

September 2026
to March 2027

Best Start in Life

Timetable

.....

6-MONTH
EDITION

What's on for under-5s in your
local Best Start Family Hub area



Sessions are subject to change,
especially during the holidays.
Scan the QR code, or visit
walthamforest.gov.uk/events
for up-to-date sessions.

**BEST
START
IN LIFE**


Waltham Forest



Best Start in Life services are for under-5s and their families in Waltham Forest. They are delivered in our Best Start Family Hubs and other local venues, and include Government funded services run by the Council as well as those funded by the Council and delivered by our partners.

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School dates

September 2026 to March 2027

Autumn term:
Wednesday 2 September to
Friday 18 December 2026

Half-term holiday:
Monday 26 October to
Friday 30 October 2026

Christmas holiday:
Monday 21 December 2026 to
Sunday 3 January 2027

Spring term:
Monday 4 January to
Thursday 25 March 2027

Spring half-term:
Monday 15 February to
Friday 19 February 2027

Easter holiday:
Friday 26 March to
Friday 9 April 2027



Activity Explainer

The next section (pages 5 to 15) lists all the Best Start in Life sessions for under-5s, in and around our Best Start Family Hubs. Check the Chingford, Walthamstow, Leytonstone and Leyton area 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 specifically 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.

They are delivered by our partners.

Find a full list of our partners on page 51.



Lloyd Park
Children's Charity



North East London
NHS Foundation Trust



You can find all sessions in the timetables from **page 16**

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.

Bambini's Music and Play (0-1)

Bambini's Music and Play is a calming sensory session for babies aged under one year, featuring black-and-white visuals, mirror play, and tummy time to support early development. It encourages fine motor skills and engagement through singing, textures, and gentle interaction. This is a nurturing space for babies and carers to explore and bond.

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

Enjoy crafts inspired by favourite stories and book characters at your local library. Adult support is required.

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' Stay and Play

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

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

Duplo Club

A fun, parent-led play session where little builders can stack and create to their hearts' content! Come along, build together, and enjoy a relaxed space for play, imagination, and connection.

Film Club

Enjoy a selection of delightful, heartwarming films specially chosen for young children. Adults must attend with a child, and children must be supervised at all times. Under 5s, but older siblings welcome.

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

Explore, climb, slide, jump and discover nature in The Lloyd Park Children's Centre unique outdoor adventure playground. This exciting green play space helps children build confidence, develop new skills and learn through play.

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. Adult support required for younger children.

Little Ballers

Run, jump, play and learn new skills in a spacious indoor play space designed for young children. Children aged 2+ can improve their fitness, flexibility and coordination while building confidence, listening skills and self-discipline through fun sports and games.

Mindful Colouring

Enjoy a moment of calm with mindful colouring activities suitable for different ages and abilities. This relaxing activity helps children unwind, focus and express their creativity through art. Adult support required for younger children.

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.

Every session is thoughtfully designed to welcome all children, no matter their developmental stage or neurodiversity. At the end of the session you can take home ideas to support your child's development in a fun and engaging way!

Sensory Play and Learn

Explore textures, sounds, colours and more through sensory play designed for babies and young children from birth.

These inclusive sessions encourage children to learn, discover and explore through play at their own pace, while parents and carers can meet others, share experiences and make new connections. Suitable for children of all abilities.

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

Relaxed sessions where your child can explore, play and make new friends through a variety of toys and activities. Parents and carers can meet others, share experiences and build new connections while children learn and play together.

Stories and Rhymes

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

Story Time

Enjoy fun storytelling sessions with a different story to discover each week. Perfect for developing a love of books and sharing stories together.

Tambini's Music and Rhymes

Sing, move and learn together through fun songs, music and rhymes. These sessions help children develop their speech, language and coordination skills through play.

You and Your New Baby

Join other families with little ones to share stories, make new friends, and discover fun ways to support your baby's development. Whether you're expecting or your baby is already on the move, this is a relaxed and friendly space to connect, learn, and grow together.

Open to parents from pregnancy until your baby starts crawling.



Scan here for
an up-to-date
events list!





You can find
all sessions in
the timetables
from **page 16**

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 Group

Receive gentle feeding and latching support in a relaxed and welcoming environment. Meet other local parents and carers, share experiences and build connections while your baby feeds. No booking required.

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 lloydpark.eventbrite.com.**

Infant Feeding Helpline

0207 961 9073

The Infant Feeding Helpline is staffed by a local team of HENRY Infant Feeding practitioners. They can support you with breast / bottle / mixed feeding.

Mon to Fri: 9am to 5pm



Building Potty/Toilet Confidence Workshop

Building Potty/Toilet Confidence is a practical workshop for families with children under 4, offering advice and tips to help make potty and toilet training a positive experience. Runs once per term at each Best Start Family Hub alongside relevant parent and child sessions.

Dental Drop-In at the Library

Explore dental health along with your child at your local library.

Before and after the session our friendly Dental Health Nurse will be available for a chat.

- 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 minutes after the session.

You can find these sessions listed in the session calendar.

Eating Well & Exploring Foods

These two sessions use different activities to help children explore healthy foods through play and discovery.

Parents and carers can get practical advice and information on healthy eating habits, portion sizes and supporting their child's healthy development.

Healthy Eating and Dental Health Drop-In

Pop in with any questions you have for our Healthy Families Practitioners. We are here to help you support your children to develop good healthy eating and dental health habits, as well as support with starting solids and fussy eating concerns.

Homerton Vaccination Clinic Drop-in

Weekly vaccination drop-in, aimed at pregnant women under the care of Homerton Hospital. No appointment needed.

Infant Feeding Group Session

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.

We encourage families to attend early on in the session to ensure the team can give you the support you need. We strongly recommend contacting our helpline first, so we can direct you to the most suitable session for your needs.

Infant Feeding Support Appointments

Get personalised infant feeding support and advice through a bookable appointment with a practitioner. Staggered arrival times ensure each family receives dedicated one-to-one support, with the opportunity to meet and connect with other local families.

Please see our website to book a slot: henry.org.uk/waltham-forest or call our helpline **0207 961 9073**.

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

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.

You can find these sessions listed in the session calendar.

QuitRight Waltham Forest

Get support to quit smoking and manage cravings from specialist advisors who can help you find a treatment option that's right for you. Self-refer through the QuitRight website at quitrightwf.org or call **0207 882 8230** to book an appointment.

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 NHS 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 to 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.

Child Health Clinic

You're welcome to drop in to one of our friendly Child Health Clinics to have your baby or child weighed, or to speak with a member of the Health Visiting Team. You can also collect your baby's bottle of Healthy Start vitamins during your visit.

Find out more: bit.ly/healthystart-WF

What to expect:

These drop-in sessions are a chance to ask questions about your child's health, growth or development. Please bring your baby's red book with you when you come. (Please note that clinics are closed on Bank Holidays.)

