Our charity exists to build brighter futures for children and families, and our vision is for every child to have the best start in life.

Welcome to the September edition of Roleplay and the start of a new term.

Welcome back Pauline. The last term our Chief Executive Officer, Pauline Thomas, was sadly taken unwell. After major surgery and a period of rest she is recovering well and we are all looking forward to her return.

Ofsted visited the Higham Hill Centre on 6th March to inspect our childcare provision, and graded us Outstanding. We are so proud, as all of our services are now outstanding. Well done to the team... You are truly an inspirational bunch! Search Higham Hill Centre on the Ofsted website for the full report.

Welcome to new families joining us at the start of term and a farewell to those that moved on. I loved attending the school leaver graduation ceremonies last term and celebrating the progress children have made. Each child was introduced and we learnt about their interests and plans for the future... an archaeologist, a train driver and a tooth fairy! Parents and carers spoke with a mixture of sadness and excitement, describing what an important role the nursery had played in their child’s early life, but how they were now ready for school.

Our charity exists to build brighter futures for children and their families and we have a range of services and activities aimed at supporting families during this important stage of development (detailed on the timetable pages or online www.tlpcc.org.uk). Come along to our sessions to meet other families, make new friends, and if you would like to discuss your child’s early development please speak to any member of the team. We all look forward to seeing you.

Wendy Fields
Acting Chief Executive Officer

What’s on this term?

We look forward to the Halloween Disco at The Lloyd Park Centre and Higham Hill Centre on 26th October. Tickets in advance.

Our Annual General Meeting is on 10th October. Come along and find out about our charity.

Grand Opening of the new play area at The Lloyd Park Centre. Follow us on facebook for more information.

The Pirate Ship has docked!

Work on the new play space at The Lloyd Park Centre is underway.
We are all looking forward to the Grand Opening.

Follow us of Facebook @LloydParkCC

Dates for your diary

Monday 3rd September
ALL SERVICES CLOSED – Training Day

Tuesday 4th September – All services open

Monday 23rd – Fri 27th October - Half Term
Thursday 20th December – Last Day of Term 3:30pm close

3rd and 4th January
ALL SERVICES CLOSED – Training/ cleaning day
Monday 7th January – All services open

Dates and times can change at short notice. Please visit www.tlpcc.org.uk or follow us on Facebook.
Learning Through Play

What roles do adults play?

Play is a spontaneous, natural method of learning for most children, that involves either learning alone or with others. “Play helps children to be competent learners who can make connections and who can create and transform ideas and knowledge, because they are imaginative and expressive” (Early Years Foundation Stage).

Here’s our Top Tips for supporting children’s play:

Observing, joining in with, and building on your child’s play will help them to feel good about themselves and will build confidence.

Children’s play is motivating, especially when it is based on what the child is interested in discovering. Try to follow children’s play and build on their ideas.

Play is often social, involving plenty of opportunities for talk and discussion. When playing with other children they learn more about relationships and develop social and interaction skills.

Questions can make children feel under pressure or a failure if they get the wrong answer. Instead try describing what they are doing or what they appear to be interested in, or try repeating and extending children’s vocabulary by adding different or new words to the conversation.

Young children pick up on emotions, which means positive adults will encourage positive attitudes in children. Try making positive comments when children are playing and give lots of praise.

Stay and Play Visiting Days at Nursery

Visiting days and play sessions held in schools and nurseries are a great way to find out about the childcare and education options available for your child. You will get to know staff, the environment and will get a feel for the routines and culture of the setting.

Low Hall Nursery School are open for children 18 months+ on Tuesdays at 9.30am and 1pm and Church Hill Nursery School on Wednesdays at 9.15am and 1pm during term time. The team report that “…child visitors settle in quickly and happily, feeling more confident when starting nursery and separating from their main carer with ease”.

These sessions are a great opportunity for parents and carers to play with their children in creative, safe and stimulating environments. Children are inspired by the ‘grown up’ 3 and 4 year olds and parents and carers can talk to qualified teachers and Early Years Practitioners about their child’s development. This can be the start of getting early and ultimately life-changing support.

Contact your local nursery or school to see if they have play sessions or visiting days. More information can be found in the Child Care section on the online Weltham Forest Directory.

