

January to March 2024

# Best Start in Life

## Timetable

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What's on at your local  
Family Hub



Waltham Forest

# Family Hub locations

Open Monday to Friday  
9am to 5pm

School Holiday dates  
Winter Term 2024

First day at school:  
8 January 2024

2024 Spring half term holiday  
Monday 12 February to  
Friday 16 February 2024

Easter holiday  
Friday 29 March 2024 to  
Friday 12 April 2024



**Family Hub Phonenumber**

**0208 496 4965**

**Mon to Fri: 9am to 9pm**  
**Sat: 10am to 2pm**

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.

# Free workshops



## Caring for your Newborn Workshop (0 to 8 weeks)

Join us for a workshop which explores up-to-date information to enable you to feed your baby confidently and successfully. Topics include night-time feeding, sleep and parental wellbeing. There will be a chance for you to ask any questions to our Infant Feeding Practitioners.



## 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 two-hour online workshop and face-to-face.



## Starting Solids Workshop

Join us for a group workshop which explores when, how and what to feed your baby.



## 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 two-hour online workshop and face-to-face.



## HENRY Healthy Families Group Programme

A free eight-week programme for families with children under five 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 across the borough, and new dates are added all the time.

# Parenting programmes



## Triple P 0-12

For parents/carers with children aged up to 12 years old. Learn about the causes of child behaviour problems, set goals, and use strategies to promote development and manage misbehaviour



## Positive Behaviour Support (PBS)

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



## Triple P Stepping Stones

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



## Strengthening Families, Strengthening Communities (SFSC)

For parents/carers of children aged 3-18 years old. Designed to promote protective factors, develop healthy lifestyles, 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 Teen

For parents/carers with children aged 11-18 years old. Promote your teenagers development and potential or for concerns about your teenagers behaviour.

These sessions are monthly. Get the next set of dates from HENRY's website: [www.henry.org.uk/walthamforest](http://www.henry.org.uk/walthamforest)

Get in touch with HENRY to book your place: **0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)**

HENRY Infant Feeding helpline: **0207 961 9073**

For more information and to book please email [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) or visit [bit.ly/parentingWF](http://bit.ly/parentingWF)

# Best Start in Life: Session Explainer

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:



**Lloyd Park Children's Charity**



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



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



## Play and Learning Activities:

Inclusive, fun, stimulating and interactive sessions for all under-5s to play, learn and socialise with other children. These are drop-in sessions, which:

- provide a range of engaging activities such as stories, rhymes, singing, dance, arts, crafts, and physical activities that are appropriate for children of all abilities;
- support children's development around communication and language, physical, personal, social and emotional development;
- are run by skilled staff who are able to provide advice and information about ways in which you can extend your child's learning at home and signpost you to other family support services;
- allow parents and carers to meet new friends and share knowledge and experiences.

To meet the needs of our community, some of our sessions are themed. For example, activities for young parents (under 25), LGBTQ+, dads/male carers and families with a child with SEND.



## Sessions to Support Children with Learning and Developmental Delay and/or SEND:

**\*Referral is required**

### Early Years Inclusion Pathway: Targeted and Specialist Support Sessions

The offer includes:

- regular, fun, stimulating and interactive play;
- learning and social activities;
- an allocated key person;
- support from health and/or education professionals;

- individual learning support plans, developed with parents/carers to ensure children's needs are met and to support children's progress;
- a range of support for parents and carers.

You will be invited to attend these services if a referral is made to the Early Years Inclusion Pathway by a health or education professional. This will happen if they think your child would benefit from additional support to reach their expected levels of progress in the years leading up to, and when they take up, their free early education/school place. Additional referrals to the specialist education and/or health services will also be made if appropriate.

You can also find a full range of local and national activities and support for families who have a child with SEND on the 'Early Years Local Offer' page: [bit.ly/send-wf](http://bit.ly/send-wf)



## Additional Information and Support:

### Flourish

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

### Early Help Community Drop-In

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 parents, community activities and help to use online services.

### Violence Against Women and Girls Drop-In

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.



## Health Sessions:

### Healthy Child Clinic

Drop-in session for all babies and children from birth to five years. Come to one of the Family Hubs to get your baby or child weighed, or to speak to a member of the Health Visiting Team with any questions about your child's health, growth or development.

Parents and carers are encouraged to bring their baby's red book or have access to the e-Redbook app when attending. To find out more about the service, or to speak to a Duty Health Visitor please call **0300 300 6200**.

### 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 eating and dental habits.

### Speech and Language Drop-In

Come along to meet our Speech and Language Therapy team who can answer any questions about your child's communication development and offer tips and strategies to try at home.

