

Leytonstone School Newsletter

Autumn Term 2024



Dear Families,

We have come to end of another busy but productive term at Leytonstone School. And what a term it has been! As you will see from this newsletter there have been so many amazing things taking place.

We wish you all a happy holiday season and look forward to welcoming pupils back on Tuesday 7th January, 2024.

Pupils and staff bring the festive fun in Panto in a hurry!

As I was newly appointed this year the "Panto In A Hurry" was uncharted waters. I approached the project with some trepidation, but with Mr Biggin. Mr Kara, Miss Cheney, Mr DeBok, Mr Riley, Mr Dhanda, Miss Cuppage and the other teachers who helped out during the 2 days period; I felt able to manage what might prove to be a disaster, nevertheless a managed disaster! We had but one night and one school day to create "SCROOGE".

For those of you who came along for the ride or watched the show will appreciate what unfolded was a riotous romp, great fun and staggering performances from year 11 and the chorus of actors. Amber as Scrooge performed with confidence and an enviable ease, Fraser gave us a hilarious Dame, Desya and Jack were charming as Bob and Belle with a very funny son in Tiny Tim! All the actors were terrific and our Fairy Godmother Zoe Burton flit and fluttered as the audience cheered. All the performers were splendid. The set - created by our able troop of year 7's - was incredible and the singing and dancing just amazing. Our Costume, Hair and Makeup Team gave us wonderful colours and well matched outfits to please the audience. Mr Kara added joy and expertise to underpin the performance with his abe drummer Louis Lennard.

There were mistakes and gaffes, but all was delivered with aplomb, and the audience participated in traditional pantomime style. PANTO IN A HURRY was a hoot, and a terrific evening was had by all. The audience and the hard-working PTA thoroughly enjoyed themselves, showing their pleasure with supportive cheers. I left that night, warmed by a mulled wine - yea, with more grey hairs, but moreover with an overarching sense of accomplishment, of gratitude and of relief. Thanks to the fantastic students at Leytonstone School and all the teachers who helped, Panto in a Hurry had proved VICTORIOUS! Mr Biggin and I are already planning for next year! Oh, and before I sign offcan we talk about Mr Riley's amazing voice? La da da da.....

Written by Helen Wingrave (Head of Drama)

Forthcoming Dates—Spring Term 2025

Monday 6th January—INSET day

Thursday 9th January—Y11 Parents Evening

Thursday 30th January—Y9 Parents Evening

Thursday 6th February—Y11 exam support evening

Monday 10th February—14th February —Apprenticeship week

17th February—21st February — Half Term



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Y7 Charity Toy fundraiser

Making a Difference Over the past month, our pupils have been busy making cards and posters for children and doctors at Whipps Cross Hospital's Acorn Ward. This effort was just the beginning of a campaign to spread joy and gratitude within our community.

Our Fundraising Events To raise funds, we organised several events that brought everyone together:

- Sponsored Silence: Last week, our forms participated in a 20-minute sponsored silence. The pupils showed incredible discipline and focus. Every form class was successful with this.
- 5K Sponsored Walk: 75 pupils embarked on a 5-kilometer walk through Epping Forest. It was a fantastic morning of teamwork and determination.



Amazing Results Thanks to these efforts, we raised an impressive **£2021!** With these funds, we purchased over **250 toys** for the children at Whipps Cross Hospital. We were even able to bless the local foodbank with a selection of toys too, to help families who can not afford food. We were also able to bless the nurses and doctors with a hamper and some lovely thank you cards.



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The Big Wrap Another special moments of our fundraiser was “The Big Wrap,” where the entire 60 pupils from our year group gathered in the sports hall to wrap and label the presents. The enthusiasm and teamwork from everyone were truly inspiring.



Delivering Joy On Monday 16th December, we visited the hospital to deliver these gifts to the Acorn Ward. Eight pupils did this and met the nurses and doctors, had a tour of the toy room and chat with the staff and wrapped some extra toys with them. On Tuesday 17th December also visited the local food bank to drop off additional items, ensuring our impact reaches even further. The pupils got to see all of the food bank set up and lay out the gifts ahead of the food banks final give out which will take place the following day.



