

April to August 2024

Best Start in Life Timetable

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



Family Hub locations

Open Monday to Friday
9am to 5pm

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

Contents

Activity Explainer: Pages 4 to 9
Workshop and Programme Explainer: Pages 10 to 13
Activity Calendar: Pages 14 to 42

Easter holiday
Friday 29 March to Friday 12 April

Half term
Monday 27 May to Friday 31 May

Summer holiday
Tuesday 23 July to Friday 30 August

WALTHAM FOREST

FAMILY HUBS

WELLBEING, CONNECTION, SUPPORT



Best Start in Life

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



Lloyd Park Children's Charity



Activity Explainer

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



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



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



When you see **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

These inclusive, fun, stimulating and interactive drop-in sessions will help all under-5s to play, learn and socialise with other children. They are run by skilled staff who are able to provide advice and information about ways to extend your child's learning at home and signpost you to other services to support your family. To meet the needs of our community, some sessions are themed, for example activities for young parents (under 25), LGBTQI+, or dads/male carers.

123 Mini Chefs

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

Bong-a-long

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

Book and Craft

Fun craft session based on characters and themes from books.

Crafty Families

Fun craft activities for children. Parental supervision required.

Dads' Coffee Morning Stay and Play

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

Dads' Club

This is a great place to meet other fathers and carers in your area. The Club offers a variety of fun play-based activities for you and your child, delivered by the Lloyd Park Children's Charity.

Dads' Stay and Play

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

Film Club

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

Free Early Education and Childcare Information Drop-In

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

Grandparents' Group

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

Grow Wild

Fun activities in a natural adventure playground built for climbing, sliding, hopping, jumping and exploring.

Kids' Crafts Club

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

Lego and Duplo Club

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

Let's Create

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

Little Ballers

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

Music and Movement

A fun, stimulating and interactive session where your child can move, sing and dance.

Music and Rhymes

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

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

Outdoor Dads' Club at Grow Wild

Fun activities in a natural adventure playground built for climbing, sliding, hopping, jumping and exploring.

Outdoor Explore and Play Session

A fun outdoor session for you to play with your child(ren) in a creative and stimulating environment that will support your child's development in all areas.

Play Session

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

Sensory and Rhymes

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

Sensory Rhyme Time

Focuses on songs and rhymes to help speech, and action songs and movement for co-ordination.

Stay and Play

A fun session for you to play with your child(ren) in a creative and stimulating environment that will support your child's development in all areas. Delivered by the Lloyd Park Children's Charity.

Stories and Craft for Toddlers

A fun and interactive session delivered by the Lloyd Park Children's Charity. A chance for your toddler to experience stories and crafts all within one session.

Story and Rhymes

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

Story Time

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

Tambini Music and Rhymes

Fun sessions with songs and rhymes to help speech, and movement for co-ordination. Delivered by Treasure Me Kids.

Under-2s Play Session

Fun interactive play activities for children aged two years and under. No booking is required.

We Are Friends

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

You and Your New Baby, Stay and Play

Your baby's first social group! Have fun meeting other families with babies, share experiences and learn how to support your child's development in a fun and relaxing environment.

Young Parents' Group

A great place to meet other parents aged under 25 in a fun and relaxing environment.



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

Somewhere to Belong

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

SEND Play session

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



Health and wellbeing support

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

Baby Massage

You will learn how to massage your baby safely during this five-session course.

HENRY Healthy Eating and Dental Health Drop-In

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

HENRY Infant Feeding Group Drop-in

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

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

Healthy Child Clinic

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

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

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

The health review provides the opportunity to review your child's development and discuss any questions you may have about their health, growth and behaviour. Our staff are trained to support and advise families about staying healthy, supporting your child's play, development, behaviour, sleep, dental care, immunisations, and minor ailments. You can collect a Bookstart pack and learn more about the wider opportunities available for your child within the borough, including access to childcare and specialist services if required.

If your child is aged over 15 months or over 27 months and you have not been contacted, you can call the 0-19 team **0300 033 6200** or email **thgpcg.wf0-19spa1@nhs.net**. If you are unable to attend the offered appointment, please contact us and we can rearrange for you.

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

Initial Sleep Consultation

Sleep deprivation not only affects a child's learning, behaviour, mood and health but also the physical and mental wellbeing of the whole family. Sleep Practitioners support families with sleep concerns they may have.

Speech and Language drop in

Ask our Speech and Language Therapy team any questions about your child's communication development and get tips and strategies to try at home.

Oral Health Promotion

These drop-in sessions take place during play groups. Locations are:

Chingford Family Hub: 18 June, 10am to 11.30am.

Paradox Centre: Monday 8 July, 1.30pm to 3pm.

Leytonstone Family Hub: Thursday 2 May and Friday 5 July, 10am to 11.30am.

Walthamstow Family Hub: 23 May and 18 July, 9.30am to 11am.

Quit Right Waltham Forest

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



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



Family Support

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

Buddies

Are you finding life tough at the moment? Are you expecting, or do you have a child under two? A friendly HENRY Buddy will keep in touch regularly by telephone to help you through the challenges of adjusting to family life. Buddies can support you over a few days or weeks and when you need it. They'll listen, provide support, and offer practical ideas. **Get in touch with HENRY to book your place: 0208 496 5223/wfsupport@henry.org.uk**

Flourish

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

Free Early Education and Childcare Information Drop-In

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.