### Quit Right Waltham Forest

A free Stop Smoking Service for those who live and work in Waltham Forest. Please call **0207 882 8230** to book; or walk in to speak to our specialist advisors at Family Hubs; or self-refer through its webpage: [quitrightwf.org](http://quitrightwf.org). You'll have a specialist consultation with one of the advisors, who can help find a treatment option that is right for you, making it even easier to quit smoking and beat the cravings.

### Infant Feeding Café or Support Drop-In

Drop in to get practical and emotional support, however you are feeding your baby. Alternatively, give our friendly practitioners a call on the Waltham Forest Infant Feeding Helpline: **0207 961 9073**.



# 1

## 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



# What's on, courses and free workshops: Chingford



## Caring for your Newborn Workshop (0 to 8 weeks)

### Online:

Wednesdays 10am to 11.30am,  
17, 31 January, 21 February, 6, 20 March  
Thursdays 1pm to 2.30pm,  
25 January, 8, 29 February, 14, 28 March

### More information:

[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch  
with HENRY to book your place: 0208 496 5223 /  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



## Healthy Families Group Programme

**Online:** Monday 10am to 11.30am starting from  
late January

### More information:

[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch  
with HENRY to book your place: 0208 496 5223 /  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



## Healthy Teeth Workshop

**Online:** Monday 12 February, 10am to 12 noon,  
Tuesday 12 March, 10am to 12 noon

### More information:

[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch  
with HENRY to book your place: 0208 496 5223 /  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



## Preparing to Feed your Baby Pregnancy Workshop

**Location:** Paradox Centre,  
Thursday 14 March, 4.30pm to 6.30pm

**Location:** Chingford Family Hub,  
Monday 5 February, 9.30am to 11.30am

**Online:** Saturday 3 February, 10am to 12 noon,  
Wednesday 21 February, 4pm to 6pm,  
Tuesday 27 February, 5pm to 7pm and  
Saturday 30 March, 10am to 12 noon

### More information:

[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch  
with HENRY to book your place: 0208 496 5223 /  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



## Initial Sleep Consultation: Sleep Support Sessions

**Location:** Chingford Family Hub

**Start/finish:** 3pm to 5pm (30-minute slots)

**Frequency:** 10 January, 7 February and 6 March

**More information:** To book an appointment,  
visit: [lloydparkcc.eventbrite.com](http://lloydparkcc.eventbrite.com)



## Young Parents' Group

**Location:** Chingford Family Hub

**Start/finish:** 9.30am to 11.30am

**Frequency:** 21, 28 February and 6, 13 March



## Citizens Advice

**More information:** Call 0808 278 7838 for advice  
and to make a booking



## Oral Health Promotion

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** 19 February

**More information:** Takes place within Early Years  
Inclusion Group



## Oral Health Promotion

**Location:** Paradox Centre

**Start/finish:** 1.30pm to 3pm

**Frequency:** 25 March

**More information:** Takes place within under-2s  
Play Session



## Dads' Club

**Location:** Chingford Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** First Saturday of the month



## Baby Massage

**Location:** Chingford Family Hub

**Course 1:** 10, 17, 24, 31 January and 7 February

**Course 2:** 28 February and 6, 13, 20, 27 March

**Start/finish:** 1.30pm to 2.30pm

**Cost:** £22.15

**More information:** To book your place, visit:  
[lloydparkcc.eventbrite.com](http://lloydparkcc.eventbrite.com)

## Food-themed activities



## Eating Well

**Location:** Paradox Centre

**Start/finish:** 1.30pm to 3pm

**Frequency:** 22, 29 January and 5 February

**More information:** Takes place within under-2s  
Play Session



## Exploring Foods

**Location:** Chingford Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** 12, 19, 26 March

**More information:** Takes place within under-2s  
Play Session



## Starting Solids Workshop

**Location:** Chingford Family Hub,  
25 March, 9.30am to 11.30am

**Online:** Thursday 8 February, 10am to 11.30am,  
Thursday 22 February, 1pm to 3pm,  
Wednesday 6 March, 9.30am to 11am

### More information:

[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch  
with HENRY to book your place: 0208 496 5223 /  
[wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

## Monday



### Speech and Language Therapy Drop-In

**Location:** Chingford Family Hub

**Start/finish:** 9.30am to 11.30am

**Frequency:** 5 February and 4 March



### Flourish, post-natal support group

**Location:** Chingford Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly

**More information:** Invitation only. Contact [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk) for more information



### We Are Friends

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

**Location:** Chingford Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with older people over 65 in the community. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)

## Monday



### Somewhere to Belong: Early Years Inclusion Pathway

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly

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



### Under-2s Play Session

**Location:** Paradox Centre

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly, term time only

## Tuesday



### Stay and Play

**Location:** Chingford Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly



### We Are Friends

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

**Location:** Hale End Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with older people over 65 in the community. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)



### Free Early Education and Childcare Information Drop-In

**Location:** Chingford Family Hub

**Start/finish:** 11am to 12 noon

**Frequency:** 16 January, 13 February, 12 March

**More information:** Don't miss out on up to 15 hours of free childcare for your child. Pop in and get answers to all your questions and check whether you are entitled to the expanded offer for working families.