A Heartfelt Thank You This fundraiser has been a massive success for our year group and school. None of this would have been possible without your involvement and generosity. On behalf of every Year 7 pupil, Year 7 team and everyone involved, we want to express our deepest gratitude.



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Y11 Mock Interviews

Year 11 pupils took part in an inspiring Mock Interview Day, where professionals generously volunteered their time to conduct interviews and provide tailored feedback. Pupils practised their interview skills, gaining valuable insights into their strengths and areas for improvement. The day was filled with energy as students eagerly showcased their abilities and prepared for their future careers. A big thank you to the professionals who made this event a success!



Finance and Banking Careers Insight Day In collaboration with Leyton Orient Trust, pupils took part in an exciting event with top financial firms like JP Morgan, Morgan Stanley, Schroders, and Macquarie, as part of Black History Month. They gained insights into finance roles, received CV feedback, practiced elevator pitches, and had an open Q&A with industry professionals. A valuable and inspiring day for future leaders!



Careers in life science

Leytonstone School hosted its first **Future Biotechnologists** event in London, designed to inspire students to explore exciting careers in the life sciences. This charitable initiative followed the success of previous events held in Holton, Oxfordshire, Pinner, and Cambridge. Rebecca Vaughan, Careers & Work Experience lead at Lord Williams's School, described the Holton event as *"the best external careers event I've attended (of which there have been quite a lot over 12 years!)"*. Keith Moore from Astellas shared similar praise after attending the Cambridge event: *"It was an exceptionally rewarding and positive event... feedback was uniformly positive. This was the first time my colleagues were challenged to represent not only their scientific discipline but also their company, and more importantly, their industry."* We were thrilled to bring this inspiring opportunity to our students in Leytonstone, and we hope it sparked their passion for the future of biotechnology!



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Model UN

The Model UN season started strong with our first General Assembly of the academic year. Our pupils taking part in the Model UN programme spent an entire afternoon debating, negotiating and presenting resolutions to end child labour around the world. In fact, the delegate of Poland and the delegate of Estonia both convinced the United States to commit to funding £100 billion for programmes that will prevent or end child labour...

Leytonstone School pupils will, no doubt, make the world a better place when they grow up!



Pupil Parliament—Councillor visit

On Monday 18th November, Pupil Parliament invited deputy leader of Waltham Forest Council, Councillor Clyde Loakes, to their latest meeting. We had many excellent discussions regarding students' concerns about the safety, visibility and litter in the section of Epping Forest by the school, the decision over whether to make Colworth Road a school street, and new measures to increase cycling and the recycling of food waste in Waltham Forest.

Councillor Loakes also offered Pupil Parliament advice on how to resolve issues they were concerned about within school, and provided insight on how decisions are made on a Borough wide level.



Jack Petchey Speak Up

Alex in 10T took part in the Jack Petchey Waltham Forest Regional Final on Wednesday at Heathcote School & Science College .

Unfortunately, he did not win but he was absolutely fantastic! His confidence has improved so much since the workshop at the beginning of October. His parents have also thanked the school for this opportunity and were thrilled with his performance.



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Badge Club

Pupils (mostly Yr 7) have enjoyed creating their own designs as well as making badges with their favourite anime and other very curious characters. Pupils can choose from 3 different sizes including making fridge magnets and key fobs with mirrors. The enthusiasm for the club has necessitated splitting the group into 2 so that they attend on alternate weeks

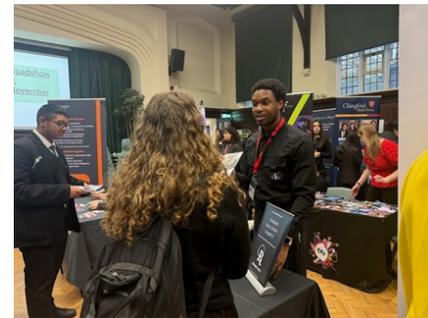


College Roadshow

Pupils from years 10 and 11 had an incredible opportunity to shape their futures at the College Roadshow event. With representatives around 40 colleges and universities in attendance, the event was a hub of inspiration and information.

From exploring diverse courses to discovering career pathways, pupils engaged with experts to learn about the opportunities awaiting them after Leytonstone School. The roadshow had something for everyone, whether it was academic programs, apprenticeships, or extracurricular activities.

