ACCURATE AT TIME OF PUBLISHING- WILL UPDATE TERMLY

WALTHAM FOREST PARENT FORUM ACTIVITIES GUIDE















WALTHAM FOREST
PARENT FORUM



SEND FOOTBALL

SEND FOOTBALL FUNDED BY SPORT ENGLAND

SATURDAYS 2-3PM
LOCATION: GOALS CHINGFORD 3 MORRISON AV E4 8SN
WITH SAM & DEAN: DS SPORTS COACHING
COST: £4.50 PER CHILD
AGE: 11-25
SIBLINGS WELCOME
PARKING AVAILABLE
SPACE FOR 20 CHILDREN
PARENTS MUST STAY
BOOKING VIA THE WEBSITE LINK
HTTPS://WWW.WALTHAMFORESTPARENTFORUM.COM/SHOP

INCLUSIVE

SWIMMING



LEYTON LEISURE CENTRE

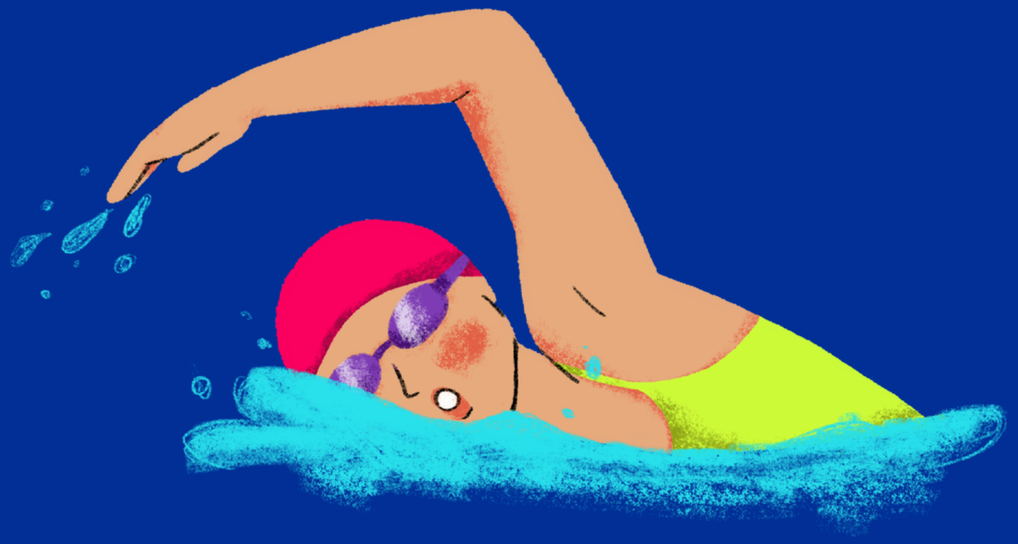
MONDAYS 4.30-6PM

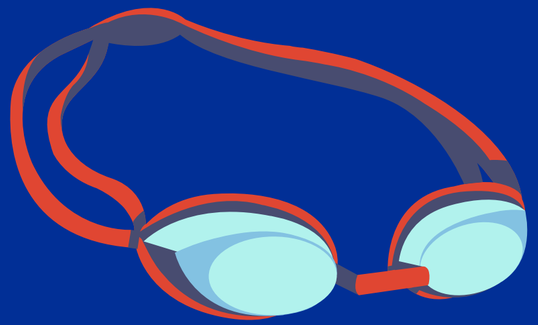
MAIN POOL & AQUA PLAY

A SWIM SESSION FOR PEOPLE WITH DISABILITIES.

PARENTS AND CARERS ARE WELCOME

HTTPS://BOOKINGS.BETTER.ORG.UK/LOCATION/LEYTON-LEISURE-CENTRE/INCLUSIVE-SWIM/2026-02-09/BY-TIME.









ALL ABILITY CYCLING

SATURDAYS 10AM-12PM

LOCATION : LEYTON JUBILEE PARK

WE SET UP AT THE MARSH LANE ENTRANCE TO THE PARK, E10 7BL

PARKING IS AVAILABLE AND THERE IS A CAFE WITH TOILETS NEARBY.

HTTPS://WWW.BIKEWORKS.ORG.UK/ALL-ABILITY/ALL-ABILITY/#1632126351424-6B857149-C14E





TRAMPOLINING





FEEL GOOD CENTRE TRAMPOLINE PARK

SATURDAYS 8.30AM-9.30AM.

