

# WALTHAM FOREST PARENT FORUM ACTIVITIES GUIDE



updated 13th Feb- will be amended as necessary

**Disclaimer:**

All activities are correct at time of publishing  
but please check with the provider before  
attending as some may be short lived due to funding

# 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

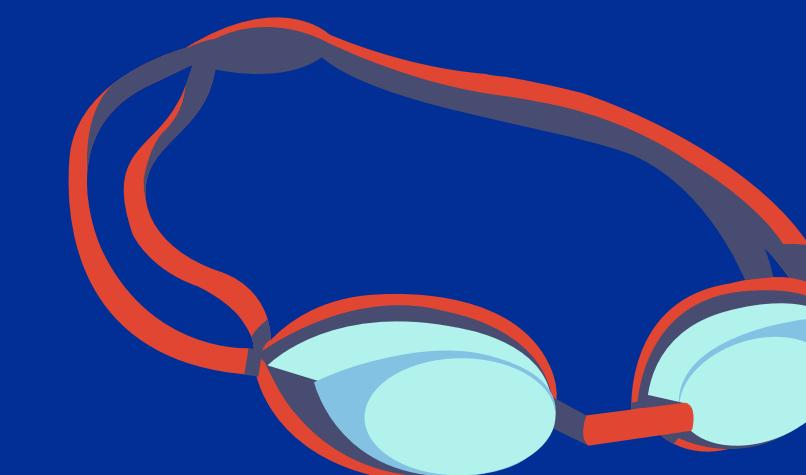
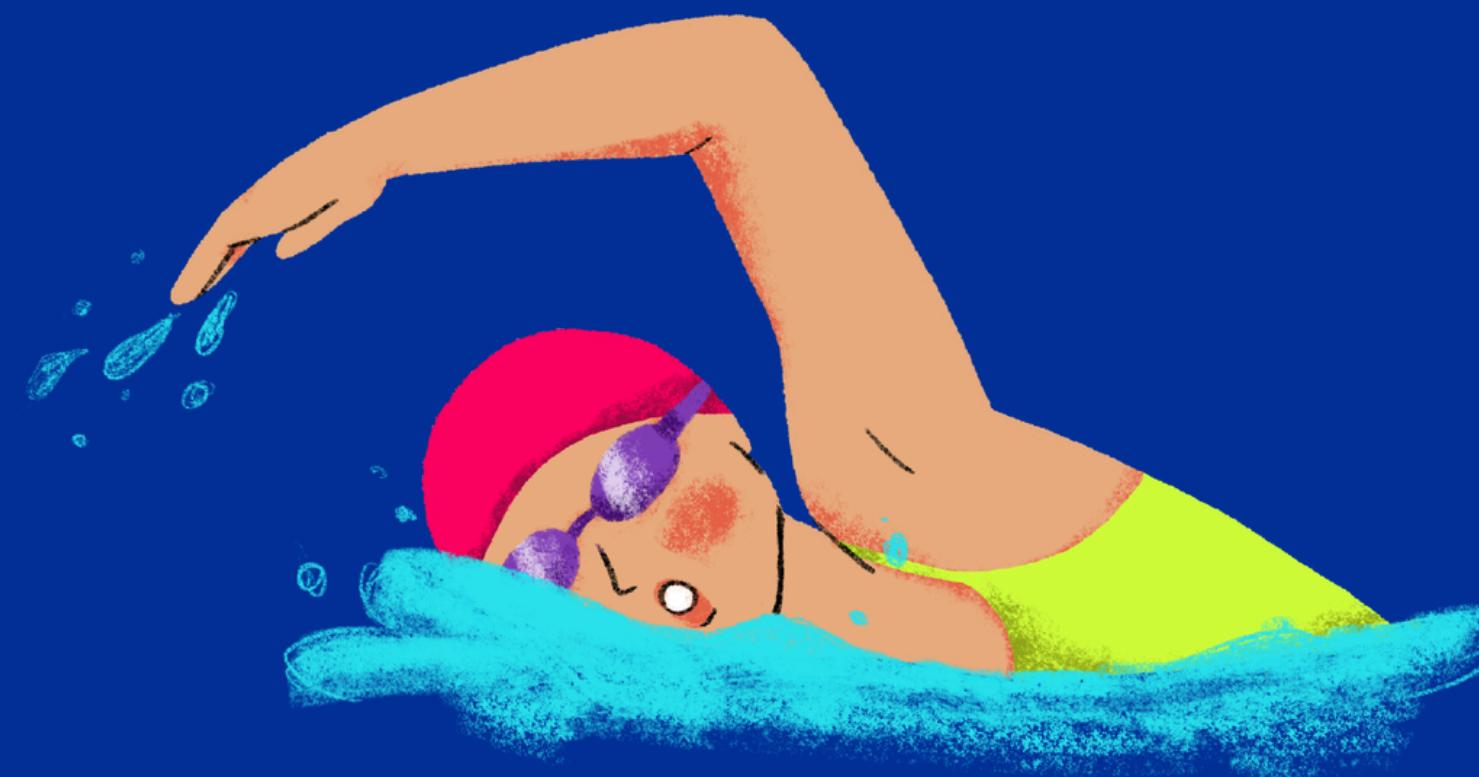
[HTTPS://WWW.WALTHAMFORESTPARENTFORUM.COM/SHOP](https://www.walthamforestparentforum.com/shop)



# INCLUSIVE SWIMMING

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.](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