This invaluable event encouraged pupils to dream big, ask questions, and take confident steps toward their future ambitions.



Duke of Edinburgh Bronze Award: A Journey of Adventure and Achievement

We are thrilled to welcome the new cohort of students embarking on the Duke of Edinburgh Bronze Award! This adventure is not just about completing tasks but about building resilience, demonstrating dedication, and embracing the spirit of adventure.

Congratulations to our new participants as they set out on this exciting journey of self-discovery, accomplishment, and overcoming challenges. May every moment be cherished, and may they emerge from this experience with a deep sense of achievement and treasured memories.



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Wonderful Work Experiences

Before half term, we sent our wonderful Y11s into the world of work for one week. During this week, pupils experienced a whole host of different placements from working in local primary schools to working at the Trade Union Congress. We received some amazing feedback from companies about the work they completed and you will find some of the highlights below.



Aston: Leyton Orient Trust

Aston has taken on a leadership role at a primary school through Leyton Orient Trust. He works with other students to coach younger kids and ensure activities run smoothly. Aston's dedication to helping others is impressive!



Department
for Education



Department for Education—Millie & Genevieve

Millie and Genevieve were able to work for the civil service within the Department for Education. Whilst there, they took on a number of different roles with the Pupil Premium (PP) team such as reading education policy, school strategy around PP, responding to public queries, sitting in on meetings and presenting a presentation to their team at the end of the week about their views on how to support PP pupils. Their manager said how fantastic they were and that they were an asset to the school.

Cindy Y11:

'Initially I was not sure what this work experience would entail, but as my dad also works in construction I had a bit of an idea. Going on site was my favourite part, as I was able to explore an area that I never thought I would visit. The lunch/work time is very flexible and easily negotiable. The people here are pretty nice and friendly'

Aaron Y11:

'Fun work experience, enjoyed the experience. My favourite part was going on site and also using one of the machines. Michelle was helpful and guided us most of the way.'

Fatima & Catarina : Guy's and St Thomas' Hospital

Fatima and Catarina had a brilliant placement within the NHS. They were heavily briefed about the importance of health and safety before starting their experience. They were allowed to observe operations and were shadowing junior doctors with different tasks. They both spoke about how great they found the placement and would recommend it to future pupils.



Guy's and St Thomas'
NHS Foundation Trust

London Energy: Sandra, Sebastian, Tasha, Edward, Jahmari, Qasim, Adam, Noemi, Dao & Tristen

These pupils had a fantastic experience whilst at London Energy which helps to turn waste into fuel. The pupils were given mentoring prior to starting at London Energy to give them an understanding of what the company was like. The employers at London Energy stated that the pupils represented the school so well that they will take even more next year.

Jack: Trade Union Congress

At TUC, Jack had a fantastic time. He was able to shadow a General Counsel meeting and sit in on a select committee meeting about health and safety at the Houses of Parliament. His colleagues praised him for his work.

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Olympic Park Trip

On Thursday 14TH November, 14 KS3 EHCP students visited the Olympic Park to take part in the London Youth Games Adapted Inspire Festival. They enthusiastically tried a wide variety of sports including heptathlon, pentathlon, hockey, boccia and wheelchair basketball and questioned Paralympian Hilmy Shawwal.

Without this marvellous opportunity, we would never have discovered that Marco has such a sportsmanship attitude and is so good at boccia (The name "boccia" is derived from the Latin word for "boss" and Marco certainly bossed it!), that Henry and Dion are both crack shots and that Olivia is literally a whizz at wheel chair basketball



Senior Maths Challenge 2024-25

Congratulations for Outstanding maths achievement by Hannah (Silver award), Jessica (Silver Award and best in school), and Jack (Bronze Award), in the Senior Maths challenge 2024-2025. The challenge is normally set for year 12 and 13 A level maths students.



What an Amazing Evening at the Leyton Orient Match!

What a fantastic evening on Tuesday, December 3rd, at the Leyton Orient vs Bristol Rovers game! The atmosphere at the Gaughan Group Stadium was buzzing, and the pupils loved every moment. Leyton Orient put on a brilliant show, scoring three fantastic goals to secure a 3-0 win! The cheers from the crowd (and our pupils!) made it an unforgettable experience. A big thank you to the Leyton Orient Trust for giving us this wonderful opportunity. It was so special to see the pupil's excitement as they watched the match live—definitely a night to remember.





