

January to
March 2025

Best Start in Life Timetable

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



Family Hub locations

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

We have divided the session timetable into four Family Hub sections to make it easier for you to find activities near you. Each section has a map with a full list of Family Hub spaces.

WALTHAM FOREST

FAMILY HUBS

WELLBEING, CONNECTION, SUPPORT

Family Hub Phonenumber
0208 496 4965

Open Monday to Friday
9am to 5pm

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.

Walthamstow Family Hub

313 Billet Road, E17 5PX

See page 26 for site locations

Queens Road Family Hub

215 Queens Road, E17 8PJ

See page 33 for site locations



Contents

Activity Explainer: Pages 4 to 13
Workshop and Programme

Explainer: Pages 14 to 19

Activity Calendar: Pages 20 to 48

Best Start in Life

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



Lloyd Park
Children's Charity



NELFT NHS
North East London
 NHS Foundation Trust

School Holiday dates Winter Term 2024

First day at school:

Monday 6 January 2025

2025 Spring half term holiday:

17 February to 21 February 2025

Easter holiday:

7 March 2025 to 21 April 2025



Chingford Family Hub
 5 Oaks Grove, E4 6EY

See page 20 for
 site locations

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

See page 42 for
 site locations

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, Leytonstone and Queens Road Family Hub sections to see the timetables for these sessions.

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



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



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



When you see **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.



Play and Learning Activities

These inclusive, fun, and interactive drop-in sessions for under-5s help children play, learn, and socialise. Skilled staff provide advice on how to extend your child's learning at home and can direct you to other supportive services.

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.

Bongalong

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' Club

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

Dads' 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' Stay and Play

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

Duplo and Toys Play Session

Weekly play session with toys and Duplo.

Family Cooking Club

Family-friendly cooking classes packed with fun.

Film Club

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

Grandparents' Group

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

Grow Wild Explorer

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

Kids' Crafts Club

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

Lego and Duplo Club

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

Let's Create

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

Little Ballers

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

Music and Movement

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

Music and Play

Playful sessions designed to spark imagination, develop motor skills, and inspire a lifelong love of music.

Music and Rhymes

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

Outdoor Dads' Club at Grow Wild

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

Outdoor Explore and Play Session

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

Play Session

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

Reading From the Start

All families with children under 5 are welcome to attend. There are weekly activities for you and your child to enjoy within the session. You'll also get top tips for reading and family support.

SEND Lego Club

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

Sensory and Rhymes

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

Sensory Rhyme Time

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

Stay and Play

Stay and Play sessions with a focus around home-learning top tips. These might also be known as 'PEEPs Learning Together sessions'. Sessions are fun, interactive and informative, creating a non-judgemental space where you can support your child's developments at home.

Stories and Crafts for Babies

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

Stories and Crafts for Toddlers

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

Stories and Rhymes

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

Story Time

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

Tambini Music and Rhymes

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

Under-2s Play Session

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

We Are Friends

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

You and Your New Baby, Stay and Play

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

Young Parents' Group

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



Health and wellbeing support

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

Baby and Toddler Clothes Exchange

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

Baby Massage

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

Eating Well and Exploring Foods

Play-based activities for children to learn through exploration about healthy food choices. Gain advice and information about children's healthy eating habits, portion size and more.

Baby Feeding Circle

Come and connect with other parents while your baby feeds, supported by our Infant Feeding trainee.

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**.

Meet the Home Birth Team

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

Child Health Clinic

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

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

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

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

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

At your 2 to 2-and-a-half year review, you will also receive our Best Start in Life pack, containing information, resources and a gift for you and your child.

If you have not been contacted for a one-year health review when your child turns 15 months, or their 2 to 2-and-a-half-year review when they turn 27 months, you can call the 0-19 team **0300 033 6200** or email thgpcg.wf0-19spa1@nhs.net. If you are unable to attend the offered appointment, please contact us and we can rearrange for you. **To find out more about service, or to speak to a Duty Health Visitor, call 0300 300 6200.**



Initial Sleep Consultation

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

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

Speech and Language Support Drop-In

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



Oral Health Promotion

It is never too early to support your child's oral health journey. Join in with our fun oral health-themed play sessions where children can explore how to keep teeth healthy.

Walthamstow Family Hub:

Thursday 13 February, within Under-2s Play Session

Chingford Family Hub:

Friday 14 February, within Play Session

Paradox Centre:

Tuesday 18 March, within Under-2s Play Session

United Free Church:

Monday 20 January, 1pm to 2.30pm, within Play Session

Leyton Sports Ground:

Tuesday 28 January, 1pm to 2.30pm, within Play Session

Leytonstone Family Hub:

Thursday 20 February, 10am to 11.30am, within Under-2s Play Session

St Joseph's Infant School:

Wednesday 12 February, 1pm to 2.30pm, within Play Session

Queens Road Family Hub:

Friday 14 March, 10am to 11.30am

QuitRight Waltham Forest

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



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

Children develop at different rates, and some may face challenges in their learning. Our learning and development delay and SEND support helps families access the right information and assistance early on. Early identification is key to addressing long-term needs effectively. If you're concerned, speak to your GP, Health Visitor, or your child's nursery for guidance and support.

Learning together: Pre-school

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

Sensory Play

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





Family Support

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

Buddies

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

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

Community Drop-In

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

Fathers' Wellbeing support

We provide both 1-1 support and group support, face-to-face counselling, and online sessions, depending on your work and lifestyle schedules. 1-1 support addresses emotions, thoughts, and behaviours. Explore their impact on your life and provide strategies to reframe thinking patterns and manage stress. Fathers' Support Group helps you to connect with other fathers and learn from shared experiences, aiming to enhance your relationship with your child and strive to become a better father. Sessions are available to expectant fathers or those with children under the age of 2 years residing in Waltham Forest.

Contact familysupport@tlpcc.org.uk for more information.