## Tuesday



### Stay and Play

**Location:** Chingford Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly



### Healthy Child Clinic

**Location:** Walthamstow Family Hub

**Start/finish:** 1.30pm to 3.30pm

**Frequency:** Weekly



### You and Your New Baby - Stay and Play

**Age range:** Birth to pre-crawlers, antenatal and post-natal

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly



### Kids' Crafts

**Age range:** Two to eight years

**Location:** Chingford Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly



## Wednesday

### Infant Feeding Café (women only)

**Location:** Chingford Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Weekly

### Early Help Community Drop-In

**Location:** Chingford Family Hub

**Start/finish:** 9.45am to 11.15am

**Frequency:** Weekly

### Stories and Craft for Toddlers

**Location:** Paradox Centre

**Start/finish:** 10am to 11am

**Frequency:** Weekly, term time only

**Cost:** £1.50 per child, 50p siblings

### Story and Rhymes

**Location:** Hale End Library

**Start/finish:** 10.30am to 11am

**Frequency:** Weekly

## Wednesday

### Story and Rhymes

**Location:** Chingford Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly, term time only

### Stay and Play

**Location:** Hale End Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly

### Stories and Crafts for Babies

**Location:** Paradox Centre

**Start/finish:** 11.15am to 12.15pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Music and Movement

**Location:** Paradox Centre

**Start/finish:** 1.30pm to 2.30pm

**Frequency:** Weekly

## Thursday

### Stay and Play

**Location:** Chingford Library

**Start/finish:** 9.30am to 10.30am

**Frequency:** Weekly

### Outdoor Explore and Play session

**Location:** Highams Park

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly

### Healthy Child Clinic

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3.30pm

**Frequency:** Weekly

### Healthy Eating and Dental Health Drop-In

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3.30pm

**Frequency:** First and third Thursday of the month

**More information:** Within Healthy Child Clinic

## Thursday

### Kids' Crafts

**Age range:** Two to eight years

**Location:** Chingford Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly





## Friday

### Violence Against Women and Girls Drop-In

**Location:** Chingford Family Hub

**Start/finish:** 10am to 1pm

**Frequency:** Weekly

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.

### Story and Rhymes

**Location:** Chingford Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly



## Friday

### Grandparents Group

**Location:** Chingford Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly

## Saturday

### Kids' Crafts

**Age range:** Two years and above

**Location:** Chingford Library

**Start/finish:** 10.30am to 11.30am

**Frequency:** Weekly

### Dads' Club

**Location:** Chingford Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** First Saturday of the month

### Kids' Crafts

**Age range:** Three years and above

**Location:** Hale End Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly

## Sunday

### Dads' Stay and Play

**Age range:** Up to eight years

**Location:** Chingford Library

**Start/finish:** 1pm to 2pm

**Frequency:** Weekly



# 2

## Walthamstow Family Hub

313 Billet Road, E17 5PX



- 10 **The Lloyd Park Centre**  
Winns Avenue Entrance, E17 5JW
- 11 **Higham Hill Library**  
North Countess Road, E17 5HS
- Hillyfield Primary Academy**
- 12a **(Hill Site)** 99-101 Higham Hill Road, E17 6ED
- 12b **(Park Site)** Aveling Park Road, E17 4NR
- 13 **Walthamstow Library**  
High Street, E17 7JN
- 14 **Church Hill Nursery School**  
47 Woodbury Road, E17 9SB
- 15 **Wood Street Library**  
1 Troubridge Square, E17 3GN
- 16 **Barncroft Primary School**  
2 Brunel Road, E17 8SB



# What's on, courses and free workshops: Walthamstow



## Caring for your Newborn Workshop (0 to 8 weeks)

**Online:** Wednesday mornings 10am to 11.30am, 17, 31 January, 21 February and 6, 20 March  
Thursday afternoons 1pm to 2.30pm, 25 January, 8, 29 February and 14, 28 March

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



## HENRY Healthy Families Group Programme

**Online:** Monday programme 10am to 11.30am starting from late January

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



## Starting Solids Workshop

**Location:** Walthamstow Family Hub  
8 January, 9.30am to 11.30am

**Online:** Thursday 8 February, 10am to 11.30am, Thursday 22 February, 1pm to 3pm, Wednesday 6 March, 9.30am to 11am

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



## Healthy Teeth Workshop

**Location:** Walthamstow Family Hub Wednesday 24 January, 1pm to 3pm

**Online:** Monday 12 February, 10am to 12 noon, Tuesday 12 March, 10am to 12 noon

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place  
**0208 496 5223 / wfsupport@henry.org.uk**