As part of the Healthy Child Programme, your child will be invited to attend key health and development reviews at your local Family Hub:

- At 10 to 12 months
- At 24 to 27 months

When your child is about three and a half years old, you will be sent a school readiness questionnaire to complete and return. If any extra support is needed, we may invite you to a school readiness clinic held in locations across the borough.



How we can help:

Health reviews are a great opportunity to check in on your child's development and talk about any questions or concerns. Our trained staff are here to support you with advice on:

- Feeding, sleeping and behaviour
- Play and development
- Dental care and immunisations
- Minor illnesses and staying healthy

You can also find out more about the Best Start in Life offer, including local support with childcare, specialist services and more.

At the 2-to-2.5-year review, you will also receive a Best Start in Life pack with helpful information, resources and a small gift for you and your child.

Need to get in touch?

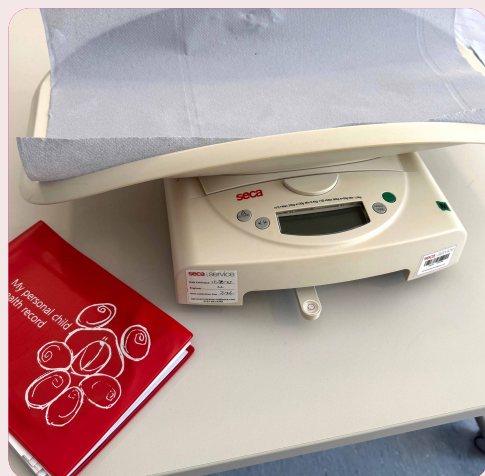
If you have not heard from us by the time your child turns:

- 15 months (for the one-year review), or
- 27 months (for the two-year review)

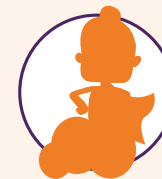
Please contact the 0 to 19 Services Team by phone: **0300 033 6200** or email: thgpcg.wf0-19spa1@nhs.net

If you cannot attend your appointment, let us know and we will happily rearrange it.

To find out more about the service, or to speak with a Duty Health Visitor, call **0300 033 6200**.



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



You can find all sessions in the timetables from **page 16**

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

Children develop at different rates and some may face challenges in their learning. Our sessions are thoughtfully designed to support children's learning and development and assist families to access the right information and assistance as early as possible. If you're concerned, speak to your GP, Health Visitor or your child's nursery for guidance and support.

Learning Together Pre-school/ Under 2s Programme

Play, learn and explore together through a 12-week programme for children and their parents or carers. Families receive support from a key person and Early Years professionals, helping children learn new skills and develop through play.

This invitation-only programme is part of the Early Years Inclusion Pathway. A referral from a health or family support professional is required. To find out more, speak to your Health Visitor or a member of your local Best Start Family Hub team.

Parent Advice Sessions

Talk to an Educational Psychologist about your child's learning, behaviour, sleep or relationships with others in a free, confidential one-to-one session.

Get practical advice and ideas to help support your child at home. Sessions last 30 minutes and are available by phone or Microsoft Teams.

Appointments must be booked in advance. To book, email educationalpsychologyservice@walthamforest.gov.uk or call or text **07776 589597**.

SEND Lego Club

Build, create and play together through fun Lego activities designed for children with Special Educational Needs and Disabilities (SEND). Children can explore their creativity, develop new skills and enjoy time with others in a relaxed and supportive environment.

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



You can find
all sessions in
the timetables
from **page 16**

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.

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 **0800 0234 974, 10am to 4pm, Mondays, Wednesdays and Fridays** for advice.

Community Drop-In

Get support and information from local volunteers, community organisations and Waltham Forest Early Help teams. Find out about local services, support for parents, community activities and help with using online services.

You can find these sessions listed in the session calendar.

Flourish

Flourish is a support group for mothers to share experiences, talk about worries and anxieties, and build confidence in their role as a parent. Meet other mothers who may be feeling the same, and enjoy spending time with your baby in a supportive setting.

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

Parent and Baby Emotional Wellbeing Service (PBEW)

The journey through pregnancy and early parenthood, though joyful, can be a time of mixed emotions and challenges. If you or your partner are expecting a baby or have a child under 2, and are finding things difficult or are struggling to cope, please contact us. We tailor support to your needs. Our offer includes short-term Emotional Wellbeing Visits and facilitated self-help, Parent-Infant Relationship support through guidance and counselling, counselling with the PBEW psychotherapist, as well as referrals to other mental health support in the borough according to your needs.

If you need help with your mental or emotional wellbeing, please contact the PBEW service: **020 3787 4334** or email **thgpcg.walthamforestpbew@nhs.net**.

The Parents Lounge: Break Tha Cycle

Connect with other parents, share experiences and talk about the topics that matter to you in a friendly, parent-led group. These relaxed sessions offer an opportunity to make new friends and build a supportive parent community. For more information, contact **07535 280 467**.

Violence Against Women and Girls (VAWG) Drop-In

Get confidential advice and support from a specialist worker in a safe and welcoming environment. Whether you would like information, practical help or someone to talk to, support is available for your safety and wellbeing.

Daphne and Friends

Daphne and Friends is a local community group offering support to families who have experienced pregnancy, baby or child loss. They deliver stay and play sessions, grandparents' clubs, dads' darts and other events for bereaved families. If you have experienced a baby loss or know someone who has, you can get in touch, book or get more information their website: **daphneandfriends.org**.



HENRY Workshops and Parenting Programmes

Although being a parent can be very rewarding, there may be times when you need some extra support. The following workshops and parenting programmes show what's on offer for families with children under 5. Find details about them in the following pages, 14 to 15.

You can find more support for all ages on our website: bit.ly/parentingWF

HENRY Workshops

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:

Monday 12 October 2026	10am to 11.30am
Wednesday 25 November 2026	1pm to 2.30pm
Monday 18 January 2027	10am to 11.30am
Wednesday 24 March 2027	1pm to 2.30pm

Find face-to-face sessions on pages 17 to 47

Starting Solids Workshop

Join this group workshop exploring when, how and what to feed your baby. Delivered as a two-hour workshop online and face-to-face.

Find face-to-face sessions on pages 17 to 47

Dates online:

Tuesday 29 September 2026	10am to 12 noon
Thursday 22 October 2026	1pm to 3pm
Thursday 26 November 2026	1pm to 3pm
Thursday 28 January 2027	1pm to 3pm
Tuesday 9 March 2027	1pm to 3pm

HENRY Healthy Families Right from the Start Group Programme

A free eight-week programme for families with children under five, which helps you give your child the best possible start in life. Each week you'll join an interactive group session with other local families to explore parenting confidence, eating well as a family, physical activity and balancing family life.

You'll receive a free HENRY toolkit with lots of helpful resources for your family. We run each term, online and face-to-face programmes.

Find face-to-face sessions on pages 17 to 47

Online lunchtime sessions:

Wednesdays, 14 October to 9 December 2026
Monday 1 February to 22 March 2027.