Peer to Peer Support Group

For parents/carers of children aged 0 to 18. A chance for you to meet other parents/carers, and talk through successes and challenges.

Flourish

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

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**.

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 the following pages, 14 to 19.



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.

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:

Get in touch with HENRY to book your place: bit.ly/HENRYsupport



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

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

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

Infant Feeding Helpline

0207 961 9073

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

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

Dental Drop-In at the Library

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

- Get some top tips for teeth.
- Explore how to keep teeth healthy right from the very first tooth.
- Share good oral health habits.
- Come along for a tooth friendly story during the Stories and Rhymes session with a fun toothbrushing song!
- All dates run alongside Stories and Rhymes, and carry on for 30-minute after the session.

Walthamstow Library:

Wednesday 8 January 11.30am to 12.30pm
Tuesday 18 March 11.30am to 12.30pm

Leytonstone Library:

Monday 20 January 11am to 12 noon

Chingford Library:

Wednesday 5 February 11am to 12 noon

Lea Bridge Library:

Tuesday 11 February 11am to 12 noon

Hale End Library:

Wednesday 5 March 10.30am to 11.30am

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

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 wellbeing.

Dates online:

Saturday 11 January	2pm to 4pm
Wednesday 22 January	2pm to 3.30pm
Saturday 8 February	2pm to 4pm
Wednesday 19 February	2pm to 3.30pm
Saturday 8 March	2pm to 4pm
Wednesday 19 March	2pm to 3.30pm

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

Starting Solids Workshop

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

Dates online:

Friday 7 February	10am to 11.30am
Tuesday 18 March	10am to 11.30am

Chingford Family Hub:

Wednesday 8 January 1pm to 3pm

Queens Road Family Hub:

Tuesday 21 January	1.30pm to 3.30pm
Tuesday 1 April	1.30pm to 3.30pm

Walthamstow Library:

Tuesday 18 February	1.30pm to 3.30pm
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Leytonstone Family Hub:

Thursday 6 March 10am to 1pm

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

Healthy Teeth Workshop

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

Dates online:

Wednesday 5 February	1pm to 2.30pm
Monday 17 March	10am to 11.30am

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

What Do Babies Want? Workshop

Join the Parent & Baby Emotional Wellbeing service for a transformative workshop focused on understanding and meeting your child's core emotional needs. This workshop will provide you with:

- Insightful knowledge about child development and emotional needs.
- Practical tools to implement positive parenting strategies.
- Opportunities to connect with other parents and share experiences.
- Strong Bonds: Cultivate secure attachments that lay the foundation for lifelong emotional health.
- Open Communication: Encourage honest expression of feelings and needs, building trust and empathy.
- Self-Belief: Nurture a sense of autonomy, competence, and unique identity.
- Joyful Living: Embrace spontaneity and play to spark creativity and resilience.
- Balanced Growth: Set realistic limits and guide self-control for responsible behaviour.

Queens Road Family Hub:

Tuesday 7 January	1pm to 2.30pm
Tuesday 4 February	1pm to 2.30pm
Tuesday 4 March	1pm to 2.30pm

To book, please email thgpcg.walthamforestpbew@nhs.net

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

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.

Queens Road Family Hub:

Frequency: Every Tuesday from
28 January to 1 April
Time: 1pm to 3pm

Walthamstow Family Hub:

Wednesday mornings starting in January/February.
Online programmes running at different times across the week.

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

Strengthening Families, Strengthening Communities (SFSC)

For parents/carers with children aged 3 to 18. Designed to promote protective factors, develop healthy lifestyles, keep families and communities free from violence, build special relationships with your child based on unconditional love, and give your child the key skills to grow.

Triple P 0-12

For parents/carers with children aged up to 12 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.

Location: The Grow Well Centre (Leyton)
Age: Parents and babies
Time: 10am to 12 noon
Frequency: 8 week course: 4 weeks as a group, 4 weeks 1-1 sessions.
Dates: Tuesday 21, 28, January, 4, 11 February
Tuesday 18, 25 February, 4, 11, March

To book visit: [lloydparkcc.eventbrite.com](https://www.eventbrite.com)

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

Triple P Stepping Stones

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

Triple P Teen

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

Parent/Carer Voices

Parents and carers, your voice matters! Come along to share your experience and opinions of the Family Hubs offer for under-5s.

Age: Parents

Location: Online

Time: 6pm to 7pm

Dates Online: 27 March

Age: Parents

Location: Higham Hill Centre, nursery side

Time: 1pm to 2.30pm

Date: Wednesday 29 January. Invite only.

Contact familysupport@tlpcc.org.uk for more information.

Positive Behaviour Support (PBS)

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

Mellow Bumps

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

Age: Antenatal

Time: 1pm to 3pm

Dates: Wednesday 8, 15, 22, 29, January
Wednesday 5, 12, 19, 26 February

Location: Queens Road Family Hub

More information: 8 week course. Invite only.

Contact familysupport@tlpcc.org.uk for more information

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.

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

Connective Parenting Sessions

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

Online Mellow Babies for Dads

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

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

Being a Parent

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

Parent/carer online check-in sessions

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

Baby and Us

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



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



**Chingford
Family Hub**



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

Chingford Family Hub

5 Oaks Grove, E4 6EY

5 Chingford Library
The Green, E4 7EN

6 Parkside Primary School
21 Wellington Avenue, E4 6RE

7 Paradox Centre and The Valley Centre
3 Ching Way, E4 8YD

8 Hale End Library
Castle Avenue, E4 9QD

9 Highams Park
Tamworth Avenue, IG8 9RF

10 Longshaw Primary Academy (Nursery)
Longshaw Road, E4 6LH

11 Selwyn Primary
Selwyn Avenue, E4 9NE

12 Chingford Health Centre
109 York Road, E4 8LF



Monday



Speech and Language Support Drop-in

Location: Chingford Family Hub

Time: 9.30am to 11.30am

Frequency: 6 January, 3 February, 3 March



Stay and Play

Location: Selwyn Primary

Time: 9.30am to 11am

Frequency: Weekly, term time only



Flourish, post-natal support group

Location: Chingford Family Hub

Age: Under 2s

Time: 10am to 12 noon

Frequency: Weekly

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



We Are Friends

Location: Chingford Library

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

Time: 11am to 11.30am

Frequency: Weekly

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

Monday



Learning Together: Preschool

Location: Chingford Family Hub

Age: Two years and above

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.