Children and Family Centre Play Sessions: helping every child to reach their potential

The Statutory framework for the Early Years Foundation Stage (EYFS) has four guiding principles when thinking about children’s learning, development and care from birth to five years:

1) every child is a unique child, who is constantly learning and can be resilient, capable, confident and self-assured
2) children learn to be strong and independent through positive relationships
3) children learn and develop well in enabling environments, in which their experiences respond to their individual needs and there is a strong partnership between practitioners and parents and/or carers
4) children develop and learn in different ways and at different rates.

In Children and Family Centre sessions we work alongside parents and carers to get to know children. We watch them play and focus on their interests and what they like to do. Children feel valued when people around them are interested in them. This increases their confidence so they are able to build on what they already know about the world.

If you would like to know more about supporting your child’s learning through play using the EYFS talk to a member of the team. You can also join My Learning Journey.

Breaking Barriers

Are services welcoming and easy for all families to use? Is the right kind of support available, at the right time? The Breaking Barriers project led by local parent Max Jervis-Read, aims to answer these questions.

We have been talking to families about their experiences during special sessions in our Grow Wild space. This is helping us to improve our services for all families.

Upcoming events are aimed at children with Type 1 Diabetes, adoptive parents and the deaf community. Speak to a member of the team or follow us on facebook for more information @LloydParkCC.

If you have an idea about how to support young children and their families or you want to get involved in planning or running sessions for your community please get in touch: maxjervisread@gmail.com

HENRY Infant Feeding Helpline (breast, bottle and mixed feeding) 020 8496 5222
Being Healthy

Domestic abuse One Stop Shop

Do you ever fear your partner or members of your family? Do you experience physical or verbal abuse? Do you feel intimidated or controlled by others in your life? Domestic abuse is any incident of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual violence between people who are, or have been in a relationship or family members.

Domestic abuse One Stop Shop is a safe, confidential and non-judgemental place for anyone to drop-in and talk about any concerns, seek advice or access immediate support in relation to safety, wellbeing and practical needs including:

- Safety planning
- Legal matters
- Housing advice
- Reporting to the police
- Advice around benefits and finances
- Therapeutic interventions for adults and children
- Specialist support (e.g. drug and alcohol, sexual health)

There’s no need to book an appointment, just drop in to one of our scheduled sessions in Children and Family Centres in Walthamstow, Chingford, Leyton and Leytonstone.

For more information speak to staff at your local Centre, you might want to read www.womensaid.org.uk/the-survivors-handbook/available online in a number of languages and in audio, or e-mail Laura.Butterworth@walthamforest.gov.uk or rashel.hamid@walthamforest.gov.uk

For more information about family health join one of our workshops or drop-ins. Please see the Activity Timetables and What’s On section for more information or speak to a member of the team.

Online safety

The internet is amazing. Children can play, learn, create and connect - opening up a whole world of exciting possibilities. But with the digital world changing all the time, how can you make sure your child’s staying safe?

Help your children stay safe online.

Work as a TEAM
T Talk about staying safe online.
E Explore their online world together.
A Agree rules about what’s ok what’s not.
M Manage your family settings and controls.

3 tips to help start the conversation:
1. Explore sites and apps together and talk about any concerns.
2. Ask your child if they know how to stay safe online.
3. Talk about personal information and what to share online.

For much more detailed information’s and child friendly pictures about staying safe online please look at below link.

Baby Massage

Baby massage offers a wonderful experience and a special time to communicate both verbally and non-verbally with babies so they feel loved, valued and respected. It is a lovely and fun way to bond and spend dedicated time with your baby whilst getting to know and learning a skill that will benefit both you and your baby.

There are many benefits of joining a baby massage course, these include;
- Pleasure and relaxation for both parent and baby.
- Massage may assist in developing closeness and communication enhancing the parent and baby attachment and bond.
- Massage may establish better infant sleep patterns by soothing the baby.
- Reassurance to parent and baby regarding skin contact and the ‘permission’ to touch and be touched.
- Helps to calm babies’ emotions and relieve stress.

If you would like any further information, please speak to a member of the team.

