

January – March 2023

Best Start in Life Timetables

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Where to find your local
Family Hub and what's on



Family Hub locations

Open Monday – Friday 9am–5pm

Sessions are subject to change.
To check for the most up to date information, please go to www.walthamforest.gov.uk/beststartinlife

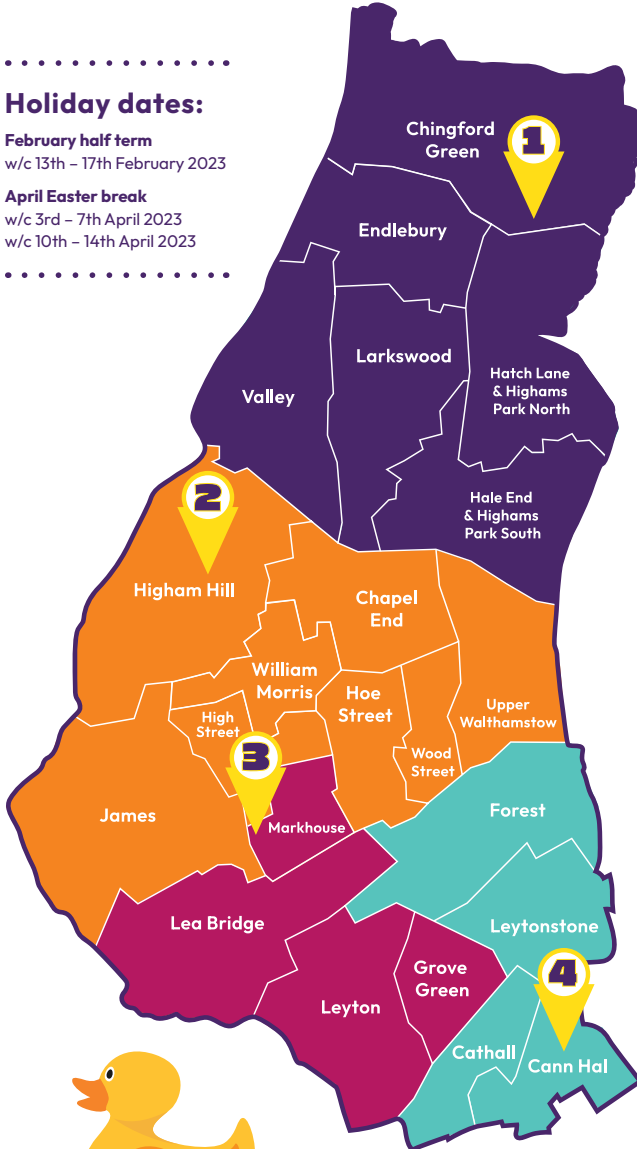
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Holiday dates:

February half term
w/c 13th – 17th February 2023

April Easter break
w/c 3rd – 7th April 2023
w/c 10th – 14th April 2023

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Chingford Family Hub

5 Oaks Grove, Chingford, E4 6EY
Tel No. 0208 496 1551

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Walthamstow Family Hub

313 Billet Road, Walthamstow, E17 5PX
Tel No. 0208 496 3511

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Leyton Family Hub

215 Queens Road, Leyton, E17 8PJ
Tel No. 0208 496 2442

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4

Leytonstone Family Hub

2-8 Cathall Road, Leytonstone, E11 4LF
Tel No. 0208 496 2960



Free Workshops

HENRY Healthy Families Group Programme

A free 8-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.

Get in touch to find out more

0208 496 5223 or wfsupport@henry.org.uk.

Starting Solids Workshop

Join us for a group workshop which explores when, how and what to feed your baby. We run this workshop as a 2-hour online workshop and face-to-face.

Dates: 11th, 25th January 8th, 21st February 15th, 29th March 3rd, 17th April 15th, 25th May 13th, 29th June 12th and 24th July.

Find out more here: www.henry.org.uk/walthamforest

Get in touch with HENRY to book your place:

0208 496 5223 / wfsupport@henry.org.uk



Eating Well for Less Workshop

Healthy eating doesn't need to be expensive. This group workshop helps the whole family eat well for less. We run this workshop as a 2-hour online workshop and face-to-face.

Dates: Thursday 12th January, Thursday 19th January, Tuesday 7th March, Monday 8th May, Thursday 15th June and Wednesday 26th July

Find out more here: www.henry.org.uk/walthamforest

Get in touch with HENRY to book your place:

0208 496 5223 / wfsupport@henry.org.uk

Healthy Teeth Workshop

Explore how to protect your child's teeth. Understand the causes of tooth decay and the latest guidance on how to prevent it. Gain new ideas to help make toothbrushing a fun time for the family. We run this workshop as a 2-hour online workshop and face-to-face.

Dates: Monday 30th January, Wednesday 29th March, Wednesday 19th April, Wednesday 14th June, and Monday 17th July

Find out more here:

www.henry.org.uk/walthamforest

Get in touch with HENRY to book your place:

0208 496 5223 / wfsupport@henry.org.uk

*These sessions are monthly. Get the next set of dates from our website:
www.henry.org.uk/walthamforest

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

HENRY Infant Feeding helpline:
0207 961 9073



Chingford Family Hub

5 Oaks Grove, Chingford, E4 6EY
Tel No. 0208 496 1551

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Timetable

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These sessions may be subject to change. Please visit
www.walthamforest.gov.uk/beststartinlife for more information.

What's on and Courses: Chingford

Baby Massage (delivered by The Lloyd Park Children's Charity)

Start/Finish time: 1.30-2.30pm

Address of session: Chingford Family Hub
and Family Hub, 5 Oaks Grove, E4 8PJ

Reoccurrence:

Course 1 - 11th, 18th, 25th January,
and 8th February 2023

Course 2 - 1st, 8th, 15th, 22nd and 29th March 2023

Course 3 - 19th, 26th April and 3rd, 10th,
and 17th May 2023

Course 4 - 14th, 21st, 28th June and 5th
and 12th July 2023

Cost: £22.15

More information: To book your place:
www.lloydparkcc.eventbrite.com

Domestic Abuse drop in

A safe, confidential 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.

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/Finish time: Friday 10-1pm

Citizen's Advice

Address of session: Chingford Family Hub
and Family Hub, 5 Oaks Grove, E4 8PJ

Start/Finish time: Every Wednesday - 9.30-12pm

Reoccurrence: Weekly, appointment required

More information: To book: 0808 278 7835

Early Help Community Drop In

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/Finish time: Every Wednesday - 9.45-11.15am

1-2-1 Sleep Support (delivered by The Lloyd Park Children's Charity)

If you would like to discuss your child's sleep and bedtime routines do book an appointment.