Under-2s Play Session

Location: Paradox Centre

Age: Under 2s

Time: 1.30pm to 3pm

Frequency: Weekly, term time only



Oral Health Promotion

Location: Paradox Centre

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: 17 March

More information: Within Under-2s Play Session



Tuesday



Exploring Foods

Location: Chingford Family Hub
Age: Under 4s
Time: 10am to 11.30am
Frequency: 28 January, 4, 11 February



Play Session

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



Stay and Play

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



We Are Friends

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



You and Your New Baby

Location: Chingford Family Hub
Age: Pre-crawlers
Time: 1.30pm to 3pm
Frequency: Weekly

Tuesday



Stay and Play

Location: Longshaw Primary Academy (Nursery)
Age: Under 4s
Time: 1.30pm to 3pm
Frequency: Weekly, term time only
Donation: £1



QuitRight Waltham Forest

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



Kids' Crafts Club

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



Wednesday



Infant Feeding Café (women only)

Location: Chingford Family Hub

Age: Parents and babies

Time: 9.30am to 11am

Frequency: Weekly



Community Drop-In

Location: Chingford Family Hub

Time: 9.45am to 11.15am

Frequency: Weekly



Stories and Rhymes

Location: Hale End Library

Time: 10.30am to 11am

Frequency: Weekly



Stay and Play

Location: Hale End Library

Time: 11am to 12 noon

Frequency: Weekly



Stories and Rhymes

Location: Chingford Library

Time: 11am to 11.30am

Frequency: Weekly



Tambini Music and Rhymes

Location: Paradox Centre

Age: Under 4s

Time: 11.15am to 12 noon

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling

Wednesday



Stories and Crafts

Location: Paradox Centre

Age: Under 4s

Time: 10am to 11am

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



Baby Massage

Location: Chingford Family Hub

Course 1: 15, 22, 29 January, 5, 12 February

Course 2: 22 February, 5, 12, 19, 26 March

Time: 1pm to 2pm

Frequency: Weekly

Cost: £22.15

More information: 5-week course

To book visit lloydparkcc.eventbrite.com



Young Parents' Group

Location: Chingford Family Hub

Age: Parents under 25 years with children under 5

Time: 2.15pm to 3.45pm

Frequency: 5, 12, 19, 26 February



Initial Sleep Consultation

Location: Chingford Family Hub

Age: One year and above

Time: 3pm to 5pm

Frequency: Wednesday 8 January,

5 February, 5 March

More information: 30-minute slots.

To book visit lloydparkcc.eventbrite.com

Thursday



Stay and Play

Location: Chingford Library

Time: 9.30am to 10.30am

Frequency: Weekly, term time only



Outdoor Explore and Play Session

Location: Highams Park

Time: 10am to 11.30am

Frequency: Weekly

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



Child Health Clinic Drop-In

Location: Chingford Family Hub

Time: 1pm to 3.30pm

Frequency: Weekly

More information: Please arrive before 3pm to ensure you can be seen



Healthy Eating and Dental Health Drop-in

Location: Chingford Family Hub

Age: Parents, babies and under-5s

Time: 1pm to 3pm

Frequency: 9 and 23 January, 6 and 20 February, 6 and 20 March

More information: Alongside the Child Health Clinic



Kids' Crafts Club

Location: Chingford Library

Time: 3.30pm to 4.30pm

Frequency: Weekly

Friday



Stay and Play

Location: Parkside Primary School

Time: 8.45am to 10.15am

Frequency: Weekly, term time only except for the first and last Friday of each term

Cost: £1

More information: No booking required, capacity for 20 parents and babies



Child Health Clinic Drop-In

Location: Chingford Health Centre

Time: 9.30am to 12 noon

Frequency: Weekly

More information: Please arrive before 11.30am to ensure you can be seen



Play Session

Location: Chingford Family Hub

Age: Under-4s

Time: 10am to 11.30am

Frequency: Weekly



Oral Health Promotion

Location: Chingford Family Hub

Age: Under 4s

Time: 10am to 11.30am

Frequency: 14 February

More information: Within Play Session



Eating Well

Location: Chingford Family Hub

Age: Under 4s

Time: 10am to 11.30am

Frequency: 7, 14, and 21 March

Friday



Peer to Peer Support Group

Location: Chingford Family Hub

Time: 10am to 11am

Frequency: 21 March

More information: Within Play Session



Violence Against Women and Girls (VAWG) 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



Stories and Rhymes

Location: Hale End Library

Time: 1.30pm to 2.30pm

Frequency: Weekly



Saturday



Child Health Clinic Drop-In

Location: Chingford Health Centre

Time: 9.30am to 12 noon

Frequency: Second and fourth Saturday of the month

More information: Please arrive before 11.30am to ensure you can be seen



Dads' Club

Location: Chingford Family Hub

Time: 10am to 12 noon

Frequency: First Saturday of the month starting in February due to Christmas closure