Y11 Winter Wonderland Trip

To celebrate the end of the Y11 mock exams, Ms. Campbell and the Y11 team organised two trips to winter wonderland for our pupils. They had the most amazing times, celebrating with their friends.

Diverse Voices Workshop

All of Year 9 took part in the Diverse Voices workshop. The purpose of the programme is to give pupils the knowledge and skills to make informed and healthy choices; to build their confidence and skills to deal with situations they may encounter; to help them to stay safe and feel prepared during and after secondary school.

Pupils explored their opinions and asked questions on some very challenging, and at times awkward topics in an incredibly mature way. We should be very proud.



100 Merit Reward Trip

Forty pupils enjoyed their 100+ reward trip to an immersive virtual reality experience. Mr Thompson, Mr Riley and Mr Conway Allen had the pleasure of accompanying their year groups to delve into wonders of the pyramids. They absolutely loved it and one of them left saying "I am definitely getting another 100 merits this year!". Thanks go to Ms. Hotez for planning the trip.

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Year 9 Stubbers 2024-25

98 Year 9s and 11 staff recently enjoyed a wonderful weekend at Stubbers Activity Centre. It was amazing to see so many young people take on new challenges, build relationships and generally just have fun being kids.



Jack Petchey Speak Out Challenge - Year 10

On Thursday 3rd and Friday 4th October, two Speak Out Workshops took place in the library. 55 Year 10 students took part and performed their speeches to one another at the end of the day. The students were really engaged and had a great time!

Recycling Week—From Scrap to Sky

As part of recycling week, the whole of year seven were asked to create bugs from materials that were going to be thrown away!

Inspired by the work of Carlos Amorales (below), Pupil Parliament and Art Club collaborated to create a colourful installation to show the beauty of recycling but with a deeper message about how much waste we generate.

Creative decisions were made about how to display the bugs which resulted in grouping colours together to create a rainbow effect.

The way the pupils worked together was inspirational and we think the installation looks wonderful. Well done everyone involved!



Best bug award went to Iris Dowding! We thought her use of a **wide range of recycled materials** was so **inventive and creative**, and instantly **left and impression**.

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Pupil Parliament interviews International men's day panel

On 19th Of November, Pupil Parliament hosted a panel discussion for International Men's Day, welcoming professional boxer, Jack Daly, and writer and editor, Andrew Shields, alongside Mr Conway- Allen, Mr Riley and Mr Leitch.

It was a fantastic opportunity to talk about modern understandings of masculinity and the pressures of these ideas, alongside the aspects that should be celebrated and encouraged.

All panellists were incredibly impressed and moved by the contributions of the students, well done to all who took part!

"Everyone is scared about the fear of judgement, but if you look at any successful person that you look up to, they've had to go through the fear of judgement... it's something that they've all had to overcome... it's something you have to overcome if you want to move forward" – Jack Daly, Boxer

"Masculinity is about understanding yourself and who you are, and being the best version of yourself" – Mr Leitch

"Anyone can be masculine... it's not something you're born with, it's something you grow to learn... being courageous for example is seen as a masculine trait, but you could be shy and learn to come out of your comfort zone" – Yasin Y10

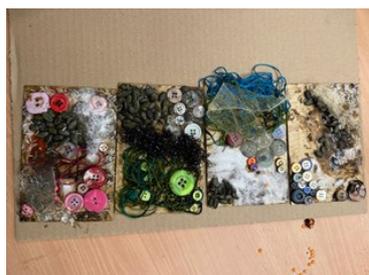


Y9 Art Trip to Haywood Gallery

Year 9 pupils visited the Haegue Yang: Leap Year exhibition at the Hayward Gallery in Southbank.

During the visit, pupils viewed the new Haegue Yang exhibition and participated in workshops with five other London schools. The day's activities were devised and delivered by Southbank College Year 12 pupils.

The 27 pupils made Leytonstone School proud with their impeccable behaviour and excellent participation in all activities. Well done Year 9!