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

Visit HENRY events calendar to find the upcoming workshops and drop-in sessions: bit.ly/henryeventswf

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



Parenting Programmes

Strengthening Families, Strengthening Communities (SFSC)

Build a stronger relationship with your child and gain practical ideas to support family life. This programme for parents and carers of children aged 3 to 18 helps you build confidence, encourage positive behaviour, strengthen family relationships and support your child's wellbeing and development.

Stronger Relationships Programme

For parents and carers of children up to 18 years old, whether you're a couple, co-parent or caregiver. Explore positive communication, learn how to recognise harmful parental conflict and understand its impact on children. This is a safe space to explore your parenting values and gain insight into your co parent's perspective.

Triple P 0-12

For parents and carers with children aged 0 to 12 years. An expert-recommended programme to help you develop positive parenting strategies and manage behaviours constructively.

Parents as First Teachers

Help your child prepare for nursery or school through play activities that support their development and independence. You'll receive free one-to-one support from a practitioner, including home visits and advice tailored to your child's needs.



Scan here for more information and how to book your place, 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

Session Calendars



Best Start Family Hub: Chingford

5 Oaks Grove, E4 6EY
From page 17



Best Start Family Hub: Walthamstow

313 Billet Road, E17 5PX
From page 24



Best Start Family Hub: Queens Road

215 Queens Road, E17 8PJ
From page 33



Best Start Family Hub: Leytonstone

2-8 Cathall Road, E11 4LF
From page 42



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



Best Start Family Hub: Chingford

5 Oaks Grove, E4 6EY

- 5 Chingford Health Centre
109 York Road, E4 8LF
- 6 Chingford Library
The Green, E4 7EN
- 7 Hale End Library
Castle Avenue, E4 9QD

- 8 Parkside Primary School
21 Wellington Avenue, E4 6RE
- 9 Salisbury Manor Primary School
4 Burnside Avenue, E4 8YJ



This icon is for sessions that do not happen on a weekly basis.

Monday

Speech and Language
Support Drop-in

Location: Best Start Family Hub: Chingford
Time: 9.30am to 11.30am
Frequency: 7 September, 5 October,
 2 November, 7 December 2026,
 4 January, 1 February, 1 March 2027



Flourish

Location: Best Start Family Hub: Chingford
Age: Birth to 18 months
Time: 10am to 12 noon
Frequency: Weekly

More information: Invite only



Starting Solids Workshop



Location: Best Start Family Hub: Chingford
Age: Under 7 months
Time: 10am to 12 noon
Frequency: 14 December 2026, 15 March 2027

More information: Get in touch to book your
 place: [email wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk) or call
 0208 496 5223



Monday



Stories and Rhymes

Location: Chingford Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Learning Together Pre-school

Location: Best Start Family Hub: Chingford
Age: 2 to 4 years
Time: 1.30pm to 3pm
Frequency: Weekly, term-time only

More information: Referral to the Early
 Years Inclusion Pathway required. See session
 explainer for details

Tuesday



Sensory Play and Learn

Location: Best Start Family Hub: Chingford
Age: Under 4s
Time: 10am to 11.30am
Frequency: Weekly



Exploring Foods



Location: Best Start Family Hub: Chingford
Age: Under 4s
Time: 10am to 11.30am
Frequency: 6, 13, 20 October 2026
 9, 16, 23 March 2027

More information: During Sensory Play
 and Learn



Oral Health Promotion



Location: Best Start Family Hub: Chingford
Age: Under 4s
Time: 10am to 11.30am
Frequency: 20 October 2026, 2 February 2027

More information: During Sensory Play
 and Learn

Building Potty/Toilet
Confidence Workshop

Location: Best Start Family Hub: Chingford
Age: Under 4s
Time: 10am to 11.30am
Frequency: 6 October

More information: During Sensory Play
 and Learn



Stay and Play

Location: Chingford Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly

Tuesday



Stories and Rhymes

Location: Hale End Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Stay and Play

Location: Hale End Library
Age: Under 5s
Time: 11.30am to 12.30pm
Frequency: Weekly



You and Your New Baby

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



Duplo Club

Location: Hale End Library
Age: Under 5s
Time: 3.30pm to 4.30pm
Frequency: Weekly



Kids' Crafts Club

Location: Chingford Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly

More information: Adult support required for
 younger children



Wednesday



Stories and Rhymes

Location: Hale End Library
Age: Under 5s
Time: 10.30am to 11am
Frequency: Weekly



Dental Drop-In at the Library



Location: Hale End Library
Age: Under 5s
Time: 10.30am to 11.30am
Frequency: 21 October 2026, 17 March 2027

More information: During Stories and Rhymes



Stay and Play

Location: Hale End Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly

「Top Tip」

You can start brushing as soon as you see your baby's first tooth! Make sure you visit the dentist regularly with your baby.



Wednesday



Stories and Rhymes

Location: Chingford Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Dental Drop-In at the Library



Location: Chingford Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: 2 December 2026, 10 February 2027

More information: During Stories and Rhymes



Baby Massage



Location: Best Start Family Hub: Chingford
Age: Pre-crawlers
Time: 1pm to 2pm
Frequency:
Course 1: 16, 23, 30 September, 7, 14 October 2026
Course 2: 4, 11, 18, 25 November, 2 December 2026
Course 3: 13, 20, 27 January, 3, 10 February 2027
Course 4: 24 February, 3, 10, 17, 24 March 2027
Cost: £25 per course

More information: Book at www.tlpcc.org.uk/whats-on

Wednesday



Initial Sleep Consultation



Location: Best Start Family Hub: Chingford
Time: 3pm to 5pm
Frequency: 23 September, 21 October, 18 November 2026, 13 January, 10 February, 10 March 2027

More information: 30-minute slots. Book at lloydparkcc.eventbrite.com



QuitRight Waltham Forest

Location: Best Start Family Hub: Chingford
Time: 3pm to 5pm
Frequency: Weekly



Thursday



Stay and Play

Location: Chingford Library
Age: Under 5s
Time: 9.30am to 10.30am
Frequency: Weekly



Child Health Clinic Drop-In

Location: Best Start Family Hub: Chingford
Time: 1pm to 3pm
Frequency: Weekly

More information: Arrive at least 30 minutes before closing to be seen. Bring your child's red book



Healthy Eating and Dental Health Drop-in



Location: Best Start Family Hub: Chingford
Age: Under 5s
Time: 1pm to 3pm
Frequency: 3, 17 September, 1, 15 October, 5, 19 November, 3, 17 December 2026, 7, 21 January, 4, 18 February, 4, 18 March 2027

More information: During the Child Health Clinic. Drop-in, no booking necessary



Kids' Crafts Club

Location: Chingford Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly

More information: Adult support required for younger children



Friday



Stay and Play

Location: Parkside Primary School
Age: Under 5s
Time: 8.45am to 10.15am
Frequency: Weekly, term-time only, no session on the first or last Friday of term
Cost: £1