Kids' Crafts Club

Location: Chingford Library

Time: 11am to 12 noon

Frequency: Weekly

Sunday



Dads' Stay and Play

Location: Chingford Library

Age: Up to eight years

Time: 1pm to 2pm

Frequency: Weekly



Kids' Crafts Club

Location: Chingford Library

Age: Two years and above

Time: 1pm to 2pm

Frequency: Weekly



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

Walthamstow Family Hub

313 Billet Road, E17 5PX

- 13 The Lloyd Park Centre**
Winn's Avenue Entrance, E17 5JW
- 14 Higham Hill Library**
North Countess Road, E17 5HS
- 15 Walthamstow Library**
High Street, E17 7JN
- 16 Wood Street Library**
1 Troubridge Square, E17 3GN
- 17 Higham Hill Centre, nursery side**
313 Billet Rd, E17 5PX
- 18 The Grow Well Centre**
7 Saxon Close, E17 8LE
- 19 Walthamstow Toy Library**
6-8 Somers Rd, E17 6RX

Monday



Flourish

Location: The Lloyd Park Centre
Age: Under 2s
Time: 9.30am to 11.30am
Frequency: Weekly
More information: Targeted group.
Invite only



Stories and Rhymes

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



We Are Friends

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



Stories and Rhymes

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



Tuesday



QuitRight Waltham Forest

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



Stories and Rhymes

Location: Walthamstow Library
Time: 10am to 10.45am
Frequency: Weekly, term time only
More information: Drop-in sessions, no booking necessary.



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

Tuesday



Stories and Rhymes

Location: Walthamstow Library

Time: 11am to 11.45am

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.



Child Health Clinic Drop-In

Location: Walthamstow Family Hub

Time: 1pm to 3.30pm

Frequency: Weekly

More information: Please arrive before 3pm to ensure you can be seen.



Infant Feeding Group Drop-in

Location: Walthamstow Family Hub

Age: Parents and babies

Time: 1pm to 2.30pm

Frequency: Weekly

More information: Alongside the Child Health Clinic



Young Parents' Group

Location: The Lloyd Park Centre

Age: Parents and babies

Time: 1pm to 2.30pm

Frequency: 4, 11, 18, 25 March

Wednesday



Stay and Play

Location: Walthamstow Library

Time: 9.30am to 10.30am

Frequency: Weekly, term time only



Baby Feeding Circle

Location: Walthamstow Library

Age: Parents and babies

Time: 10.30am to 12 noon

Frequency: Weekly, term time only

More information: Come and connect with other parents while your baby feeds - supported by our IF trainee



Stories and Rhymes

Location: Wood Street Library

Time: 11am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Stay and Play

Location: Walthamstow Library

Time: 12 noon to 1pm

Frequency: Weekly



Wednesday



Music and Movement

Location: Walthamstow Toy Library

Time: 1pm to 2pm

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.



Kids' Crafts Club

Location: Walthamstow Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Child Health Clinic Drop-In

Location: Walthamstow Family Hub

Time: 4pm to 5.30pm

Frequency: First and third Wednesday of the month.

More information: Please arrive before 5.30pm to ensure you can be seen.



Thursday



Grow Wild Explorer

Location: The Lloyd Park Centre

Time: 9.30am to 10.30am

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.



Under-2s Play Session

Location: Walthamstow Family Hub

Age: Under 2s

Time: 9.30am to 11am

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Healthy Eating and Dental Health Drop-in

Location: Walthamstow Family Hub

Age: Parents, babies and under-5s

Time: 9.30am to 11am

Frequency: 16 January, 13 February and 13 March

More information: Within Under-2s Play Session



Oral Health Promotion

Location: Walthamstow Family Hub

Time: 9.30am to 11am

Frequency: 13 February

More information: Within Under-2s Play Session



Community Drop-In

Location: Walthamstow Library

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



Grow Wild Explorer

Location: The Lloyd Park Centre

Time: 11am to 12 noon

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.



Stories and Rhymes

Location: Higham Hill Library

Time: 11am to 11.30am

Frequency: Weekly



We Are Friends

Location: Wood Street Library

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

Time: 11am to 11.30am

Frequency: Weekly

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



You and Your New Baby, Stay and Play

Location: Walthamstow Family Hub

Age: Pre-crawlers

Time: 11.15am to 12.45pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Healthy Eating and Dental Health Drop-in

Location: Walthamstow Family Hub

Age: Parents, babies and under-5s

Time: 11.15am to 12.30pm

Frequency: 30 January, 27 February and 28 March

More information: Alongside You and Your New Baby

Thursday



We Are Friends

Location: Walthamstow Library

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

Time: 11.15am to 11.45am

Frequency: Weekly

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



Learning Together: Preschool

Location: Walthamstow Family Hub

Age: Two years and above

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.



Baby Massage

Location: Walthamstow Family Hub

Age: Parents and babies

Course 1: 16, 23, 30 January, 6, 13 February

Course 2: 27 February, 6, 13, 20, 27 March

Time: 1.30pm to 2.30pm

Frequency: Weekly

Cost: £22.15

More information: To book visit lloydparkcc.eventbrite.com

Friday



Sensory Play

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

Location: Walthamstow Family Hub

Time: 10am to 12 noon

Frequency: 31 January, 28 February, 28 March

More information:

Bookings are for 30-minute slots. To book:
loydparkcc.eventbrite.com



Speech and Language Support Drop-in

Location: Walthamstow Family Hub

Time: 10am to 12 noon

Frequency: 7 February, 7 March



Stories and Rhymes

Location: Wood Street Library

Time: 11am to 11.30am

Frequency: Weekly



Stay and Play

Location: Higham Hill Library

Time: 11.30am to 12.30pm

Frequency: Weekly



Friday



Stories and Rhymes

Location: Walthamstow Library

Time: 11.30am to 12 noon

Frequency: Weekly



Stay and Play

Location: Walthamstow Library

Time: 12 noon to 1pm

Frequency: Weekly



Play Session

Location: Walthamstow Family Hub

Time: 1.30pm to 3pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Eating Well

Location: Walthamstow Family Hub

Time: 1.30pm to 3pm

More information: Within Play Session



Exploring Foods

Location: Walthamstow Family Hub

Time: 1.30pm to 3pm

More information: Within Play Session



Oral Health Promotion

Location: Walthamstow Family Hub

Time: 1.30pm to 3pm

Frequency: 28 March

More information: Within Play Session

Saturday



Dads' Club

Location: The Lloyd Park Centre
Age: Under 4s
Time: 9.30am to 10.30am
Frequency: Last Saturday of the month
More information: Drop-in sessions, no booking necessary.