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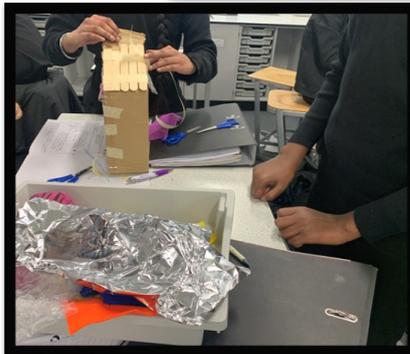
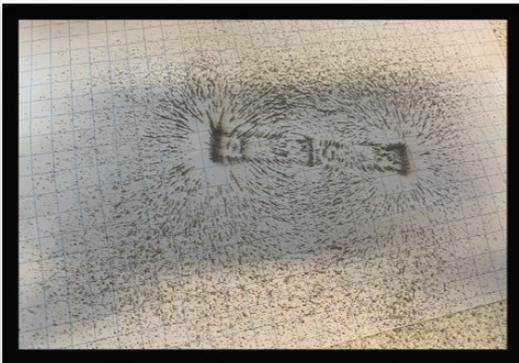
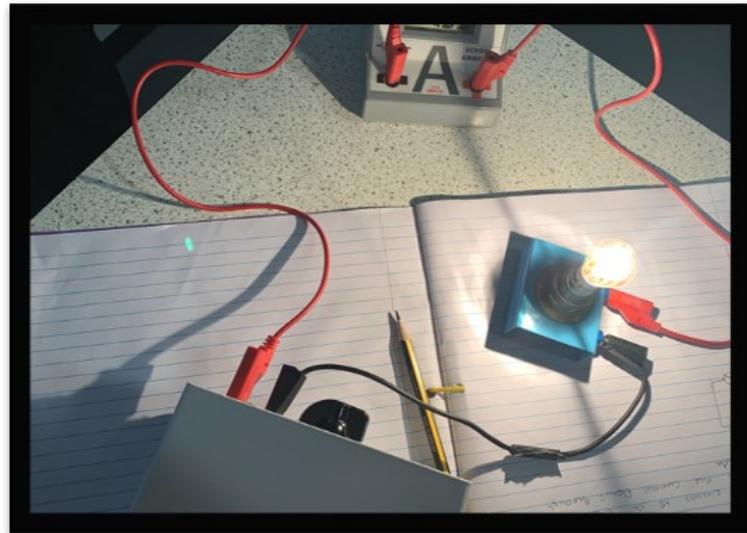
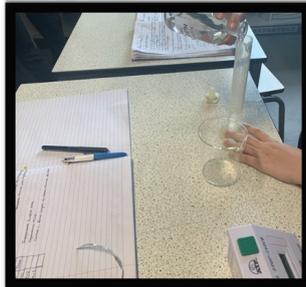
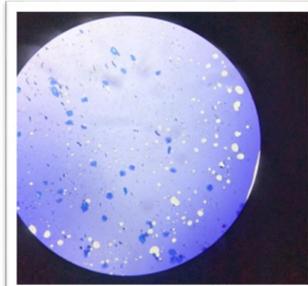
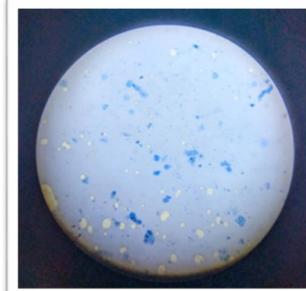
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Science Practical

Across the science curriculum this term there has been a whole host of different experiments taking place led by pupils. Some of the experiments were our budding Y10 chemists 'dropping the base' with their titrations experiment, Y10 biologists looking at their own cheek cells through microscopes, Y9 looked at the rates of reaction and the use of magnets and Y7 looked at food science. Leytonstone pupils impressed the science department with their focus and excellent work and engagement.



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Physical Education Updates

This term the PE dept welcomed Ms Jones into the team. Ms Jones joined us from Sarah Bonell and has been a fantastic addition to the department and the school.

This term has focused on Football and Basketball with the teams playing in the borough competitions and the London Cup. There have been some excellent performances, particularly by the Year 7 and Year 8 football teams playing in the London Cup. Both were involved in away games to different parts of London but came back with big wins against .