More information: Last admission: 9.30am



Child Health Clinic Drop-In

Location: Chingford Health Centre
Time: 9.30am to 12 noon
Frequency: Weekly

More information: Arrive at least 30 minutes before closing to be seen. Bring your child's red book



Play and Learn for Under-2s

Location: Best Start Family Hub: Chingford
Age: Under 2s
Time: 10am to 11.30am
Frequency: Weekly



Friday



Eating Well



Location: Best Start Family Hub: Chingford
Age: Under 2s
Time: 10am to 11.30am
Frequency: 6, 13, 20 November 2026, 29 January, 5, 12 February 2027

More information: During Play and Learn for under 2s



Oral Health Promotion



Location: Best Start Family Hub: Chingford
Age: Under 2s
Time: 10am to 11.30am
Frequency: 25 September 2026, 12 March 2027

More information: During Play and Learn for under 2s



Violence Against Women and Girls (VAWG) Drop-In

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



Stories and Rhymes

Location: Chingford Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Grandparents' Group

Location: Best Start Family Hub: Chingford
Age: Under 4s
Time: 1.30pm to 3pm
Frequency: Weekly, term-time only

Saturday



Dads' Club



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



Kids' Crafts Club

Location: Chingford Library
Age: 2+ years
Time: 11am to 12 noon
Frequency: Weekly

More information: Adult support required for younger children



Kids' Crafts Club

Location: Hale End Library
Age: 2+ years
Time: 11am to 12 noon
Frequency: Weekly

Sunday



Dads' Stay and Play

Location: Chingford Library
Age: Under 10s
Time: 1pm to 2pm
Frequency: Weekly



Kids' Crafts Club

Location: Chingford Library
Age: 2+ years
Time: 1pm to 2pm
Frequency: Weekly

More information: Adult support required for younger children

Top Tip

Remember to take your baby's red book with you every time you visit the Child Health Clinic or your GP.

Health professionals use it to record important information about your baby, including their height, weight and details of which vaccinations they have had and when.





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

Best Start Family Hub: Walthamstow

313 Billet Road, E17 5PX

- 10 Barn Croft Primary School
2 Brunel Rd, E17 8SB
- 11 Church Hill Nursery School
47 Woodbury Rd, E17 9SB
- 12 Greenleaf Primary School
80 Greenleaf Rd, E17 6QW
- 13 Thomas Gamuel
Primary School
1 Colchester Road, E17 8LH

- 14 Higham Hill Library
North Countess Road,
E17 5HS
- 15 The Lloyd Park Centre
Winns Avenue Entrance,
E17 5JW
- 16 Walthamstow Library
High Street, E17 7JN

- 17 Wood Street Library
1 Troubridge Square,
E17 3GN



This icon is for sessions
that do not happen on
a weekly basis.

Monday



Flourish

Location: The Lloyd Park Centre
Age: Birth to 18 months
Time: 9.30am to 11.30am
Frequency: Weekly

More information: Invite only



Stories and Rhymes

Location: Higham Hill Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Stories and Rhymes

Location: Wood Street Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Monday



Dental Drop-In at the Library



Location: Wood Street Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: 16 November 2026

More information: During Stories and Rhymes



Stories and Rhymes

Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12 noon
Frequency: Weekly



Baby Massage



Location: Best Start Family Hub:
Walthamstow
Age: Pre-crawlers
Time: 1.30pm to 2.30pm

Frequency:

Course 1: 14, 21, 28 September,
5, 12 October 2026

Course 2: 2, 9, 16, 23, 30 November 2026

Course 3: 11, 18, 25 January, 1, 8 February 2027

Course 4: 22 February, 1, 8, 15, 22 March 2027

Cost: £25 per course

More information: Book at
www.tlpc.org.uk/whats-on

Tuesday



Stay and Play

Location: Barn Croft Primary School
Age: Under 3s
Time: 9.15am to 10.15am
Frequency: Weekly, term-time only
Cost: Free, donations welcome

More information: Limited to 15 children



Stay and Play

Location: Thomas Gamuel Primary School
Age: Under 4s
Time: 9.15am to 10.15am
Frequency: Weekly, term-time only, with outdoor Forest School every other week



Speech and Language Support Drop-in



Location: Best Start Family Hub: Walthamstow
Time: 9.30am to 11.30am
Frequency: 8 September, 13 October, 10 November, 8 December 2026, 12 January, 9 February, 9 March 2027

Top Tip

Take 5 to 10 extra minutes to let your child join in with daily chores. Doing things like laundry, sweeping or unpacking shopping together can be a fun way for them to learn new words and skills, and feel helpful.



Tuesday



Dads' Stay and Play

Location: Wood Street Library
Age: Under 5s
Time: 10.30am to 11am
Frequency: Weekly



Stay and Play

Location: Wood Street Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly



Duplo Club

Location: Walthamstow Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly



Child Health Clinic Drop-In

Location: Best Start Family Hub: Walthamstow
Time: 1pm to 3pm
Frequency: Weekly

More information: Arrive at least 30 minutes before closing to be seen. Bring your child's red book



Infant Feeding Group Session

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

More information: During the Child Health Clinic
 No need to book but limited spaces

Wednesday



Stay and Play

Location: Walthamstow Library
Age: Under 5s
Time: 9.30am to 10.30am
Frequency: Weekly



Starting Solids Workshop



Location: Best Start Family Hub: Walthamstow
Age: Under 7 months
Time: 10am to 12 noon
Frequency: 13 January 2027

More information: Get in touch to book your place: email wfsupport@henry.org.uk or call 0208 496 5223



Stay and Play

Location: Church Hill Nursery School
Age: Under 4s
Time: 10am to 11.30am
Frequency: Starting after October 2026 half-term
 Weekly, term time only



Stories and Rhymes

Location: Wood Street Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Baby feeding Group

Location: Walthamstow Library
Time: 11am to 12.30pm
Frequency: Starting 23 September 2026
 Weekly, term-time only

Wednesday



Stories and Rhymes

Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12 noon
Frequency: Weekly



Dental Drop-In at the Library



Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12.30pm
Frequency: 4 November 2026, 13 January 2027

More information: During Stories and Rhymes



Stay and Play

Location: Walthamstow Library
Age: Under 5s
Time: 12 noon to 1pm
Frequency: Weekly



Wednesday



Initial Sleep Consultation



Location: Best Start Family Hub:
Walthamstow
Age: 1+ year
Time: 1pm to 3pm
Frequency: 23 September, 21 October, 18
November 2026
20 January, 24 February,
17 March 2027

More information: Book at
www.tlpc.org.uk/whats-on



Starting Solids Workshop



Location: Best Start Family Hub:
Walthamstow
Age: Under 7 months
Time: 1pm to 3pm
Frequency: 11 November 2026