Dads' Club

Location: The Lloyd Park Centre
Age: Under 4s
Time: 11am to 12 noon
Frequency: Last Saturday of the month
More information: Drop-in sessions, no booking necessary.



Stories and Rhymes

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



Film Club

Location: Walthamstow Library
Time: 12 noon to 2pm
Frequency: Weekly



Kids' Crafts Club

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



Kids' Crafts Club

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

Sunday



Stories and Rhymes

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



Film Club

Location: Walthamstow Library
Time: 12 noon to 2pm
Frequency: Weekly



Kids' Crafts Club

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





Queens Road Family Hub

Leyton



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



Queens Road Family Hub

215 Queens Road, E17 8PJ

- | | | |
|---|--|---|
| <p>18 The Grow Well Centre
7 Saxon Close, E17 8LE</p> <p>20 Cornerstone Baby Bank
The Cornerstone,
149 Canterbury Rd, E10 6EH</p> <p>21 Lea Bridge Library
Lea Bridge Road, E10 7HU</p> <p>22 Seddon Centre
33 Clyde Place, E10 5AS</p> | <p>23 Leyton Sports Ground
2 Crawley Rd, E10 6RJ</p> <p>24 Leyton Library
High Road, E10 5QH</p> <p>25 St Joseph's Infant School
Vicarage Rd, E10 5DX</p> <p>26 Sybourn Primary School
Perth Road, E10 7PB</p> <p>27 Bright Kids Day Nursery
1-3 The Square, High Road
Leyton, E10 5NR</p> | <p>28 Barclay Primary School (Canterbury Road)
155 Canterbury Road,
Leyton, E10 6JE</p> <p>29 Barclay Primary School (Hoe Street)
398 Hoe Street,
Walthamstow, E17 9AA</p> <p>30 Whipps Cross Hospital
Whipps Cross Rd,
London, E11 1NR</p> |
|---|--|---|

Monday



Stay and Play

Location: Barclay Primary School
(Cantenbury Road)

Age: Under 4s

Time: 9am to 10am

Frequency: Weekly

Cost: £1

More information: Alongside Mother and Toddler Group. Drop-in sessions, no booking necessary.



Child Health Clinic Drop-In

Location: Queens Road Family Hub

Age: Parents, babies and under-5s

Time: 9.30am to 12 noon

Frequency: Weekly

More information: Please arrive before 11.30am to ensure you can be seen. Please bring your child's red book for the clinic. Clinic does not happen on bank holidays. Drop-in sessions, no booking necessary.



Healthy Eating and Dental Health Drop-in

Location: Queens Road Family Hub

Age: Parents, babies and under-5s

Time: 9.30am to 11am

Frequency: Second and fourth Monday of the month

More information: Alongside the Child Health Clinic

Monday



Infant Feeding Group Drop-in

Location: Queens Road Family Hub

Age: Parents and babies

Time: 9.30am to 11am

Frequency: Weekly

More information: Alongside the Child Health Clinic



Peer to Peer Support Group

Location: Queens Road Family Hub

Time: 9.30am to 10.30am

Frequency: 27 January

More information: Alongside the Child Health Clinic



Violence Against Women and Girls (VAWG) Drop-In

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Baby Massage

Location: The Grow Well Centre (Leyton)

Course 1: 20, 27 January, 3, 10, 17 February

Course 2: 24 February, 3, 10, 17, 24 March

Time: 10.30am to 11.30am

Frequency: Weekly

Cost: £22.15

More information: To book visit lloydparkcc.eventbrite.com

Monday



Stay and Play

Location: Lea Bridge Library
Age: Parents, babies and under-5s
Time: 11am to 12 noon
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Stories and Rhymes

Location: Leyton Library
Age: Parents, babies and under-5s
Time: 11am to 11.30am
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Stay and Play

Location: Leyton Library
Time: 11.30am to 12.30pm
Frequency: Weekly



Under-2s Play Session

Location: Seddon Centre
Age: Under 2s
Time: 1pm to 2.30pm
Frequency: Weekly, term time only
More information: Drop-in sessions, no booking necessary.



Bongalong

Location: Queens Road Family Hub
Age: Parents, babies and under-5s
Time: 1.45pm to 2.30pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling
More information: Parents pay on the day for attending the session.

Monday



Let's Create

Location: Seddon Centre
Age: Two years and above
Time: 3.15pm to 4pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling
More information: Parents pay on the day for attending the session. Parental Supervision required.



Crafty Families

Location: Lea Bridge Library
Age: Two years and above
Time: 4pm to 5pm
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Tambini Music and Rhymes

Location: Seddon Centre
Age: Parents, babies and under-5s
Time: 4pm to 4.45pm
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling
More information: Parents pay on the day for attending the session.



Tuesday



Stay and Play

Location: Barclay Primary School (Hoe Street)

Age: Under 4s

Time: 9.15am to 1.15pm

Frequency: Weekly

Cost: £1

More information: Drop-in sessions, no booking necessary.



Community Drop-In

Location: Queens Road Family Hub

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

Time: 9.45am to 11.15am

Frequency: Weekly

More information: Please arrive on time for the drop-in, otherwise you may not be seen. Drop-in sessions, no booking necessary.



Stay and Play

Location: Bright Kids Day Nursery

Age: Parents, babies and under-5s

Time: 9.45am to 10.45am

Frequency: Weekly



Flourish

Location: Queens Road Family Hub

Age: Under 2s

Time: 10am to 12 noon

Frequency: Weekly

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



Violence Against Women and Girls (VAWG) Drop-In

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.