Girls football has seen a big increase in participation this year and both the Yr 7 and Yr 8 teams have bigger numbers than ever playing in the Borough Competition and the Yr 8s also playing in the London Cup for the first time. The Yr 7 team came second in the Plate Final after beating Frederick Bremer on penalties in the Semi final. Also the Yr10 Girls played in the finals of the Lyca Mobile Cup against some strong opposition from schools around east London and Essex.

Other successes have been the SEND trip to Lee Valley Hockey and Tennis Centre where they took part in a variety of adapted activities such as wheelchair basketball, boccia and triathlon. Also a team of year 7 and 8 girls went to the WF Girls cricket festival at the Leyton Cricket Hub.



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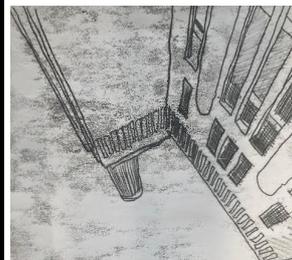
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ART



GCSE

Year 10 have been creating work to the theme of 'Light and Dark'. They have created work using mono printing, acrylic painting, ceramic sgraffito and lino printing. They looked at artists such as Luke Dixon, Paul Catherall, Anita Taylor amongst many more..

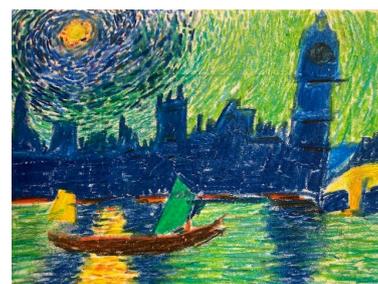


Year 11 exploring the theme 'Fantastic and Strange' using photography, print and stenciling.



Key Stage 3

Year 8 have been studying 'A Sense of Place', they have looked at one and two point perspective, artists such as Laura Oldfield-Ford and the Fauves.

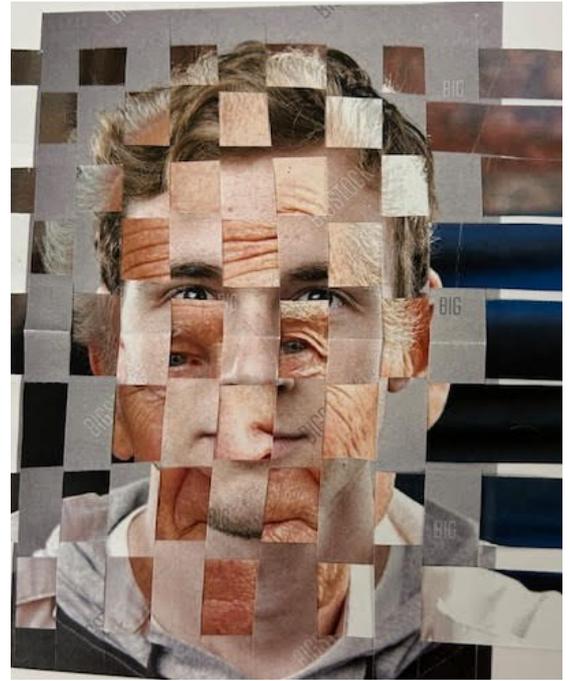


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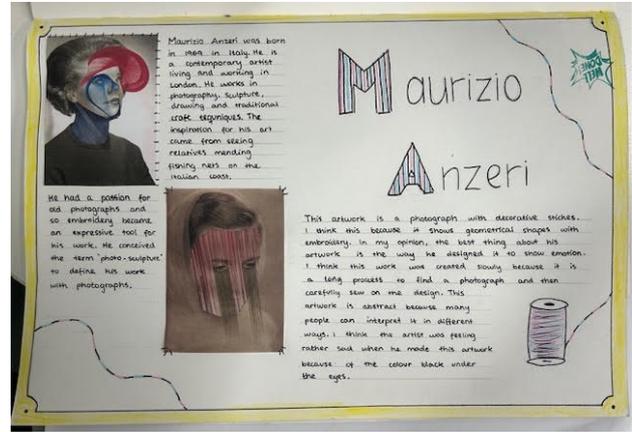
Key stage 3
Year 9 have been responding to the theme 'The Weird and Wonderful'. This has incorporated weaving, digital collage, watercolour painting and paper manipulation.