More information: Get in touch to book your
place: email wfsupport@henry.org.uk or call
0208 496 5223



Kids' Crafts Club

Location: Walthamstow Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly



Child Health Clinic Drop-In



Location: Best Start Family Hub:
Walthamstow
Time: 4pm to 5.30pm
Frequency: 1st and 3rd Wednesday of the month

More information: Arrive at least 30 minutes
before closing to be seen. Bring your child's red
book

Thursday



Play and Learn for Under-2s

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



Eating Well



Location: Best Start Family Hub:
Walthamstow
Time: 9.30am to 11am
Frequency: 5, 12, 19 November 2026
14, 21, 28 January 2027

More information: During Play and Learn for
under 2s

Healthy Eating and Dental
Health Drop-in

Location: Best Start Family Hub:
Walthamstow
Age: Under 5s
Time: 9.30am to 11am
Frequency: 24 September, 22 October,
26 November, 24 December 2026
28 January, 25 February,
25 March 2027

More information: During Play and Learn for
under 2s



Oral Health Promotion



Location: Best Start Family Hub:
Walthamstow
Age: Under 2s
Time: 9.30am to 11am
Frequency: 17 September 2026,
4 February 2027

More information: During 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

More information: In the Grow Wild outdoor
area. Entrance through the park.

Violence Against Women
and Girls (VAWG) Drop-In

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



Grow Wild Explorer

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

More information: In the Grow Wild outdoor
area. Entrance through the park.



Stay and Play

Location: Wood Street Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly

Thursday



Stories and Rhymes

Location: Higham Hill Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



You and Your New Baby

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

Healthy Eating and Dental
Health Drop-in

Location: Best Start Family Hub:
Walthamstow
Age: Under 5s
Time: 11.15am to 12.45pm
Frequency: 10 September, 8 October,
12 November, 10 December 2026
14 January, 11 February, 11 March
2027

More information: During You and Your
New Baby



Stories and Rhymes

Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12 noon
Frequency: Weekly



Thursday



Learning Together Pre-school

Location: Best Start Family Hub:
Walthamstow

Age: 2 to 4 years

Time: 1.30pm to 3pm

Frequency: Weekly, term-time only

More information: Referral to the Early Years Inclusion Pathway required. See session explainer for details



Stay and Play

Location: Low Hall Nursery School

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: Starting after October 2026
half-term
Weekly, term-time only



QuitRight Waltham Forest

Location: Best Start Family Hub:
Walthamstow

Time: 2pm to 4pm

Frequency: Weekly



Kids' Crafts Club

Location: Higham Hill Library

Age: 2+ years

Time: 3.30pm to 4.30pm

Frequency: Weekly



Friday



Stay and Play

Location: Greenleaf Primary School

Age: Parents, babies and under-5s

Time: 9am to 10.45am

Frequency: Starts 11 September

Cost: Weekly, term time only
£2 per parent and up to 2 children,
50p for each additional child



Learning Together Under-2s Programme



Location: Best Start Family Hub:
Walthamstow

Age: Under 2s

Time: 9.30am to 11am

Frequency: Weekly, term-time only

More information: Referral to the Early Years Inclusion Pathway required. See session explainer for details



Stay and Play

Location: Higham Hill Library

Age: Under 5s

Time: 11am to 12 noon

Frequency: Weekly



Stories and Rhymes

Location: Wood Street Library

Age: Under 5s

Time: 11am to 11.30am

Frequency: Weekly



Stories and Rhymes

Location: Walthamstow Library

Age: Under 5s

Time: 11.30am to 12 noon

Frequency: Weekly

Friday



Stay and Play

Location: Walthamstow Library

Age: Under 5s

Time: 12 noon to 1pm

Frequency: Weekly



Sensory Play and Learn

Location: Best Start Family Hub:
Walthamstow

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: Weekly



Building Potty/Toilet Confidence Workshop



Location: Best Start Family Hub:
Walthamstow

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: 6 October 2026

More information: During Sensory Play and Learn

Friday



Infant Feeding Group Session

Location: Wood Street Library

Time: 9.30am to 11am

Frequency: Weekly, term-time only

More information: Bookable appointments only, please call the helpline **0207 961 9073**



Exploring Foods



Location: Best Start Family Hub:
Walthamstow

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: 24 September, 1, 8 October 2026
26 February, 5, 12 March 2027

More information: During Sensory Play and Learn



Oral Health Promotion



Location: Best Start Family Hub:
Walthamstow

Age: Under 4s

Time: 1.30pm to 3pm

Frequency: 23 October 2026, 19 March 2027

More information: During Sensory Play and Learn

Top Tip

When you're out and about, you can use our Libraries and Family Hubs as comfortable, welcoming places to feed your baby.



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: In the Grow Wild outdoor area



Stories and Rhymes

Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12 noon
Frequency: Weekly



Film Club

Location: Walthamstow Library
Age: Under 5s, but older siblings welcome
Time: 12 noon to 2pm
Frequency: Weekly



Kids' Crafts Club

Location: Higham Hill Library
Age: 2+ years
Time: 2pm to 3pm
Frequency: Weekly



Kids' Crafts Club

Location: Wood Street Library
Age: 2+ years
Time: 2pm to 4pm
Frequency: Weekly



Kids' Crafts Club

Location: Walthamstow Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly

Sunday



Stories and Rhymes

Location: Walthamstow Library
Age: Under 5s
Time: 11.30am to 12 noon
Frequency: Weekly



Film Club

Location: Walthamstow Library
Age: Under 5s, but older siblings welcome
Time: 12 noon to 2pm
Frequency: Weekly



Kids' Crafts Club

Location: Walthamstow Library
Age: 2+ years
Time: 2pm to 3pm
Frequency: Weekly



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

Best Start Family Hub: Queens Road

215 Queens Road, E17 8PJ

18 Lea Bridge Library
Lea Bridge Road, E10 7HU

19 Leyton Library
High Road, E10 5QH

20 Leyton Sports Ground
2 Crawley Rd, E10 6RJ

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

22 Seddon Centre
33 Clyde Place, E10 5AS

23 Sybourn Primary School
Perth Road, E10 7PB

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



This icon is for sessions that do not happen on a weekly basis.