What would you like to read about in Roleplay? Email info@titpec.org.uk with any questions or suggestions for articles.
**Families Voice**

**Parent feedback:**

"I was recommended to join the Incredible Years programme by Vicky at the Stories and Rhymes session at Higham Hill. With terrible two’s approaching, the programme and book has made a huge difference with my parenting and I would highly recommend it to any family or lone parent. It is definitely an eye opener for situations us mothers and fathers will face. The class is so friendly and everyone is so respectful during group discussions. Our tutors Sabine and Daire are both great!"

"I have attended both the HENRY and Incredible Years Parenting Programmes during my maternity leave. My daughter is 7 months old now and I think it is very important to learn about different parenting techniques and apply them from a very young age. I find these programmes very useful and they also gave me a chance to meet other mums in the neighbourhood. I can strongly recommend both of these programmes to any new/experienced parents!"

If you are interested in joining a parenting programme, please look at the ‘What’s On’ section.

**General Data Protection Regulations**

The European Union’s General Data Protection Regulations enforced on 25th May aim to provide a single set of rules across Europe to strengthen data protection and data privacy rights for individuals.

**What Data do we use?**

Children and Family Centres use information such as contact details, ethnicity, languages spoken, special educational needs and disabilities, and attendance to our sessions. This is all stored on E-Start, which is a secure database. We also use a system called The Learning Book to record observations and assessments of children’s learning and development and we make and receive referrals when families want additional help. All of this information is used to help us to provide the best service we can for local families.

**We use data to:**

- a) enable us to carry out specific functions for which we are responsible
- b) derive statistics which inform decisions such as funding or making changes to services
- c) assess performance and to set targets

**Access to your Personal Data**

You have the right to request access to information that we hold and to object to us processing your data. To make a request for your personal information please contact info@tfpc.org.uk. If you have a concern or complaint about the way we are collecting or using your personal data, you should raise your concern with us in the first instance by speaking to a member of our team or by contacting info@tfpc.org.uk or directly to the Information Commissioner’s Office at https://ico.org.uk/concerns/.

For more information please refer to our data protection policy and privacy notices [www.tfpc.org.uk](http://www.tfpc.org.uk).

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**Sleep routines**

Many parents find that their babies don’t always sleep well. If you would like support with your child’s sleep and they are over 6 months old, you can attend a Sleep Support session (detailed in the What’s On section) or if you cannot attend these sessions email familysupport@tfpc.org.uk.

Prior to 6 months there are some things you can try to help your baby establish good sleep patterns.

During the first 8 weeks taking babies outside in the afternoon in the daylight will help them adjust to light/dark, day/night. Help babies to be active during the day by talking during a feed and whilst nappy changing in a light room. A daytime routine of feed, play, sleep will help avoid an association of needing to feed in order to go to sleep. Indicate night time with dim lighting, only changing nappies when you need to and by limited any talking.

After 3 months it’s a good time to introduce a short bedtime routine. This can be challenging, so here’s our Top Tips and ideas to help your child sleep well:

- Sticking to a regular bedtime will help your child know it’s time to sleep
- Offer a feed before bedtime will avoid reflux and prevent associations with falling asleep
- Avoid stimulating activities during the hour before sleep
- Create a cool dark/dimly lit sleep environment as this will help trigger the sleep hormone melatonin
- A short warm bath for 5-10 minutes will heat your child’s body temperature and when he gets out of the bath the sudden drop in temperature stimulates melatonin production. (If your child plays too long in the bath, the water cools down and your child will miss the effect of the change in temperature).
- Massage and quiet music before getting into nightclothes
- Read 1-2 bedtime stories
- A cuddle and kiss and then lay in cot/bed drowsy but not asleep in a dark room.

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Please speak to a member of the Children and Family Centre team for more information about sleep routines. Or if you have a query about night time infant feeding speak the HENRY Team on 020 8496 5223.
Neighbourhood Map

Key
- = Neighbourhood Hub

North
- Larkwood Primary School
  New Rd. E4 8ET 020 8529 4679
- Yardley Early Years Centre
  Haunford Rd. E4 7PH 020 8523 7352
- Chingford Children & Family Centre Hub
  5 Oake Grove E4 1GY 020 896 1551