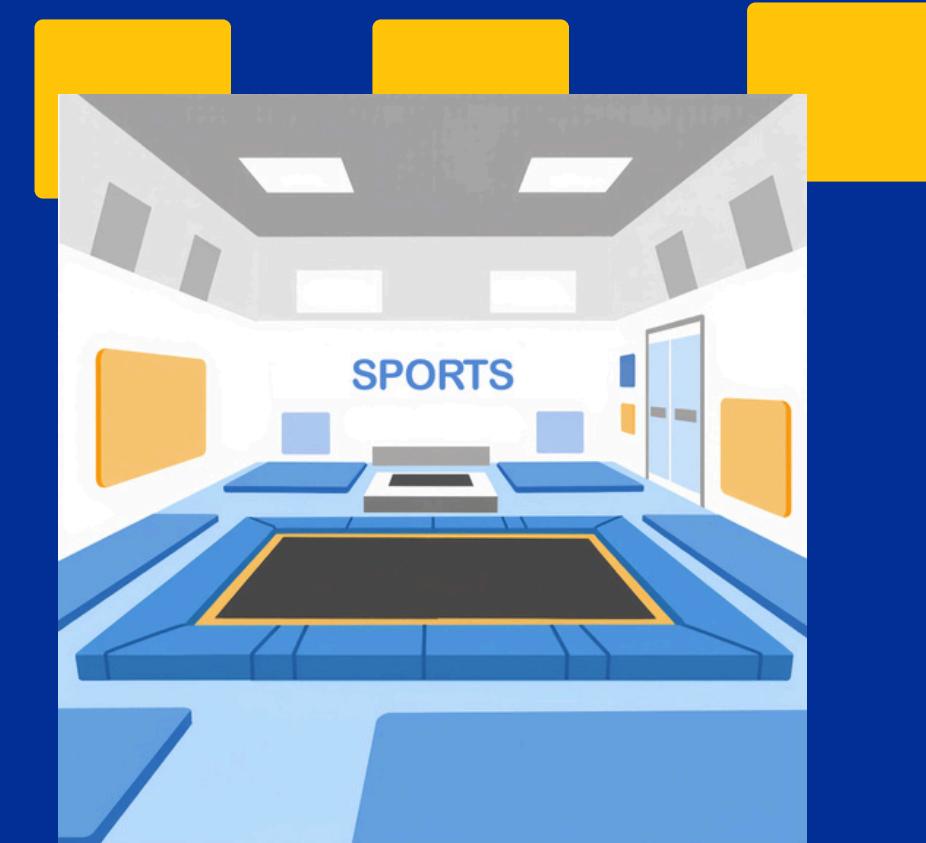
WE SET UP AT THE MARSH LANE ENTRANCE TO THE PARK, E10 7BL

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

[HTTPS://WWW.BIKEWORKS.ORG.UK/ALL-ABILITY/ALL-  
ABILITY/#1632126351424-6B857149-C14E](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](https://thetogetherspace.co.uk/events)

THE  
TOGETHER SPACE



# DASH DOT DANCE INCLUSIVE DANCE COMPANY



**DASH dot DANCE  
EXPLORERS**



**Discover dance in Explorers!**  
Our playful creative classes where families  
with disabled children dance together!

**5-11 year olds - Mondays 5pm - 5.45pm**  
Email: [hello@dashdotteddance.com](mailto:hello@dashdotteddance.com)

Photographs © Museum of London and  
The Together Space

WALTHAM FOREST  
FAMILY HUBS  
ACCESS, RELATIONSHIPS, CONNECTION

Waltham Forest



**DASH dot DANCE  
ELEVATE**



**Expand your creativity in Elevate!**  
Our accessible IRIS contemporary dance  
class for young disabled people.

**12-25 year olds - Mondays 6pm - 7pm**  
Email: [hello@dashdotteddance.com](mailto:hello@dashdotteddance.com)

Photographs © East London Dance  
and Waltham Forest

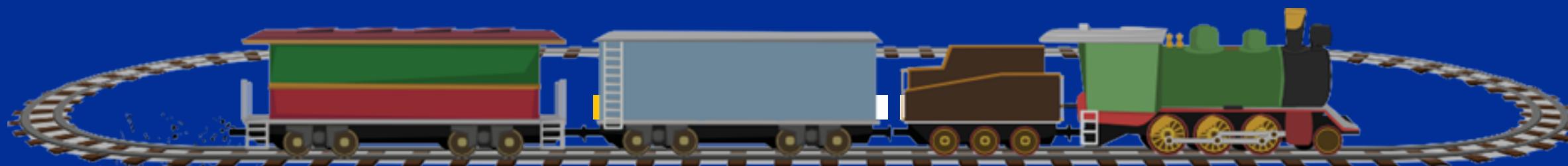
Stopgap DANCE COMPANY

WALTHAM FOREST  
FAMILY HUBS  
ACCESS, RELATIONSHIPS, CONNECTION

Waltham Forest

**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](mailto:THEENGINESHED@HOTMAIL.CO.UK)

# WALTHAM FOREST PARENT FORUM LEGO CLUB

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

**FREE!**





# WALTHAM FOREST PARENT FORUM

## YOUNG ENGINEERS

1ST SATURDAY OF THE MONTH

11AM-12.15PM

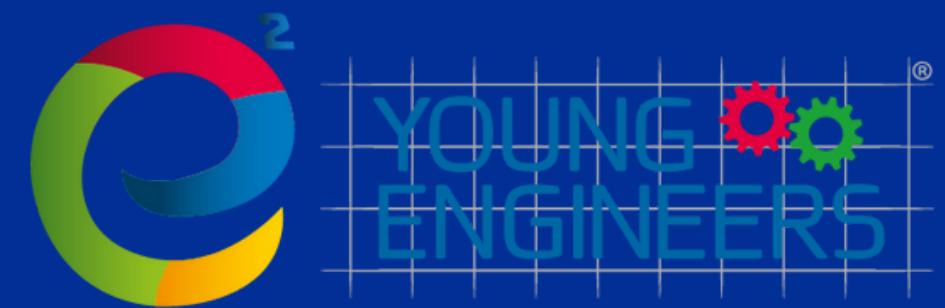
AGES 6-13

QUEENS ROAD FAMILY HUB,

215 QUEEN'S ROAD WALTHAMSTOW E17 8PJ

£4 PER CHILD (16 PLACES AVAILABLE)