Dates and time: 1st Wednesday of the month -
3-5pm (30-minute appointment)

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Reoccurrence: Monthly

Cost: Free, booking required

Contact information: To book your place:
www.lloydparkcc.eventbrite.com

Food themed activities

Eating Well for Families

(delivered by The Lloyd's Park Children's Charity)

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Dates and time: Tuesday 7th, 14th, 21st March
2023, (Within Play session) 10-11.30am

Exploring Foods

(delivered by The Lloyd's Park Children's Charity)

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Dates and time: Tuesday 17th 24th 31st January
2023 (Within Play session) 10-11.30am

Oral Health Promotion

(delivered by The Lloyd's Park Children's Charity)

A fun oral health themed play session where children can explore how to keep teeth healthy.

Address of session: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Dates and time: Tuesday 7th February 2023
(Within Play session) 10-11.30am

Family Support for children aged 0-4 delivered by The Lloyd Park Children's Charity. If you would like short term support around your child's development, routines or behaviour please speak to a member of the team within our stay and play sessions or email familysupport@tlpcc.org.uk

Chingford Hub (North)

Monday

Reading from the start

(Play session for under 5's - delivered by The Lloyd Park Children's Charity)

Address of event: Paradox Centre,
3 Ching Way, E4 8YD

Reoccurrence: Weekly (term time only)

Start/finish time: 9.15-10am

Cost: Free

Contact information: molypicom@tlpcc.org.uk

Flourish (post-natal support group - delivered by The Lloyd Park Children's Charity)

Address: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 10.30-12 noon

Reoccurrence: Weekly (term time only)

Cost: Free, invitation only

Contact information: familysupport@tlpcc.org.uk
or contact your Health Visitor

Somewhere to Belong Inclusive SEND Play Session

(Birth-4 years old - delivered by The Lloyd Park Children's Charity)

Address of event: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 1.30-3pm

Reoccurrence: Weekly (term time only)
*Starts 9th January - 24th April 2023

Cost: Free

For more information: Drop-in session.
No invitation or referral required.

Monday

Under 2s Play Session (delivered by The Lloyd Park Children's Charity)

Address of event: Paradox Centre,
3 Ching Way, E4 8YD

Start/finish: 1.30-3pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Speech and Language Therapy Drop In

Address of event: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Reoccurrence: 1st Monday of every month
(starting 6th February)

Start/finish time: 9.30-11.30am

Cost: Free

For more information email wfspeechtherapy@nelft.nhs.uk or call 0208 430 7970

Squirrels Forest School

(18months to 4years)

Address of event: The Hive, Church Road,
High Beach, Loughton, Essex, IG10 4AJ

Reoccurrence: Every other Monday

Start/finish time: 10-12 noon

Cost: £9.00 per child, per session (children over 12 months will be charged) £9

For more information: Visit the website
thehiveintheforest.co.uk/forest-school

Chingford Hub (North)

Monday

Story and Rhyme at Chingford Library

Address of event: Chingford Library, The Green, E4 7EN

Reoccurrence: Weekly

Start/finish time: 11-11.30am

Cost: £9.00 per child, per session (children over 12 months will be charged) £9

For more information: Book your place at www.walthamforest.gov.uk/events/

Tuesday

Play Session (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address: Chingford Family Hub, 5 Oaks Grove, E4 8PJ

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Musical Beacons

(musical play sessions for under 5s delivered by Soundcastle)

Address of event: Paradox Centre, 3 Ching Way, E4 8YD

Start/finish time: 10.30-12 noon

Reoccurrence: Weekly (term time only)

Cost: Free

You and your new baby

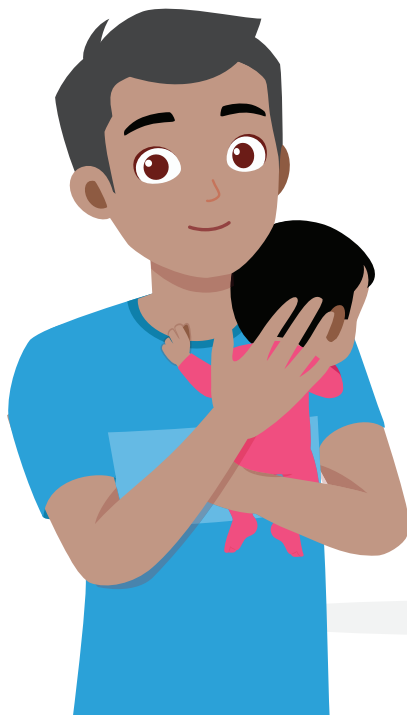
(birth-pre-crawlers, including antenatal - delivered by The Lloyd Park Children's Charity)

Address of event: Chingford Family Hub, 5 Oaks Grove, E4 8PJ

Start/finish time: 1.30-3pm

Reoccurrence: Weekly

Cost: Free



Chingford Hub (North)

Wednesday

HENRY Infant Feeding Café

(women only)

Address: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 9.30-11am

Reoccurrence: Weekly (closed on 26th April 2023)

Cost: Free, drop in

Contact information: Infant Feeding
Helpline 0207 961 9073

Early Years Specialist Inclusion Group

delivered by LA Early
Years & Childcare Team)

Address: Chingford Family Hub,
5 Oaks Grove E4 6EY

Start/finish time: 10-11.30am

Reoccurrence: Weekly (Term Time)

Cost: Free

More Information: Invitation only. Requires a
referral to the Early Years Inclusion Pathway to
access. See session explainer for more information

Stories and Craft for toddlers

(delivered by The Lloyd Park Children's Charity)

Address of event: Paradox Centre,
3 Ching Way, E4 8YD

Start/finish time: 10-11am

Reoccurrence: Weekly (term time only)

Cost: £1.50 per child, 50p siblings

Wednesday

Early Help Community Drop In

Address: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 9.45-11.15am

Reoccurrence: Weekly

Cost: Free, drop in

Music and Movement

(delivered by The Lloyd Park Children's Charity)

Address: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 1.30-2.30pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 per child, 50p siblings

Stories and Crafts for Babies

(delivered by The Lloyd Park Children's Charity)

Address of event: Paradox Centre,
3 Ching Way, E4 8YD

Start/finish: 11.15-12 noon

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Story and Rhyme at Hale End Library

Address: Hale End Library,
Castle Avenue, E4 9QD

Start/finish time: 11.15-12 noon

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at
www.walthamforest.gov.uk/events/

Chingford Hub (North)

Thursday

Outdoor Play Session

(For birth to 4-year-olds, delivered by The Lloyd Park Children's Charity)

Address of event: Higham's Park, Tamworth Avenue, IG8 9RF

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 per child, 50p siblings

HENRY Healthy Eating and Dental Support

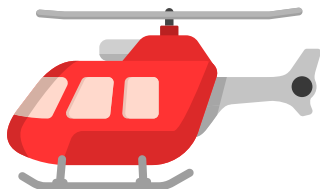
Address of event: Chingford Family Hub, 5 Oaks Grove, E4 8PJ

Start/finish time: 1.30-3.30pm

Reoccurrence: 1st and 3rd week every month

Cost: Free, drop in

Contact information: Delivered alongside Healthy Child Clinic. To book call: 0300 033 6200



Thursday

Weighing Clinic

(delivered by Waltham Forest health visiting service)

Address: Chingford Health Centre, G30, Rm38, 109 York Road, E4 8LF

Start/finish: 9.30-12 noon

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: To book your appointment call 0300 033 6200