Key stage 3
Year 7 have been studying the work of Italian artist Maurizio Anzeri. Pupils create a tonal self portrait and stitched into it using yarn. Wonderful. Creative work, well done.



Y7 pupils looked at the art of Luciano Cien and created wonderful collages in response.



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Support for families over the holidays

Waltham Forest Parent Forum Events 2024/25 for parents/carers- Current List

Further info: walthamforestparentforum@live.co.uk

Event and Provider	Date and time	Venue
November		
Webinar: Importance of Gaming-Mindjam-	26 th Nov 7PM-9PM	Online via Teams
December		
Online autism support group with Alex from Flourish	3 rd Dec 7PM-8.30PM	Online via Teams
Webinar: Mental Health & Raising Self-esteem- Ange McMillan	4 th Dec 7PM-9PM	Online via Teams
ADHD Support Group for parent Carers with Sonia Ali from Flourish	6 th Dec 11AM-1PM	99 Leyton Green Road E10 6DB (no booking needed)
Lego Club	7 th Dec 10.30AM-12.30PM	Queen's Road Family Hub (no booking needed)
Autism Support Group for parent carers	9 th Dec- 11AM_1PM	William Morris Gallery-Daisy Room
January		
Lego Club	4 th Jan 10.30AM-12.30PM	Queen's Road Family Hub (no booking needed)
Webinar: Mental Health incl Rejection Sensitivity with the ADHD Foundation	9 th January 7PM-9PM	Online via Zoom
Autism Support Group for parent carers	10 th Jan- 11AM_1PM	99 Leyton Green Road E10 6DB (no booking needed)
Walk and Talk- Hollow Ponds	15 th Jan 11AM-1PM	Hollow Ponds-Whipps Cross Road
Webinar: Advocating for Your Child with Debs Aspland	23 rd Jan 7PM-9PM	Online via Teams
February		
Lego Club	1 st Feb 10.30AM-12.30PM	Queen's Road Family Hub (no booking needed)
Autism Support Group for parent carers	3 rd Feb- 11AM_1PM	William Morris Gallery-Daisy Room
Webinar: Sensory Differences with the ADHD Foundation	4 th Feb 7PM-9PM	online
ADHD Support Group for parent Carers with Sonia Ali from Flourish	7 th Feb 11AM-1PM	Lego Club
Walk & Talk	12 th Feb 11AM-1PM	Chingford Plain
Meet & Eat Evening	24 th Feb 7PM	Venue TBC
Autism Support Group for parent carers	25 th Feb 7PM-8.30PM	Online via Teams
March		
Lego Club	1 st March 10.30AM-12.30PM	Queen's Road Family Hub (no booking needed)
Webinar: Social Support/Friendships webinar with ADHD Foundation	4 th March 7PM-9PM	online
Autism Support Group for parent carers	7 th March 11AM-1PM	99 Leyton Green Road E10 6DB (no booking needed)
Walk & Talk	19 th March 11AM-1PM	Lea Valley (near Ice rink)

ALSO

SEND Football - Every Saturday in term time

2PM Wadham Lodge- ages 7-25 -£3 per child Siblings welcome -Booking and dates via website:
www.walthamforestparentforum.com/shop

Restorative Yoga for Parent Carers- weekly at William Morris Gallery in term time -£3.50 per session-Booking and dates via website:
www.walthamforestparentforum.com/shop

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Leytonstone School Newsletter