## Preparing to Feed your Baby Pregnancy Workshop

**Location:** Walthamstow Family Hub, Wednesday 17 January, 1pm to 3pm and Wednesday 20 March, 3pm to 5pm

**Online:** Saturday 3 February, 10am to 12 noon, Wednesday 21 February, 4pm to 6pm, Tuesday 27 February, 5pm to 7pm, and Saturday 30 March, 10am to 12 noon

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place  
**0208 496 5223 / wfsupport@henry.org.uk**



## Initial Sleep Consultation: Sleep Support Sessions

**Location:** Walthamstow Family Hub

**Start/finish:** 10am to 12 noon (30-minute appointment)

**Frequency:** 19 January, 9 February, 8 March

**More information:** To book your place:  
[lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)



## Healthy Eating and Dental Health Drop-In

**Eating Well:** 18, 25 January and 15 February

**Oral Health Promotion:** 26 January and 2 February

**Location:** Walthamstow Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Second week of the month

**More information:**  
[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



## Young Parents' Group

**Location:** The Lloyd Park Centre

**Start/finish:** 1pm to 2.30pm

**Frequency:** 5, 12, 19 and 26 March



## Quit Right Waltham Forest

A safe, confidential place to drop in and talk about any concerns, seek advice, or access immediate support in relation to safety, wellbeing and practical needs.

**Location:** Walthamstow Family Hub

**Start/finish:** 10am to 1pm

**Frequency:** Every Tuesday



## Baby Massage

**Course 1:** 18, 25, January and 1, 8, 15, 22 February

**Location:** Walthamstow Family Hub

**Start/finish:** 11.45am to 12.45pm

**Cost:** £22.15

**Course 2:** 29 February and 7, 14, 21, 28 March

**Location:** Walthamstow Family Hub

**Cost:** £22.15

**More information:** To book your place:  
[lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)



## Citizens Advice

**More information:** Call **0808 278 7838** for advice and to make a booking



## Monday

### Flourish (post-natal support group)

**Location:** The Lloyd Park Centre

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly

**More information:** Invitation only. Contact [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk) for more information

### Story and Rhymes

**Location:** Wood Street Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### We Are Friends

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

**Location:** Higham Hill Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with older people over 65 in the community. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)

## Monday

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

### Stay and Play

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 1pm

**Frequency:** Weekly



## Tuesday

### Music and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 10am to 10.45am and 11am to 11.45am

**Frequency:** Weekly

### Dads' Stay and Play

**Location:** Wood Street Library

**Start/finish:** 10.30am to 11am

**Frequency:** Weekly

### Stay and Play

**Location:** Wood Street Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### Stay and Play

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 1pm

**Frequency:** Weekly

## Tuesday

### Infant Feeding Café

**Location:** Walthamstow Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly

### Healthy Child Clinic

**Location:** Walthamstow Family Hub

**Start/finish:** 1.30pm to 3.30pm

**Frequency:** Weekly



## Wednesday

### Story and Rhymes

**Location:** Wood Street Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### Infant Feeding Café

**Location:** Walthamstow Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Weekly

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

## Thursday

### Under-2s Play Session

**Location:** Walthamstow Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Weekly

**More information:** The HENRY Healthy Eating and Dental Health Drop-In takes place within Play Session on the second Thursday of the month.

### Healthy Eating and Dental Health Drop-In

**Location:** Walthamstow Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Second Thursday of the month, term time only

### Grow Wild

**Location:** Grow Wild, The Lloyd Park Centre

**Start/finish:** 9.30am to 10.30am and 11am to 12 noon

**Frequency:** Weekly, term time on

### Early Help Community Drop-In

**Location:** Walthamstow Family Hub

**Start/finish:** 9.45am to 11.15am

**Frequency:** Weekly

## Thursday

### Violence Against Women and Girls Drop-In

**Location:** Walthamstow Family Hub

**Start/finish:** 10am to 4pm

**Frequency:** Weekly

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.

### We Are Friends

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

**Location:** Wood Street Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with older people aged over 65 in the community. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)