Tuesday



You and Your New Baby

Location: Leyton Sports Ground

Age: Pre-crawlers

Time: 10am to 11.30am

Frequency: Weekly



Stay and Play

Location: Leyton Library

Age: Parents, babies and under-5s

Time: 11am to 12 noon

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Stories and Rhymes

Location: Lea Bridge Library

Age: Parents, babies and under-5s

Time: 11am to 11.30am

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Play Session

Location: Leyton Sports Ground

Age: Parents, babies and under-5s

Time: 1pm to 2.30pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Eating Well

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: 21, 28 January, 4 February

More information: Within Play Session

Tuesday



Oral Health Promotion

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: 28 January

More information: Within Play Session



Peer to Peer Support Group

Location: Leyton Sports Ground

Time: 1pm to 2pm

Frequency: 11 February

More information: Within Play Session



Speech and Language Support Drop-in

Location: Leyton Sports Ground

Time: 1pm to 2.30pm

Frequency: 28 January, 25 February, 25 March

More information: Within Play Session



The Parents Lounge: Break Tha Cycle

Location: Queens Road Family Hub

Time: 1pm to 3pm

Frequency: Weekly, term time only

More information: Referral required. Referral can be completed at the hub.

Wednesday



Little Ballers

Location: Queens Road Family Hub

Age: Two years and above

Time: 9.30am to 10.15am

Frequency: Weekly

Cost: £2.50 first child, 50p sibling

More information: Parents pay on the day for attending the session. Parental Supervision required.



Stay and Play

Location: Lea Bridge Library

Age: Parents, babies and under-5s

Time: 10am to 12 noon

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Violence Against Women and Girls (VAWG) Drop-in

Location: Queens Road Family Hub

Time: 10am to 4pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Wednesday



Play Session

Location: St Joseph's Infant School

Time: 1pm to 2.30pm

Frequency: Weekly, term time only



Oral Health Promotion

Location: St Joseph's Infant School

Time: 1pm to 2.30pm

Frequency: 12 February

More information: Within Play Session



Sensory Play

Location: Queens Road Family Hub

Time: 1pm to 2.30pm

Frequency: Weekly



Lego Club

Location: Lea Bridge Library

Age: Three years and above

Time: 4pm to 5pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



Thursday



Learning Together: Preschool

Location: Seddon Centre

Age: Two years and above

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.



Music and Movement

Location: Queens Road Family Hub

Age: 18 months and above

Time: 10am to 10.45am

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



Infant Feeding Group Drop-in

Location: Cornerstone Baby Bank

Age: Parents and babies

Time: 10.30am to 11.30am

Frequency: Weekly, term time only



Tambini Music and Rhymes

Location: Queens Road Family Hub

Age: Parents, babies and under-5s

Time: 11am to 11.45am

Frequency: Weekly, term time only

Cost: £2.50 first child, 50p sibling



We Are Friends

Location: Lea Bridge Library

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

Time: 11am to 11.30am

Frequency: Weekly

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

Thursday



Duplo and Toys Play Session

Location: Leyton Library

Time: 11.30am to 12.30pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.



QuitRight Waltham Forest

Location: Queens Road Family Hub

Time: 1pm to 5pm

Frequency: Weekly



Young Parents' Group

Location: Queens Road Family Hub

Age: For parents under 24 years with children aged under five

Time: 1pm to 3pm

Frequency: 6, 13, 20, 27 March



Stories and Rhymes

Location: Seddon Centre

Age: Parents, babies and under-5s

Time: 1.15pm to 2pm

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.

Thursday



Meet the Home Birth Team

Location: Queens Road Family Hub

Age: Antenatal only

Time: 1.30pm to 2.30pm

Frequency: Thursday 23 January, 27 February, 27 March

More information: Book your place online by searching "Meet the Whipps Cross Homebirth Team In Person on Eventbrite."



Speech and Language Support Drop-in

Location: Queens Road Family Hub

Time: 1.30pm to 3.30pm

Frequency: 16 January, 20 March



Stories and Rhymes

Location: Seddon Centre

Age: Parents, babies and under-5s

Time: 2.15pm to 3pm

Frequency: Weekly, term time only

More information: Drop-in sessions, no booking necessary.



Kids' Crafts Club

Location: Lea Bridge Library

Age: Two years and above

Time: 4pm to 5pm

Frequency: Weekly

More information: Drop-in sessions, no booking necessary.

Friday



Play Session

Location: Queens Road Family Hub
Time: 10am to 11.30am
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Exploring Foods

Location: Queens Road Family Hub
Time: 10am to 11.30am
Frequency: 7, 14, 21 March
More information: Within Play Session



Oral Health Promotion

Location: Queens Road Family Hub
Time: 10am to 11.30am
Frequency: 14 March
More information: Within Play Session



Stay and Play

Location: Sybourn Primary School
Age: Under 4s
Time: 10am to 11am
Frequency: Weekly, term time only
More information: Drop-in sessions, no booking necessary.



123 Mini Chefs

Location: Queens Road Family Hub
Age: Two years and above
Time: 10am to 12 noon
Frequency: Weekly, term time only
Cost: £2.50 first child, 50p sibling



Friday



We Are Friends

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



Stay and Play

Location: Leyton Library
Time: 11.30am to 12.30pm
Frequency: Weekly



Initial Sleep Consultation

Location: Queens Road Family Hub
Time: 1pm to 3pm
Frequency: Friday 31 January, 28 February, 21 March

More information:
 Bookings are for 30-minute slots.
To book: lloydparkcc.eventbrite.com



Lego Club

Location: Leyton Library
Age: Three years and above
Time: 3.30pm to 4.30pm
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Film Club

Location: Lea Bridge Library
Age: Up to ten years
Time: 4pm to 5.30pm
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.