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Beezee Adults Age 18+</p> <p>Beginning 20 Jan for 11 weeks</p> <p>10am - 12pm The Paradox Centre E4 8YD</p>	<p>Beezee Families Age 5-15</p> <p>Beginning 21 Jan for 12 weeks</p> <p>5.30pm - 7.30pm Leyton sports ground E17 3PW</p>	<p>Baby and Us Age 0-9 months</p> <p>15 Jan - 19 Mar</p> <p>10am - 12 noon Walthamstow dog stadium E4 8SJ</p>	<p>Raising Resilient and Confident Children Age 4-11</p> <p>30 Jan - 13 Feb</p> <p>7.30pm - 9pm Online</p>	<p>Connective Parenting Sessions Age 0-25</p> <p>24 Jan - 31 Jan</p> <p>9.30am - 11.30am Online</p>	<p>Connective Parenting Sessions Age 0-25</p> <p>1 Mar - 8 Mar</p> <p>9.30am - 11.30am Online</p>
<p>Being a Parent Age 2-11</p> <p>20 Jan - 17 Mar</p> <p>9.30am - 11.30am Riverly Primary School E10 7BZ</p>	<p>HENRY Healthy Families Right From The Start Age 0-5</p> <p>Beginning Jan</p> <p>1pm - 3pm Queens Road Family Hub E17 8PJ</p>	<p>HENRY Healthy Families Right From The Start Age 0-5</p> <p>Beginning Feb</p> <p>10am - 12pm Walthamstow Family Hub E17 5PX</p>	<p>Beezee Families Age 5-15</p> <p>Beginning 23 Jan for 12 weeks</p> <p>5.30pm - 7.30pm Walthamstow School for Girls E17 9RZ</p>		<p>Triple P Stepping Stones Age 0-12</p> <p>10 Jan - 14 Mar</p> <p>10am - 12 noon Chingford Family Hub E4 6EY</p>
		<p>Being a Parent Age 2-11</p> <p>29 Jan - 2 Apr</p> <p>9.30am - 11.30am Barclays Primary School E10 6EJ</p>	<p>Beezee Adults Age 18+</p> <p>Beginning 23 January for 11 weeks</p> <p>5.30pm - 7.30pm Leyton Sports Ground E17 3PW</p>		
<ul style="list-style-type: none"> • Descriptions of all courses can be found on the following pages • All sessions are weekly unless otherwise stated • All programmes are fully funded by the London Borough of Waltham Forest 		<p>Calm Parents Calm Children Age 4-11</p> <p>15 Jan - 12 Feb</p> <p>10am - 12 noon Queens Road Family Hub E17 8PJ</p>	<p>Strengthening Families Strengthening Communities Age 0-18</p> <p>16 Jan - 17 Apr</p> <p>9.30am-12.30pm Walthamstow Family Hub E17 5PX</p>		
		<p>Connective Parenting Sessions Age 0-25</p> <p>5 Feb - 12 Feb</p> <p>7pm - 9pm Online</p>			

Parent support programmes are a chance to:

- Increase knowledge and understanding of children's development and needs
- Build positive relationships
- Share ideas and concerns about being a parent
- Improve behaviour and communication
- Meet other parents
- Reduce parenting stress



Other Support for Parents/Carers

Waltham Forest Parent Forum

A friendly, voluntary group of parent/carers of children and young people with special educational needs and/or disabilities aged 0 - 25 years in Waltham Forest, offering a variety of training, workshops and sessions for both parents/carers and children.

Web: walthamforestparentforum.com



Fathers' Wellbeing Service

For expectant Fathers or Fathers of children aged up to 2

Being a father can be joyful and rewarding but it can also bring you new emotions, and be challenging and stressful. This service provides you with free, flexible 1-to-1 or group therapy.

Contact group coordinator **Lilien Lucic** via:

Phone: 0208 527 1737 or **email:** familysupport@tlpcc.org.uk

Parent/carer check-in sessions

For parents/carers of children aged 0 to 18

A chance for you to meet other parents/carers, talk through successes and challenges and learn new strategies to increase connection with your children and manage behaviour. Online, Mondays at 6pm.

Email: gemma.akinade@walthamforest.gov.uk **Phone:** 07586713368



Sleep Service and short breaks

For families with a child aged 0 to 25 with SEND

One-to-one support from specialist sleep practitioners providing practical help to support you and your child with a sleep issue. Sleep support can be requested as part of a short break application, or on it's own.

For more information or to apply visit bit.ly/SLEEPSUPPORT

Picking Up The Pieces

For mothers and female carers with children affected by domestic abuse

A three week group programme to empower you around domestic abuse. Help to increase confidence in your parenting and providing a safe and confidential space to help you heal, energize, and make sense of your experiences.

To book a place call 0300 330 5479 or **email** wftherapeuticmarketplace@solacewomensaid.org