Monday



Child Health Clinic Drop-in



Location: Best Start Family Hub:
Queens Road

Time: 9.30am to 12 noon

Frequency: Weekly

More information: Arrive at least 30 minutes before closing to be seen. Bring your child's red book



Healthy Eating and Dental Health Drop-in



Location: Best Start Family Hub:
Queens Road

Age: Under 5s

Time: 9.30am to 11.30am

Frequency: 14, 28 September, 12, 26 October,
9, 23 November, 14 December 2026,
11, 25 January, 8, 22 February,
8, 22 March 2027

More information: During the Child Health Clinic. Drop-in, no booking necessary



Infant Feeding Group Session

Location: Best Start Family Hub:
Queens Road

Time: 9.30am to 11am

Frequency: Weekly

More information: During the Child Health Clinic. No need to book but limited spaces



Violence Against Women and Girls (VAWG) Drop-In



Location: Best Start Family Hub:
Queens Road

Time: 10am to 4pm

Frequency: Weekly

Monday



Baby Massage



Location: Seddon Centre

Age: Pre-crawlers

Time: 10.30am to 11.30am

Frequency:

Course 1: 7, 14, 21, 28 September,
5 October 2026

Course 2: 19, 26 October,
2, 9, 16 November 2026

Course 3: 11, 18, 25 January,
1, 8 February 2027

Course 4: 22 February,
1, 8, 15, 22 March 2027

Cost: £25 per course

More information: Book at
www.tlpc.org.uk/whats-on



Stay and Play

Location: Lea Bridge Library

Age: Under 5s

Time: 11am to 12 noon

Frequency: Weekly

Monday



Stories and Rhymes

Location: Leyton Library

Age: Under 5s

Time: 11am to 11.30am

Frequency: Weekly



Stay and Play

Location: Leyton Library

Age: Under 5s

Time: 11.30am to 12.30pm

Frequency: Weekly



Play and Learn for Under-2s

Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: Weekly, term-time only



Exploring Foods



Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: 5, 12, 19 October 2026,
1, 8, 15 March 2027

More information: During Play and Learn for under 2s



Oral Health Promotion



Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: 21 September 2026,
1 February 2027

More information: During Play and Learn for under 2s

Monday



Building Potty/Toilet Confidence Workshop



Location: Seddon Centre

Age: Under 2s

Time: 1pm to 2.30pm

Frequency: 30 October 2026

More information: During Play and Learn for under 2s



Bongalong

Location: Best Start Family Hub:
Queens Road

Age: Under 3s

Time: 1.45pm to 2.30pm

Frequency: Starting 14 September
Weekly, term-time only

Cost: £2.50 first child, 50p sibling

More information: Parental supervision required. Pay by card on the day using the QR code



Crafty Families

Location: Lea Bridge Library

Age: 2+ years

Time: 4pm to 5pm

Frequency: Weekly



Tuesday



Community Drop-In

Location: Best Start Family Hub:
Queens Road
Time: 9.45am to 11.15am
Frequency: Weekly



Flourish

Location: Best Start Family Hub:
Queens Road
Age: Birth to 18 months
Time: 10am to 12 noon
Frequency: Weekly

More information: Invite only

Violence Against Women
and Girls (VAWG) Drop-In

Location: Best Start Family Hub:
Queens Road
Time: 10am to 4pm
Frequency: Weekly



You and Your New Baby

Location: Leyton Sports Ground
Age: Birth to pre-crawlers
Time: 10am to 11.30am
Frequency: Weekly

Dental Drop-In
at the Library

Location: Lea Bridge Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: 15 September 2026,
26 January 2027

More information: During Stories and Rhymes

Tuesday



Stories and Rhymes

Location: Lea Bridge Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Stay and Play

Location: Leyton Library
Age: Under 5s
Time: 11.30am to 12.30pm
Frequency: Weekly

Learning Together
Under-2s Programme

Location: Leyton Sports Ground
Age: Under 2s
Time: 1pm to 2.30pm
Frequency: Weekly, term-time only

More information: Referral to the Early
Years Inclusion Pathway required. See session
explainer for details

HENRY Healthy Families
Group Programme

Location: Best Start Family Hub:
Queens Road
Age: Families with under 5s
Time: 1pm to 3pm
Frequency: Weekly
6 October to 1 December 2026
26 January to 23 March 2027

More information: Face-to-face support
sessions. Get in touch with HENRY to book
your place: call **0208 496 5223** or
visit **wfsupport@henry.org.uk**

Tuesday



Starting Solids Workshop



Location: Best Start Family Hub:
Queens Road
Age: Under 7 months
Time: 1pm to 3pm
Frequency: 15 September 2026

More information: Get in touch to book your
place: email **wfsupport@henry.org.uk** or call
0208 496 5223

The Parents Lounge:
Break Tha Cycle

Location: Best Start Family Hub:
Queens Road
Time: 1pm to 3pm
Frequency: Weekly, term-time only

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



Kids' Crafts Club

Location: Leyton Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly



Duplo Club

Location: Lea Bridge Library
Age: Under 5s
Time: 4pm to 5pm
Frequency: Weekly



Wednesday



Little Ballers

Location: Best Start Family Hub:
Queens Road
Age: 2+ years
Time: 9.30am to 10.15am
Frequency: Starting 9 September 2026
Weekly, term-time only



Stay and Play

Location: Lea Bridge Library
Age: Under 5s
Time: 10am to 12 noon
Frequency: Weekly

Violence Against Women
and Girls (VAWG) Drop-In

Location: Best Start Family Hub:
Queens Road
Time: 10am to 4pm
Frequency: Weekly



Learning Together Pre-school

Location: Best Start Family Hub:
Queens Road
Age: 2 to 4 years
Time: 1pm to 2.30pm
Frequency: Weekly, term-time only

More information: Referral to the Early
Years Inclusion Pathway required. See session
explainer for details



Thursday



Bambini Music and Play (0-1)

Location: Best Start Family Hub:
Queens Road
Age: Under 1s
Time: 10am to 10.45am
Frequency: Weekly, term-time only
Cost: £2.50 first child, 50p sibling

More information: Parental supervision required. Pay by card on the day using the QR code



Homerton Vaccination Clinic Drop-in

Location: Best Start Family Hub:
Queens Road
Age: Before birth
Time: 10am to 3.45pm
Frequency: Weekly

More information: For pregnant women under the care of Homerton Hospital



Thursday



Learning Together Pre-school

Location: Seddon Centre
Age: 2 to 4 years
Time: 10am to 11.30am
Frequency: Weekly, term-time only

More information: Referral to the Early Years Inclusion Pathway required. See session explainer for details



Infant Feeding Group Session

Location: The Cornerstone Church
Time: 10.30am to 11.30am
Frequency: Starting 10 September 2026
Weekly, term-time only

More information: No need to book but limited spaces



Stay and Play

Location: Lea Bridge Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly



Tambini's Music and Rhymes

Location: Best Start Family Hub:
Queens Road
Age: Under 4s
Time: 11am to 11.45am
Frequency: Weekly, term-time only
Cost: £2.50 first child, 50p sibling

More information: Parental supervision required. Pay by card on the day using the QR code

Thursday



Duplo Club

Location: Leyton Library
Age: Under 5s
Time: 11.30am to 12.30pm
Frequency: Weekly



QuitRight Waltham Forest

Location: Best Start Family Hub:
Queens Road
Time: 1pm to 5pm
Frequency: Weekly

Thursday



Starting Solids Workshop

Location: Best Start Family Hub:
Queens Road
Age: Under 7 months
Time: 1pm to 3pm
Frequency: 11 February 2027

More information: Get in touch to book your place: email wfsupport@henry.org.uk or call 0208 496 5223



Speech and Language Support Drop-in

Location: Best Start Family Hub:
Queens Road
Time: 1.30pm to 3.30pm
Frequency: 17 September, 15 October,
19 November, 17 December 2026
21 January, 18 February,
18 March 2027

Top Tip

We like the Sensory Play activities, as they help with transition to nursery. We also get to take home 'To do at home' cards – it's great to have new ways to do things at home.