[HTTPS://WWW.WALTHAMFORESTPARENTFORUM.COM/SHOP](https://www.walthamforestparentforum.com/shop)





# 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

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Free pan-disability hockey sessions

Tuesdays, 7-8.15pm  
ages 6+

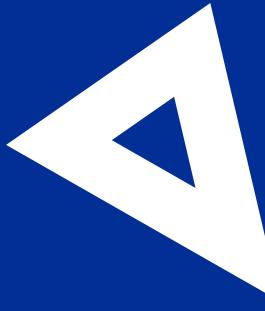
Location: Walthamstow Academy Billet Rd E17 5DP

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.





Grow Wild:  
3<sup>rd</sup> 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.

# Lloyd Park Centre

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



# 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

<https://blackhorseworkshop.co.uk/courses-and-events/?tags=Kids%20and%20Family#event-list>



# Sport For Confidence

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](mailto: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

# Ridgeway Rovers



Friday 7.15pm  
Peter May Centre  
Wadham Road



Disability is  
not a barrier

## FRAME RUNNING CLUB

Running together since 2017

When: **EVERY SUNDAY 9.45-11**

Where: **FEEL GOOD CENTRE  
WALTHAMSTOW**

To join, message Ellie on  
07812158519

 [www.fireflylondon.com](http://www.fireflylondon.com)

 [info@fireflylondon.com](mailto:info@fireflylondon.com)

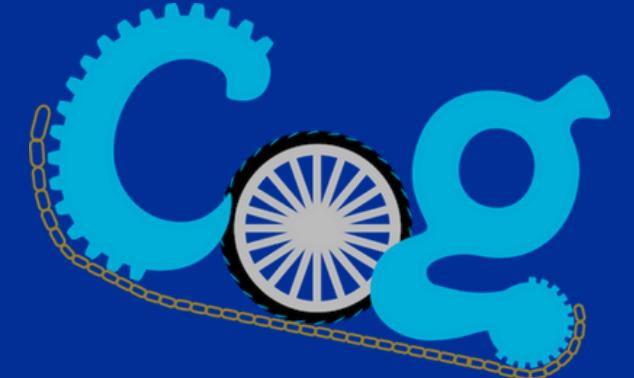


# Frame Running Club

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

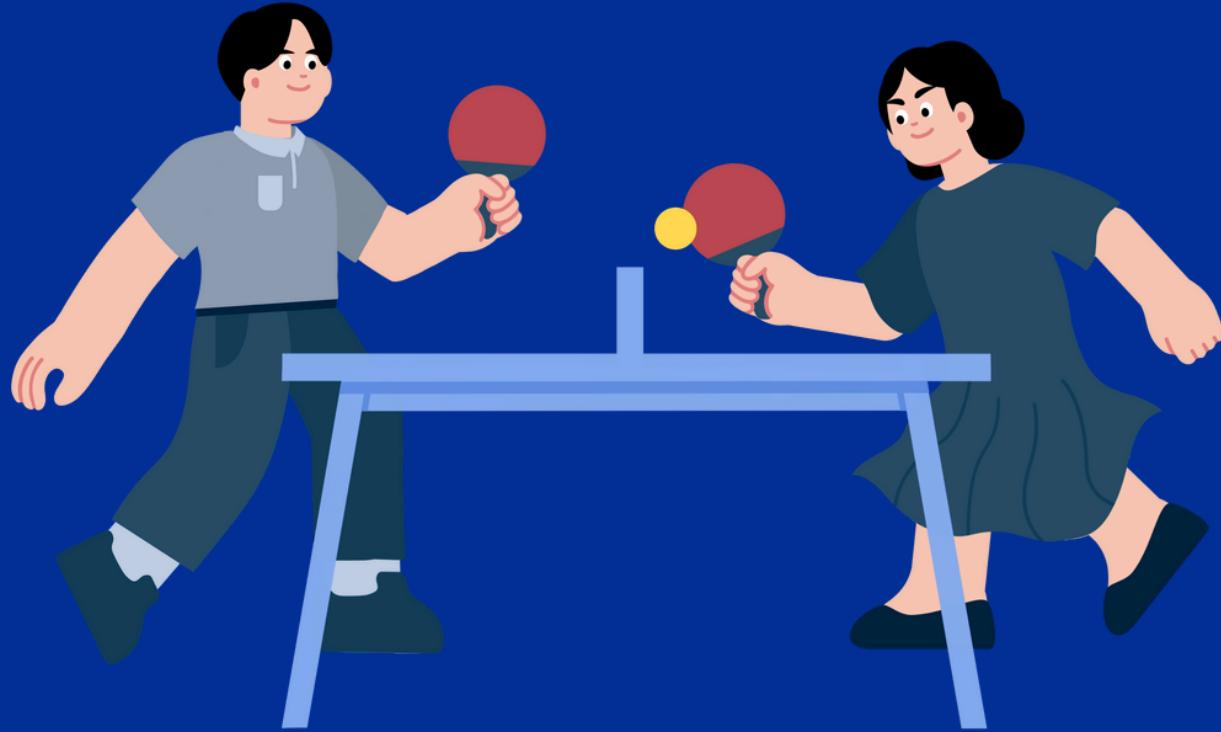
Email: [copingthroughfootball@nelft.nhs.uk](mailto:copingthroughfootball@nelft.nhs.uk)