Story and Rhyme at Chingford Library

Address: Chingford Library, The Green, E4 7EN

Start/finish: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Healthy Child Clinic

(delivered by Waltham Forest health visiting service)

Address: Chingford Family Hub, 5 Oaks Grove, E4 8PJ

Start/finish: 1.30-3.30pm

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: Delivered alongside Healthy Eating and Dental Support. To book call: 0300 033 6200

Chingford Hub (North)

Friday

Grandparents Group

(delivered by Early Help)

Address: Chingford Family Hub

Start/finish time: 1.30-3pm

Reoccurrence: Weekly

Cost: Free

Domestic Abuse Drop In

Address of event: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 10-1pm

Reoccurrence: Weekly

Cost: Free

Friday

Breastfeeding support group at Hale End Library

Address: Hale End Library,
Castle Avenue, E4 9QD

Start/finish: 10.30-12 noon

Reoccurrence: 3 Fridays per month,
term time only

Cost: Free

Contact information:
www.walthamforest.gov.uk/events/



Chingford Hub (North)

Friday

Young Parents Group Under 25's only (delivered by The Lloyd Park Children's Charity)

Address: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish: 10-11.30am

Reoccurrence: Weekly (term time only)

Cost: Free

Story N Rhyme Sessions at Parkside Primary School

Address: Parkside Primary School,
21 Wellington Avenue, E4 6RE

Start/finish: 8.45-10.15am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at
www.walthamforest.gov.uk/events/

Stories and Rhymes (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address: Hale End Library, Castle Avenue,
E4 9QD

Start/finish: 1.30-2.30pm

Reoccurrence: Weekly (term time only)

Cost: Free

Saturday

Dad's Club (under 5's only - delivered by The Lloyd Park Children's Charity)

Address of event: Chingford Family Hub,
5 Oaks Grove, E4 8PJ

Start/finish time: 10-12 noon

Reoccurrence: 1st Saturday of the month

Cost: £1.50 first child, 50p siblings

Stories and Rhymes (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address: Hale End Library,
Castle Avenue, E4 9QD

Start/finish: 1.30-2.30pm

Reoccurrence: Weekly (term time only)

Cost: Free





Walthamstow Family Hub

313 Billet Road, Walthamstow, E17 5PX
Tel No. 0208 496 3511

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Timetable

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These sessions may be subject to change. Please visit
www.walthamforest.gov.uk/beststartinlife for more information.

What's on and Courses:

Walthamstow

Baby Massage (delivered by The Lloyd Park Children's Charity)

Start/Finish time: 11.45-12.45pm

Address of session: Walthamstow Toy Library, 36a Hurst Road, E17 3BL

Reoccurrence:

Course 1 – 9th, 16th, 23rd, 30th January and 6th February 2023

Course 2 – 27th February and 6th, 13th, 20th, and 27th March 2023

Course 3 – 17th, 24th April and 15th, 22nd May, and 5th June 2023

Course 4 – 12th, 19th, 26th June and 3rd, 10th July 2023

Cost: £22.15

More information: To book your place: www.lloydparkcc.eventbrite.com

Domestic Abuse drop in

A safe, confidential 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.

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/Finish time: Thursday 10–4pm

Citizen's Advice

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/Finish time: Every Wednesday – 10–4pm

Reoccurrence: Weekly, appointment required

Contact information: To book: 0808 278 7835

Early Help Community Drop In

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/Finish time: Every Thursday – 9.45-11.15am

1-2-1 Sleep Support (delivered by The Lloyd Park Children's Charity) If you would like to discuss your child's sleep and bedtime routines do book an appointment.

Dates and time: 13th Jan, 10th Feb, 10th March, 12th May, 9th June, 14th July – 10-12 noon (30-minute appointment)

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Reoccurrence: Monthly

Cost: Free, booking required

Contact information: To book your place: www.lloydparkcc.eventbrite.com

Food themed activities

Eating Well for Families

(delivered by The Lloyd's Park Children's Charity)

Address of session: Walthamstow Family Hub (Within Play Session), 313 Billet Road, E17 5PX

Dates and time: Friday 10th, 17th, and 24th March, 1.30-3pm

Exploring Foods

(delivered by The Lloyd's Park Children's Charity)

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Dates and time: Thursday 19th, 26th January, and 2nd February (Within Under 2's Play Session) 10-11.30am

Oral Health Promotion

(delivered by The Lloyd's Park Children's Charity)

A fun oral health themed play session where children can explore how to keep teeth healthy.

Address of session: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Dates and time: Friday 10th February, 10-12 noon

Family Support for children aged 0-4 delivered by The Lloyd Park Children's Charity. If you would like short term support around your child's development, routines or behaviour please speak to a member of the team within our stay and play sessions or email familysupport@tlpcc.org.uk

Walthamstow Hub (Central)

Monday

Flourish (post-natal support group delivered by The Lloyd Park Children's Charity)

Address of event: The Lloyd Park Centre, Winns Avenue Entrance, E17 5JW

Start/finish time: 10-12 noon

Reoccurrence: Weekly (term time only)

Cost: Free, invitation only

Contact information: familysupport@tlpcc.org.uk or speak to your Health Visitor

Songs in the Park (delivered by The Lloyd Park Children's Charity)

Address of event: The Homemade Community Café, Higham Hill Park, Hetcham Close, E17 5QT

Start/finish time: 9.30-10am and 10.15-10.45am

Reoccurrence: Weekly (check Instagram for the holiday sessions @e17songsinthepark)

Cost: Donations appreciated on pay what you can basis

Contact information: Songsinthepark@gmail.com

Crest (parent led SEND peer support for parents with children with ADHD and autism - delivered by The Lloyd Park Children's Charity)

Address of event: The Lloyd Park Centre, Winns Avenue Entrance, E17 5JW

Start/finish time: 1-2pm

Reoccurrence: Fortnightly every 2nd and 4th Monday of the month

Cost: Free

Contact information: keric@tlpcc.org.uk

Monday

Story and Rhyme at Walthamstow Library

Address of event: Walthamstow Library, High Street, E17 7JN

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Mindfulness (Wellbeing Project - adults only - delivered by The Lloyd Park Children's Charity)

Address of event: The Lloyd Park Centre, Winns Avenue Entrance, E17 5JW

Start/finish time: 1-2pm

Reoccurrence: 1st Monday of the month

Cost: Free, invitation only

Contact information: Lilien@tlpcc.org.uk

Story and Rhyme Higham Hill Library

Address of event: Higham Hill Library, North Countess Road, E17 5HS

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/



Walthamstow Hub (Central)

Tuesday

Stories and Rhymes (delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Central Library, High Street, E17 7JN

Start/finish time: 10-10.45am and 11-11.45am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Drop-in or email: zainabk@tlpcc.org.uk

Young Parents Group (Under 25s)

Address of event: The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance, E17 5JW

Start/finish time: 10am-11.15am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Jade via Keric@tlpcc.org.uk