Friday



123 Mini Chefs

Location: Best Start Family Hub:
Queens Road
Age: 2+ years
Time: 10am to 12 noon
Frequency: Weekly, term-time only
Cost: £2.50 first child, 50p sibling

More information: Parental supervision required.
Pay by card on the day using the QR code



Sensory Play and Learn

Location: Best Start Family Hub:
Queens Road
Age: Under 4s
Time: 10am to 11.30am
Frequency: Weekly



Eating Well



Location: Best Start Family Hub:
Queens Road
Age: Under 4s
Time: 10am to 11.30am
Frequency: 11, 18, 25 September 2026
5, 12, 19 February 2027

More information: During Sensory Play and Learn



Oral Health Promotion



Location: Best Start Family Hub:
Queens Road
Age: Under 4s
Time: 10am to 11.30am
Frequency: 6 November 2026,
26 February 2027

More information: During Sensory Play and Learn

Friday



Stay and Play

Location: Sybourn Primary School
Age: 1+ year
Time: 10am to 11am
Frequency: Weekly, term-time only



Stories and Rhymes

Location: Lea Bridge Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Stories and Rhymes

Location: Leyton Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Stay and Play

Location: Leyton Library
Age: Under 5s
Time: 11.30am to 12.30pm
Frequency: Weekly



Initial Sleep Consultation



Location: Best Start Family Hub:
Queens Road
Age: 1+ year
Time: 1pm to 3pm
Frequency: 25 September, 23 October,
27 November 2026
29 January, 26 February,
26 March 2027

More information: Booking required. Book your
half-hour slot at tlpcc.org.uk/whats-on

Saturday



Dads' Club



Location: Best Start Family Hub:
Queens Road
Age: Under 5s
Time: 10am to 12 noon
Frequency: 2nd Saturday of the month



Dads' Coffee Morning Stay and Play

Location: Lea Bridge Library
Age: Under 5s
Time: 10am to 12 noon
Frequency: Weekly



SEND Lego Club



Location: Best Start Family Hub:
Queens Road
Age: 3+ years
Time: 10.30am to 12.30pm
Frequency: 5 September, 3 October,
7 November, 5 December 2026,
2 January, 5 February, 5 March 2027



Saturday



Dads' Stay and Play

Location: Best Start Family Hub:
Queens Road
Age: Under 5s
Time: 11am to 12 noon
Frequency: Weekly



Kids' Crafts Club

Location: Leyton Library
Age: 2+ years
Time: 12 noon to 1pm
Frequency: Weekly



Kids' Crafts Club

Location: Lea Bridge Library
Age: 2+ years
Time: 1.30pm to 2.30pm
Frequency: Weekly

Sunday



Book and Craft

Location: Lea Bridge Library
Age: 2+ years
Time: 11am to 12 noon
Frequency: Weekly





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

Best Start Family Hub: Leytonstone

2-8 Cathall Road, E11 4LF

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

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

27 Leytonstone Library
Church Lane, E11 1HG

28 United Free Church
55 Wallwood Road, E11 1AY



This icon is for sessions that do not happen on a weekly basis.

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

Monday



Play and Learn (0-4)

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: Weekly



Eating Well

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: 5, 12, 19 October 2026
8, 15, 22 March 2027

More information: During Play and Learn (0 to 4)



Oral Health Promotion

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: 23 November 2026,
22 February 2027

More information: During Play and Learn (0 to 4)



Starting Solids Workshop

Location: Leytonstone Library
Age: Under 7 months
Time: 10am to 12 noon
Frequency: 5 October 2026

More information: Get in touch to book your place: email wfsupport@henry.org.uk or call 0208 496 5223



Stories and Rhymes

Location: Leytonstone Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly

Monday



Starting Solids Workshop

Location: Leytonstone Library
Age: Under 7 months
Time: 1pm to 3pm
Frequency: 1 March 2027

More information: Get in touch to book your place: email wfsupport@henry.org.uk or call 0208 496 5223



Baby Massage

Location: Best Start Family Hub: Leytonstone
Age: Pre-crawlers
Time: 1.30pm to 2.30pm

Frequency:
Course 1: 7, 14, 21, 28 September,
5 October 2026

Course 2: 19, 26 October,
2, 9, 16 November 2026

Course 3: 11, 18, 25 January, 1, 8 February 2027
Course 4: 22 February, 1, 8, 15, 22 March 2027
Cost: £25 per course

More information: Book at www.tlpc.org.uk/whats-on



Kids' Crafts Club

Location: Leytonstone Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly



No sessions on Bank Holidays. Sessions may change, particularly during school holidays.

Tuesday



Stay and Play

Location: Downsell Primary School
Age: Under 3s
Time: 9.15am to 10.30am
Frequency: Starts 8 September 2026
 Weekly, term-time only



You and Your New Baby

Location: Best Start Family Hub: Leytonstone
Age: Birth to pre-crawlers
Time: 10am to 11.30am
Frequency: Weekly

TOP TIP

Everyday routines, such as getting dressed, offer fun ways to learn independence.

For example, offer a choice of socks, then wait for your child to choose them.



Tuesday



Stories and Rhymes

Location: Leytonstone Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Dental Drop-In at the Library



Location: Leytonstone Library
Age: Under 5s
Time: 11am to 12 noon
Frequency: 29 September 2026, 2 March 2027

More information: During Stories and Rhymes



Flourish

Location: Best Start Family Hub: Leytonstone
Age: Birth to 18 months
Time: 1pm to 3pm
Frequency: Weekly

More information: Invite only

Wednesday



Stay and Play

Location: Downsell Primary School
Age: Under 3s
Time: 9.15am to 10.30am
Frequency: Starts 8 September 2026
 Weekly, term time only



Child Health Clinic Drop-in

Location: Best Start Family Hub: Leytonstone
Time: 9.30am to 11.30am
Frequency: Weekly

More information: Arrive at least 30 minutes before closing to be seen. Bring your child's red book



Healthy Eating and Dental Health Drop-in



Location: Best Start Family Hub: Leytonstone
Age: Under 5s
Time: 9.30am to 11.30am
Frequency: 16 September, 21 October, 18 November, 16 December 2026, 20 January, 17 February, 17 March 2027

More information: During the Child Health Clinic. Drop-in, no booking necessary



Stay and Play

Location: Leytonstone Library
Age: Under 5s
Time: 9.30am to 11.30am
Frequency: Weekly