# 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](http://www.walthamforest.gov.uk/stories/space4all-opens-local-hubs-young-people-waltham-forest)



# Games Cafe

For young people aged 16-30

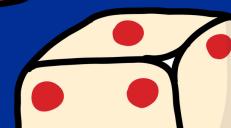
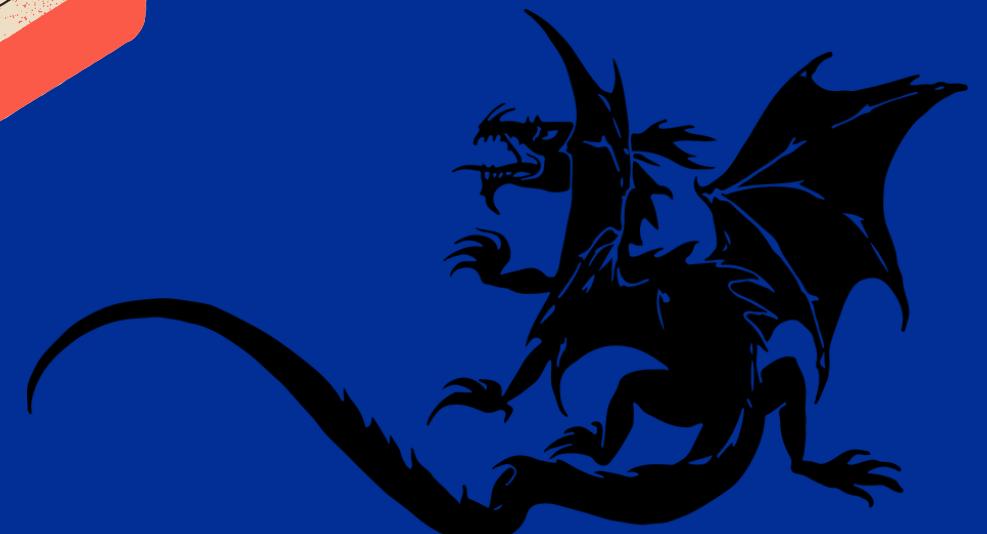
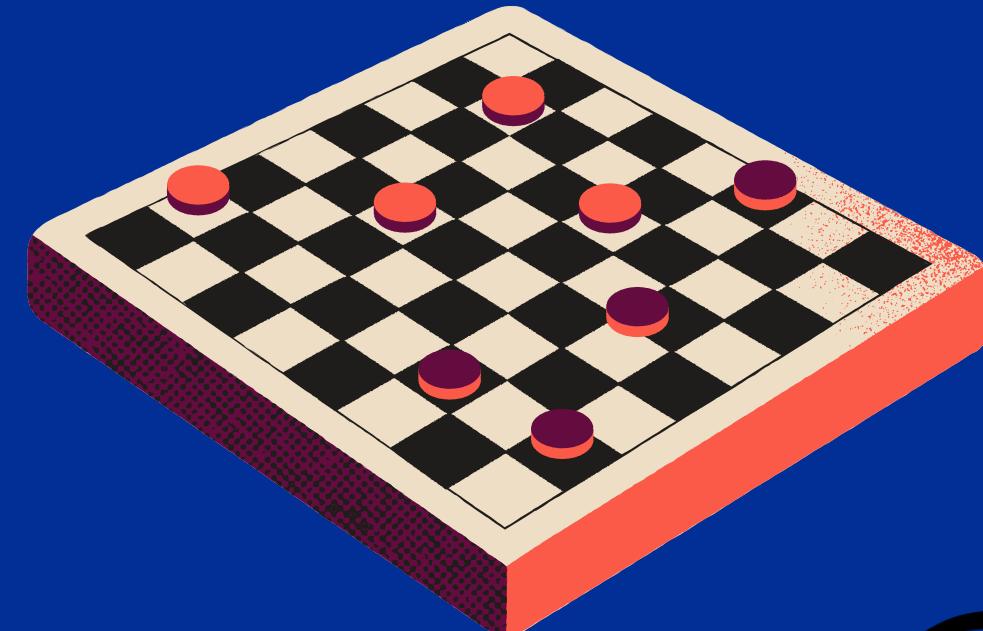
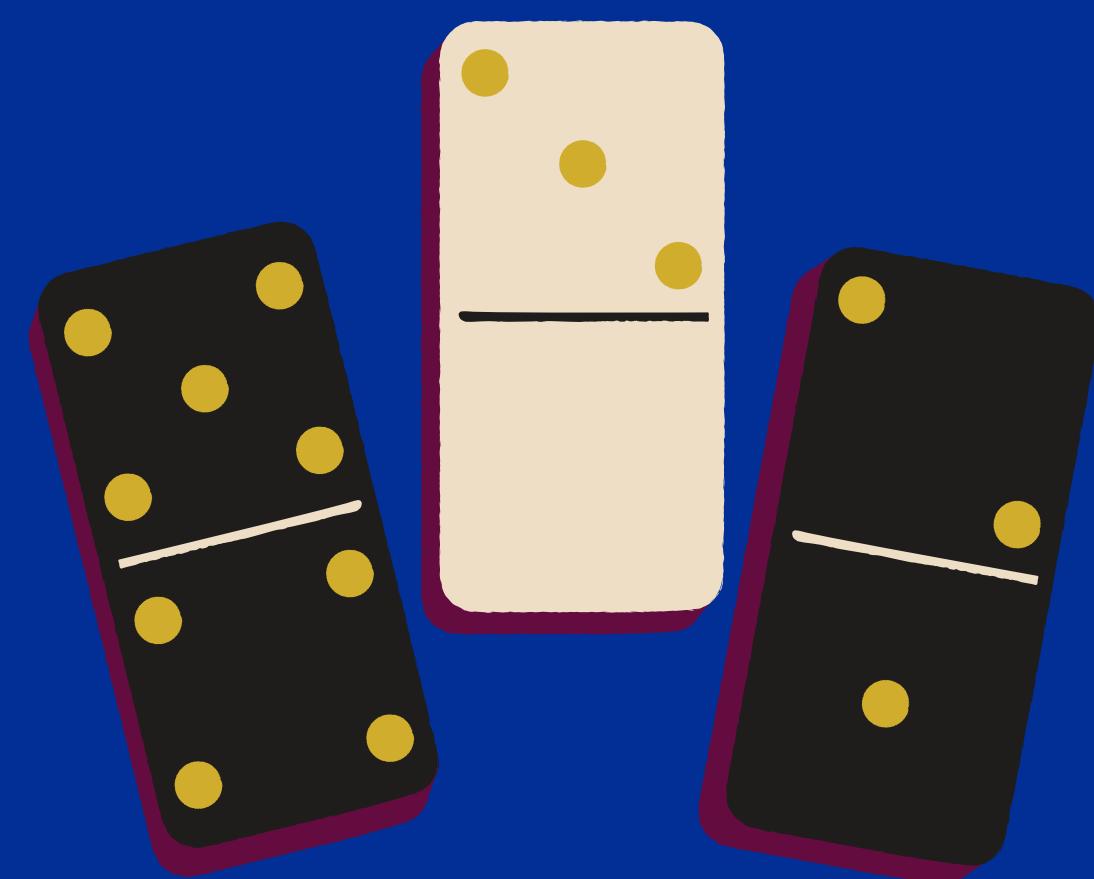
Classic & Modern Board Games,  
Strategy & Card Games, Tabletop Roleplaying,  
Creative Craft Table