TUESDAYS 5PM-6PM

THE TOGETHER SPACE

OFFERS A VARIETY OF ACTIVITIES FOR DISABLED AND NON DISABLED CHILDREN INCLUDING:

FAMILY EVENTS
VIBE CLUB- YOUTH CLUB 11-16
THE TOGETHER TROUPE- PERFORMING ARTS CLASSES
STRENGTH & FITNESS CLASSES
CHECK OUT THE WEBSITE FOR TIMINGS:
HTTPS://THETOGETHERSPACE.CO.UK/EVENTS

THE TOGETHER SPACE

DASH DOT DANCE
INCLUSIVE DANCE COMPANY





BOOKING DETAILS ON FLYERS

THE ENGINE SHED



DOES YOUR CHILD LOVE TRAINS?

MONTHLY ON 2ND SUNDAY OF THE MONTH
11AM-2PM
LOCATION: 10TH CHINGFORD SCOUTS HALL, HAWKSWOOD CRESCENT, E4 7RS
CONTACT: 07583 405958 OR THEENGINESHED@HOTMAIL.CO.UK

WALTHAM FOREST PARENT FORUM LEGO CLUB

1ST SATURDAY OF THE MONTH
QUEEN'S ROAD FAMILY HUB,
215 QUEEN'S ROAD WALTHAMSTOW E17 8PJ

FREE!



Waltham Forest



WALTHAM FOREST PARENT FORUM
YOUNG ENGINEERS

1ST SATURDAY OF THE MONTH

11AM-12.15PM

AGES 6-13

QUEENS ROAD FAMILY HUB,

215 QUEEN'S ROAD WALTHAMSTOW E17 8PJ

£4 PER CHILD (16 PLACES AVAILABLE)

HTTPS://WWW.WALTHAMFORESTPARENTFORUM.COM/SHOP

Waltham Forest

COMMUNICATION AND PLAY SESSION
DROP-IN SESSION FOR FAMILIES OF DEAF CHILDREN (UNDER 5S)

1ST WEDNESDAY OF THE MONTH

10:00-11:00

THE LLOYD PARK CENTRE





FOREST FLYERZ HOCKEY

Free pan-disability hockey sessions

Tuesdays, 7-8.15pm

ages 6+

Location: Walthamstow Academy Billet Rd E17 5DP



All equipment is provided, and sessions are FREE – all you need to do is turn up!

Inclusive Children's Multi Sports activities

for children aged 4-14years old

Pastures Leisure Centre

Session takes place every Sunday at 9.15am-10.15am.







Lloyd Park Centre

Grow Wild:
3rd Sunday of month
2-3.30PM
A group for children with SEND up to the age of 9yrs where they can be themselves and find confidence to explore the outdoors in a safe nurturing space.
where to belong

Rainbow Group
2nd Saturday of month
10-11.30AM
A group for LGBTQ+ families where parent/carers and their children can enjoy outdoors adventure
play time in a safe, welcoming space.

Grow Active Health & Wellbeing
Wednesday 3:45-4:45
5-9yrs
For children who experience ongoing health and wellbeing challenges.