### Story and Rhymes

**Location:** Higham Hill Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Thursday

### You and Your New Baby - Stay and Play

**Location:** Walthamstow Family Hub

**Start/finish:** 11.15am to 12.45pm

**Frequency:** Weekly

**More information:** HENRY Healthy Eating and Dental Health Drop-In within session on second week of the month

### Healthy Eating and Dental Health Drop-In

**Location:** Walthamstow Family Hub

**Start/finish:** 11.15am to 12.45pm

**Frequency:** Within You and Your New Baby session on second week of the month

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 1pm

**Frequency:** Weekly

### Somewhere to Belong (Early Years Inclusion Pathway)

**Location:** Walthamstow Toy Library

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly, term time only

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

## Friday

### SEND Play Session

**Location:** Walthamstow Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Weekly, term time only

### Speech and Language Support Drop-In

**Location:** Church Hill Nursery School

**Start/finish:** 9.30am to 11.30am

**Frequency:** 12 January, 9 February and 8 March

### Story and Rhymes

**Location:** Wood Street Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### Toy Library

**Location:** Higham Hill Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Friday

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

### Stay and Play

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 1pm

**Frequency:** Weekly

### Stay and Play

**Location:** Walthamstow Family Hub

**Start/finish:** 1.30pm to 3pm

**Frequency:** Weekly

**More information:** HENRY Healthy Eating and Dental Health Drop-In within play session on Fourth week of the month

### Free Early Education and Childcare Information Drop-In

**Location:** Walthamstow Family Hub

**Start/finish:** 2.30pm to 3.30pm

**Frequency:** 19 January, 16 February, 15 March

**More information:** Don't miss out on up to 15 hours of free childcare for your child. Pop in and get answers to all your questions and check whether you are entitled to the expanded offer for working families.

## Saturday

### Outdoor Dads' Club

**Location:** Grow Wild, The Lloyd Park Centre

**Start/finish:** 10am to 12 noon

**Frequency:** Last Saturday of the month

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

### Children's Film Club

**Age range:** Birth to ten years

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 2pm

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Three years and above

**Location:** Walthamstow Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly

## Sunday

### Story and Rhymes

**Location:** Walthamstow Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

### Children's Film Club

**Age range:** Birth to ten years

**Location:** Walthamstow Library

**Start/finish:** 12 noon to 2pm

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Four to ten years

**Location:** Walthamstow Library

**Start/finish:** 2.30pm to 3.30pm

**Frequency:** Weekly



# 3 Leyton Family Hub

215 Queens Road, E17 8PJ



- 17 **Cornerstone Baby Bank**  
The Cornerstone, 149 Canterbury Rd, E10 6EH
- 18 **Lea Bridge Library**  
Lea Bridge Road, E10 7HU
- 19 **Seddon Centre**  
33 Clyde Place, E10 5AS
- 20 **Leyton Sports Ground**  
2 Crawley Rd, London E10 6RJ
- 21 **Leyton Library**  
High Road, E10 5QH



## What's on, courses and free workshops:

# Leyton



### HENRY Healthy Families Group Programme

**Location:** Leyton Family Hub - running on Tuesday afternoons from late January

**Online:** Monday programme 10am to 11.30am

**More information:**

[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



### Healthy Teeth Workshop

**Location:** Leyton Family Hub, Tuesday 26 March, 1pm to 3pm

**Online:** Monday 12 February, 10am to 12 noon, Tuesday 12 March, 10am to 12 noon

**More information:**

[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



### Preparing to Feed your Baby Pregnancy Workshop

**Online:** Saturday 3 February, 10am to 12 noon, Wednesday 21 February, 4pm to 6pm, Tuesday 27 February, 5pm to 7pm and Saturday 30 March, 10am to 12 noon.

**More information:**

[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



### Quit Right Waltham Forest

**Location:** Leyton Family Hub

**Start/finish:** 1pm to 5pm

**Frequency:** Every Thursday



### The Parents Lounge: Break Tha Cycle

**Location:** Leyton Family Hub

**Start/finish:** 1pm to 3pm

**Frequency:** Every Tuesday, term time only

**More information:** 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**.



### Citizens Advice

**More information:** Call **0808 278 7838** freephone number for advice



### Baby Massage

**Course 1:** 22, 29 January and 5, 12, 19 February

**Course 2:** 26 February and 4, 11, 18, 25 March

**Location:** Leyton Family Hub

**Start/finish:** 10.30am to 11.30am

**Frequency:** Weekly

**Cost:** £22.15

**More information:** To book your place, visit: [lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)



### Caring for your Newborn Workshop (0 to 8 weeks)

**Online:** Wednesday mornings 10am to 11.30am, 17, 31 January, 21 February and 6, 20 March, Thursday afternoons 1pm to 2.30pm, 25 January, 8, 29 February and 14, 28 March

**More information:**

[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**

## Food-themed activities



### Starting Solids Workshop

**Location:** Leyton Family Hub, 23 January, 1pm to 3pm

**Online:** Thursday 8 February, 10am to 11.30am, Thursday 22 February, 1pm to 3pm, Wednesday 6 March, 9.30am to 11am

**More information:**

[henry.org.uk/walthamforest/events](https://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
**0208 496 5223 / wfsupport@henry.org.uk**



# Leyton Hub (South West)

## Monday

### Healthy Child Clinic

**Location:** Leyton Family Hub

**Start/finish:** 9.30am to 11.30am

**Frequency:** Weekly

### Infant Feeding Support

**Location:** Leyton Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Weekly

### Violence Against Women and Girls Drop-In

**Location:** Leyton Family Hub

**Start/finish:** 10am to 4pm

**Frequency:** Every Monday, Tuesday and Wednesday

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.