1st & 3rd Tuesdays of the month,  
7-9pm

The Hornbeam Cafe,  
458 Hoe Street, Walthamstow E17 9AH

4th Tuesday of the month, 6.30-9.30pm

For young people aged 18-30  
Walthamstow Stadium Community Hub,  
63 Parade Gardens, E4 8DF



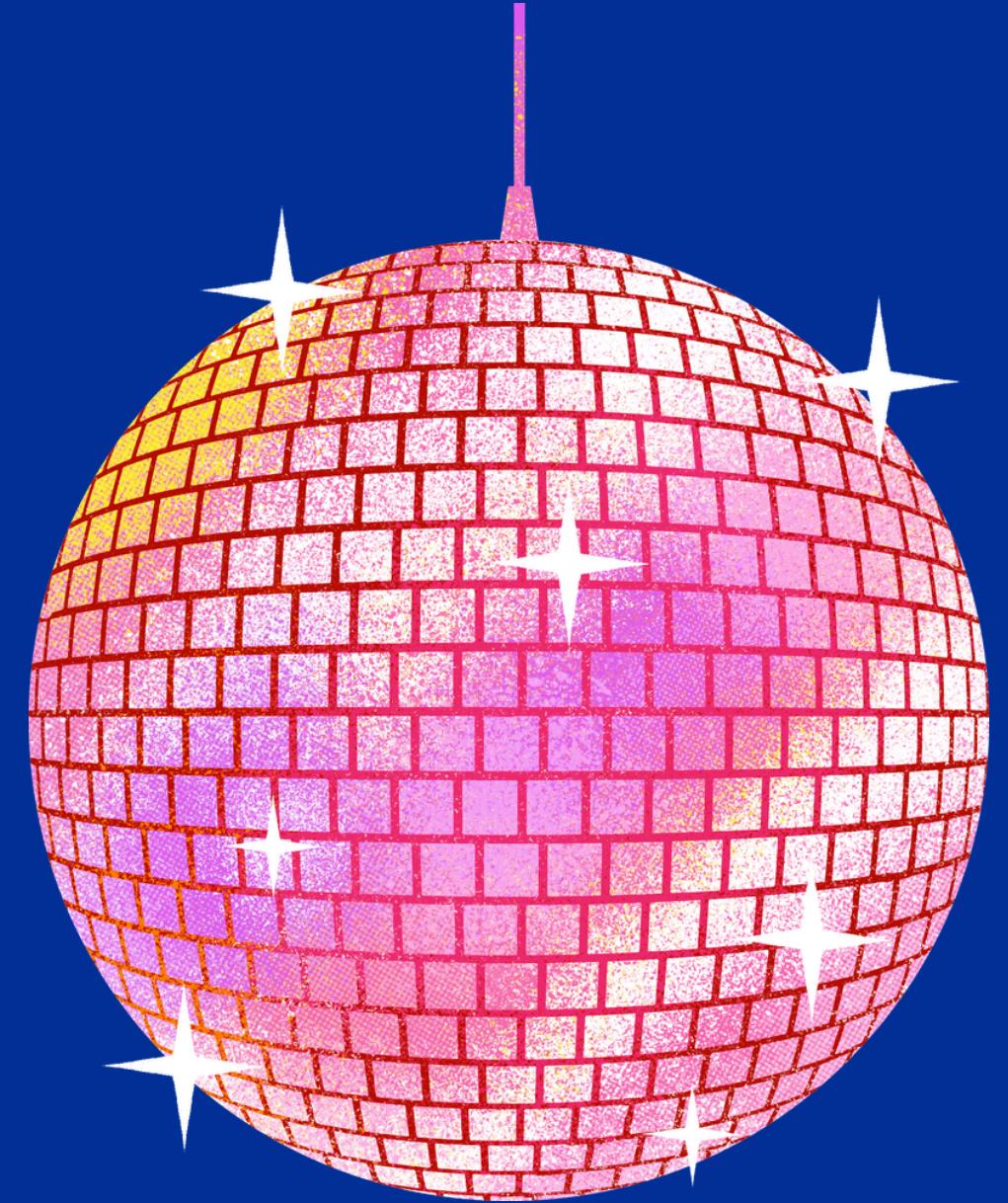
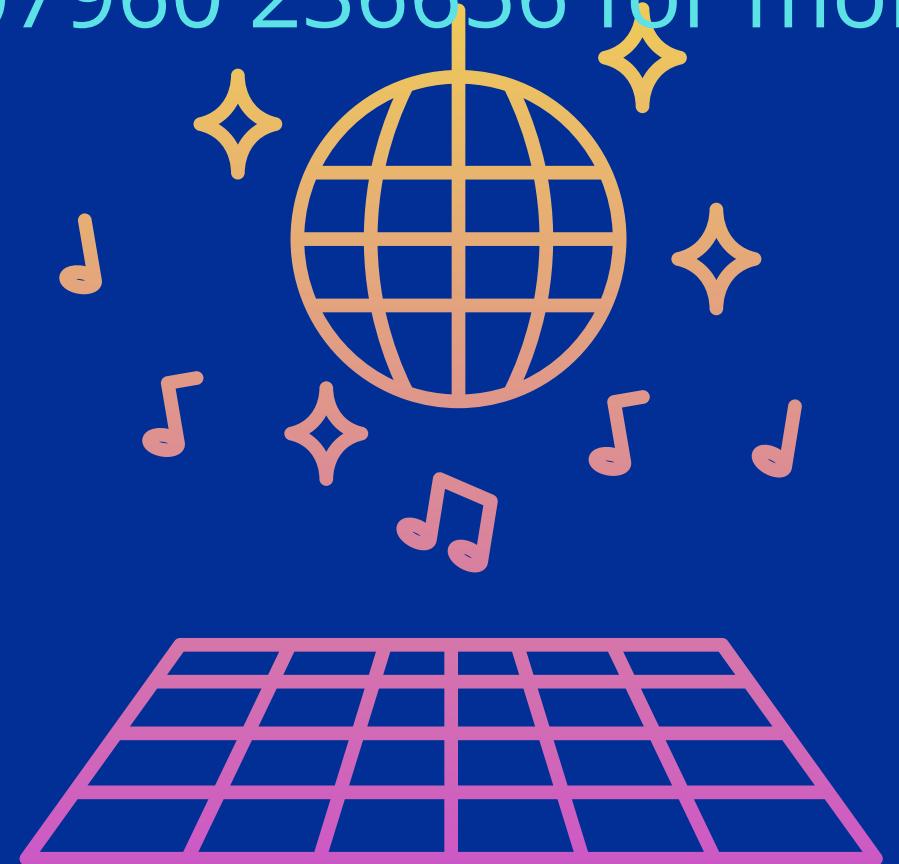
# Eazy Beatz Club

Afternoon disco for people with learning disabilities

12-2PM

Thursdays -monthly  
Leytonstone Social Club  
2 Harvey Road E11 3DB

Contact Gaynor: 07960 236656 for more details and dates



# Adult ADHD Singing Group

**WIILMA PRESENTS**

**Free singing class**

**For people with or without a diagnosis, friends, family or non-ADHD people who just want to be allies.**

**FREE**  
to Waltham Forest residents

**Leytonstone Library Theatre Hall,  
E11 1HG (near the tube station)**

**Thursdays, 5.30–7.00 PM**

**Starts 20th November through February 2026**



**GET VOCAL ABOUT ADHD**

**Join us to meet new people and enjoy singing in an inclusive and supportive environment.**

**Everyone is welcome, aged 18+, no singing experience needed.**

 Register for this event, scan the QR code or visit [www.wiilma.org/workshops](http://www.wiilma.org/workshops)