Central
- Higham Hill Library
  North Countess Rd. E17 5HS
  020 8496 1170
- The Higham Hill Centre
  020 8527 1737
- Walthamstow Children and Family Centre Hub
  020 8496 5311
- Paradox Centre
  3 Chingford Rd. E17 5PF
- Homemade Community Cafe
  Higham Hill Park, Hatcham Close
  E17 5DO
- Priory Court Community Centre
  1 Priory Court E17 SNB 020 8531 3960
- William Morris Gallery
  Lloyd Park, Forest Rd. E17 4PP
  020 8496 4100
- St. Michael's Hall
  Northmore Rd.
  020 8520 4700
- Church Hill Nursery-School
  Woodbury Rd. E17 9SB 020 8520 4141
- Barncroft Primary School
  2 Brundell Rd E17 8BD
- Leyton Children & Family Centre Hub
  (Queens Rd.)
  235 Queens Rd. E17 9BZ
  020 8496 2442
- Lime Bridge Library
  Lime Bridge Rd. E10 7HU
  020 8496 9000
- Emmanuel Parish Hall
  Higham Rd. E17 8DL
- Seldon Centre
  Clyde Place. E10 5AS
- Kewstoke CFC
  3 Meadow Lane, Leyton
  020 8534 7281
- Leyton Library
  273 Leyton High Rd
  E10 5QN 020 8496 1090
- Leytonstone United Free Church
  55 Walthamstow Rd. E11 1AW
  020 8538 7725
- Snawbury Nursery
  2 Snowberry Close. E15 2AI
  020 8534 3883

South West
- Langthorne Pavilion
  Birch Grove E11 1YV
  020 8585 8444
- Allsop Medical Centre
  Fallop Rd. E11 1BN
  020 8430 7360
- Leytonstone Library
  8 Church Lane. E11 1HG
  020 8496 3000
- Le Petit Corner
  734 High Rd Leytonstone
  E11 1AW
- Georgie Tomlinson Primary School
  33 Harrington Rd E11 4QH
- Leytonstone Children and Family Centre Hub
  29 Harrow Rd
  020 8496 2960

South East
## Walthamstow Children and Family Centre Timetable (Central Neighbourhood)

### Monday
- **Childminder Drop In** (prospective parents welcome)
  - Delivered by LBWF
  - 9.30-11.30
  - Walthamstow Children and Family Centre Hub
  - Term time only
  - £1 first child, 50p siblings.

### Tuesday
- **ESOL (Entry level 1 & 2)**
  - Delivered by ELAT
  - 9.30-11.30
  - Walthamstow Children and Family Centre Hub
  - Booking info @ elat.org.uk or call 020 7725 6750

- **Move and Rhyme Funtime (0-4s)**
  - 10.30-11.30
  - Home-schooled Children.
  - Term time only
  - £1 first child, 50p siblings.

### Wednesday
- **Citizens Advice Waltham Forest**
  - 9.30
  - Please call to book: 020 330 330 17
  - Walthamstow Children and Family Centre Hub

- **Infant Feeding Support**
  - 10.12
  - Delivered by La Lacte.
  - The Lloyd Park Centre, 1st and 3rd Wednesday of the month.

- **Outdoor Play Session (Grew Wild)**
  - 9.45-11.15
  - The Lloyd Park Centre.
  - £1 first child, 50p siblings.

- **Outdoor Play Session (Grow Wild)**
  - 11.30-12.15
  - For children under 5 with SEND
  - £1 first child, 50p siblings.

- **Crawlers to 2 Year Olds**
  - 1.30-3.00
  - The Lloyd Park Centre

- **Child Health Clinic**
  - 1.30-3.30
  - Delivered by NELFT
  - Walthamstow Children and Family Centre Hub
  - Term time only

### Thursday
- **Work Club**
  - Delivered by DWP, CFC Engagement
  - Term time only
  - £1 first child, 50p siblings

- **Creative Kids**
  - 10.11 and 1-2.30
  - William Morris Gallery in partnership with The Lloyd Park Centre.
  - Term time only.

- **Stay 2 Play (play session for all 2 year olds)**
  - 10.12
  - Walthamstow Children and Family Centre Hub
  - Term time only.

- **STePS and Rhymes**
  - 10.15-11.15
  - Highham Library
  - Term time only.

- **Child Health Clinic**
  - 12.30
  - Delivered by NELFT
  - The Lloyd Park Centre
  - Term time only.