### Story and Rhymes

**Location:** Leyton Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Monday

### Stay and Play

**Location:** Lea Bridge Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly

### Under-2s Play Session

**Location:** Seddon Centre

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly, term time only

### Bong-a-long

**Location:** Leyton Family Hub

**Start/finish:** 1.45pm to 2.30pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Let's Create

**Location:** Seddon Centre

**Start/finish:** 3.15pm to 4pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p sibling

# Leyton Hub (South West)

## Monday

### Tambini Music and Rhyme

**Location:** Seddon Centre

**Start/finish:** 4pm to 4.45pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Crafty Families

**Age range:** Two years and above

**Location:** Lea Bridge Library

**Start/finish:** 4pm to 5pm

**Frequency:** Weekly



## Tuesday

### Healthy Eating and Dental Health Drop-In

**Location:** Leyton Sports Ground

**Start/finish:** 9.30am to 11.30am

**Frequency:** Second and fourth Tuesday of the month, term time only

### Early Help Community Drop-In

**Location:** Leyton Family Hub

**Start/finish:** 9.45am to 11.15am

**Frequency:** Weekly

### Violence Against Women and Girls Drop-In

**Location:** Leyton Family Hub

**Start/finish:** 10am to 4pm

**Frequency:** Every Monday, Tuesday and Wednesday

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.



## Tuesday

### Flourish (post-natal support group)

**Location:** Leyton Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly

**More information:** Free but invitation only. Contact [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk) for more information.

### Infant Feeding Café

**Location:** Lea Bridge Library

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly, term time only

### You and Your New Baby - Stay and Play

**Location:** Leyton Sports Ground

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly

### Stay and Play

**Location:** Leyton Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly

## Tuesday

### Story and Rhymes

**Location:** Lea Bridge Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### Stay and Play

**Location:** Leyton Sports Ground

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly

**More information:** Speech and Language Support Drop-In on 30 January, 27 February, 26 March

### Speech and Language Support Drop-In

**Location:** Leyton Sports Ground

**Start/finish:** 1pm to 2.30pm

**Frequency:** 30 January, 27 February and 26 March

**More information:** Alongside Stay and Play session

## Tuesday

### Duplo Tuesdays

**Location:** Two years and above

**Location:** Leyton Library

**Start/finish:** 3pm to 4pm

**Frequency:** Weekly

### Recycled Crafts

**Age range:** Three years and above

**Location:** Lea Bridge Library

**Start/finish:** 4pm to 5pm

**Frequency:** First and third Tuesday of the month



## Wednesday

### Little Ballers

**Age range:** Two years and above

**Location:** Leyton Family Hub

**Start/finish:** 9.30am to 10.15am

**Frequency:** Weekly

**Cost:** £1.50 first child, 50p siblings

### Violence Against Women and Girls Drop-In

**Location:** Leyton Family Hub

**Start/finish:** 10am to 4pm

**Frequency:** Every Monday, Tuesday and Wednesday

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.

### Stay and Play

**Location:** Lea Bridge Library

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly

## Wednesday

### Stay and Play

**Location:** St Joseph Catholic Infant School

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Two to eight years

**Location:** Lea Bridge Library

**Start/finish:** 4pm to 5pm

**Frequency:** Weekly

## Thursday

### Somewhere to Belong: Early Years Inclusion Pathway

**Location:** Seddon Centre

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly, term time only

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

### Let's Create

**Age range:** 18+ months

**Location:** Leyton Family Hub

**Start/finish:** 10am to 10.45am

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Infant Feeding Café

**Location:** Cornerstone Baby Bank

**Start/finish:** 10.30am to 11.30am

**Frequency:** Weekly, term time only

## Thursday

### We Are Friends

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

**Location:** Lea Bridge Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with people over 65. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)

### Tambini Music and Rhymes

**Location:** Leyton Family Hub

**Start/finish:** 11am to 11.45am

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Sensory Rhyme Time

**Location:** Lea Bridge Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Thursday

### We Are Friends

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

**Location:** Lea Bridge Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

**More information:** Intergenerational activity for families with under-5s who want to connect with people over 65. Book your place online at: [thetogetherproject.org.uk/we-are-friends-1](http://thetogetherproject.org.uk/we-are-friends-1)

### SEND Play Session

**Location:** Seddon Centre

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly, term time only

### Speech and Language Support Drop-In

**Location:** Leyton Sports Ground

**Start/finish:** 1.30pm to 2.30pm

**Frequency:** 30 January, 27 February and 26 March

### Lego Club

**Age range:** Four years and above

**Location:** Leyton Library

**Start/finish:** 4pm to 5pm

**Frequency:** Weekly

## Thursday

### Kids Film Club

**Age range:** Three years and above

**Location:** Lea Bridge Library

**Start/finish:** 4pm to 5pm

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Two to eight years

**Location:** Lea Bridge Library

**Start/finish:** 4pm to 5pm

**Frequency:** Weekly

## Friday

### 123 Mini Chefs

**Age range:** Two years and above

**Location:** Leyton Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Stay and Play

**Location:** Leyton Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly

### Free Early Education and Childcare Information Drop In

**Location:** Leyton Family Hub

**Start/finish:** 11am to 12 noon

**Frequency:** 19 January, 16 February, 15 March

**More information:** Don't miss out on up to 15 hours of free childcare for your child. Pop in and get answers to all your questions and check whether you are entitled to the expanded offer for working families.