Healthy Child Clinic (delivered by Waltham Forest health visiting service)

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 1.30-3.30pm

Reoccurrence: Weekly

Cost: Free

Contact information: Delivered alongside Infant Feeding Support. To book call: 0300 0336200

Story and Rhyme Sessions at Wood Street Library

Address of event: Wood Street Library, 1 Troubridge Square, E17 3GN

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Tuesday

HENRY Infant Feeding Support

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 1.30-3pm

Reoccurrence: Weekly

Cost: Free

Contact information: Located in the Healthy Child Clinic To book your appointment: 0300 033 6200

Young Parents Group (under 25's - delivered by The Lloyd Park Children's Charity)

Address of event: The Lloyd Park Centre, Winns Avenue Entrance, E17 5JW

Start/finish time: 10-11.15am

Reoccurrence: Weekly (term time only)

Cost: Free

Early Years Specialist Inclusion Group (delivered by LA Early Years & Childcare Team)

Address of event: Walthamstow Toy Library, Hurst Road Health Centre, Hurst Road, E17 3BL

Start/finish time: 10am-11.30am

Reoccurrence: Weekly (Term Time)

Cost: Free

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information



Walthamstow Hub (Central)

Tuesday

Story Time at Walthamstow Library

Address of event: Walthamstow Library, High Street, E17 7JN

Start/finish time: 4–4.30pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Play Together, Learn Together (Delivered by Early Years & Childcare Team)

Address of event: Walthamstow Toy Library, Hurst Road Health Centre, Hurst Road, E17 3BL

Start/finish time: 1pm – 2.30 pm

Reoccurrence: Weekly term time only

Cost: Free

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information

Wednesday

HENRY Infant Feeding Café

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 9.30–11am

Reoccurrence: Weekly

Cost: Free, drop-in session

Contact information: HENRY Infant Feeding Team: 0207 961 9073

Communication & Play (delivered by SEND success Deaf Support Service)

Address of event: The Lloyd Park Centre, Wins Avenue Entrance, E17 5JW

Start/finish time: 10 – 12 noon

Reoccurrence: Weekly (term time only)

Cost: Free

More information: More information: Drop-in session for hearing impaired children and their parent/carer. No invitation or referral required. If BSL interpreter required contact: enquiries@sendsuccess.org.uk



Walthamstow Hub (Central)

Wednesday

Toy Library Under 5s Play Session (delivered by Walthamstow Toy Library and Play Centre)

Address of event: Walthamstow Toy Library and Play Centre, Hurst Road Health Centre, 36A Hurst Road E17 3BL

Start/finish time: 10-11.30am and 1.30-3pm

Reoccurrence: Weekly

Cost: For costings and other sessions visit www.walthamstowtoylibrary.org.uk or call 020 8509 3401

Story and Rhyme at Walthamstow Library

Address of event: Walthamstow Library, High Street, E17 7JN

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Story and Rhyme Sessions at Wood Street Library

Address of event: Wood Street Library, 1 Troubridge Square, E17 3GN

Start/finish time: 10.30-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Wednesday

Story N Rhyme Session at Barn Croft Primary School

Address of event: Barn Croft Primary School, 2 Brunel Road, E17 8SB

Start/finish time: 2-3pm

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Under-5s Nature Explorers at Lloyd Park

Address of event: Lloyd Park, Forest Rd, London, E17 4PP

Start/finish time: 10-12 noon

Reoccurrence: Every second Wednesday of each month

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/



Walthamstow Hub (Central)

Thursday

Under 2's play session (delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Contact information: Drop-in (email vickyk@tlpcc.org.uk)

Somewhere to Belong Inclusive SEND Play Session

(Birth-4 years old - delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Toy Library and Play Centre, 36a Hurst Road, E17 3BL

Start/finish time: 1-2.30pm

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Drop-in session. No invitation or referral required. For more information contact familysupport@tlpcc.org.uk
*This session is running 12th January - 27th April 2023

Early Help Community Drop In

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 9.45-11.15am

Reoccurrence: Weekly

Cost: Free

Thursday

Story N Rhyme session at Hillyfield Primary school

Address of event: Hillyfield Primary School, Higham Hill Road, E17 6ED

Start/finish time: 9.30-10.30am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Healthy Eating and Dental Health Drop in (delivered by HENRY)

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 10-11.30am

Reoccurrence: 4th Thursday of the month

Cost: Free

Contact information: Support delivered in Under 2's Play session. HENRY team 0208 496 5223

You and Your New Baby (birth - pre-crawlers, antenatal and postnatal - delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 1.30-3pm

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Walthamstow Hub (Central)

Thursday

Story and Rhyme Sessions at Wood Street Library

Address of event: Wood Street library, 1 Troubridge Square, Walthamstow, London, E17 3GN

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Story Time at Walthamstow Library

Address of event: Walthamstow Library, High Street, E17 7JN

Start/finish time: 4-4.30pm

Reoccurrence: Weekly

Cost: Free

Cost: Book your place at www.walthamforest.gov.uk/events/

Tots and toys at Wood Street Library

Address of event: Wood Street library, 1 Troubridge Square, Walthamstow, London, E17 3GN

Start/finish time: 11-12 noon

Reoccurrence: Weekly

Cost: Free

Cost: Book your place at www.walthamforest.gov.uk/events/

Thursday

Baby Talk New Parents Tea Club at Wood Street library

Address of event: Wood Street library, 1 Troubridge Square, Walthamstow, London, E17 3GN

Start/finish time: 12-2pm

Reoccurrence: Weekly

Cost: Free

Cost: Book your place at www.walthamforest.gov.uk/events/

Weighing Clinic (delivered by Waltham Forest health visiting service)

Address of event: Walthamstow Toy Library and Play Centre, 36a Hurst Road, E17 3BL

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly

Cost: Free, appointment required

More information: To book your appointment call 0300 033 6200

Walthamstow Hub (Central)

Thursday

Healthy Child Clinic (delivered by Waltham Forest health visiting service)

Address of event: Walthamstow Toy Library and Play Centre, 36a Hurst Road, E17 3BL

Start/finish time: 1.30-3.30pm

Reoccurrence: Weekly

Cost: Free, appointment required

More information: To book your appointment call 0300 033 6200

Baby Talk New Parents Tea Club at Wood Street library

Address of event: Wood Street library, 1 Troubridge Square, Walthamstow, London, E17 3GN

Start/finish time: 12-2pm

Reoccurrence: Weekly

Cost: Free

More information: Book your place at www.walthamforest.gov.uk/events/

Friday

Speech and Language Therapy drop in

Address of event: Church Hill Nursery School, 47 Woodbury Road, E17 9SB

Start/finish time: 9.30-11.30am

Reoccurrence: 2nd Friday of every month (starting on 13th January 2023)

Cost: Free

Contact information: email wfspeechtherapy@nelft.nhs.uk or call 0208 430 7970

Stay 2 Play (2-year-old play session - delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 10-12 noon

Reoccurrence: Weekly (term time only)

Cost: Free, invitation only

Contact information: For more information please email: familysupport@tlpcc.org.uk