Saturday



Dads' Club

Location: Queens Road Family Hub
Age: Under 4s
Time: 10am to 12 noon
Frequency: Second Saturday of the month
More information: Drop-in sessions, no booking necessary.



Dads' Coffee Morning Stay and Play

Location: Lea Bridge Library
Age: Up to eight years
Time: 10am to 12 noon
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.



Family Cooking Club

Location: Queens Road Family Hub
Age: Four years and above
Time: 10am to 12.30pm
Frequency: Third Saturday of the month
Cost: £2.50 first child, 50p sibling



SEND Lego Club

Location: Queens Road Family Hub
Age: Three years and above
Time: 10.30am to 12.30pm
Frequency: First Saturday of the month



Dads' Stay and Play

Location: Leyton Library
Time: 10.30am to 12 noon
Frequency: Weekly
More information: Drop-in sessions, no booking necessary.

Saturday



Film Club

Location: Leyton Library
Age: Three years and above
Time: 2pm to 4pm
Frequency: Weekly



Kids' Crafts Club

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



Sunday



Book and Craft

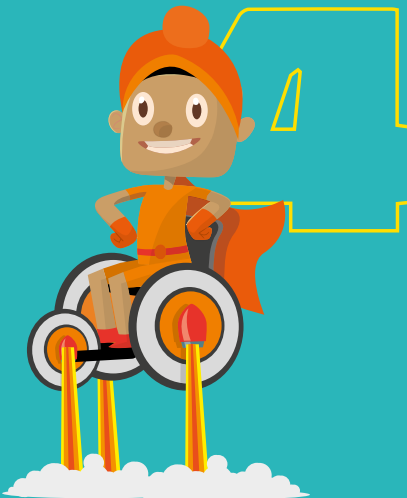
Location: Lea Bridge Library
Age: Two years and above
Time: 11am to 12 noon
Frequency: Weekly



**Leytonstone
Family Hub**



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



Leytonstone Family Hub

2-8 Cathall Road, E11 4LF

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

Monday



Learning Together - Preschool

Location: Leytonstone Family Hub
Age: Two years and above
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.



Play Session

Location: Leytonstone Toy Library
Time: 10am to 11.30am
Frequency: Weekly



Stories and Rhymes

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



Play Session

Location: United Free Church
Time: 1pm to 2.30pm
Frequency: Weekly



Oral Health Promotion

Location: United Free Church
Time: 1pm to 2.30pm
Frequency: 20 January
More information: Within Play Session

Monday



Baby Massage

Location: Leytonstone Family Hub
Course 1: 20, 27 January, 3, 10, 17 February
Course 2: 3, 10, 17, 24, 31 March
Time: 1.30pm to 2.30pm
Frequency: Weekly
Cost: £22.15



Kids' Crafts Club

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



Story Time

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



Tuesday



Stay and Play

Location: Downsell Primary School
Time: 9.15am to 10.30am
Frequency: Weekly, term time only



Stay and Play

Location: Leytonstone Library
Time: 9.30am to 10.30am
Frequency: Weekly, term time only



Initial Sleep Consultation

Location: Leytonstone Family Hub
Time: 10am to 12 noon
Frequency: Tuesday 28 January
More information: Bookings are for 30-minute slots. **To book:** loydparkcc.eventbrite.com



You and Your New Baby, Stay and Play

Location: Leytonstone Family Hub
Age: Pre-crawlers
Time: 10am to 11.30am
Frequency: Weekly

Tuesday



Stories and Rhymes

Location: Leytonstone Library
Time: 11.30am to 12.30pm
Frequency: Weekly



Flourish

Location: Leytonstone Family Hub
Age: Under 2s
Time: 1pm to 3pm
Frequency: Weekly
More information: Invite only. Contact familysupport@tlpcc.org.uk for more information



Play Session

Location: Leytonstone Toy Library
Time: 1pm to 2.30pm
Frequency: Weekly



Wednesday



Stay and Play

Location: Downsell Primary School

Time: 9.15am to 10.30am

Frequency: Weekly, term time only



Child Health Clinic Drop-In

Location: Leytonstone Family Hub

Time: 9.30am to 12 noon

Frequency: Weekly

More information: Please arrive before 11.30am to ensure you can be seen. Please bring your child's red book for the clinic. Clinic does not happen on Bank holidays.



Healthy Eating and Dental Health Drop-in

Location: Leytonstone Family Hub

Age: Parents, babies and under-5s

Time: 9.30am to 11am

Frequency: 22 January, 19 February and 19 March.