Wednesday



Initial Sleep Consultation



Location: Best Start Family Hub: Leytonstone
Age: 1+ year
Time: 1pm to 3pm
Frequency: 30 September, 21 October, 25 November 2026, 27 January, 24 February, 17 March 2027

More information: Booking required. Book your half-hour slot at tlpcc.org.uk/whats-on



Learning Together Pre-school

Location: United Free Church
Age: 2 to 4 years
Time: 1.30pm to 3pm
Frequency: Weekly, term-time only

More information: Referral to the Early Years Inclusion Pathway required. See session explainer for details



Speech and Language Support Drop-in



Location: Best Start Family Hub: Leytonstone
Time: 1.30pm to 3.30pm
Frequency: 23 September, 21 October, 25 November 2026, 27 January, 24 February, 24 March 2027



Kids' Crafts Club

Location: Leytonstone Library
Age: 2+ years
Time: 3.30pm to 4.30pm
Frequency: Weekly



Thursday



Play and Learn for Under-2s

Location: Best Start Family Hub: Leytonstone
Age: Under 2s
Time: 10am to 11.30am
Frequency: Weekly



Healthy Eating and Dental Health Drop-in

Location: Best Start Family Hub: Leytonstone
Age: Under 5s
Time: 10am to 11.30am
Frequency: 3 September, 1 October, 5 November, 3 December 2026, 7 January, 4 February, 4 March 2027

More information: During the Under-2s Play Session



Oral Health Promotion

Location: Best Start Family Hub: Leytonstone
Age: Under 2s
Time: 10am to 11.30am
Frequency: 1 October 2026, 28 January 2027

More information: During Play and Learn for under 2s



Thursday



QuitRight Waltham Forest

Location: Leytonstone Library
Time: 10am to 2pm
Frequency: Weekly



Violence Against Women and Girls (VAWG) Drop-In

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



Building Potty/Toilet Confidence Workshop

Location: Best Start Family Hub: Leytonstone
Age: Under 2s
Time: 10am to 11.30am
Frequency: 22 October 2026

More information: During Play and Learn for under 2s



Stories and Rhymes

Location: Leytonstone Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly

Friday



Sensory Play and Learn

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: Weekly



Exploring Foods

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: 6, 13, 20 November 2026, 15, 22, 29 January 2027

More information: During Sensory Play and Learn



Stories and Rhymes

Location: Leytonstone Library
Age: Under 5s
Time: 11am to 11.30am
Frequency: Weekly



Infant feeding group session

Location: Best Start Family Hub: Leytonstone
Time: 1pm to 2.30pm
Frequency: Weekly, term-time only

More information: No need to book, but limited spaces



Story Time

Location: Leytonstone Library
Age: 4+ years
Time: 4.30pm to 5pm
Frequency: Weekly

Saturday



Dads' Club

Location: Best Start Family Hub: Leytonstone
Age: Under 4s
Time: 10am to 11.30am
Frequency: 3rd Saturday of the month



Mindful Colouring

Location: Leytonstone Library
Age: 2+ years
Time: 11am to 12 noon
Frequency: Weekly

More information: Adult support required for younger children



Film Club

Location: Leytonstone Library
Age: Under 5s, but older siblings welcome
Time: 2pm to 4pm
Frequency: Weekly

Sunday



Dads' Stay and Play

Location: Leytonstone Library
Age: Under 5s
Time: 2pm to 3pm
Frequency: Weekly





Baby Feeding Friendly Spaces

Whether you're breastfeeding, bottle-feeding or expressing milk, feeding your baby is an important part of everyday life.

Although parents have the legal right to breastfeed in public places, one in three mothers say they have felt uncomfortable doing so. One in ten parents say they have felt uncomfortable bottle feeding in public.

By identifying our Libraries, Best Start Family Hubs and local venues as Baby Feeding Friendly Spaces, we can help reassure parents that they are welcome, supported and able to feed their baby safely.



Look out for the sticker

Next time you visit one of our locations, look out for the Baby Feeding Friendly Space sticker.

The sticker shows that this location is a Baby Feeding Friendly Space. Staff in these locations understand the importance of helping parents feed their babies comfortably, whether they are breastfeeding, bottle feeding or expressing milk.

They are there to help if you have any questions or need support.



Scan the QR code or visit bit.ly/babyfeedingspace to learn more about Baby Feeding Friendly Spaces and local infant feeding support.

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!

Remember to bring your **Healthy Start Card** when you collect your vitamins



For more information, scan the QR code or head to bit.ly/wfhealthystart

WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

Is your child aged between 5 to 16 and in receipt of benefit-related free school meals?

Funded by the Department for Education, we have the opportunity for your child 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

Starting school is an exciting milestone for both you and your child, but you don't have to do it alone.

Our Getting School Ready webpage is filled with handy tips and advice to help you child with developing independence. This includes tips and guidance on toilet training, washing, dressing, and eating and drinking independently.

You can also find information on oral health support and the Starting School Together initiative, helping your child make a smooth transition to school.

Top Tip

Vaccinations help protect children from infections that can spread easily in school.



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

Book Your Child's Vaccines

Are your child's vaccines up to date?

Illnesses like measles and whooping cough can spread very easily between children who are not vaccinated. These illnesses can make children very sick, leading to hospital stays or lifelong health problems. If your child is not vaccinated, they are not protected.

It's important that vaccines are given on time for the best protection.



Some vaccination courses also include booster doses at a later date. Check your child's red book or speak to your GP practice to see if they have missed any. You can still catch up on most missed vaccines.



Scan the QR code for more vaccine information.

Family Support

Find your local Best Start Family Hub:
walthamforest.gov.uk/familyhubs

Our free Family Hub phoneline offers impartial support and advice to families with children living in Waltham Forest. It also offers support to young people aged up to 18 (and 25 with SEND).

Best Start Family Hubs phoneline: **0208 496 4965**
(Monday to Friday, 9am to 5pm)

Find out more about your local Best Start in Life activities at: **walthamforest.gov.uk/beststartinlife**



Partner Contact Details

HENRY services: **0208 496 5223**, Infant feeding helpline: **0207 961 9073**

NHS Speech and Language team: **0208 430 7970**

The Lloyd Park Children's Charity: **0208 527 1737**

Treasure Me Kids: **info@treasuremekids.com**

0-19 Health Visiting service: **0300 033 6200**



Childcare Information

Find out about free childcare and early learning for children under 5 and how to find a childcare provider: **walthamforest.gov.uk/childcare**

Early Years and Childcare Team: helpline: **020 8496 3566**
email: **childcare@walthamforest.gov.uk**

Tax-Free Childcare and free childcare for working families:
beststartinlife.gov.uk

HMRC Childcare Helpline: **0300 123 4097**



Tell us how we're doing! Fill in our survey to let us know what kind of sessions you'd like more of, or if you'd like us to improve something: **bit.ly/lbwfhubsurvey**.

You can also 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: **bit.ly/bsilnews**