MUSIC MAN PROJECT

A choir for learning disabled people



Games Cafe

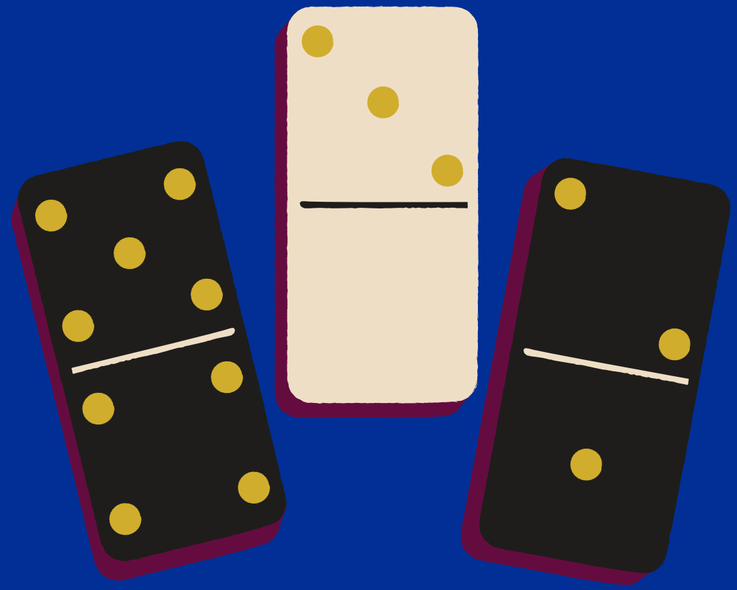
For young people aged 16-30

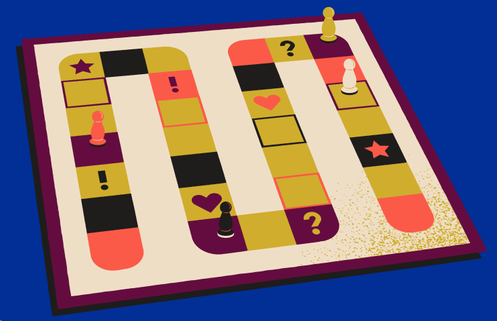
Classic & Modern Board Games,
Strategy & Card Games, Tabletop Roleplaying,
Creative Craft Table

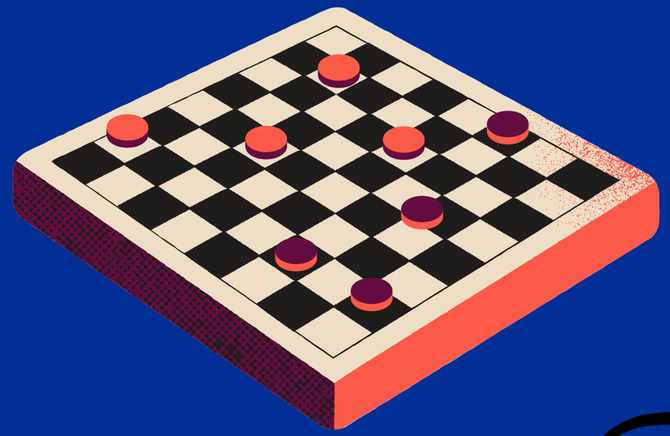
1st & 3rd Tuesdays of the month,
7-9pm
The Hornbeam Cafe,
458 Hoe Street, Walthamstow E17 9AH