- **Shopping & Feeding Centre**
  - 1.30-3.00
  - Walthamstow Children and Family Centre Hub

- **Parents and Toddler 2 and 3-5 year olds**
  - 1.30-3.00
  - Delivered by NELFT and HENRY
  - Comley Bank

### Friday
- **Services are available for all, irrespective of where you live.**

## Chingford Children and Family Centre Timetable (North Neighbourhood)

### Monday
- **Play Session (0-4 year olds)**
  - 9.30-11.15
  - Laseywood Primary School.
  - Term time only.

- **Parent & Toddler Group**
  - 10.30
  - Chingford Children and Family Centre Hub.
  - Term time only.
  - Free.

- **Somewhere to Belong**
  - 1.30-3.30
  - Chingford Children and Family Centre Hub.
  - Term time only.
  - Free.

### Tuesday
- **Child Health Clinic and Infant Feeding Support**
  - 1.30-3.30
  - Delivered by HENRY and NELFT
  - Chingford Health Centre.
  - Term time only.
  - Free.

- **Toddler Time (18-36 months)**
  - 9.30-11.30
  - Chingford Children and Family Centre Hub.
  - Term time only.
  - Free.

### Wednesday
- **Painters and Decorators**
  - 9.30-11.30
  - Delivered by Yardley Early Years Centre.
  - Term time only.
  - £1 first child, 50p siblings.

### Thursday
- **Citizens Advice Waltham Forest**
  - 9.30
  - Please call to book: 020 330 330 17
  - Chingford Children and Family Centre Hub

- **MUSIC & MOVEMENT (0-4 year olds)**
  - 1.30-3.30
  - Delivered by HENRY
  - Chingford Children and Family Centre Hub

- **Somethings and Language Drop In**
  - 1.30-3.30
  - Delivered by HENRY
  - Chingford Children and Family Centre Hub

### Friday
- **Services are available for all, irrespective of where you live.**

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**4th September - 20th December**

During December month please see Child Health Clinics timetable for changes.
**Leyton Children and Family Centre Timetable (South West Neighbourhood)**

**Monday**
- **Child Health Clinic**
  - 9:30-11.30
  - Delivered by NEFT, Leyton Children and Family Centre Hub. Free.

**Play Session** (4-0 years old)
- 9:45-11.15
  - Seddon Centre
  - £1 first child, 50p siblings.
  - Term time only.

**Messy Play** (0-4 years old)
- 10:15
  - Leyton Children and Family Centre Hub
  - £1 first child, 50p siblings.
  - Term Time Only.

**Healthy Eating Drop In**
- 10:30
  - Leyton Children and Family Centre Hub
  - Term Time Only, Free.

**Tuesday**
- **Citizens Advice Waltham Forest**
  - 10:30
  - Leyton Children and Family Centre Hub
  - £1 first child, 50p siblings.

**Breastfeeding Cafe**
- 11:30
  - Kuhozala Cafe
  - Term time only.

**Child Health Clinic**
- 11:30-12
  - Delivered by NEFT, Seddon Centre. Free.

**Fourth**
- 10:12
  - Leyton Children and Family Centre Hub
  - Term time only.

**Speech and Language Drop In**
- 10:12
  - Leyton Children and Family Centre Hub
  - Term time only.

**You and Your New Baby**
- 12:15
  - Seddon Centre.
  - Free.

**Services are available for all, irrespective of where you live.**

**Leytonstone Children and Family Centre Timetable (South East Neighbourhood)**

**Monday**
- **Children’s Advice Waltham Forest**
  - 9-11
  - Leytonstone Children and Family Centre Hub.
  - Please call to book 020 8469 2462

**Stories and Rhymes**
- 9:45-10:30 & 10:45-11:30
  - Leytonstone Library, Term time only, Free.

**Play Session** (0-4 years old)
- 10:18
  - United Free Church Leytonstone
  - £1 first child, 50p siblings.
  - Term time only.

**Healthy Eating Drop In**
- 10:30
  - Leytonstone Library, Term Time Only, Free.

**Breastfeeding Cafe**
- 10:30
  - Delivered by HENRY, Leytonstone Children and Family Centre Hub.
  - £1 first child, 50p siblings.