### Film Club

**Age range:** Three years and above

**Location:** Leyton Library

**Start/finish:** 4pm to 5.30pm

**Frequency:** Weekly

## Saturday

### Dads' Club

**Location:** Leyton Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** Second Saturday of the month

### Dad's Coffee Morning Stay and Play

**Location:** Lea Bridge Library

**Start/finish:** 10am to 12 noon

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Three years and above

**Location:** Leyton Library

**Start/finish:** 12 noon to 1pm

**Frequency:** Weekly

### Film Club

**Age range:** Three years and above

**Location:** Leyton Library

**Start/finish:** 1.30pm to 2.30pm

**Frequency:** Weekly

## Saturday

### Kids' Crafts

**Age range:** Three years and above

**Location:** Lea Bridge Library

**Start/finish:** 1.30pm to 2.30pm

**Frequency:** Weekly

## Sunday

### Book and Craft

**Age range:** Two years and above

**Location:** Lea Bridge Library

**Start/finish:** 11am to 12 noon

**Frequency:** Weekly

### Family Games Club

**Location:** Lea Bridge Library

**Start/finish:** 1pm to 2pm

**Frequency:** Weekly





## Leytonstone Family Hub

2-8 Cathall Road, E11 4LF

- 22 **United Free Church**  
55 Wallwood Road, E11 1AY
- 23 **Leytonstone Library**  
Church Lane, E11 1HG
- 24 **Leytonstone Toy Library**  
Birch Grove, E11 4YG

## What's on courses, and free workshops: Leytonstone



### HENRY Healthy Families Group Programme

**Location:** Leyton Family Hub - running on Tuesday afternoons from late January

**Online:** Monday programme 10am to 11.30am

**More information:**  
[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk).



### Starting Solids Workshop

**Location:** Leytonstone Family Hub, Wednesday 13 March, 1pm to 3pm

**Online:** Thursday 8 February, 10am to 11.30am, Thursday 22 February, 1pm to 3pm, Wednesday 6 March, 9.30am to 11am

**More information:**  
[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk).



### Healthy Teeth Workshop

**Online:** Monday 12 February, 10am to 12 noon and Tuesday 12 March, 10am to 12 noon

**More information:**  
[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk).



### Citizens Advice

**More information:** Call 0808 278 7838 freephone number for advice



### Preparing to Feed your Baby Pregnancy Workshop

**Location:** Leytonstone Family Hub, Thursday 25 January and Thursday 7 March, 4.30pm to 6.30pm

**Online:** Saturday 3 February, 10am to 12 noon, Wednesday 21 February, 4pm to 6pm, Tuesday 27 February, 5pm to 7pm and Saturday 30 March, 10am to 12 noon

**More information:**  
[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



### Early Help Community Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 9.45am to 11.15am

**Frequency:** Weekly



### Caring for your Newborn Workshop (0 to 8 weeks)

**Online sessions:** Wednesday mornings 10am to 11.30am, 17, 31 January, 21 February and 6, 20 March  
Thursday afternoons 1pm to 2.30pm, 25 January, 8, 29 February, and 14, 28 March

**More information:**  
[henry.org.uk/walthamforest/events](http://henry.org.uk/walthamforest/events) or get in touch with HENRY to book your place:  
0208 496 5223 / [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