Early Help Community Drop-In

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

Violence Against Women and Girls (VAWG) Drop-In

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

The Parents Lounge: Break Tha Cycle

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

Peer to Peer Support Group

Meet other families and share your lived experiences:

25 April: LGBTQI+ Families

30 May: Families with children with SEND

27 June: Fathers

25 July: Foster Carers/Adoptive Families.

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

Workshop and Programme Explainer

Some Best Start in Life activities are either one-off events (like our HENRY workshops) or they're long-term programmes (like many of our sessions for parents).

Find details about them in these pages, 10 to 13.



HENRY workshops

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

Starting Solids Workshop

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

Dates online: 13 May 6pm to 7.30pm, 2 July 10am to 11.30am, 20 August 10am to 11.30am

Chingford: 17 June 10am to 12 noon

Walthamstow: 1 May 10am to 12 noon

Leytonstone: 17 April and 5 June 1pm to 3pm

Leyton: 16 July 1pm to 3pm

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. This workshop is run both as a two-hour online session and face-to-face.

Dates online: 12 June 6pm to 7.30pm, 12 August 10am to 11.30am

Leytonstone: 1 May 1pm to 2.30pm

Walthamstow: 24 July 10am to 11.30am

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

Antenatal Breastfeeding Workshop: Preparing to Feed my Baby

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

Dates online: 15 May 10am to 12 noon, 29 June 10am to 12 noon, 20 July 10am to 12 noon

Leytonstone: 17 April and 12 June 4pm to 6pm

Leyton: 15 June and 5 July 9.30am to 11.30am

Walthamstow: 1 May 4pm to 6pm

Chingford: 22 May and 10 July 4pm to 6pm

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

Online Workshop: Caring for My Newborn

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

Dates online: 16 April, 1 May, 14 May, 12 June, 26 June, 9 July, 16 July.
All sessions run between 10am and 11.30am.

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



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

Parenting Programmes

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

HENRY Healthy Families Group Programme

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

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

Strengthening Families, Strengthening Communities (SFSC)

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

Parenting Programmes

Strengthening Families, Strengthening Communities (SFSC) workshops

For parents/carers with children aged three to 18 years old. A selection of four workshops with different topic areas in each.

Triple P 0-12

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

Triple P for Babies

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

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

Triple P Stepping Stones

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

Triple P Teen

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

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.

Mellow Bumps

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

Location: Higham Hill Centre (Nursery Side)

Time: 1pm to 3pm

Dates: 24 April, 1, 8, 15, 22, 29 May and 5 June

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

Peer-to-Peer Support Group (under-5s)

Meet other families and share your lived experiences.

Location: Leyton Family Hub

Time: 1pm to 3pm

Dates:

25 April: LGBTQI+ Families

30 May: Families with children with SEND

27 June: Fathers

25 July: Foster Carers/Adoptive Families

Parent Carer Panels

Parent Carers, your voices matter. Share your experience and opinion of the Family Hubs offer for under-5s.

Location: Higham Hill Centre (Nursery Side)

Time: 1pm to 2.30pm

Date: 1 May

Online sessions: 16 July via Zoom, email familysupport@tlpcc.org.uk to book

Online Mellow Toddlers for Mums

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

Location: Delivered via Zoom

Time: 3pm to 5pm

Dates: 8, 15, 22 May, 5, 12, 19, 26 June and 3 July

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

Citizens Advice

Citizens Advice is a one-stop shop for residents in need of support. They offer a range of services including debt management, benefits, employment, immigration, and housing.

Call **0808 278 7838** for advice and to make a booking.

Family Hub Phonenumber

0208 496 4965

Mon to Fri: 9am to 5pm

with a 24-hour answering service with the option to leave a message for a call back.

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

Infant Feeding Helpline

0207 961 9073

Mon to Fri: 9am to 5pm

Sat: 9am to 2pm

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

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



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



Chingford (North)

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

Monday

Speech and Language Support Drop in

Location: Chingford Family Hub
Time: 9.30am to 11.30am
Dates: 13 May, 3 June, 1 July

Flourish, post-natal support group

Location: Chingford Family Hub
Time: 10am to 12 noon
Frequency: Weekly
More information: Invitation only. Contact familysupport@tlpcc.org.uk for more information

We Are Friends

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

Under-2s Play Session

Location: Paradox Centre
Time: 1.30pm to 3pm
Frequency: Weekly, term time only

Exploring Foods

Location: Paradox Centre
Time: 1.30pm to 3pm
Frequency: 6, 13, 20 May
More information: Takes place within Under-2s Play Session

Monday

Somewhere to belong: Early Years Inclusion Pathway

Location: Chingford Family Hub
Time: 1.30pm to 3pm
Frequency: Weekly, term time only
More information: Requires a referral to the Early Years Inclusion Pathway to access. See session explainer for more information.

