotavirus vaccine (2nd dose)
16 weeks	<ul style="list-style-type: none">• 6-in-1 vaccine (3rd dose)• Meningitis B vaccine (2nd dose)
1 year	<ul style="list-style-type: none">• Hib/Meningitis C vaccine (1st dose) (protects against Haemophilus influenzae type b and Meningitis type C)• MMR vaccine (1st dose) (protects against measles, mumps and rubella)• Pneumococcal vaccine (2nd dose)• Meningitis B vaccine (3rd dose)
From 2 years	<ul style="list-style-type: none">• Children's flu vaccine (every year until children finish Year 11 of secondary school)
3 years and 4 months	<ul style="list-style-type: none">• MMR vaccine (2nd dose)• 4-in-1 pre-school booster vaccine (protects against diphtheria, polio, tetanus, whooping cough)

There are additional vaccines for older children and adults. Please check with your GP or on the NHS website to see the full vaccination schedule.

Your GP surgery will usually contact you about your baby's vaccinations. This will usually be by letter, text, phone call or email.

It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

VACCINES FOR PREGNANT WOMEN

When it's offered	Vaccines
During flu season	<ul style="list-style-type: none">• Flu vaccine in pregnancy
From 16 weeks pregnant	<ul style="list-style-type: none">• Whooping cough (pertussis) vaccine
From 28 weeks pregnant	<ul style="list-style-type: none">• RSV (Respiratory syncytial virus) vaccine

Find out more about these routine vaccinations at [nhs.uk/vaccinations](https://www.nhs.uk/vaccinations), or by calling your Health Visiting Team at 0300 033 6200.

NOTES

All sessions are for under-5s and are free unless otherwise stated.



Follow us on social media...

We share free and affordable activities for under-5s, juniors and teenagers in Waltham Forest. Visit the Waltham Forest Best Start in Life Facebook page at: bit.ly/beststartfb

Follow us on Facebook





Tell us how we are doing! Fill in our survey to let us know what kind of sessions you'd like more, or if you'd like us to improve something:
familyhubs@walthamforest.gov.uk



Get the latest news, events, health and wellbeing information straight to your inbox.

Sign up to our Best Start in Life newsletter today. To find out more visit: **bit.ly/BestStartinLife**