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information



Walthamstow Hub (Central)

Friday

HENRY Healthy Eating and Dental Health drop in

Address of event: Walthamstow Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 10-12 noon

Reoccurrence: 2nd week of the month

Cost: Free, drop in

Contact information: Drop in session for all to visit the HENRY team. Contact HENRY team on: 0208 496 5223

Play Session (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address of event: Walthamstow Children and Family Hub, 313 Billet Road, E17 5PX

Start/finish time: 1.30-3pm

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Contact information: drop -in session (email: vickyk@tlpcc.org.uk)

Baby Bank Play Session (delivered by The Lloyd Park Children's Charity)

Address of event: The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance, E17 5JW

Start/finish time: 10-11.30am

Reoccurrence: Weekly (term time only)

Cost: Free, by invite only

Contact information: For more information contact babybank@tlpcc.org.uk

Friday

Grow Wild Climbers and Jumpers (delivered by The Lloyd Park Children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Winns Avenue Entrance, E17 5JW

Start/Finish time: 9.30-10.30am and 11-12 noon

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Contact information: email: chris@tlpcc.org.uk

Group Therapy Virtual session (Wellbeing Project - delivered by The Lloyd Park Children's Charity)

Address of event: Online

Start/finish time: 10-12 noon

Reoccurrence: Weekly

Cost: Free

Contact information: For more information: Lilienl@tlpcc.org.uk

Story and Rhyme at Walthamstow Library

Address of event: Walthamstow Library, High Street, E17 7JN

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Walthamstow Hub (Central)

Friday

Story and Rhyme Sessions at Wood Street Library

Address of event: Wood Street Library, 1 Troubridge Square, E17 3GN

Start/finish time: 10.30-11.30am and 11.00am - 11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Story N Rhyme Session at St Andrews Pre-School

Address of event: St Andrews Centre, 8 Church Road. E17 6AR

Start/finish time: 1-3pm

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Saturday

Outdoor Dad's Club (under 5's only - delivered by The Lloyd Park Children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance E17 5JW

Start/finish time: 10-12 noon

Reoccurrence: Last Saturday of the month

Cost: £1.50 first child, 50p siblings

Contact information: email: chrisr@tlpcc.org.uk

Family Grow Wild (for families with children up to 9 years old - delivered by The Lloyd Park children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance E17 5JW

Start/finish time: 10-11.30am

Reoccurrence: 14th January and 13th May 2023 only

Cost: £1.50 first child, 50p siblings

Contact information: Drop-in (email chrisr@tlpcc.org.uk)



Walthamstow Hub (Central)

Saturday

SIBS at Grow Wild for SEND children and their siblings (delivered by The Lloyd Park Children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance E17 5JW

Start/finish time: 10-11.30am

Reoccurrence: 12th February and 10th June 2023 only

Cost: Free

Contact information: Drop-in (email Zoew@tlpcc.org.uk or Chris@tlpcc.org.uk)

Somewhere to Belong Dad's Group (delivered by The Lloyd Park Children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance E17 5JW

Start/finish time: 10-11.30am

Reoccurrence: 12th March and 8th July 2023 only.

Cost: Free

Contact information: email: chris@tlpcc.org.uk

More information: Drop-in session. No invitation or referral required.

Arts and crafts at Higham Hill library (delivered by The Lloyd Park Children's Charity)

Address of event: Higham Hill Library, North Countess Road, London E17 5HS

Start/finish time: 2-3pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Sunday

Rainbow Grow Wild (for LGBTQ+ parents/carers and their 9 and under's) (delivered by The Lloyd Park Children's Charity)

Address of event: Grow Wild, The Lloyd Park Centre, Lloyd Park, Winns Avenue Entrance E17 5JW

Start/finish time: 2-4pm

Reoccurrence: 3rd Sunday in the month (no session in May)

Cost: £5 per family (up to 4 per family) plus booking fee

*Discretionary discounts for those on low income and benefits need to contact lpc@tlpcc.org.uk

Contact information: lpc@tlpcc.org.uk

More information: Drop-in session. No invitation or referral required.





Leyton Family Hub

215 Queens Road, Leyton, E17 8PJ
Tel No. 0208 496 2442

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Timetable

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These sessions may be subject to change. Please visit
www.walthamforest.gov.uk/beststartinlife for more information.

What's on and Courses:

Leyton

Baby Massage (delivered by The Lloyd Park Children's Charity)

Start/Finish time: 1.30-2.30pm

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Reoccurrence:

Course 1 - 22nd February 8th, 15th, and 22nd March 2023

Course 2 - 12th, 19th, 26th April and 3rd, 10th May 2023

Course 3 - 17th, 24th, 31st May and 14th June 2023

Course 4 - 21st, 28th June and 12th, 19th July 2023

Cost: £22.15

More information: To book your place: www.lloydparkcc.eventbrite.com

Domestic Abuse drop in

A safe, confidential 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

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Days and time: Monday, Tuesday, and Wednesday's, 10-4pm

Citizen's Advice

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/Finish time: Every Tuesday - 9-1.30pm

Reoccurrence: Weekly, appointment required

Contact information: To book: 0808 278 7835

Early Help Community Drop In

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/Finish time: Every Tuesday - 9.45-11.15am

1-2-1 Sleep Support (delivered by The Lloyd Park Children's Charity) If you would like to discuss your child's sleep and bedtime routines do book an appointment.

Dates and time: 27th January, 24th February, 17th March, 21st April, 12th May, 16th June and 7th July 2023 - 1-3pm (30-minute appointment)

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Reoccurrence: Monthly

Cost: Free, booking required

Contact information: To book your place: www.lloydparkcc.eventbrite.com

Mellow Bumps (delivered by The Lloyd Park Children's Charity)

An antenatal parenting programme for expectant parents with health and social care needs (20-30 weeks gestation at start of course). Feel more relaxed during pregnancy, improve your well-being and start to build a relationship with your baby.

Dates and time: 22nd February 1st, 8th, 15th, 22nd, 29th March and 5th April 2023, 31st May 7th, 14th, 21st, 28th June and 12th July 2023, 1-3pm

Address of session: Leyton Family Hub, 215 Queens Road, E17 8PJ

Cost: Free

Contact information: To book your place: www.lloydparkcc.eventbrite.com

Food themed activities

Eating Well for Families

(delivered by The Lloyd's Park Children's Charity)

Address of session: Leyton Family Hub,
215 Queens Road, E17 8PJ

Dates and time: Friday 24th Feb,
3rd and 10th March, 10-11.30am

Exploring Foods

(delivered by The Lloyd's Park Children's Charity)

Address of session: St Joseph Catholic Infant
School, Marsh Lane, E10 7BL (Within play session)

Dates and time: Wednesday 1st, 8th and 15th
March, 1-2.30pm

Oral Health Promotion

(delivered by The Lloyd's Park Children's Charity)

A fun oral health themed play session where
children can explore how to keep teeth healthy.

