

April to
August 2025

Best Start in Life Timetable

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



Sessions are subject to change, especially during the summer holidays. See walthamforest.gov.uk/events for up-to-date sessions.

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.



Chingford Family Hub
5 Oaks Grove, E4 6EY
See page 19 for site locations

Walthamstow Family Hub
313 Billet Road, E17 5PX
See page 25 for site locations

Queens Road Family Hub
215 Queens Road, E17 8PJ
See page 33 for site locations

Leytonstone Family Hub
2-8 Cathall Road, E11 4LF
See page 42 for site locations

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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



NHS
North East London
NHS Foundation Trust

School dates April to August 2025

Easter holiday:

Monday 7 April to Monday 21 April

Summer Term:

Tuesday 22 April to Wednesday 23 July

Half term holiday:

Tuesday 27 May to Friday 30 May

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.

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

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.tlpcc.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 Club

Join us for our weekly Lego 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 Play

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

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 and Learn (0-4) and Play and Learn for Under-2s

These sessions are fun, interactive, and informative, led by Early Years professionals. Each month, we focus on a different theme to help support your child's learning at home. Topics include: Establishing daily habits through routines, Encouraging creativity, Making maths fun, Language and listening skills, Music, movement and physical activity, and much more.

Join us to explore these exciting activities. At the end of the session you can take home ideas to do at home to support your child's development in a fun and engaging way!

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, focusing on songs and rhymes to help support speech development through action, songs, and movement for coordination, with added elements to stimulate children's senses.

Stay and Play

A safe space for your child to enjoy a variety of toys and to spend time interacting with other children, while you meet and talk to other parents and carers.

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.

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 Feeding Circle

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

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.**



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. (Please note that the Child Health Clinic is not open on Bank Holidays.)

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.**

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.

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.

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**.

Infant Feeding Group Drop-in (Women only)

Come and connect with other parents while your baby feeds.

Initial Sleep Consultation

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

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

Meet the Home Birth Team

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

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:

Friday 6, 13, 20 June, 1.30pm to 3pm, within Play and Learn for Under-2's

Chingford Family Hub:

Tuesday 6 May and Friday 9 May, 10am to 11.30am

United Free Church:

Monday 12 May, 1pm to 2.30pm, within Play and Learn for Under-2's

Leytonstone Family Hub:

Thursday 10 July, 10am to 11.30am, within Play and Learn for Under-2's

Leyton Sports Ground:

Tuesday 1 April, 1pm to 2.30pm, within Play and Learn for Under-2's

Queens Road Family Hub:

Friday 11 July, 10am to 11.30am, within Play and Learn for Under-2's

QuitRight Waltham Forest

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

Speech and Language Support Drop-In

If you have any concerns about your child's speech, language, or communication, you can visit one of our drop-in sessions to speak with a Speech and Language Therapist - no appointment needed.

When you arrive, there may be a short wait, but there will be toys for your child to play with. Your session will last about 15-20 minutes. During this time, the therapist will listen to your concerns, observe your child as you play together, and suggest ways to support their communication at home, building on what you're already doing and offering new tips.



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



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.

Cygnat

This programme is for parents and carers of children aged 5 to 18 with an autistic spectrum condition. It will increase your understanding of autism, help you learn how your child experiences the world, and explore what drives their behaviour. You'll receive ASC resources and have the chance to connect with other parents and carers who share similar experiences.

Referral and self referral only. Call 07586713368, email: gemma.akinade@walthamforest.gov.uk or visit: bit.ly/cygnatcourse

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

Calm sensory-based sessions for children from birth. The sessions include activities that stimulate a child's senses: touch, smell, taste, sight, and hearing. We aim to help children explore naturally through play, at their own stages of development. 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.

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



Family Support

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

Buddies

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

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

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.

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.

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.

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.

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**.

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.



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



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:

Monday 28 April 11.30am to 12.30pm

Leytonstone Library:

Wednesday 21 May 11am to 12 noon

Lea Bridge Library:

Tuesday 13 May 11am to 12 noon

Hale End Library:

Wednesday 11 June 10.30am to 11.30am

Wood Street Library

Monday 23 June 11am to 12 noon

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

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

Healthy Teeth Workshop

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

Dates online:

Tuesday 29 June 1pm to 2.30pm
Wednesday 18 June 10am to 11.30am

Get in touch with HENRY to book your place: call 0208 496 5223 or visit 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 wellbeing.