**Somewhere to Belong**
- 10:30
  - Autumn Nursery School, Term time only.
  - Term time only, Free.

**Tuesday**
- **You and Your New Baby**
  - 10:30
  - Leytonstone Children and Family Centre Hub.
  - £1 first child, 50p siblings.

**Work Club**
- 11:30
  - Starting 25th September 2018 due to building work. Please call the Centre to confirm.

**Messy Play**
- 10:30
  - Langthorne Pavilion
  - £1 first child, 50p siblings.

**Speech and Language Drop In**
- 10:30
  - Autumn Nursery, Term time only.

**Children’s Health Clinic**
- 11:30-12
  - Delivered by NEFF, Leytonstone Children and Family Centre Hub.
  - Term time only.

**Music and Movement**
- 1:30-2:30
  - Leytonstone Children and Family Centre Hub

**Stay 2 Play (play session for all 2 year olds)**
- 2:30-3:30
  - Snowberry Nursery.
  - Term time only.

**Services are available for all, irrespective of where you live.**

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**Services are available for all, irrespective of where you live.**

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**All sessions are fully inclusive. If you are concerned about your child’s development or special educational need or disability, come to these sessions to find out more about the support available for your family.**
### Central
- **What’s On**

#### Adult Learning
- **Central Walthamstow Children and Family Centre Hub**
  - **ESOL, Mon & Tue**: 9.30-11.30
  - **For more information**: hello@east.org.uk or call 020 7275 6750

#### ESOL, Mon & Wed
- **Tots & Toddler Reading Book Club**: 9.30-11.30
  - **For more information**: hello@east.org.uk or call 020 7275 6750

#### Baby Massage
- **Course 1**: Fri. 14th, 21st, 28th Sep. 5th, 12th Oct. 19th, 26th Oct. 1.30-2.30 at Walthamstow Hub.
- **Course 2**: 30th Sep., 7th Oct., 14th Oct., 21st Oct. 1.30-2.30
  - **The Lloyd Park Centre**: £1.00 per course (payment in advance to secure a place)
  - **Contact**: 020 8527 1737 to book.

#### Oral Health Promotion
- **Tues. 16th Oct. 1.30-3.00**
  - **With Crawlers to 2 Year Olds at The Lloyd Park Centre**
  - **Weds. 26th Oct. 1.30-3.00**
    - **Play Session at St Michael’s Hall**

#### Parenting Programmes
- **Strengthening Families Strengthening Communities (with crèche)**: 13/9 - 13/12
  - **Term Time only**: Runn Croft Primary School
  - **Contact**: Jade Briant 07841 903328 jade@racefoundation.org.uk

- **Strengthening Families Strengthening Communities (with crèche)**: 11/9 - 11/12
  - **Term Time only**: 9.30-12.30 at Paradox, Contact Jade Briant 07841 903328 jade@racefoundation.org.uk

- **Triple P Family**
  - **Start**: 20/9 - 15/11
  - **Term Time only**: 9.30-11.45
  - **George Tomlinson School**
  - **To book email**: shinhan@walthamforest.gov.uk

#### Food themed activities - Eating Well for Families
- **3 consecutive sessions on how to make balanced meals for children**
  - **Monitor 24th Sep. 1.30-3.00**
  - **Mon. 19th Nov. 1.30-3.00**
  - **At The Lloyd Park Centre**
  - **Places are limited (no booking)**

#### Sleep Session
- **1st and 3rd Saturday of the month at Child Health Clinic**: 10.30-12.30
  - **Contact to book**: 020 8527 1737

#### All services delivered by HENRY begin week commencing 10/9/18

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### North
- **What’s On**

#### North Chingford Children and Family Centre Hub
- **ESOL with Tots and Toddlers, Mon. and Wed. 9.30-11.30**
  - **17/9 to 18/5/2018 at The Paradox Centre**
  - **For more info**: hello@east.org.uk or call 020 7275 6750

#### Baby Massage
- **Course 1**: Fri. 28th Sep. 5th, 12th, 19th, 26th Oct. 1.30-2.30
  - **Course 2**: Fri. 9th, 16th, 23rd, 30th Nov. 7th Dec. 1.30-2.30
  - **£1.00 per course (Payment in advance to secure a place)**
  - **Contact**: 020 8527 1737 to book.

