

Infant Feeding Team support line: 020 8496 5222

Monday – Friday, 9am – 5pm

Whether you are breast, bottle or mixed feeding, we can support you to give your baby a great start in life. We offer practical and emotional support for all parents with feeding your baby at any stage.

Come to our next drop-in session or breastfeeding cafe to meet one of our trained infant feeding practitioners. No need to make an appointment, just come along.

Speech and Language

Our Speech and Language Therapists provide support and information for parents of children aged 0-5 on the best ways to support children's communication development. There's lots you can do at home to help your child to develop their speech, language and communication skills.

- Sharing books together
- Chatting as part of daily family life
- Spending time playing together without the TV, radio or phone
- Going for a walk and talking about what you see
- Eating together and chatting at mealtimes

Healthy Eating

If you would like information about diet and nutrition, physical activity and healthy lifestyles or have concerns about your child's eating or weight, pop in and have a chat. Our open walk-in sessions are run by our Dietitian or Nutritionist – no appointment needed.

Volunteering with HENRY

As a service we are always looking for volunteers. If you want to get some work experience when applying for jobs, we can do with a helping hand to support our services. We have opportunities in different services such as:

- Support our admin office
- Help out within the Infant Feeding team
- Support our healthy eating activities and events

Visit our website for more information: www.henry.org.uk/walthamforest or email wfsupport@henry.org.uk

HENRY office: 020 8496 5223

wfsupport@henry.org.uk



@WFHENRYHealth

www.henry.org.uk/walthamforest



Healthy Start, Brighter Future

in partnership with



Best Start with HENRY

16th April – 20th July 2018

Everyone wants their children to have a great start, but with so much advice it can sometimes be hard to know what to do for the best as a parent, especially in the early years. That's where the Best Start service comes in. We can support you to get your child off to a healthy start with infant feeding (breast, bottle or mixed), healthy eating and activity, dental health, and speech & language.

Come to our next drop-in session to meet one of our trained practitioners. No need to make an appointment, just come along and bring your red book.

Come to our next drop-in session to find out more and get some support if you have a child aged 0-5.

See inside for our drop-in session timetable.



HENRY timetable 16th April to 20th July

Help your child learn to love visiting the dentist!

Happy children have happy smiles! Did you know that the best time to start visiting the dentist is when those first teeth come through or around their first birthday.

We are committed to giving access to dental services, in the children and family centres across Waltham Forest.

Please contact us on 020 8496 5223 to sign up for the summer 2018 dental outreach.

If your child has never visited the dentist, or hasn't seen the dentist in a while, this is the perfect time to start.

Starting Solids Workshops

Please call to book your free place 020 8496 5223 (maximum 12 families per session) Join us this for this group workshop which explores in detail and answers your questions on when, how and what to feed your baby

Walthamstow Children & Family Centre Hub (Higham Hill)	Chingford Children & Family Centre Hub (Wyemead)	Leytonstone Children & Family Centre Hub	Leyton Children & Family Centre Hub
2nd May 9:45-11:45am	23rd May 10:00am-12:00pm	27th June 10:00am-12:00pm	4th July 10:00am-12:00pm
6th June 9:45-11:45am		16th July 10:00am-12:00pm	



Walthamstow Children & Family Centre (Higham Hill), 313 Billet Road, Walthamstow, E17 5PX (unless otherwise stated)

Tuesday	Wednesday	Friday	Saturday
1.30 - 3.00pm Healthy Eating drop in	2:00-4:00pm Infant Feeding breastfeeding cafe Froth and Rind Cafe, 37 Orford Road, E17 9NL	09:30-11:00am Speech & Language drop in Church Hill Nursery School, 47 Woodbury Road, E17 9SB	10:00am-12:00pm Speech & Language drop in 2nd of the month Lloyd park centre, Tree gate in the park entrance, E17 5JW

Leyton Children & Family Centre Hub, 215 Queens Road, Leyton, E17 8PJ (unless otherwise stated)

Monday	Tuesday	Wednesday	Friday
1.30 - 3.00pm Healthy Eating drop in	10:00-11:30am Speech & Language drop in	1:00-2:30pm Infant Feeding breastfeeding cafe Kukoolala Cafe, Jubilee Park, The cottage, 3 Marsh Lane, Leyton Jubilee Park, Leyton E10 7BL	4:30-6:30pm Speech & Language drop in 3rd of the month
			09:30-11:30am Infant Feeding drop in Seddon Centre, Clyde Place, Leyton, E10 5AS

Leytonstone Children & Family Centre, The Good Shepherd building, 15 Davies Lane, Leytonstone, E11 3DR (unless otherwise stated)

Monday	Wednesday	Thursday	Friday	Saturday
10:30am-12:00pm Infant Feeding Breastfeeding Cafe Le Petit Corner, 734 High Road, Leytonstone, E11 3AW	1:30-3:00pm Speech & Language drop in	09:30-11:30am Infant Feeding drop in Langthorne Health Centre, 13 Langthorne Road, Leytonstone, E11 4HX	9.30 - 11:00am Healthy Eating drop in	09:30-11:00am Speech & Language drop in 3rd of the month

Chingford Children & Family Centre (Wyemead), 5 Oaks Grove, Chingford, E4 6EY (unless otherwise stated)

Monday	Tuesday	Thursday	Saturday
1:30-3:30pm Infant Feeding drop in Chingford Health Centre, 109 York Road, E4 8LF	1:30-3:00pm Speech & Language drop in	1:30-3:30pm Infant feeding breastfeeding drop-in 1:30-3:00pm Healthy Eating drop in	10:00-11:30am Speech & Language drop in 1st of the month

Please note some sessions are term time only. See our website for detailed information.