Free Early Education and Childcare Information Drop-In

Location: Chingford Family Hub
Time: 1.30pm to 2.30pm
Frequency: 22 April, 20 May, 17 June, 15 July



Tuesday

Play Session

Location: Chingford Family Hub
Time: 10am to 11.30am
Frequency: Weekly

Eating Well

Location: Chingford Family Hub
Time: 10am to 11.30am
Frequency: 23, 30 April and 7 May
More information: Takes place within Play session

We Are Friends

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

Stay and Play

Location: Chingford Library
Time: 11am to 12 noon
Frequency: Weekly

Tuesday

You and Your New Baby, Stay and Play

Age range: Birth to pre-crawlers, antenatal and post-natal
Location: Chingford Family Hub
Time: 1.30pm to 3pm
Frequency: Weekly

Quit Right Waltham Forest

Location: Chingford Family Hub
Time: 2pm to 4pm
Frequency: Weekly

Kids' Crafts

Age range: Two years and above
Location: Chingford Library
Time: 3.30pm to 4.30pm
Frequency: Weekly



Wednesday

HENRY Infant Feeding Group Drop-in

Location: Chingford Family Hub
Time: 9.30am to 11am
Frequency: Weekly
More information: If you feel your situation needs more time, please consider chatting to our team through the helpline before attending a session on **0207 961 9073**

Early Help Community Drop-In

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

Stories and Craft for Toddlers

Location: Paradox Centre
Time: 10am to 11am
Frequency: Weekly

Wednesday

Story and Rhymes

Location: Hale End Library
Time: 10.30am to 11am
Frequency: Weekly

Story and Rhymes

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

Stay and Play

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

Stories and Craft for Toddlers

Location: Paradox Centre
Time: 11.15am to 12.15pm

Sensory and Rhymes

Age range: Birth to pre-crawlers, antenatal and post-natal
Location: Paradox Centre
Time: 1.30pm to 2.30pm
Frequency: Weekly

Chingford (North)

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

Wednesday

Young parents' group

Age range: For parents under 25
Location: Chingford Family Hub
Time: 1.30pm to 3pm
Frequency: 22, 29 May and 5, 12 June

Baby Massage

Location: Chingford Family Hub
Course 1: 17, 24 April, 1, 8, 15 May
Time: 1.30pm to 2.30pm
Course 2: 9, 26 June, and 3, 10, 17 July
Time: 1.30pm to 2.30pm
Cost: £22.15 per course
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Initial Sleep Consultation: Sleep Support Sessions

Location: Chingford Family Hub
Time: 3pm to 5pm (half hour slots)
Frequency: First Wednesday of the month: 10 April, 1 May, 5 June, 3 July
More information: To book an appointment, visit: lloydparkcc.eventbrite.com



Thursday

Stay and Play

Location: Chingford Library
Time: 9.30am to 10.30am
Frequency: Weekly

Outdoor Explore and Play Session

Location: Highams Park
Time: 10am to 11.30am
Frequency: Weekly

Healthy Child Clinic

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

Healthy Eating and Dental Health Drop-In

Location: Chingford Family Hub
Time: 1pm to 3.30pm
Frequency: First and third Thursday of the month
More information: Alongside Healthy Child Clinic

Kids' Crafts

Age range: Two years and above
Location: Chingford Library
Time: 3.30pm to 4.30pm
Frequency: Weekly

Friday

Violence Against Women and Girls Drop-In

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

Stories and Rhymes

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

Grandparents' Group

Location: Chingford Family Hub
Time: 1.30pm to 3pm
Frequency: Weekly

Music and Rhymes

Location: Hale End Library
Time: 1.30pm to 2.30pm
Frequency: Weekly, term time only
More information: session run by the Lloyd Park Children's Charity

Sensory and Rhymes

Age range: Birth to pre-crawlers, antenatal and post-natal
Location: Hale End Library
Time: 1.30pm to 2.30pm
Frequency: Weekly

Saturday

Dads' Club

Location: Chingford Family Hub
Time: 10am to 12 noon
Frequency: First Saturday of the month: 4 May, 1 June, 6 July

Kids' Crafts

Age range: Two years and above
Location: Chingford Library
Time: 10.30am to 11.30am
Frequency: Weekly

Kids' Crafts

Age range: Two years and above
Location: Hale End Library
Time: 10.30am to 11.30am
Frequency: Weekly

Sunday

Dads' Stay and Play

Age range: Up to eight years
Location: Chingford Library
Time: 1pm to 2pm
Frequency: Weekly



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
- 12 Walthamstow Library
High Street, E17 7JN

- 13 Church Hill Nursery School
47 Woodbury Road, E17 9SB
- 14 Wood Street Library
1 Troubridge Square, E17 3GN
- 15 Higham Hill Centre
313 Billet Rd, E17 5PX
- 21 The Grow Well Centre
7 Saxon Close, E17 8LE

Walthamstow (Central)

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

Monday

Flourish, post-natal support group

Location: The Lloyd Park Centre
Time: 10am to 12 noon
Frequency: Weekly
More information: Invitation only. Contact familysupport@tlpcc.org.uk for more information.

