



Low Hall

Nursery School and Children's Centre

Activities take place at the following address unless stated otherwise:

Queens Road Community Centre, 215 Queens Road, Walthamstow E17 8PJ

Tel: 020 8496 2442 Email: school@lowhall.waltham.sch.uk Website: www.low-hall.com

Activities Timetable Mon 5th Sept 2011 - Sat 31st Mar 2012

Term Time Only

Monday

Child Health Clinic
9.00am – 11.00am

Mission Grove School
Buxton Road, E17 7EJ
FREE

Signs & Rhymes
(0-18mths)
10.00am – 11.00am

Four week course starts
17th Oct & 9th Jan.
Learn signs to help your baby's
language development.
Phone to book a place.
FREE

Talking Toddlers
(18mths and over)
11.00am – 11.45am

Four week course starts
12th Sept, 21st Nov & 13th Feb
Learn ways to help develop
your child's language.
Phone to book a place.
FREE

Stay and Play
1.00pm - 2.45pm
Play activities for 0-5's.
£1.00 per family

Tuesday

Welfare Advice Surgery
9.30am – 1.00pm

Advice on housing,
tax credits and benefits.
FREE

Story Time
11.00am – 11.45am

Stories, puppets & songs.
(Families for whom English
is an additional language
particularly welcome).
FREE

Tuesday Group
(for parents and carers
in Markhouse area)
1.15pm – 2.45pm

Play activities and a chance
to meet other parents. Children
with additional needs welcome.
£1 per family

**Gardening at our
allotment**
Phone for details
or see flyer

Wednesday

Parents Programmes ^{NEW}

Crèche available.
Phone to book a place on
the following courses.
(see separate flyers)

**Choosing childcare,
nurseries & schools**
9.45am-11.30am
14th Sept.

**Supporting your child's
learning**
10.00am-11.30am
5 week course starts
21st Sept & 2nd Nov.

**Strengthening Families,
Strengthening Communities
Parenting Programme**
9.15am-12.00noon
13 week course starts 7th Dec.

Physical Play
1.15pm – 2.30pm
Opportunities to crawl,
balance, spin and more.
0-3 year olds welcome.
£1.00 per family

Child Health Clinic
1.30pm – 3.30pm
St. James Health Clinic
St. James Street
FREE

Thursday

Stay and Play
10.00am – 12.00noon

Play activities for 0 - 5's.
£1.00 per family

Dietitian Drop-in
Dietitian will be available
during stay and play on
22nd & 29th Sept, 13th Oct,
24th Nov, 12th & 26th Jan,
16th Feb & 1st Mar.
10.00am – 12.00noon
FREE

Buddies Café
1.15pm – 2.30pm
Breast feeding support
for babies under 9 months.
FREE

Child Health Clinic
5.30pm - 7.30pm
St. James Health Clinic
St. James Street.
FREE

**Employment and
Training Advice**
Phone for details

First Aid
Phone for details

ESOL Classes
Phone for details

Friday

Twins Club
10.00am – 11.45am

Come, play and share
experiences with parents
of twins aged 0-5 years.
£1.00 per family

Hackney Play Bus ^{NEW}
10.00am – 12.00noon
For 4 weeks 7th, 14th,
21st & 28th Sept
Exeter Road area
(see flyer for details)

**Under 1's and
new baby group**
1.00pm – 2.30pm
For babies until they are
steady on their feet.
Opportunity to meet
other parents.
£1 per family

Young Parents Group
1.00pm - 2.30pm
Come and meet up with
other young parents.
Under 24 year olds.
FREE

Counselling Support
Phone for details
One-to-one
support for parents
FREE

Saturday

Dad's R Us
10.30am – 12.30pm

For fathers/male carers to
spend time with their children.
£2.00 per family

**Working parents
also welcome**
on 17th Sept, 15th Oct,
12th Nov, 10th Dec, 14th Jan,
11th Feb & 10th Mar.

Low Hall Nursery School

Low Hall Lane, E17

Friday Group

9.30am – 11.00am

Starts 7th Oct to 7th Dec, 13th
Jan to 16th Mar

For Parents/Carers of a child
with special needs (0-5 years)

Open visiting

Tuesday to Thursday
9.30am - 11.00am
& 1.00pm - 2.30pm

4th Oct to 1st Dec
24th Jan to 8th Mar

Parents/carers with 2-5 year olds
to join in with nursery activities.

£1 per family



Local Activities

Monday

Buggyfit 10.30am

Power walking class, helps shift post-natal weight & retone your body. Meet in the café.

*Waterworks Nature Reserve,
Lammas Rd (off Leabridge
Rd) E10 7NU
Tel: 07974 569038*

Messy Mondays The Village Pre-School 12.30pm – 2.30pm

Join us for lots of fun and mess for children under 5 and their parents/carers.

*St Mary's Welcome Centre
8 Church End, E17
(next to St Mary's Church)
Tel: 020 8521 7170*

£2 per session / £1 siblings

Brooks Farm Tuesdays - Sundays 10.30am - 4.30pm

Closed 12.30pm - 1.30pm
Visit animals large and small.

*Skeltons Lane, Leyton, E10
Tel: 020 8539 4278*

Tuesday

Toy Library at South Grove 9.00am – 10.30am

Come and play - for children under 5 and their parents/carers.

*South Grove Primary School,
Ringwood Road, E17
Tel: 020 8521 6000
FREE*

Toy Library at Thomas Gamuel 1.30pm – 3.00pm

Come and play
For children under 5
and their parents/carers.

*Thomas Gamuel
Primary School,
Colchester Road, E17
Tel: 020 8520 7031*

FREE

Wednesday

Toy Library at Barn Croft 9.30am – 11.30am

Come and play - for children under 5 and their parents/carers.

*Barn Croft Primary School,
Brunel Road, E17
Tel: 020 8521 1145
FREE*

Buggyfit 10.30am

Power walking class
Meet in the café.

*Waterworks Nature Reserve,
Lammas Rd
(off Leabridge Rd) E10 7NU
Tel: 07974 569 038*

Thursday

Parent & Toddler at Frederic Street 1.00pm – 3.00pm

Come and play - for children under 5 and their parents/carers.

*Frederic Street, E17
(off St James Street)
Tel: 020 8521 5288
£1.50 per session*

Friday

Saturday

**You could also contact other
local Children Centre's
for their timetable**

Mission Grove Children's Centre

020 8520 3487

www.missiongroveprimaryschool.org.uk

High Street Ward

Sybound Children's Centre

020 8558 8421

Lea Bridge Ward

Church Hill Children's Centre

020 8520 1492

www.churchhillchildren.co.uk

Hoe Street & Forest Ward

Contact your local Library for
information on what activities
they are running.

Walthamstow Library

*High Street,
Walthamstow, E17
Tel: 020 8496 1100*

Leabridge Library

*Leabridge Road, E17
Tel: 020 8496 1152*

Discover Centre at Stratford Tuesdays - Sundays 10.00am - 5.00pm

Unique and magical space
where children aged 0 to 8 and
their parents/carers can create
stories together through play
and having fun.

*Bridge Terrace, E15
Tel: 020 8536 5555
**£4.00 child/adult
Children under 2's FREE***

Tumble in the Jungle Mondays - Sundays 10.00am - 6.00pm

A jungle adventure for children
big and small. Soft play space
for babies, a jungle toddler zone
as well as the main play frame.

*245 Wood Street,
Walthamstow, E17
Tel: 0870 6260710
**£3.50 child £1.00 adult
Children under 1's FREE***