## Monday



### Somewhere to Belong: Early Years Inclusion Pathway

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly, term time only

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



### Story and Rhymes

**Location:** Leytonstone Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly



### You and Your New Baby - Stay and Play

**Location:** United Free Church

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly, term time only

## Monday



### Kids' Crafts

**Age range:** Four years and above

**Location:** Leytonstone Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly



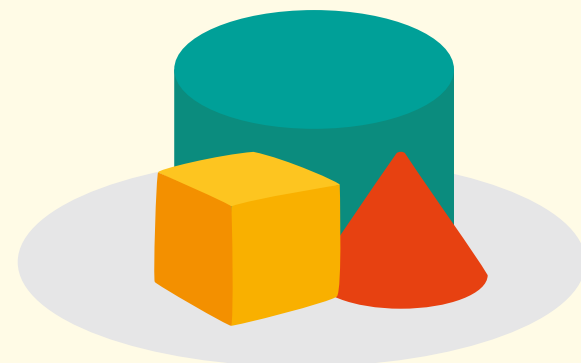
### Story Time

**Age range:** Two years and above

**Location:** Leytonstone Library

**Start/finish:** 4.30pm to 5pm

**Frequency:** Weekly



## Tuesday



### Stay and Play

**Location:** Leytonstone Library

**Start/finish:** 9.30am to 10.30am

**Frequency:** Weekly



### You and Your New Baby - Stay and Play

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly



### Story and Rhymes

**Location:** Leytonstone Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly



### Kids' Crafts

**Age range:** Four years and above

**Location:** Leytonstone Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

## Tuesday



### Flourish (post-natal support group)

**Location:** Leytonstone Family Hub

**Start/finish:** 1pm to 3pm

**Frequency:** Weekly

**More information:** Invitation only. Contact [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk) for more information



### Kids' Crafts

**Age range:** Two to eight years

**Location:** Leytonstone Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly



### Story Time

**Age range:** Two years and above

**Location:** Leytonstone Library

**Start/finish:** 4.30pm to 5pm

**Frequency:** Weekly

# Leytonstone Hub (South East)

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

## Wednesday

### Healthy Child Clinic

**Location:** Leytonstone Family Hub

**Start/finish:** 9.30am to 11.30am

**Frequency:** Weekly

### Healthy Eating and Dental Health Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 9.30am to 11am

**Frequency:** Third Wednesday of the month, term time only

### Story and Rhymes

**Location:** Leytonstone Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

### Kids' Crafts

**Age range:** Two to eight years

**Location:** Leytonstone Library

**Start/finish:** 3.30pm to 4.30pm

**Frequency:** Weekly

## Wednesday

### Speech and Language Support Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 1.30pm to 3.30pm

**Frequency:** 24 January, 28 February and 27 March

### Kids' Crafts

**Age range:** Four years and above

**Location:** Leytonstone Library

**Start/finish:** 11.30am to 12 noon

**Frequency:** Weekly

### Story Time

**Age range:** Two years and above

**Location:** Leytonstone Library

**Start/finish:** 4.30pm to 5pm

**Frequency:** Weekly

## Thursday

### Under-2s Play Session

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly

**Cost:** £1.50 first child, 50p siblings

**More information:** HENRY Drop-In is on the first Thursday of the month, term time only

### Healthy Eating and Dental Health Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** First Thursday of the month, term time only

### Violence Against Women and Girls (VAWG) Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 4pm

**Frequency:** Every Thursday

**More information:** A safe, confidential and non-judgemental place for anyone to drop in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs.

### Story and Rhymes

**Location:** Leytonstone Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Thursday

### Free Early Education and Childcare Information Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 11am to 12 noon

**Frequency:** 18 January, 15 February, 14 March

**More information:** Don't miss out on up to 15 hours of free childcare for your child. Pop in and get answers to all your questions and check whether you are entitled to the expanded offer for working families.

### Let's Create

**Age range:** Two years and above

**Location:** Leytonstone Family Hub

**Start/finish:** 3.30pm to 4.15pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings

### Story Time

**Age range:** Two years and above

**Location:** Leytonstone Library

**Start/finish:** 4.30pm to 5pm

**Frequency:** Weekly

### Tambini Music & Rhymes

**Location:** Leytonstone Family Hub

**Start/finish:** 4.30pm to 5.15pm

**Frequency:** Weekly, term time only

**Cost:** £1.50 first child, 50p siblings



## Friday

### Early Help Community Drop-In

**Location:** Leytonstone Family Hub

**Start/finish:** 9.45am to 11.15am

**Frequency:** Weekly

**Cost:** £1.50 first child, 50p siblings

### Stay and Play

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 11.30am

**Frequency:** Weekly

**Cost:** £1.50 first child, 50p siblings

### Story and Rhymes

**Location:** Leytonstone Library

**Start/finish:** 11am to 11.30am

**Frequency:** Weekly

## Friday

### Infant Feeding Cafe (women only)

**Location:** Leytonstone Family Hub

**Start/finish:** 1pm to 2.30pm

**Frequency:** Weekly

### Story Time

**Age range:** Two years and above

**Location:** Leytonstone Library

**Start/finish:** 4.30pm to 5pm

**Frequency:** Weekly



## Saturday

### Dads' Club

**Location:** Leytonstone Family Hub

**Start/finish:** 10am to 12 noon

**Frequency:** Third Saturday of the month

### Kids' Crafts

**Age range:** Four years and above

**Location:** Leytonstone Library

**Start/finish:** 2pm to 3pm

**Frequency:** Weekly

## Sunday

### Dads' Stay and Play

**Location:** Leytonstone Library

**Start/finish:** 2pm to 3pm

**Frequency:** Weekly





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