Story and Rhymes

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

We Are Friends

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

Story and Rhymes

Location: Walthamstow Library
Time: 11.30am to 12 noon
Frequency: Weekly

Stay and Play

Location: Walthamstow Library
Time: 12 noon to 1pm
Frequency: Weekly

Tuesday

Triple P Babies

Location: The Grow Well Centre
Frequency: 4, 11, 18, 25 June, and 2, 9, 16, 23 July
Time: 10am to 12 noon
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Quit Right Waltham Forest

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

Music and Rhymes

Location: Walthamstow Library
Time: 10am to 10.45am and 11am to 11.45am
Frequency: Weekly, term time only
More information: Session run by the Lloyds Park Children's Charity



Walthamstow (Central)

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

Tuesday



Tuesday

Dads' Stay and Play

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

Stay and Play

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

Stay and Play

Location: Walthamstow Library
Time: 12 noon to 1pm
Frequency: Weekly

Young parents' group

Age range: For parents under 25
Location: Lloyd Park Centre
Time: 1pm to 2.30pm
Frequency: 30 April, and 7, 14, 21 May

Healthy Child Clinic

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

HENRY Infant Feeding Group Drop-in

Location: Walthamstow Family Hub
Time: 1pm to 3pm
Frequency: Weekly
More Information: If you feel your situation needs more time, please consider chatting to our team through the helpline before attending a session on **0207 961 9073**

Wednesday

Stay and Play

Location: Walthamstow Library
Time: 9.30am to 10.30am and 12 noon to 1pm
Frequency: Weekly

Story and Rhymes

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

Story and Rhymes

Location: Walthamstow Library
Time: 11.30am to 12 noon
Frequency: Weekly

Mellow Bumps

Location: Higham Hill Centre (Nursery Side)
Time: 1pm to 3pm
Frequency: 24 April, 1, 8, 15, 22, 29 May and 5 June
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Music and Movement

Location: Walthamstow Toy Library
Time: 2pm to 3pm
Frequency: Weekly, term time only

Kids' Crafts

Age range: Two years and above
Location: Walthamstow Library
Time: 3.30pm to 4.30pm
Frequency: Weekly

Thursday

Under-2s Play Session

Location: Walthamstow Family Hub
Time: 9.30am to 11am
Frequency: Weekly
More information: Healthy Eating and Dental Health Drop-In within Play session on the second Thursday of the month.

Healthy Eating and Dental Health Drop-In

Location: Walthamstow Family Hub
Time: 9.30am to 11am
Frequency: Second Thursday of the month, term time only

Grow Wild

Location: The Lloyd Park Centre
Time: 9.30am to 10.30am, and 11am to 12 noon
Frequency: Weekly, term time only

Early Help Community Drop-In

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

Violence Against Women and Girls (VAWG) Drop-In

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

Thursday

We Are Friends

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

Story and Rhymes

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

We Are Friends

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

You and Your New Baby, Stay and Play

Location: Walthamstow Family Hub
Time: 11.15am to 12.45pm
Frequency: Weekly
More information: Healthy Eating and Dental Health Drop-In within Play Session on fourth Thursday of the month.

Healthy Eating and Dental Health Drop-In

Location: Walthamstow Family Hub
Time: 11.15am to 12.45am
Frequency: Fourth Thursday of the month, term time only

Thursday

Stay and Play

Age range: Two years and above
Location: Higham Hill Library
Time: 11.30am to 12.30pm
Frequency: Weekly

Baby Massage

Course 1: 18, 25 April and 2, 9, 16 May
Course 2: 6, 13, 20, 27 June and 4 July
Location: Walthamstow Family Hub
Time: 1.30pm to 2.30pm
Cost: £22.15
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Somewhere to Belong: Early Years Inclusion Pathway

Location: Walthamstow Toy Library
Time: 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.

Free Early Education and Childcare Information Drop-In

Location: Walthamstow Toy Library
Time: 1.30pm to 2.30pm
Frequency: 25 April, 23 May, 27 June, 18 July

Eating Well

Location: Walthamstow Family Hub
Time: 9.30am to 10am
Frequency: 18 April, 16 May, 20 June
More information: Within Under-2s Play session

Friday

Speech and Language Support Drop in

Location: Church Hill Nursery School
Time: 9.30am to 11.30am
Frequency: 10 May, 14 June, 12 July

SEND Play Session

Location: Walthamstow Family Hub
Time: 9.30am to 11am
Frequency: Weekly, term time only
More information: Drop-in sessions, no booking necessary.

Initial Sleep Consultation: Sleep Support Sessions

Location: Walthamstow Family Hub
Time: 10am to 12 noon
Frequency: 26 April, 24 May, 28 June
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Story and Rhymes

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

Story and Rhymes

Location: Walthamstow Library
Time: 11.30am to 12 noon
Frequency: Weekly

Friday



Stay and Play

Location: Walthamstow Library
Time: 12 noon to 1pm
Frequency: Weekly

Play Session

Location: Walthamstow Family Hub
Time: 1.30pm to 3pm
Frequency: Weekly, term time only
More information: Healthy Eating and Dental Health Drop-In within Play session on fourth week of the month.

Exploring Foods

Location: Walthamstow Family Hub
Time: 1.30pm to 3pm
Frequency: Friday 12, 19, 26 June 24
More information: Within Play session

Walthamstow (Central)

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

Saturday

Outdoor Dads' Club at Grow Wild

Location: Grow Wild, The Lloyd Park Centre
Time: 9.30am to 10.30am and 11am to 12 noon
Frequency: Last Saturday of the month

Story and Rhymes

Location: Walthamstow Library
Time: 11.30am to 12 noon
Frequency: Weekly

Film Club

Age range: Up to ten years
Location: Walthamstow Library
Time: 12 noon to 2pm
Frequency: Weekly

Kids' Crafts

Age range: Two years and above
Location: Higham Hill Library
Time: 2pm to 3pm
Frequency: Weekly

Kids' Crafts

Age range: Two years and above
Location: Walthamstow Library
Time: 3.30pm to 4.30pm
Frequency: Weekly