Session 1

Date and time: Friday 27th January, 10-11.30am

Address of session: Leyton Family Hub,
215 Queens Road, E17 8PJ

Session 2

Date and time: Thursday 2nd March, 10-11.30am

Address of session: (Within Somewhere to Belong)
Seddon Centre, 33 Clyde Place, E10 5AS

Family Support for children aged 0-4 delivered
by The Lloyd Park Children's Charity. If you
would like short term support around your
child's development, routines or behaviour
please speak to a member of the team
within our stay and play sessions or email
familysupport@tlpcc.org.uk



Leyton Hub (South West)

Monday

You and Your New Baby

(birth – pre-crawlers, antenatal and postnatal - delivered by The Lloyd Park Children's Charity)

Address of event: Seddon Centre, 33 Clyde Place, E10 5AS

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Domestic Abuse Drop In

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 10-4pm

Reoccurrence: Weekly

Cost: Free

Contact information: Drop In

Bongalong (under 5's)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 1.30-2.15pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Contact information: For more information, contact: Fiona on 07811 460282

Under 2s Play Session (delivered by The Lloyd Park Children's Charity)

Address of event: Seddon Centre, 33 Clyde Place, E10 5AS

Start/finish time: 1-2.30pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Contact information: Drop in

Monday

Early Years Specialist

Inclusion Group (delivered by LA Early Years & Childcare Team)

Address of event: Leyton Family Hub, 215 Queens Road E17 8PJ

Start/finish time: 10-11.30am

Reoccurrence: Weekly (Term Time)

Cost: Free

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information

Healthy Child Clinic

(delivered by Waltham Forest health visiting service)

Address: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish: 9.30-11.30am

Reoccurrence: Weekly

Cost: Free appointment required

Contact information: Delivered alongside Infant Feeding Support. To book call: 0300 033 6200

Stay and Play Parent's and Children's coffee morning at Lea Bridge Library

Address: Lea Bridge Library, Lea bridge Road, E10 7HU

Start/finish: 11-12 noon

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Leyton Hub (South West)

Monday

Under 5's Nature Explorer

Address: Leyton Jubilee Park,
Seymour Road, E10 7BL

Start/finish: 10-12 noon

Reoccurrence: 2nd Monday of every month

Cost: Free

HENRY Infant Feeding Support

Address: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish: 9.30-11am

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: Located in the Healthy Child Clinic Book through the Health Visiting Team on 0300 033 6200

Story and Rhyme Sessions at Leyton Library

Address: Leyton Library, High Road,
Leyton, E10 5QH

Start/finish: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Tuesday

HENRY Infant Feeding Café

Address of event: Lea Bridge Library,
Lea Bridge Road, E10 7HU

Start/finish time: 10-11.30am

Reoccurrence: Weekly (term time only)

Cost: Free, drop in

Contact information: Infant Feeding Helpline:
0207 961 9073

HENRY Healthy Eating and Dental Health Drop In

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 9.30-11.30am

Reoccurrence: 2nd and 4th week of the month

Cost: Free, drop in

Contact information: Drop in to see HENRY or book to see both teams on 0300 033 6200

Domestic Abuse Drop In

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 10-4pm

Reoccurrence: Weekly

Cost: Free

Leyton Hub (South West)

Tuesday

Flourish (post-natal support group - delivered by The Lloyd Park Children's Charity)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 10 - 12 noon

Reoccurrence: Weekly

Cost: Free, invitation only

Contact information:
familysupport@tlpcc.org.uk

Early Help Community Drop In

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 9.45-11.15am

Reoccurrence: Weekly

Cost: Free

Stay 2 Play session (delivered by The Lloyd Park Children's Charity)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 1-3pm

Reoccurrence: Weekly (term time only)

Cost: Free, invitation only

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information

Tuesday

Healthy Child Clinic (delivered by Waltham Forest health visiting service)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly

Cost: Free appointment required

Contact information:
To make your appointment call 0300 033 6200

Stories and Songs at Lea Bridge Library

Address of event: Lea Bridge Library, Lea bridge Road, E10 7HU

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/



Leyton Hub (South West)

Wednesday

Little Ballers (2 years+)

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 9.30-10.15am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Contact information: Drop In

Play Session (birth – 4 years – delivered by The Lloyd Park Children's Charity)

Address of event: St Joseph Catholic Infant School, Marsh Lane, E10 7BL

Start/finish time: 1-2.30pm

Reoccurrence: Weekly (term time only)
Starting 11th January 2022

Cost: £1.50 first child, 50p siblings

Contact information: Drop In

Domestic Abuse Drop In

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 10-4pm

Reoccurrence: Weekly

Cost: Free

Contact information: Drop In

Wednesday

Story and Rhyme Sessions at Leyton Library

Start/finish time: 11:00 – 11:30am

Address of event: Leyton Library,
High Road, Leyton, E10

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at
www.walthamforest.gov.uk/events/

Stay and Play Parent's and Children's coffee morning at Lea Bridge Library

Address of event: Book your place at
www.walthamforest.gov.uk/events/

Start/finish time: 10-12.30pm

Reoccurrence: Weekly

Cost: Free

Leyton Hub (South West)

Thursday

Somewhere to Belong Inclusive SEND Play Session

(Birth-4 years old - delivered by The Lloyd Park Children's Charity)

Address of event: Seddon Centre,
33 Clyde Place, E10 5AS

Start/finish time: 10-11.30am

Reoccurrence: Weekly (term time only)
Starting 12.01.23

Cost: Free

Contact information: Drop-in session. No invitation or referral required. familysupport@tlpcc.org.uk

Let's Create (18 months+)

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 10-10.45am

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Contact information: Drop in

Thursday

Tambini Music & Rhymes

(under 5's)

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 11-11.45am

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Contact information: Drop in

Stories and Rhymes (delivered by The Lloyd Park Children's Charity)

Address of event: Seddon Centre,
33 Clyde Place, E10 5AS

Start/finish time: Session 1, 1:15-2pm
Session 2, 2:15-3pm

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Drop In

Young Parents Group

(under 25's - delivered by
The Lloyd Park Children's Charity)

Address of event: Leyton Family Hub,
215 Queens Road, E17 8PJ

Start/finish time: 1.30-3pm

Reoccurrence: Weekly (term time only)

Cost: Free



Leyton Hub (South West)

Thursday

Speech and Language Therapy Drop in (delivered by NELFT)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 1.30-3.30pm

Reoccurrence: 3rd Thursday of every month (starting 19th January 2023)

Cost: Free

Contact information: email wfspeechtherapy@nelft.nhs.uk or call 0208 430 7970

Story N Rhyme Session at Bright Kids Day Nursery

Address of event: Bright Kids Day Nursery, 1 High Road, E10 5NR (next to Asda)

Start/finish time: 10-11am

Reoccurrence: Weekly (term-time)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Story and Rhymes at Lea Bridge Library

Address of event: Lea Bridge Library, Lea Bridge Road, London, E10 7HU

Start/finish time: 11:00 – 11:30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Friday

Play Session (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Contact information: Drop In