Dates online:

Various dates on Saturday mornings and Wednesday afternoons. Look at our website for the next dates: bit.ly/henryfeeding



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:

Thursday 8 May 1pm to 3pm
Monday 2 June 10am to 12 noon
Friday 4 July 1pm to 3pm
Tuesday 12 August 10am to 11.45am

Chingford Family Hub:

Monday 19 May 10am to 12 noon

Queens Road Family Hub:

Tuesday 22 April 1pm to 3pm
Tuesday 29 July 1pm to 3pm

Leytonstone Library:

Monday 16 June 10am to 12 noon

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.

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

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.

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.



Find the latest parent support timetable

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 13 May
Time: 1pm to 3pm

Leytonstone Library:

Every Wednesday morning from May/June. Online programmes running at different times across the week. Get in touch to find out more: 0208 496 5223 or wfsupport@henry.org.uk

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

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

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 30 April, 7, 14, 21 May
Wednesday 4, 11, 18, 25 June

Location: Queens Road Family Hub

More information: 8 week course. Invite only.

Contact familysupport@tlpcc.org.uk for more information

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.

For more information, phone 07586713368 or email: gemma.akinade@walthamforest.gov.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.

Stronger Relationships Programme

This programme is for parents and carers of children aged 0 to 18, whether you're a couple, co-parent, or caregiver. It will help you communicate positively, recognise harmful parental conflict, and understand its impact on children. A safe space to explore your parenting values and gain insight into your co-parent's perspective.

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.

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 challenging behaviour in children with a special educational need or 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.

To book visit: lloydparkcc.eventbrite.com



Find the latest parent support timetable

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



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: 7 April, 2 June, 7 July



Stay and Play

Location: Selwyn Primary
Time: 9.30am to 11am
Frequency: Weekly, term time only



Flourish

Location: Chingford Family Hub
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

Monday



Stay and Play

Location: Selwyn Primary
Time: 1pm to 3pm
Frequency: Weekly, term time only



Play and Learn for Under-2s

Location: Paradox Centre and
 The Valley Centre
Age: Under-2s
Time: 1.30pm to 3pm
Frequency: Weekly, term time only

Learning Together:
Preschool

Location: Chingford Family Hub
Age: Two to four years
Time: 1.30pm to 3pm
Frequency: Weekly, term time only



Eating Well

Location: Paradox Centre and
 The Valley Centre
Age: Under-4s
Time: 1.30pm to 3pm
Frequency: 2, 9, 16 June



Tuesday



Play and Learn (0-4)

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: 6 May



We Are Friends

Location: Hale End Library
Age: Under-5s, parents, and over-65s
Time: 11am to 11.30am
Frequency: Weekly



Stay and Play

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

Tuesday



Stay and Play

Location: Longshaw Primary Academy
Age: Under-4s
Time: 1.30pm to 3pm
Frequency: Weekly, term time only
Cost: Donations welcome

You and Your New Baby,
Stay and Play

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



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

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Friday



Oral Health Promotion

Location: Chingford Family Hub
Age: Under-4s
Time: 10am to 11.30am
Frequency: 9 May



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



Grandparents' Group

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



Saturday



Dads' Club

Location: Chingford Family Hub
Age: Under-4s
Time: 10am to 12 noon
Frequency: First Saturday of the month



Kids' Crafts Club

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

Sunday



Dads' Stay and Play

Location: Chingford Library
Age: Under-8s
Time: 1pm to 2pm
Frequency: Weekly



Kids' Crafts Club

Location: Chingford Library
Age: Two years and above
Time: 1pm to 2pm
Frequency: Weekly

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Sessions are subject to change, especially during the summer holidays.