Sunday



Story and Rhymes

Location: Walthamstow Library
Time: 11.30am to 12 noon
Frequency: Weekly

Film Club

Age range: Up to ten years
Location: Walthamstow Library
Time: 12 noon to 2pm
Frequency: Weekly

Kids' Crafts

Age range: Two years and above
Location: Walthamstow Library
Time: 2.30pm to 3.30pm
Frequency: Weekly



Leyton Family Hub

215 Queens Road, E17 8PJ

- 16 **Cornerstone Baby Bank**
The Cornerstone, 149 Canterbury Rd, E10 6EH
- 17 **Lea Bridge Library**
Lea Bridge Road, E10 7HU
- 18 **Seddon Centre**
33 Clyde Place, E10 5AS
- 19 **Leyton Sports Ground**
2 Crawley Rd, London E10 6RJ
- 20 **Leyton Library**
High Road, E10 5QH
- 21 **The Grow Well Centre**
7 Saxon Close, E17 8LE
- 22 **St Joseph's Infant School**
Vicarage Rd, E10 5DX

Monday

Healthy Eating and Dental Health Drop-In

Location: Leyton Family Hub
Time: 9.30am to 11.30am
Frequency: Second and fourth Monday of the month, term time only

Healthy Child Clinic

Location: Leyton Family Hub
Time: 9.30am to 12 noon
Frequency: Weekly
More information: Drop in session for babies and children under five years.

HENRY Infant Feeding Group Drop-in

Location: Leyton Family Hub
Time: 9.30am to 11am
Frequency: Weekly
More Information: If you feel your situation needs more time, please consider chatting to our team through the helpline before attending a session on **0207 961 9073**



Monday

Violence Against Women and Girls Drop-in

Location: Leyton Family Hub
Time: 10am to 4pm
Frequency: Every Monday, Tuesday and Wednesday

Baby Massage

Course 1: 15, 22, 29 April and 6, 13 May
Course 2: 3, 10, 17, 24 June, and 1 July
Location: The Grow Well Centre
Time: 10.30am to 11.30am
Cost: £22.15
More information: To book your tickets, visit: lloydparkcc.eventbrite.com

Story and Rhymes

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

Stay and Play

Location: Lea Bridge Library
Time: 11am to 12 noon
Frequency: Weekly

Monday

Under-2s Play Session

Location: Seddon Centre
Time: 1pm to 2.30pm
Frequency: Weekly, term time only

Bong-a-long

Location: Leyton Family Hub
Time: 1.45pm to 2.30pm
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p siblings

Let's Create

Location: Seddon Centre
Time: 3.15pm to 4pm
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p siblings

Tambini Music and Rhymes

Location: Seddon Centre
Time: 4pm to 5pm
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p siblings

Crafty Families

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

Tuesday

Early Help Community Drop-In

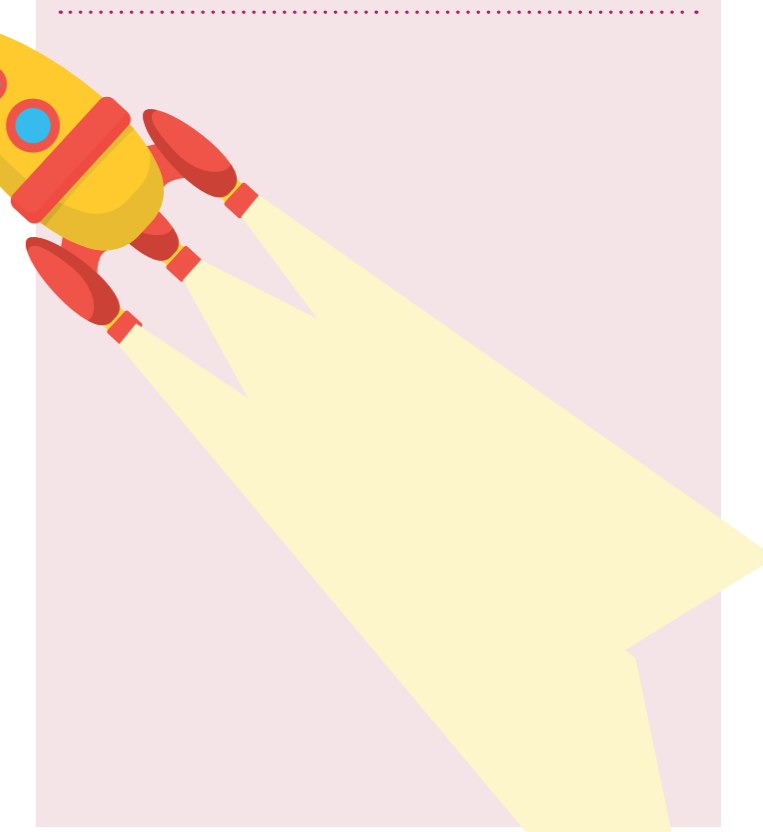
Location: Leyton Family Hub
Time: 9.45am to 11.15am
Frequency: Weekly

Triple P Babies

Location: The Grow Well Centre
Frequency: 4, 11, 18, 25 June, and 2, 9, 16, 23 July
Time: 10am to 12 noon
More information: To book an appointment, visit: lloydparkcc.eventbrite.com

Violence Against Women and Girls Drop-in

Location: Leyton Family Hub
Time: 10am to 4pm
Frequency: Every Monday, Tuesday and Wednesday



Leyton (South West)