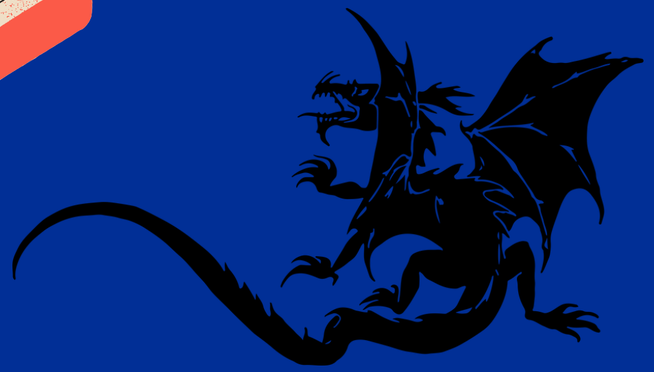
Free or suggested donation: £5















Eazy Beatz Club

Afternoon disco for people with learning disabilities

12-2PM

Leytonstone Social Club

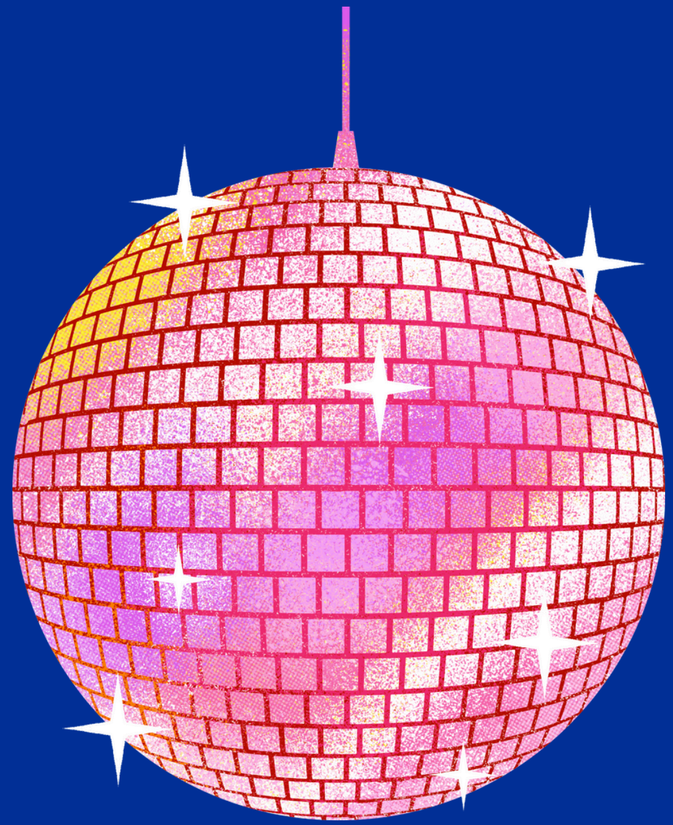
2 Harvey Road E11 3DB

Contact Gaynor:07960 236656 for more details and dates









SEND Make Stuff Club



weekly after school club for children aged 9-15 years

Wednesdays 4-5PM

Blackhorse Workshop

1–2 Sutherland Rd Path

Walthamstow

E17 6BX





Sport For Confidence

Ridgeway Rovers

Sport for Confidence programmes offer inclusive sporting opportunities to people who face barriers to participation. The health professional and sports coaches ensure the environment is accessible and sessions are adaptive.





Email: info@sportforconfidence.com for more details

Feel Good Centre

Address: 170 Chingford Rd, Walthamstow, London E17 5AA

Age: 18 and over

Multi Sports and Boccia

Friday 7.15pm

Peter May Centre

Wadham Road



Frame Running Club

Feel Good Centre

Sundays 9.45AM-11AM



Inclusive BMX with COG Cycling



Saturdays 12pm-1pm
Location
Cheney Row BMW

What is it?

BMX coaching, learn how to ride a BMX bike on a pump track, learn how to control your bike over jumps and use start gates.

What do I need?

Long-sleeve trousers and a long-sleeve top. We can provide a full-face helmet and bike, but please bring your own gloves.

Booking form: https://airtable.com/appIwhU2inNfNUnpl/pagk93MrMtQiZczZR/form

Coping Through Football



Free weekly football sessions for young people aged 11 to 17 in Waltham Forest who are experiencing emotional or wellbeing challenges, including ASD or ADHD. No football experience needed, just come along, have fun, and make friends!

Sessions:

Tuesday: Douglas Eyre, 148 Coppermill Lane, Waltham Forest E17 7HE (4pm–5.30pm)

All abilities and genders welcome. To join, contact Sonia Smith for a referral form.

Tel: 07538 101450

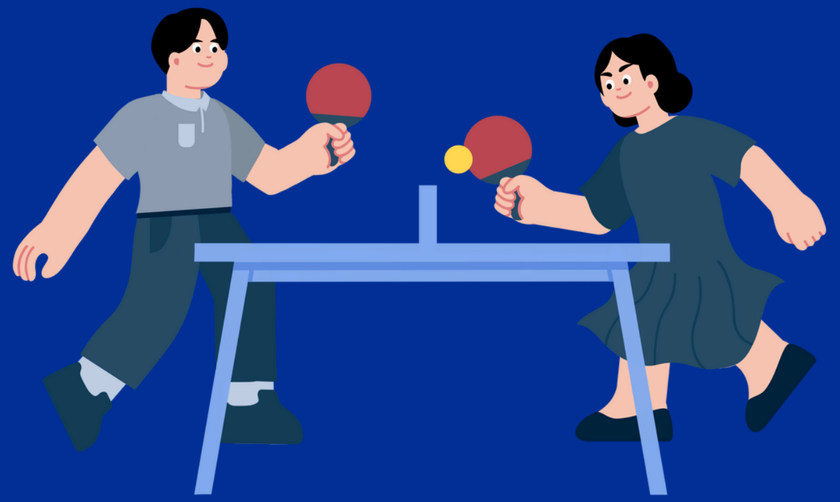
Email: copingthroughfootball@nelft.nhs.uk



Adult ADHD Singing Group







Space4All Youth Clubs

inclusive spaces

age 6-25

Various venues across the borough.