 @wiilmamusicarts

 Supported by Waltham Forest

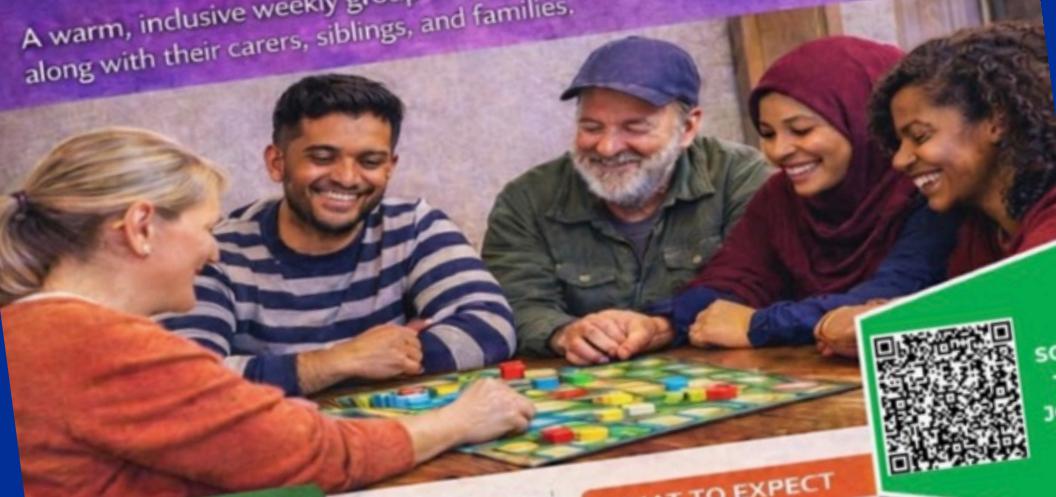
# Adult Social Clubs

**Surna's Empowerment and Social Hub CIC**  
Autism & Neurodiversity Support Lead

## Autism Support Group & Community Games Club

Hosted by Surna Khan

A warm, inclusive weekly group for adults aged 18+ with autism, along with their carers, siblings, and families.



**EVENT DETAILS**

**Where**  
7-11 Coppermill Lane  
Walthamstow, London E17 7HA

**When**  
Every Wednesday  
2:00pm - 4:00pm

**WHAT TO EXPECT**

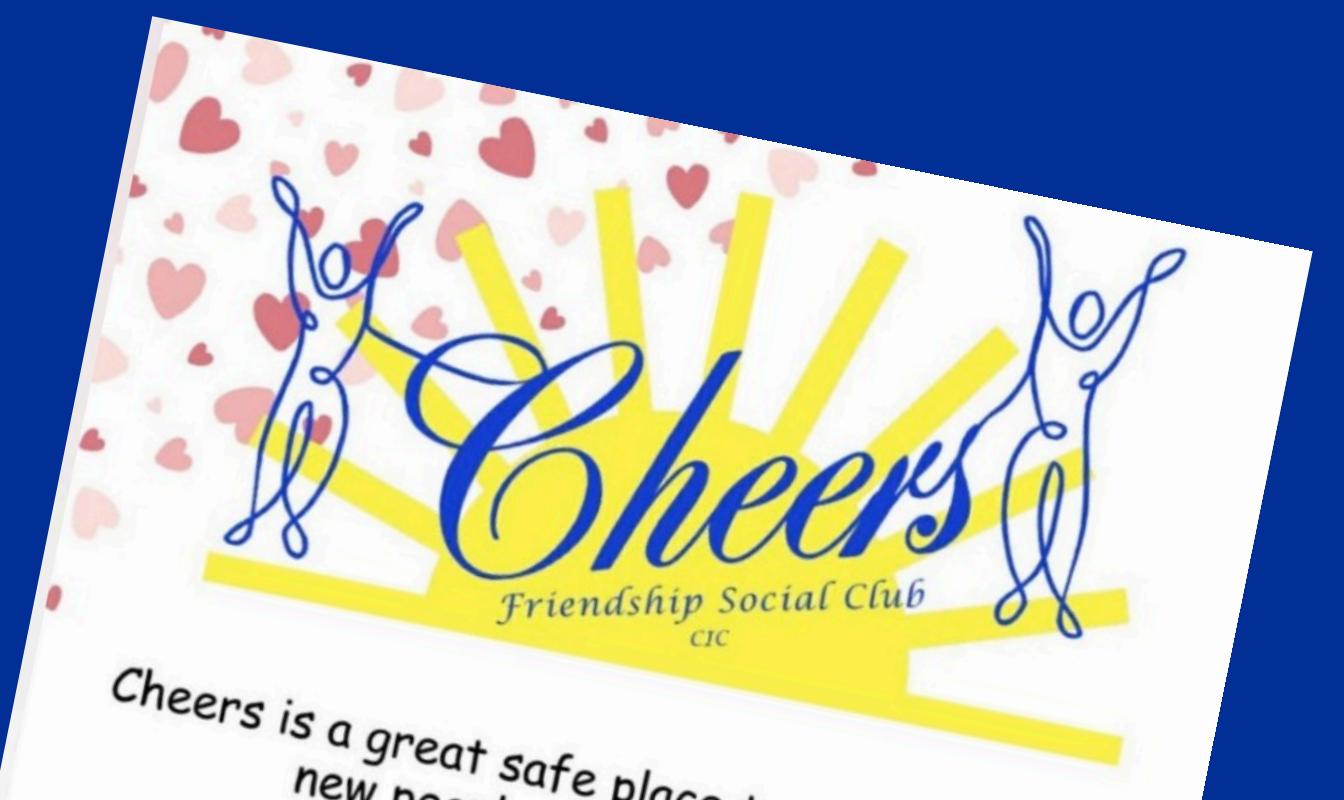
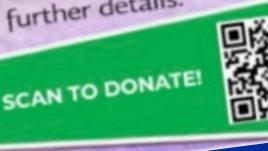
- Friendly social environment
- Board games and group activities
- Peer support and conversation
- Calm, welcoming atmosphere

**Empowerment through Connection and Care**

Voluntary financial contributions are appreciated and help us keep our sessions free and accessible, please contact us by email for further details:

**Email:** [surnakhan1@gmail.com](mailto:surnakhan1@gmail.com)

Donations can also be made via our GoFundMe page. **SCAN TO DONATE!**



## Cheers

Friendship Social Club CIC

Cheers is a great safe place to come and meet new people and have fun. 18+

Friday 13th February - 7.30pm to 10.30pm

£10 entry  
The Royal British Legion  
67 Hall Ln, London E4 8HW  
Parking available

For any further information please contact the email below:

[cheerscic24@gmail.com](mailto:cheerscic24@gmail.com)



# 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](http://www.walthamforestparentforum.com/support)

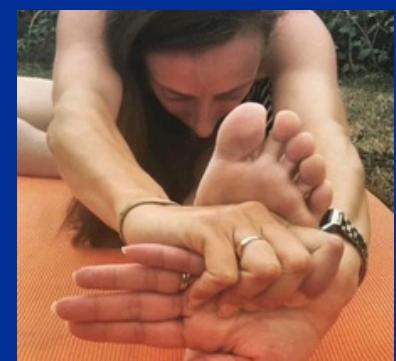


## Waltham Forest Parent Forum Coffee and Chat

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](http://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  
1<sup>st</sup> 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](http://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](http://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=](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/](http://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](mailto: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](http://www.phab.org.uk)



# Barkingside Art Club

## SEND CREATIVE SESSION 5-16

Fullwell Cross Library

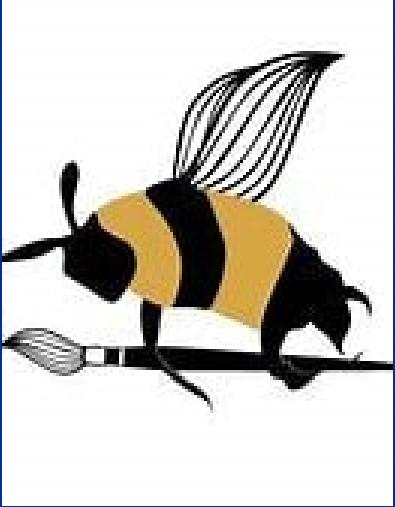
A mixed group for boys and girls aged 5-16. Weekly themes from superheroes to space, each one designed to spark imagination. Sensory-integrated art projects: painting, printmaking, drawing.

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 Café Woodford

Last Sunday of the month  
1-3PM

# Useful Information

maxcard

## 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](http://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](http://www.walthamforestparentforum.com/shop)



## CEA Card

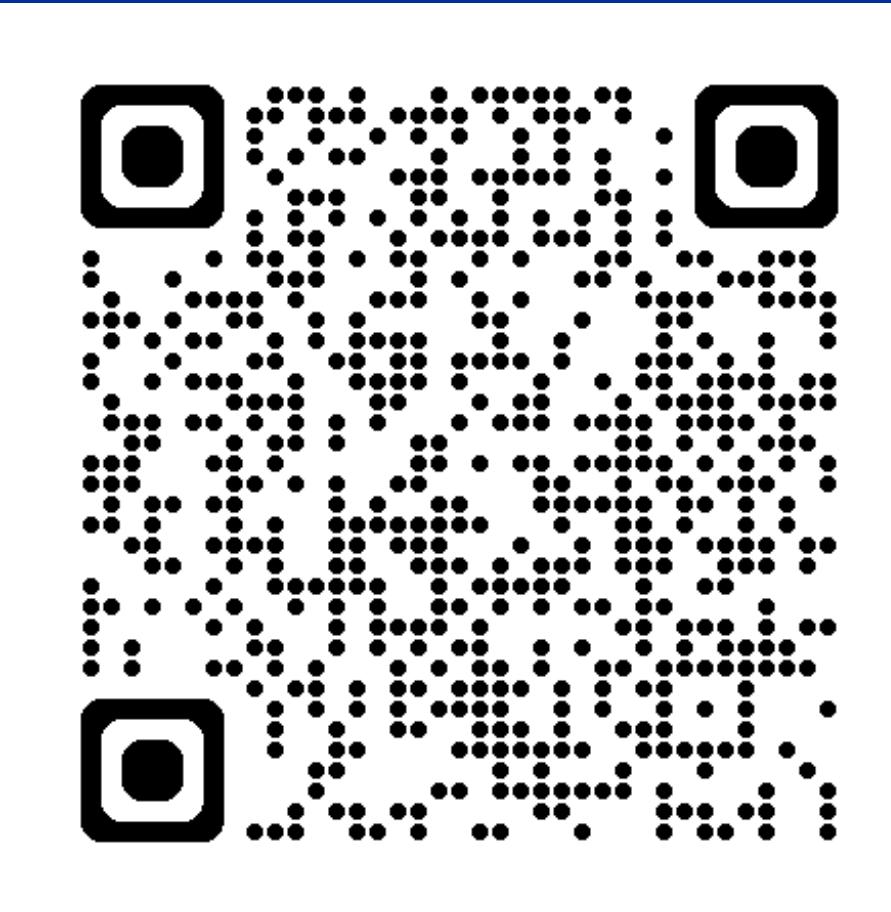
The CEA card gives a disabled cinema guest a free ticket for someone to attend with them when they visit a participating cinema. It is available for children aged 5 years and above in receipt of certain benefits

Costs- £6.50

To apply and for more details: [www.ceacard.co.uk](http://www.ceacard.co.uk)

Waltham Forest Parent Forum  
*supporting families of SEND children and  
young people aged 0-25*

**FREE to join**



# Waltham Forest Parent Forum

If you are a parent or carer of a child or young person with special educational needs and/or disabilities (SEND) aged 0-25, live in Waltham Forest, and want better services for them and support for you and your family...

**THEN JOIN US NOW!**

Find us: [walthamforestparentforum.com](http://walthamforestparentforum.com)  
Email us: [walthamforestparentforum@live.co.uk](mailto:walthamforestparentforum@live.co.uk)  
Call us: 07794 298496 or 07528 433640

Waltham Forest Parent Forum | Join Us Today | Join