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

Tuesday



Tuesday

Flourish, post-natal support group

Location: Leyton Family Hub
Time: 10am to 12 noon
Frequency: Weekly
More information: Invitation only. Contact familysupport@tlpcc.org.uk for more information

You and Your New Baby, Stay and Play

Location: Leyton Sports Ground
Time: 10am to 11.30am
Frequency: Weekly

Stay and Play

Location: Leyton Library
Time: 11am to 12 noon
Frequency: Weekly

Story and Rhymes

Location: Lea Bridge Library
Time: 11am to 11.30am
Frequency: Weekly

The Parents Lounge: Break Tha Cycle

Location: Leyton Family Hub
Time: 1pm to 3pm
Frequency: Weekly, term time only

Play Session

Location: Leyton Sports Ground
Time: 1pm to 2.30pm
Frequency: Weekly

Speech and Language Support Drop in

Location: Leyton Sports Ground (alongside play session)
Time: 1pm to 2.30pm
Dates: 23 April, 28 May, 25 June, 23 July

Eating Well

Location: Leyton Sports Ground
Time: 1pm to 2.30pm
Frequency: 7, 14, 21 May
More information: Within Play session

Wednesday

Little Ballers

Age range: Two years and above
Location: Leyton Family Hub
Time: 9.30am to 10.15am
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p sibling

Violence Against Women and Girls Drop-in

Location: Leyton Family Hub
Time: 10am to 4pm
Frequency: Every Monday, Tuesday and Wednesday

Stay and Play

Location: Lea Bridge Library
Time: 10am to 12 noon
Frequency: Weekly

Little Ballers

Age range: Two years and above
Location: Leyton Family Hub
Time: 1pm to 2.30pm
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p sibling



Wednesday

SEND Play Session

Location: Leyton Family Hub
Time: 1pm to 2.30pm
Frequency: Weekly, term time only
More information: Drop-in sessions, no booking necessary.

Play Session

Location: St Josephs Infant School
Time: 1pm to 2.30pm
Frequency: Weekly, term time only

Online Mellow Toddlers for Mums

Location: Delivered via Zoom
Time: 3pm to 5pm
Frequency: 8, 15, 22 May, 5, 12, 19, 26 June and 3 July
More information: Booking through lloydparkcc.eventbrite.com

Lego Club

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

Thursday

Let's Create

Age range: Eighteen months and above
Location: Leyton Family Hub
Time: 10am to 10.45am
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p sibling

Somewhere to belong: Early Years Inclusion Pathway

Location: Seddon Centre
Time: 10am to 11.30am
Frequency: Weekly, term time only
More information: Requires a referral to the Early Years Inclusion Pathway. See session explainer for more information.

Free Early Education and Childcare Information Drop-In

Location: Seddon Centre
Time: 10.30am to 11.30am
Frequency: 18 April, 16 May, 20 June, 25 July



Thursday

We Are Friends

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

We Are Friends

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

Tambini Music and Rhymes

Location: Leyton Family hub
Time: 11am to 11.45am
Frequency: Weekly, term time only
Cost: 1.50 first child, 50p siblings

Thursday

Quit Right Waltham Forest

Location: Leyton Family Hub
Time: 1pm to 5pm
Frequency: Weekly

Young Parents Group

Age range: For parents under 24 years with children aged under five
Location: Leyton Family Hub
Time: 1pm to 2.30pm
Frequency: 6, 13, 20, 27 June

Peer-to-Peer Support Group

Location: Leyton Family Hub
Time: 1pm to 3pm
Frequency:
 25 April: LGBTQI+ Families
 30 May: Families with children with SEND
 27 June: Fathers
 25 July: Foster Carers/Adoptive Families

Thursday

Stories and Rhymes

Location: Seddon Centre
Time: 1.15pm to 2pm and 2.15pm to 3pm
Frequency: Weekly

Speech and Language Support Drop-in

Location: Leyton Family Hub
Time: 1.30pm to 3.30pm
Frequency: 18 April, 16 May, 20 June, 18 July

Lego and Duplo Club

Age range: Three years and above
Location: Leyton Library
Time: 4pm to 5pm
Frequency: Weekly

Kids' Crafts

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

Friday

123 Mini Chefs

Age range: Two years and above
Location: Leyton Family Hub
Time: 10am to 12 noon
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p sibling

Play Session

Location: Leyton Family Hub
Time: 10am to 11.30am
Frequency: Weekly

Exploring Foods

Location: Leyton Family Hub
Time: 10am to 11.30am
Frequency: 5, 12, 19 July
More information: Within Play Session

Sensory Rhyme Time

Location: Lea Bridge Library
Time: 11am to 11.30am
Frequency: Weekly

Friday



Sensory Rhyme Time

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

Initial Sleep Consultation

Location: Leyton Family Hub
Time: 1pm to 3pm (half hour slots)
Frequency: 10 May, 7 June, 5 July
More information: Bookings via Eventbrite: lloydparkcc.eventbrite.com

Film club

Age range: Up to ten years
Location: Lea Bridge Library
Time: 4pm to 5.30pm
Frequency: Weekly