#### Oral Health Promotion
- **Tues. 13th Sep. 1.30-3.00**
  - **Within Play All Day at Paradox**
  - **Wed. 6th Nov. 10.30-11.30**
  - **Within Stay 2 Play**
  - **Mon. 3rd Dec. 9.30-11.00**
  - **Within Play Session at Larkwood Primary School**

#### Parenting Programmes
- **Strengthening Families Strengthening Communities (with crèche)**
  - **11/9 - 11/12**
  - **Term Time only**: 9.30-12.30 at Paradox, Contact Jade Briant 07841 903328 jade@racefoundation.org.uk

#### Starting Solids Information Session
- **Mon. 24th Oct. 1.30-3.00**
  - **Mon. 19th Nov. 1.30-3.00**
  - **At The Lloyd Park Centre**
  - **Places are limited (no booking)**

#### Food themed activities - Exploring Foods
- **3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.**

#### Sleep Session
- **1st and 3rd Saturday of the month at Child Health Clinic**: 10.30-12.30
  - **Contact to book**: 020 8527 1737

#### All services delivered by HENRY begin week commencing 10/9/18

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### South East
- **What’s On**

#### South East Leytonstone Children and Family Centre Hub
- **English Conversation Club**: 9.30-11.00
  - **Delivered by Adult Learning Service**

#### Baby Massage
- **Course 1**: Thu. 20th, 27th Sep. 4th, 11th, 18th Oct. 10-11
  - **Course 2**: Thu. 8th, 15th, 22nd, 29th Nov. 6th Dec. 10-11
  - **£1.00 per course (payment in advance to secure a place)**
  - **Contact**: 020 8527 1737 to book.

#### Oral Health Promotion
- **Mon. 24th Sep. 10.30-11.30**
  - **Within Play Session at United Free Church Leytonstone**
  - **Tues. 30th Oct. 1.30-3.00**
  - **Within Messy Play at Langthorne Pavilion**
  - **Fri. 7th Dec. 9-12**
  - **Within Physical and Sensory Play Session**

#### Parenting Programmes
- **Strengthening Families Strengthening Communities**: 12/9 - 12/12
  - **9.30-12.30**
  - **Term Time only**
  - **For booking and more information contact**: Jade Briant 07841 903328 jade@racefoundation.org.uk

#### Starting Solids Information Session
- **Mon. 24th Oct. 1.30-3.00**
  - **Mon. 19th Nov. 1.30-3.00**
  - **At The Lloyd Park Centre**
  - **Places are limited (no booking)**

#### Food themed activities - Exploring Foods
- **3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.**

#### Sleep Session
- **Mon. 17th Sep. 9.45-11.15**
  - **Within Messy Play**
  - **Wed. 10th Nov. 9.30-11.00**
  - **Within Messy Play at Sutton Centre**

#### All services delivered by HENRY begin week commencing 10/9/18

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### South West
- **What’s On**

#### South West Leyton Children and Family Centre Hub
- **English Conversation Club**: 9.30-11.00
  - **Delivered by Adult Learning Service**

#### Baby Massage
- **Course 1**: Tue. 11th, 18th, 25th Sep. 2nd, 9th Oct. 6th Nov. 1.30-2.30
  - **Course 2**: Fri. 2nd, 9th, 16th, 23rd 30th Nov. 1.30-3.00
  - **£1.00 per course (payment in advance to secure a place)**
  - **To book call**: Shinhan Hassan 020 8496 2450

#### Oral Health Promotion
- **Wed. 19th Sep. 1.30-3.00**
  - **Within Rollers and Crawlers**
  - **Mon. 12th Oct. 9.45-11.15**
  - **Within Play Session**

#### Parenting Programmes
- **Strengthening Families Strengthening communities**: 12/9 - 12/12
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#### Starting Solids Information Session
- **Mon. 24th Oct. 1.30-3.00**
  - **Mon. 19th Nov. 1.30-3.00**
  - **Not In You and Your New Baby**
  - **Call 020 8527 1737 to book.**

#### Food themed activities - Exploring Foods
- **3 consecutive sessions on how to relax and enjoy mealtimes, support your child in eating a variety of foods and find out about portion sizes and more.**

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To find out what parenting courses are available please visit the Waltham Forest website as this is updated regularly. There are a range of courses available to suit a variety of needs.