



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

Activities Timetable Monday 4th January - Friday 1st April 2010 Tel: 020 8496 2442 Email: lowhall.nursery@sch.walthamforest.gov.uk Website: www.low-hall.com

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Child Health Clinic
9.30am – 11.30am

*Mission Grove School
Buxton Road, E17 7EJ
from 11th Jan 2010*
FREE

Rhyme Time

16 months and over
10.00am – 10.45am
Under 16 months
11.00am – 11.45am
Songs for rhymes
FREE

My Time

See our child psychologist
for any concerns about your
child's behaviour
Phone for details

Stay and Play
1.30pm - 3.00pm

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

**Speech and Language
Therapist drop in**
10.30am - 11.30am

11th Jan, 1st Feb & 8th March
2-00pm - 3.00pm
18th Jan, 1st Feb, 8th March
& 15th March

Welfare Advice Surgery
9.00am – 1.00pm

Advice on housing,
tax credits and benefits.
FREE

Family Yoga
10.00am – 10.45am

Gentle stretching and exercise
for parents and children
over 1 year
£1.50 per family

Story Time
11.30am – 12.15pm

Stories, puppets & songs
FREE

New Parents Group
1.00pm – 3.00pm

For first time parents.
FREE

ESOL Classes
Monday, Tuesday
and Wednesday
Phone for details

Parenting across
cultures
10.00am – 11.30am

13th Jan -10th Feb
Run by Kiran Project
(see separate flyer)
FREE (with Crèche)

Stretch 'n' Grow
1.30pm – 2.15pm

Fun exercise to music.
**£1.50 first child,
50p each sibling**

Child Health Clinic
1.30pm – 3.30pm

(Plus Dietion Drop-in on
13th January, 10th February
and 10th March)

*St. James Health Clinic
St. James Street*
FREE

Counselling Support
Phone for details

One-to-one support for parents.
FREE (Crèche available)

Stay and Play
10.00am – 12.00pm

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

**Employment and
Training Advice**
10.00am – 11.30am

28th Jan, 25th Feb
& 25th Mar
FREE

Buddies Café
1.00pm – 2.30pm

Breast feeding support
for babies under 9 months.
FREE

**Postnatal Support /HV
drop in**
2.00pm - 3.30pm

For mothers experiencing
difficulties
FREE

Baby Massage
(under 6 months)

£10

Child Health Clinic
5.30pm - 7.30pm

St. James Health Clinic
St. James Street
FREE

Midwifery Drop-in
9.00am – 11.00am

Discuss your pregnancy

Twins Club
10.00am – 12.00pm

For children and adults
£1 per family

Stop Smoking Support
11.00am – 12.00am

One to one support

Music Makers
11.00am - 12.00pm

Music play and drama
**£2.00 first child,
£1.00 per sibling**

Under 1's Plus
1.00pm – 2.30pm

(0-18 months)
For babies until they are
steady on their feet.
Opportunity to meet other
parents
50p per family

Baby Yoga
Only until 12th
February

2.00pm - 2.45pm
under 12mths
For babies and adults
£3.00 per child

Dad's R Us
10.30am – 12.30pm

For Fathers/male carers to
spend time with their children
£1.00 per family

*(Last Saturday of month may
be an outing, ring to check)*

**Working parents also
welcome on 16th Jan,
13th Feb & 13th Mar**

**Low Hall Nursery
School**

Low Hall Lane, E17

Friday Group
9.30am – 11.00am

For Parents/Carers of a child
with special needs (0-5 years)
starts 15th Jan

Open visiting

1st Feb to 30th Mar only
Parents/carers with 2-3 year olds
are welcome to join in with the
nursery activities.

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

£1.00 per family

Local Activities

Monday

Frederic Street Playgroup 9.30am – 12.15pm

Come and join in with playgroup activities - for children 2-4 years old and their parents/carers
Frederic Street, E17 (off St James Street)
Tel: 020 8521 5288
£1.00 per session

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 5288
£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

Mini Explorers at The Limes 9.30am – 11.30am

A Toddler group with a difference!
*The Limes
6 Somers Road, E17 6RX*
Tel: 020 8509 8985
£2 per family
Also on Thursdays

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

Walthamstow Library 10.30am – 11.30am

Story hour for 3-5 years and their parents/carers
High Street, Walthamstow, E17
Tel: 020 8496 1100
FREE

Leabridge Library 10.30am – 11.30am

Rhymes, stories and a craft activity - for children under 5 and their parents/carers
Leabridge Road, E17
Tel: 020 8496 1152
FREE

Thursday

Walthamstow Library 10.30am – 11.00am

Baby & Toddler Storytime for under 5 years and their parents/carers
High Street, Walthamstow, E17
Tel: 020 8496 1100
FREE

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
£1.00 per session

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

Friday

Walthamstow Library 10.30am – 11.00am

Sing n' Rhyme Time for 0-3 years and their parents/carers
High Street, Walthamstow, E17
Tel: 020 8496 1100
FREE

Last Friday of the month Walthamstow Library 6.00pm – 7.00pm

Bedtime Stories for 4-8 years and their parents/carers
High Street, Walthamstow, E17
Tel: 020 8496 1100
FREE

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

Discover is a 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

Saturday

Every 2nd Saturday Walthamstow Library 10.30am – 11.00am

Just For Dads Storytime
High Street, Walthamstow, E17
Tel: 020 8496 1100
FREE

You could also contact other local Children Centres for their timetable

Mission Grove Children's Centre
020 8520 3487
www.missiongroveprimaryschool.org.uk
High Street Ward

Sybourn Children's Centre
020 8558 8421
www.sybourncc.org
Lea Bridge Ward

Church Hill Children's Centre
020 8520 1492
www.churchhillchildren.co.uk
Hoe Street & Forest Ward