Saturday

Dads' Club

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

Dads' Coffee Morning Stay and Play

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

Kids' Crafts

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

Film Club

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

Kids' Crafts

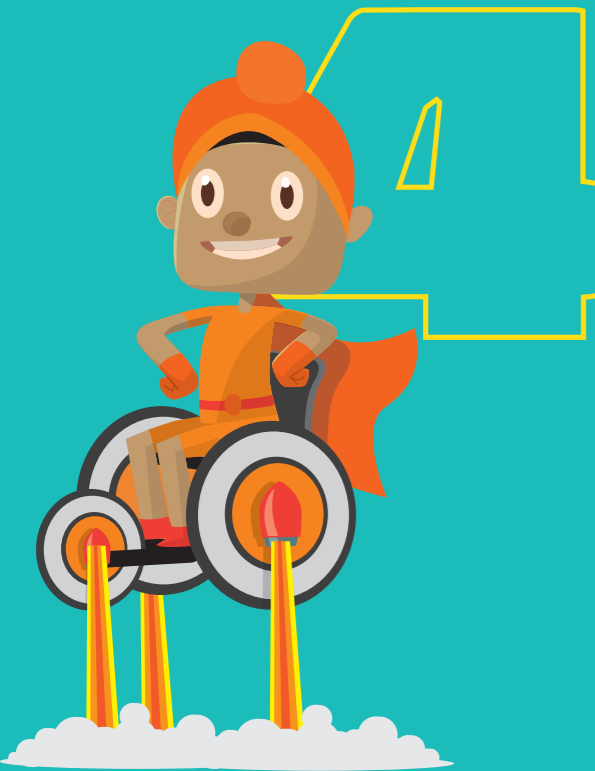
Age range: Two years and above
Location: Lea Bridge Library
Time: 1.30pm to 2.30pm
Frequency: Weekly

Sunday

Book and Craft

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





Leytonstone Family Hub

2-8 Cathall Road, E11 4LF

- 23 **United Free Church**
55 Wallwood Road, E11 1AY
- 24 **Leytonstone Library**
Church Lane, E11 1HG
- 25 **Leytonstone Toy Library**
Birch Grove, E11 4YG
- 26 **Downsell Primary School**
134-136 Downsell Rd, London E15 2BS

Leytonstone (South East)

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

Monday



Somewhere to belong: Early Years Inclusion Pathway

Location: Leytonstone Family Hub

Time: 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.



Free Early Education and Childcare Information Drop-In

Location: Leytonstone Family Hub

Time: 10.30am to 11.30am

Frequency: 15 April, 13 May, 24 June, and 8 July



Story and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Stay and Play

Location: United Free Church

Time: 1pm to 2.30pm

Frequency: Weekly, term time only



Play Session

Location: United Free Church

Time: 1pm to 2.30pm

Frequency: Weekly, term time only

Monday



Eating Well

Location: United Free Church

Time: 1pm to 2.30pm

Frequency: 3, 10, and 17 June

More information: Within Play Session



Baby Massage

Location: Leytonstone Family Hub

Course 1: 22, 29 April, and 13, 20 May

Course 2: 17, 24 June, and 1, 8, 15 July

Time: 1.30pm to 2.30pm

Cost: £22.15

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



Young Parents' Group

Age range: For parents under 25

Location: Leytonstone Family Hub

Time: 1.30pm to 3pm

Frequency: 3, 10, 17 and 24 June



Kids' Crafts

Age range: Four years and above

Location: Leytonstone Library

Time: 3.30pm to 4.30pm

Frequency: Weekly



Story Time

Age range: Two years and above

Location: Leytonstone Library

Time: 4.30pm to 5pm

Frequency: Weekly

Leytonstone (South East)

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

Tuesday



Stay and Play

Location: Downsell Primary School
Time: 9am to 10.30am
Frequency: Weekly, term Time only



Stay and Play

Location: Leytonstone Library
Time: 9.30am to 10.30am
Frequency: Weekly



You and Your New Baby, Stay and Play

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: Weekly

Tuesday



Initial Sleep Consultation

Location: Leytonstone Family Hub
Time: 10am to 12 noon (half hour slots)
Frequency: Tuesday 7 May, 4 June, and 2 July
More information: To book an appointment, visit: [lloydparkcc.eventbrite.com](https://www.eventbrite.com)



Story and Rhymes

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



Flourish, post-natal support group

Location: Leytonstone Family Hub
Time: 1pm to 3pm
Frequency: Weekly
Cost: Free but invitation only. Contact familysupport@tlpcc.org.uk for more information.

Wednesday



Healthy Child Clinic

Location: Leytonstone Family Hub
Time: 9.30am to 11pm
Frequency: Weekly
More information: Drop in session for babies and children under five years.



Healthy Eating and Dental Health Drop-In

Location: Leytonstone Family Hub
Time: 9.30am to 11am
Frequency: Third Wednesday of the month, term time only



Story and Rhymes

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



Kids' Crafts

Age range: Two years and above
Location: Leytonstone Library
Time: 11.30am to 12 noon
Frequency: Weekly

Wednesday



Speech and Language Support Drop in

Location: Leytonstone Family Hub
Time: 1.30pm to 3.30pm
Frequency: 24 April, 22 May, 26 June, 24 July



Kids' Crafts

Age range: Two years and above
Location: Leytonstone Library
Time: 3.30pm to 4.30pm
Frequency: Weekly



Story Time

Age range: Two years and above
Location: Leytonstone Library
Time: 4.30pm to 5pm
Frequency: Weekly



Leytonstone (South East)

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

Thursday

Stay and Play

Location: Downsell Primary School
Time: 9am to 10.30am
Frequency: Weekly, term time only