123 Mini Chef (2 years+)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 10-12 noon

Reoccurrence: Weekly (term time only)

Cost: £3 first child, 50p siblings

Contact information: Drop In

Sensory Rhyme Time at Lea Bridge Library

Address of event: Lea Bridge Library, Lea bridge Road, E10 7HU

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Leyton Hub (South West)

Friday

French Rhyme and Storytelling

Address of event: Leyton Library, High Road, Leyton, E10 5QH

Start/finish time: 11 – 11:30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Story Craft 123 (2 years+)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 1:30-2:15pm

Reoccurrence: Weekly (term time only)

Cost: Weekly (term time only)

Story N Rhyme session at Sybourn Primary School

Address of event: Sybourn Primary School, 3 Sybourn Street, E17 8HA

Start/finish time: 10-11am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/



Friday

Children's Reading Friends at Lea Bridge Library

Address of event: Lea Bridge Library, Lea bridge Road, E10 7HU

Start/finish time: 4-5pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Saturday

Dad's Club (under 5's only - delivered by The Lloyd Park Children's Charity)

Address of event: Leyton Family Hub, 215 Queens Road, E17 8PJ

Start/finish time: 10-12 noon

Reoccurrence: 2nd Saturday of the Month

Cost: £1.50 first child, 50p siblings

Contact information: Drop in

Dad's and Children's coffee morning at Lea Bridge Library

Address of event: Lea Bridge Library, Lea bridge Road, E10 7HU

Start/finish time: 10-12 noon

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/



Leytonstone Family Hub

2-6 Cathall Road, Leytonstone, E11 4LF
Tel No. 0208 496 2960

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Timetable

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These sessions may be subject to change. Please visit
www.walthamforest.gov.uk/beststartinlife for more information.

What's on and Courses: Leytonstone

Baby Massage (delivered by The Lloyd Park Children's Charity)

Start/Finish time: 1.30-2.30pm

Address of session: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Reoccurrence:

Course 1 – 30th January 6th, 13th, 20th, and 27th February 2023

Course 2 – 27th February 6th, 13th, 20th, and 27th March 2023

Course 3 – 17th, 24th April and 15th and 8th, 22nd May 2023

Course 4 – 5th, 12th, 19th and 26th June and 3rd July 2023

Cost: £22.15

More information: To book your place: www.lloydparkcc.eventbrite.com

Domestic Abuse drop in

A safe, confidential 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

Address of session: Leytonstone Family Hub, 2-8 Cathall Road, E11 4LF

Start/Finish time: Thursday 10-4pm

Early Help Community Drop In

Address of session: Leytonstone Family Hub, 2-8 Cathall Road, E11 4LF

Start/Finish time: Every Friday – 9.45-11.15am

Family Support for children aged 0-4 delivered by The Lloyd Park Children's Charity. If you would like short term support around your child's development, routines or behaviour please speak to a member of the team within our stay and play sessions or email familysupport@tlpcc.org.uk

1-2-1 Sleep Support (delivered by The Lloyd Park Children's Charity) If you would like to discuss your child's sleep and bedtime routines do book an appointment.

Dates and time: 17th January, 7th February, 28th March, 18th April, 9th May and 20th June 2023 – 10-12 noon (30-minute appointment)

Address of session: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Reoccurrence: Monthly

Cost: Free, booking required

Contact information: To book your place: www.lloydparkcc.eventbrite.com

Food themed activities

Eating Well for Families

(delivered by The Lloyd's Park Children's Charity)

Address of session: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Dates and time: Friday 3rd, 10th, and 17th February 10-11.30am (Within Play Session)

Exploring Foods

(delivered by The Lloyd's Park Children's Charity)

Address of session: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Dates and time: Thursday 16th, 23rd and 30th March, 10-11.30am (Within Under 2's session)

Oral Health Promotion

(delivered by The Lloyd's Park Children's Charity)

A fun oral health themed play session where children can explore how to keep teeth healthy.

Date and time: Thursday 23rd Feb, 10-11.30am

Address of session: (Within Under 2's session)

Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Date and time: Friday 31st March, 10-11.30am

Address of session: (Within Play Session)

Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Leytonstone Hub (South East)

Monday

Stories and Rhymes (delivered by The Lloyd Park Children's Charity)

Address of event: United Free Church, 55 Wallwood Road, E11 1AY

Start/finish time: 10-10.45am and 11-11.45am

Reoccurrence: Weekly (term time only)

Cost: Free

Story and Rhyme at Leytonstone Library

Address of event: Leytonstone Library, Church Lane, E11 1HG

Start/finish time: 11-11.30am and 4.30-5pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Monday

Somewhere to Belong Inclusive SEND Play Session

(Birth-4 years old - delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 10-11.30am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Drop-in session. No invitation or referral required. familysupport@tlpcc.org.uk

Play Session (birth to 4 years - delivered by The Lloyd Park Children's Charity)

Address of event: United Free Church, 55 Wallwood Road, E11 1AY

Start/finish time: 1.30-3pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings



Leytonstone Hub (South East)

Tuesday

You and Your New Baby (birth – pre-crawlers, antenatal and postnatal - delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Contact information:
familysupport@tlpcc.org.uk

Story N Rhyme session at George Tomlinson Primary School

Address of event: George Tomlinson Primary School, Harrington Road, E11 4QN

Start/finish time: 9-10.30am

Reoccurrence: Weekly (term only)

Cost: £1.50 first child, 50p siblings

Contact information: Book your place at www.walthamforest.gov.uk/events/

Story and Rhyme at Leytonstone Library

Address of event: Leytonstone Library, Church Lane, E11 1HG

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Tuesday

Flourish (post-natal support group - delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 1-3pm

Reoccurrence: Weekly

Cost: Free, invitation only

Contact information:
familysupport@tlpcc.org.uk

Stay and Play at Acacia Nursery School

Address of event: Acacia Nursery Road, Cecil Road, E11 3HF

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly (term time only)

Cost: £1 per child

Leytonstone Hub (South East)

Wednesday

Speech and Language Therapy Drop in (delivered by NELFT)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 1.30-3.30pm

Reoccurrence: 4th Wednesday of every month (starting 25th January 2022)

Cost: Free

Contact information: email wfspeechtherapy@nelft.nhs.uk or call 0208 430 7970

Healthy Child Clinic (delivered by Waltham Forest health visiting service)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly

Cost: Free appointment required

Contact information:
To make your appointment call 0300 033 6200

Story and Rhyme at Leytonstone Library

Address of event: Leytonstone Library, Church Lane, E11 1HG

Start/finish time: 9.30-11.30am and 4.30-5pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Wednesday

Story N Rhyme session at Buxton Primary School

Address of event: Buxton Primary School, 234 Cann Hall Road, E11 3NN

Start/finish time: 9.30-11am

Reoccurrence: Weekly (term time only)

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Craft session at Leytonstone Library

Address of event: Leytonstone Library Plus Church Lane London E11 1HG

Start/finish time: 11:30 - 12:30pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Leytonstone Hub (South East)