Times vary

www.walthamforest.gov.uk/stories/space4all opens-local-hubs-young-people-waltham-forest





Parent Support

Waltham Forest Parent Forum Walk, Talk, Connect

Different venues each month
11AM-1PM
Followed by coffee
For more information and dates:
www. walthamforestparentforum.com/support



Waltham Forest Parent Forum Dads

Group Runs twice a term
Soho Theatre Hoe St
Guest speakers
Come along and get to meet
other male carers of SEND children
For more information and dates:
www. walthamforestparentforum.com/support





Waltham Forest Parent Forum
Coffee and Chat

A chance to chat to other parents Guest speakers
Longshaw Primary Academy E4 6HL
Time: 11AM-1PM
For more information and dates:
www. walthamforestparentforum.com/support



Restorative Yoga

Wednesdays 10.30-11.30
followed by coffee
William Morris Gallery
https://www.walthamforestparentforum.com/shop

Autism and ADHD Support Groups
with WFPF & Flourish Outreach Team

1st Friday of the month- alternating between autism and ADHD
99 Leyton Green Road E10 6DB



Waltham Forest Parent Forum
Meet & Eat

Come along for lunch with other parents
For more information and dates:
www. walthamforestparentforum.com/support





Free programmes for parents and carers in Waltham Forest

If you live in Waltham Forest (or your children attend a school here),
you can access a wide range of free programmes
for parents and carers, designed to support you at every
stage of your child's development. These sessions offer an opportunity to connect with others,
share challenges, and gain practical tools to help with communication, behaviour, and family life.
Some programmes are available online,
while others take place in person.



Download the current term Parent and Carer Support Programme guide to explore all available sessions
and book your place:
https://www.walthamforest.gov.uk/media/10947?
utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

Out of Borough Activities

The mighty mega club - Discovery Centre, Stratford

Mighty Mega is a free club for disabled children, their families, or carers. Children can take part in storytelling, music, dance, arts, crafts, and multi-sensory play.

Age: 5 to 11 years Day: Saturdays Time: 10am to 12pm
www.discover.org.uk/event/mighty-mega/

Dance 21

A dance and movement group for children and young people with Down's syndrome and their siblings.
Nearest venue to Waltham Forest is in Woodford Green.

Epping Forest Phab Club

Mondays 6.15-8.15PM.
Age range: Youth and adult
Email: Phab@Bancrofts.org
PHAB - Bancroft's School, Woodford Green
Phab inspires and supports children, young people, and adults with and without disabilities to enjoy activities together
Find out more on the Phab website: www.phab.org.uk

Barkingside Art Club

SEND CREATIVE SESSION 5-16

Fullwell Cross Library

A mixed group for boys and girls aged 5–16.
Weekly themes from superheroes to space,
each one designed to spark imagination.
Sensory-integrated art projects: painting,
, printmaking, drawing.
Dance sessions with Bollywood and street dance teachers.
Creative collaborations with local organisations – from animal therapy to play therapy, functional therapy,
and well-being sessions.
A digital games room for interactive fun.
Opportunities to work towards Arts Award qualifications and build creative portfolios.
A supportive team who adapt around your child's needs,
helping them achieve more and feel included.
Fridays, 5:30 PM – 7:30 PM



SEN Girls Art & Social Club 11-25

A safe, inclusive, and inspiring space for girls and young women
aged 11-25 to connect, create,
and grow their creativity.
Whether attending independently
or with a parent/carer
, this club offers a wide variety
of engaging activities
in a friendly and supportive environment.
Fridays, 5:30 PM – 7:30 PM



Autism Community Cafe

Woodford

Last Sunday of the month
1-3PM

Useful Information

Radar Key



The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country.
Buy a Radar Key from the Disability Rights UK website:
www.shop.disabilityrightsuk.org/products/radar-key

Hidden Disabilities Sunflower lanyards

Not all disabilities are visible – some are non-visible and not immediately obvious. For example, mental health, speech, visual or hearing impairments. Living with a hidden disability can make daily life harder, but it can be hard for others to recognise these challenges.
The Hidden Disabilities Sunflower discreetly tells others that you may need additional support, help or a little more time

Max Card

Max Card gives foster families and families of children with additional needs discounts at venues across the UK. It helps families save money on days out at castles, zoos, bowling alleys, trampoline parks and many more.
Forum members can buy cards from the website shop:
www.walthamforestparentforum.com/shop

CEA Card

The CEA card gives a disabled cinema guest a free ticket for someone to attend with them when they visit a participating cinema. It is available for children aged 5 years and above in receipt of certain benefits
Costs- £6.50
To apply and for more details: www.ceacard.co.uk

Waltham Forest Parent Forum

FREE to join