Violence Against Women and Girls (VAWG) Drop-In

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

Healthy Eating and Dental Health Drop-In

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: First Thursday of the month, term time only

Under-2s Play Session

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: Weekly
More information: HENRY Drop-in is on the first and third week of the month

Thursday



Story and Rhymes

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

Let's Create

Location: Leytonstone Family Hub
Time: 3.30pm to 4.15pm
Frequency: Weekly, term time only
Cost: £1.50 first child, 50p siblings

Tambini Music and Rhymes

Location: Leytonstone Family Hub
Time: 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
Time: 9.45am to 11.45am
Frequency: Weekly

Play Session

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: Weekly

Exploring Foods

Location: Within Play session at Leytonstone Family Hub
Frequency: 3, 10 and 17 May
Time: 10am to 11.30am

Story and Rhymes

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

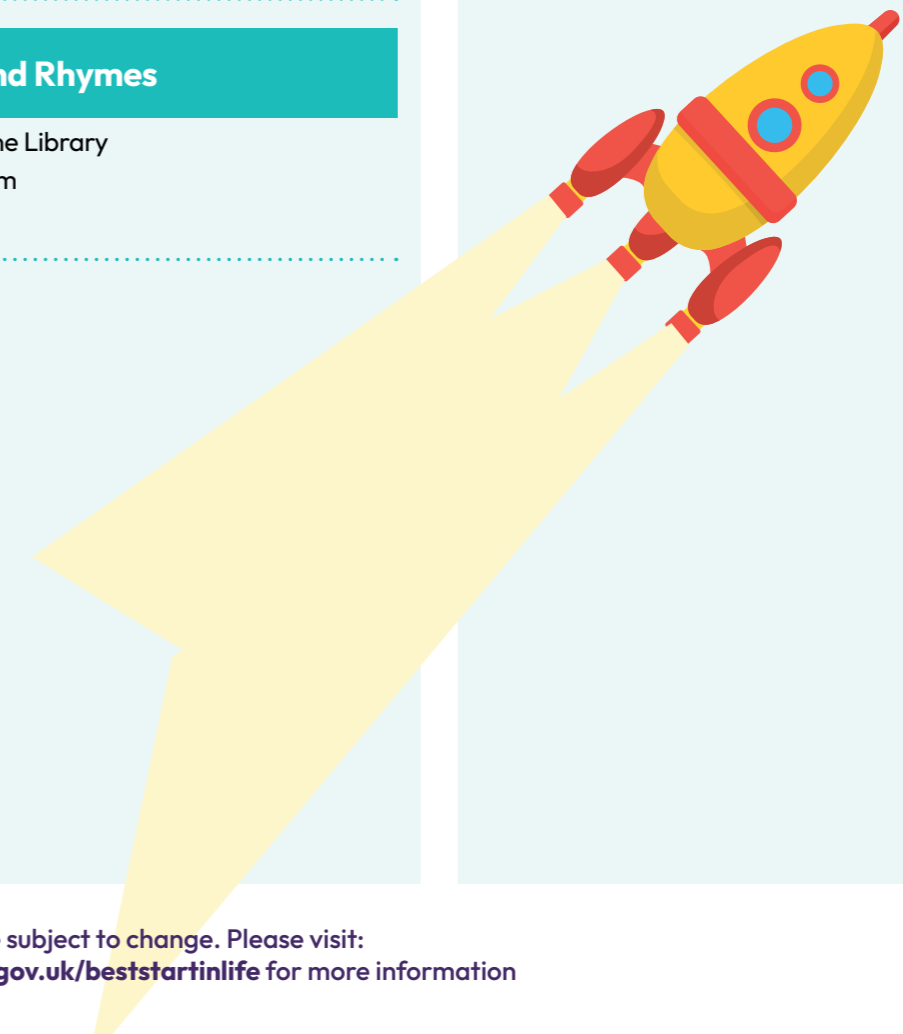
Friday

HENRY Infant Feeding Group Drop-in

Location: Leytonstone Family Hub
Time: 1pm to 2.30pm
Frequency: Weekly
More Information: If you feel your situation needs more time, please consider chatting to our team through the helpline before attending a session on **0207 961 9073**

Story Time

Age range: Two years and above
Location: Leytonstone Library
Time: 4.30pm to 5pm
Frequency: Weekly



Leytonstone (South East)

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

Saturday



Dads' Club

Location: Leytonstone Family Hub
Time: 10am to 12 noon
Frequency: Third Saturday of the month



Kids' Crafts

Age range: Two years and above
Location: Leytonstone Library
Time: 2pm to 3pm
Frequency: Weekly



Film Club

Age range: Up to ten years
Location: Leytonstone Library
Time: 3pm to 4pm
Frequency: Weekly

Sunday



Dads' Stay and Play

Age range: Up to eight years
Location: Leytonstone Library
Time: 2pm to 3pm
Frequency: Weekly

Contact

Visit your local Family Hub:
walthamforest.gov.uk/familyhubs

For more information about
the Best Start in Life, visit
walthamforest.gov.uk/beststartinlife

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

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

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

Helpline:
020 8496 3566

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

HMRC Childcare Helpline:
0300 123 4097





**Tell us how we are doing:
familyhubs@walthamforest.gov.uk**



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health and wellbeing information
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newsletter today. To find out more
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