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
 Winns 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

20 Low Hall Nursery School
 Low Hall Lane, E17 8BE

21 Greenleaf Primary School
 80 Greenleaf Rd, E17 6QW

**22 Church Hill Nursery
 School**
 47 Woodbury Rd, E17 9SB

Monday



Flourish

Location: The Lloyd Park Centre
Age: Under-2s
Time: 9.30am to 11.30am
Frequency: Weekly

More information: Targeted group, invite only



We Are Friends

Location: Higham Hill Library
Age: Under-5s, parents, and over-65s
Time: 11am to 11.30am
Frequency: Weekly



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



Tuesday



Stories and Rhymes

Location: Walthamstow Library
Age: Under-4s
Time: 10am to 10.45am
Frequency: Weekly, term time only



Stay and Play

Location: Church Hill Nursery School
Age: Under-4s
Time: 10am to 11.30am
Frequency: Weekly, term time only



Triple P 0-12

Location: The Grow Well Centre
Time: 10am to 12 noon
Frequency: 4 weeks face-to-face in a group:
 29 April, 6, 13, 20 May
 4 Weeks Online:
 27 May, 3, 10, 17 June

More information: 8 week course. To book visit www.lloydparkcc.eventbrite.com



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
Age: Under-4s
Time: 11am to 11.45am
Frequency: Weekly, term time only



Child Health Clinic Drop-In

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

More information: Please arrive 30 minutes before the end of the session to ensure you will be seen



Infant Feeding Group Drop-in

Location: Walthamstow Family Hub
Time: 1pm to 2.30pm
Frequency: Weekly

More information: If you feel your situation needs more time, call our team before attending a session: **0207 961 9073**

Wednesday



Stay and Play

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



Baby Feeding Circle

Location: Walthamstow Library
Time: 10.30am to 12 noon
Frequency: Weekly



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

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Wednesday



Stay and Play

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



Music and Movement

Location: Walthamstow Toy Library
Age: Under-4s
Time: 1pm to 2pm
Frequency: Weekly, term time only



Kids' Crafts Club

Location: Walthamstow Library
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 30 minutes before the end of the session to ensure you will be seen



Thursday



Play and Learn for Under-2s

Location: Walthamstow Family Hub
Age: Under-2s
Time: 9.30am to 11am
Frequency: Weekly



Healthy Eating and Dental Health Drop-in

Location: Walthamstow Family Hub
Time: 9.30am to 11am
Frequency: 15 May, 12 June, 17 July

More information: Within Under-2s Play Session



Exploring Foods

Location: Walthamstow Family Hub
Age: Under-2s
Time: 9.30am to 11am
Frequency: 12, 19, 26 June

More information: Within Play and Learn for Under-2s

Thursday



Grow Wild Explorer

Location: The Lloyd Park Centre
Age: Under-4s
Time: 9.30am to 10.30am
Frequency: Weekly, term time only



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



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

Thursday



Grow Wild Explorer

Location: The Lloyd Park Centre
Age: Under-4s
Time: 11am to 12 noon
Frequency: Weekly, term time only



We Are Friends

Location: Walthamstow Library
Age: Under-5s, parents, and over-65s
Time: 11.15am to 11.45am
Frequency: Weekly



You and Your New Baby, Stay and Play

Location: Walthamstow Family Hub
Age: Pre-crawlers
Time: 11.15am to 12.45pm
Frequency: Weekly



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Saturday



Child Health Clinic Drop-In

Location: Walthamstow Library
Time: 9.30am to 12 noon
Frequency: Weekly



Outdoor Dads' Club at Grow Wild

Location: The Lloyd Park Centre
Age: Under-4s
Time: 9.30am to 10.30am
Frequency: Last Saturday of the month



Outdoor Dads' Club at Grow Wild

Location: The Lloyd Park Centre
Age: Under-4s
Time: 11am to 12 noon
Frequency: Last Saturday of the month



Stories and Rhymes

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

Saturday



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
Age: Two years and above
Time: 11.30am to 12 noon
Frequency: Weekly



Kids' Crafts Club

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

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Sessions are subject to change, especially during the summer holidays.