More information: Alongside the Child Health Clinic



Play Session

Location: Leytonstone Toy Library

Time: 10am to 11.30am

Frequency: Weekly

Wednesday



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Kids' Crafts Club

Location: Leytonstone Library

Age: Two years and above

Time: 11.30am to 12.30pm

Frequency: Weekly



Kids' Crafts Club

Location: Leytonstone Library

Age: Two years and above

Time: 3.30pm to 4.30pm

Frequency: Weekly



Story Time

Location: Leytonstone Library

Age: Two years and above

Time: 4.30pm to 5pm

Frequency: Weekly

Thursday



Under-2s Play Session

Location: Leytonstone Family Hub

Age: Under 2s

Time: 10am to 11.30am

Frequency: Weekly



Eating Well

Location: Leytonstone Family Hub

Age: Under 2s

Time: 10am to 11.30am

Frequency: 6, 13, 20 February

More information: Within Under-2s Play Session



Healthy Eating and Dental Health Drop-in

Location: Leytonstone Family Hub

Age: Parents, babies and under-5s

Time: 10am to 11.30am

Frequency: 9 January, 6 February and 6 March

More information: Within Under-2s Play Session



Oral Health Promotion

Location: Leytonstone Family Hub

Time: 10am to 11.30am

Frequency: 20 February

More information: Within Under-2s Play Session



Violence Against Women and Girls (VAWG) Drop-In

Location: Leytonstone Family Hub

Time: 10am to 4pm

Frequency: Weekly

Thursday



Stories and Rhymes

Location: Leytonstone Library

Time: 11am to 11.30am

Frequency: Weekly



Speech and Language Support Drop-in

Location: Leytonstone Family Hub

Time: 12.30pm to 2.30pm

Frequency: 30 January, 27 February, 27 March



Young Parents' Group

Location: Leytonstone Family Hub

Age: For parents under 24 years with children aged under five

Time: 1pm to 3pm

Frequency: Weekly



Let's Create

Location: Leytonstone Family Hub

Time: 3.30pm to 4.15pm

Frequency: Weekly, term time only

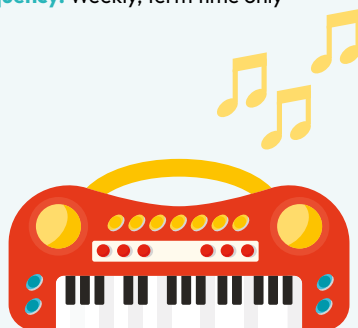


Tambini Music and Rhymes

Location: Leytonstone Family Hub

Time: 4.30pm to 5.15pm

Frequency: Weekly, term time only



Friday



Community Drop-In

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



Play Session

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



Exploring Foods

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: 14, 21, 28 February
More information: Within Play Session



Oral Health Promotion

Location: Leytonstone Family Hub
Time: 10am to 11.30am
Frequency: 21 March
More information: Within Play Session

Friday



Stories and Rhymes

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



Infant Feeding Café (women only)

Location: Leytonstone Family Hub
Age: Parents and babies
Time: 1pm to 2.30pm
Frequency: Weekly



Story Time

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



Saturday



Dads' Club

Location: Leytonstone Family Hub

Time: 10am to 12 noon

Frequency: Weekly



Kids' Crafts Club

Location: Leytonstone Library

Age: Four years and above

Time: 2pm to 3pm

Frequency: Weekly



Film Club

Location: Leytonstone Library

Time: 3pm to 4pm

Frequency: Weekly

Sunday

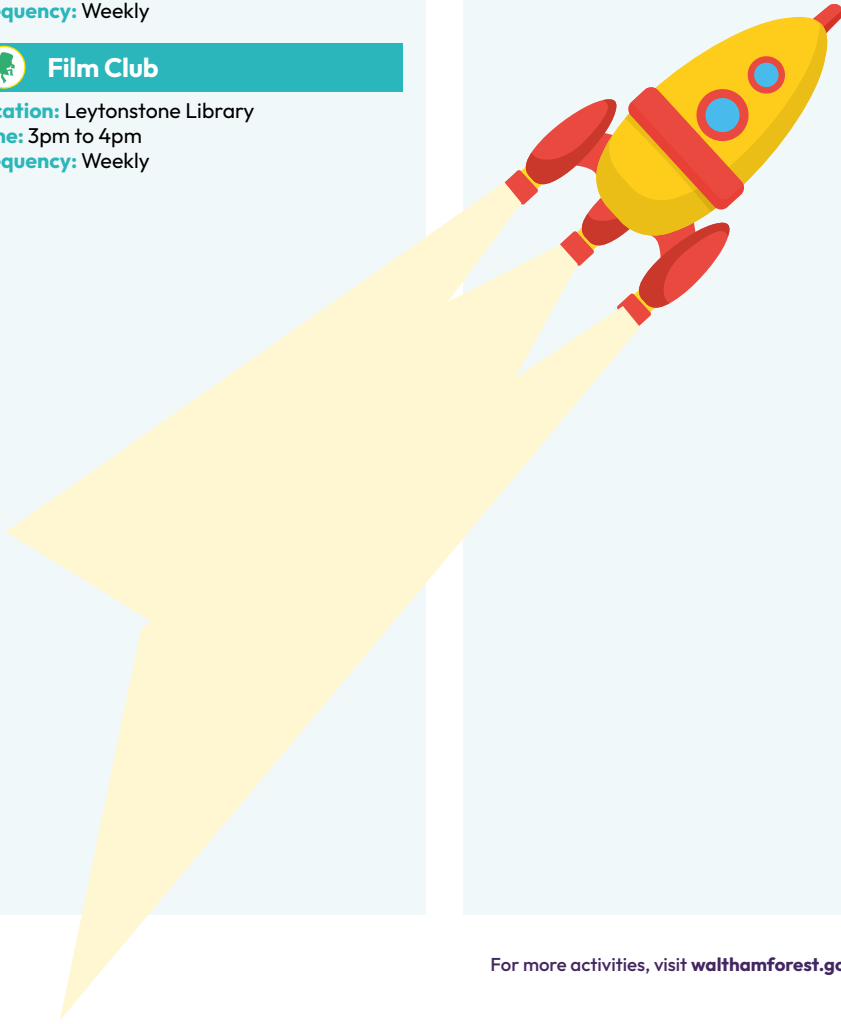


Dads' Stay and Play

Location: Leytonstone Library

Time: 2pm to 3pm

Frequency: Weekly



Contact

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



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

Call the Family Hubs Phonenumber: **0208 496 4965**
(Monday to Friday, 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

Childcare team helpline:
020 8496 3566

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

HMRC Childcare Helpline:
0300 123 4097



Vaccinations

Your child's vaccinations and when to have them

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

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

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

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

Vaccines for pregnant women

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

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

We're proud of our sessions, but you don't have to take our word for it...

Hear what parents who attended the Being a Parent course have to say about their experience.

Jessie and her daughter Kaleela attended the Baby Massage course when she was three months old, and have been to various sessions since then.

"We did the Babies Stay and Play then graduated to Under-2s Play Session. There's a lot of variety in sessions, even each week. It's nice to meet other parents in similar situations as well."



Watch the video here



Waltham Forest's

Best Start in Life



Follow us on social media...

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

Follow us on Facebook





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



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

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