Wednesday

Stay and Play at Acacia Nursery School

Address of event: Acacia Nursery Road, Cecil Road, E11 3HF

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly (term time only)

Cost: £1 per child

Let's Create

(birth to 4 years, delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 3.30-4.15pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Tambini Music & Rhymes

(birth to 4 years, delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 4.30-5.15pm

Reoccurrence: Weekly (term time only)

Cost: £1.50 first child, 50p siblings

Thursday

Under 2s Play Session

(delivered by Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 10-11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Healthy Eating and Dental Health Drop-in

(delivered by HENRY)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 10-11.30am

Reoccurrence: 1st and 3rd week of the month

Cost: Free to see HENRY team, drop in

Contact information: Support in the Under 2's play session. HENRY team: 0208 496 5223

Domestic Violence Drop In

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish: 10-4pm

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Leytonstone Hub (South East)

Thursday

Early Years Specialist Inclusion Group (delivered by LA Early Years & Childcare Team)

Address of event: Leytonstone Toy Library, Birch Grove, Leytonstone, E11 4YG

Start/finish: 10 – 11:30am

Reoccurrence: Weekly

Cost: Free

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information

HENRY Infant Feeding Support

Address of event: Langthorne Health Centre, 13 Langthorne Road, E11 4HX

Start/finish time: 1.30-3.30pm

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: Book through the Health Visiting team 0300 033 6200

Young Parents Group

(under 25's - delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 1.30-3pm

Reoccurrence: Weekly (term time only)

Cost: Free

Thursday

Weighing Clinic (delivered by Waltham Forest health visiting service)

Address of event: Langthorne Health Centre Rm 25/26/27, 13 Langthorne Road, E11 4HX

Start/finish time: 1.30-4pm

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: To book your appointment call 0300 033 6200

Play Together, Learn Together (Delivered by Early Years & Childcare Team)

Address of event: Leytonstone Toy Library, Birch Grove, Leytonstone, E11 4YG

Start/finish: 10 – 11:30am

Reoccurrence: Weekly term time only

Cost: Free

More information: Invitation only. Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information

Friday

HENRY Infant Feeding Café (Women only session)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 1-2.30pm

Reoccurrence: Weekly (closed on 7th April 2023)

Cost: Free

Contact information: Infant Feeding Helpline 0207 961 9073

Leytonstone Hub (South East)

Friday

Play Session (birth to 4 years - delivered by Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub

Start/finish time: 10- 11.30am

Reoccurrence: Weekly

Cost: £1.50 first child, 50p siblings

Stay and Play at Acacia Nursery school

Address of event: Acacia Nursery Road, Cecil Road, E11 3HF

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly (term time only)

Cost: £1 per child

Early Help Community Drop In

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 9.45-11.15am

Reoccurrence: Weekly

Cost: Free

Healthy Child Clinic

(delivered by Waltham Forest health visiting service)

Address of event: Langthorne Health Centre Rm 25/26/27, 13 Langthorne Road, E11 4HX

Start/finish time: 9.30-11.30am

Reoccurrence: Weekly

Cost: Free, appointment required

Contact information: To book your appointment please call 0300 0336200

Friday

Story and Rhyme at Leytonstone Library

Address of event: Leytonstone Library, Church Lane, E11 1HG

Start/finish time: 11-11.30am

Reoccurrence: Weekly

Cost: Free

Contact information: Book your place at www.walthamforest.gov.uk/events/

Saturday

Dad's Club (under 5's only - delivered by The Lloyd Park Children's Charity)

Address of event: Leytonstone Family Hub, The Junction, 2-8 Cathall Road, E11 4LF

Start/finish time: 10-12 noon

Reoccurrence: 3rd Saturday of the Month

Cost: £1.50 first child, 50p siblings

About the Groups and Activities

Stay & Play Drop-in sessions - Child Development

Fun, stimulating and interactive sessions for all under-fives to play, learn and socialise with other children. These sessions will support children's development by providing a range of activities such as stories, rhymes, singing, dance, arts, crafts, and physical activities which support their development around communication and language, physical development and personal, social and emotional development. There are also skilled staff available to provide advice and information about ways in which you can extend your child's learning at home and signpost you to other services to support your family.

These sessions also allow parents/carers to meet new friends and share knowledge and experiences.

All our sessions are inclusive and provide a range of activities that are appropriate for children of all abilities.

There are a range of themed sessions that are specifically planned to encourage children and families from all areas of our community. e.g., football or cooking or aimed at specific parents/carers e.g. young parents (under 25), LGBTQ or dads/male carers.

Sessions to support children's development for children with Learning and Developmental Delay and/or SEND.- Referral is required

Stay 2 Play, Play Together, Learn Together and the Early Years Specialist Inclusion Groups offer includes regular fun, stimulating and interactive play learning and social activities, an allocated keyperson, support from health and/or education professionals as well as individual learning support plans developed with parents/carers to ensure child's needs are met and support child's progress, plus a range of support for parents and carers.

You can access these services if a referral is made to the Early Years Inclusion Pathway by a health or education professional as they believe your child would benefit from additional to support help them to reach their expected levels of progress in the years leading up to and when they take up their free early education/school place.

The Baby sessions - What to expect

Your baby's first social group. A fun session where you can meet other families with babies and share experiences in a stimulating environment for your baby.

The Music and Songs sessions - What to expect

A fun, stimulating interactive session where your child can move around, sing their favourite songs and dance.

The Story sessions - What to expect

Children love books and stories, these sessions focus on children's stories and many sessions include games, songs, and crafts to enrich, and grow your story time experience and great tips for reading and family support.



The Health sessions – What to expect

- **Healthy Child Clinic** – Book an appointment to speak to one of the health team about your baby or child and also get to your baby weighed
03000 336 200
- **Weighing Clinic** – Book an appointment to attend to have your baby or child (under 5's) weighed.
03000 336 200
- **Infant Feeding Café** – 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.
- **Healthy Eating and Dental Health drop-in** – Pop in with any questions you have from our trained nutritionists. We are here to help you support your children develop good healthy eating and dental teeth habits.

The Grow Wild sessions

An exciting outdoor play session Grow Wild is an opportunity for children to learn about our natural environment, take managed risks and have fun too. Tunnel slides, water play, rope bridges, insect houses, and natural musical instruments are just some of the features we have in our Grow Wild space. Please ensure you and your child are wearing appropriate clothing for the weather.

Flourish a post-natal support group (*invitation only)

Flourish is a support group for mothers who are finding the transition into motherhood not as they expected. A chance to talk and share with other mothers feeling the same and learn to have fun with their baby.

Advice Sessions drop-in session – no need to book

The Early Help community drop

It provides 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.

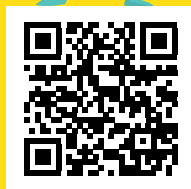
The Domestic Abuse drop in

This is a safe, confidential, and non-judgemental place for anyone to come in 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.

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 in a range of other venues across Waltham Forest. They include Council delivered and funded services provided by our partners.





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

Sign up to our Best Start
in Life newsletter today.