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

Queens Road Family Hub

215 Queens Road, E17 8PJ

18 The Grow Well Centre
7 Saxon Close, E17 8LE

23 Lea Bridge Library
Lea Bridge Road, E10 7HU

24 Seddon Centre
33 Clyde Place, E10 5AS

25 Leyton Sports Ground
2 Crawley Rd, E10 6RJ

26 Leyton Library
High Road, E10 5QH

27 St Joseph's Infant School
Vicarage Rd, E10 5DX

28 Sybourn Primary School
Perth Road, E10 7PB

29 Barclay Primary School (Hoe Street)
398 Hoe Street,
Walthamstow, E17 9AA



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

Leytonstone Family Hub

2-8 Cathall Road, E11 4LF

30 United Free Church
55 Wallwood Road, E11 1AY

31 Leytonstone Library
Church Lane, E11 1HG

32 Leytonstone Toy Library
Birch Grove, E11 4YG

33 Downsell Primary School
134-136 Downsell Rd,
E15 2BS

34 Barclay Primary School
(Canterbury Road)
155 Canterbury Road,
Leyton, E10 6JE

35 Cornerstone Baby Bank
The Cornerstone,
149 Canterbury Rd, E10 6EH

36 Whipps Cross Hospital
Whipps Cross Rd, E11 1NR

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

Monday



Learning Together: Preschool

Location: Leytonstone Family Hub
Age: Under-4s
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 and Learn (0-4)

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

More information: Visit website for details: www.walthamstowtoylibrary.org



Stories and Rhymes

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



Play and Learn (0-4)

Location: United Free Church
Age: Under-4s
Time: 1pm to 2.30pm
Frequency: Weekly, term time only



Oral Health Promotion

Location: United Free Church
Time: 1pm to 2.30pm
Frequency: 12 May

More information: Within Play and Learn (0-4)

Monday



Baby Massage

Location: Leytonstone Family Hub
Age: Pre-crawlers
Time: 1pm to 2pm
Frequency:
Course 1: 28 April, 12, 19 May, 2, 9 June
Course 2: 16, 23, 30 June, 7, 14 July
Cost: £22.15 per course

More information: To book, visit www.tlpcc.org.uk/whats-on



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: Four years and above
Time: 4.30pm to 5pm
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 Phoneline:
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, or by calling your Health Visiting Team at 0300 033 6200.

Save money and eat well with a Healthy Start card!

If you're pregnant or have a child under four, you could get a **Healthy Start card** to help with the cost of milk, fruit, vegetables, and free vitamins. The card is topped up every four weeks, and how much you get depends on your child's age.

You could get £4.25 a week from the 10th week of pregnancy, £8.50 a week until your baby turns one, and £4.25 a week for children aged one to four.

If you're on certain benefits, like Income Support or Child Tax Credit, you might qualify. Families who don't apply could miss out on up to **£1,200 to spend** on food and milk. Check today to see if you're eligible!



Find the latest parent support timetable

WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

Are you aged between 5-16 and in receipt of benefit related free school meals?

Funded by the Department for Education, we have the opportunity for you to try a wide range of free activities, have fun, make friends and enjoy a free meal every day across the borough.



BOOKING IS ESSENTIAL

on all activities so book early to avoid disappointment



To book your place and find out more scan here or visit **WALTHAMFOREST.GOV.UK/HOLIDAYS**



Getting School Ready

Your child going to school for the first time is one of the most exciting (and nerve-racking) parts of your parenting journey!

Starting school is an exciting milestone for both you and your child! Every child develops at their own pace, but here are key areas to focus on for a smooth transition. Don't forget to prepare yourself for this transition as well.



For more information, scan the QR code or visit: **walthamforest.gov.uk/schoolready**



Self-Care Independence

Encourage your child to dress, wash, and eat independently. Can they put on and take off their clothes and shoes? Use a fork, knife, and spoon? Visit our website for tips on building these skills.



Toilet and Potty-Training

Can your child use the toilet and wash their hands independently? Potty training is a big milestone, and every child learns at their own pace. Follow our three-step 'Let's Go Potty' approach, on our website, for support.



Oral Health

Is your child registered with an NHS dentist? Brushing twice a day is an essential habit as they grow. The HENRY team in Waltham Forest offers free oral health workshops and updates on NHS dentists accepting new patients.



Immunisations

Check if your child's vaccinations are up to date to protect against illnesses like flu, measles, and whooping cough. If any vaccines were missed, contact your GP. Find the full vaccine list on p49 of this timetable.



Learning Together Project

This programme, created by teachers and speech therapists, offers fun home activities to support your child's development before school. Access it via our website.

If you have concerns about your child's development, contact the Health Visiting team at **0300 033 6200** or visit your **local Family Hub**.



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, or contact us by emailing:

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**