



**Waltham Forest  
Parent Forum**



# Waltham Forest Parent Forum Activities Guide



## SEND Football funded by The National Lottery

**Saturdays 2-3PM**

**Location:** Wadham Lodge Sports Ground Kitchener Road Walthamstow, E17 4JP  
with DS Sports Coaching

**Cost:** £3 per child

**Age:** 5-11 & 12-25-Age groups will be divided accordingly once there  
Siblings welcome

Parking available

Space for 30 children - parents must stay

Booking via the website link

<https://www.walthamforestparentforum.com/shop>



## Neurodiversity Social Club

**Wednesdays 7.15PM- 8.45PM**

**Young People aged 10-17**

Parents must attend.

Siblings welcome

The Mill, 7-11 Coppermill Lane E17 7HA



## All Ability Cycling

Alternate Saturdays from 10am-12pm.

**Location 1:** Leyton Jubilee Park- we set up at the Marsh Lane entrance to the park, E10 7BL.

**Location 2:** Higham Hill Park- we set up at the Hetcham Close entrance to the park, E17 5PX

[www.bikeworks.org.uk/all-ability-clubs/#1632126351424-6b857149-c14e](http://www.bikeworks.org.uk/all-ability-clubs/#1632126351424-6b857149-c14e)



## The Engine Shed

Does Your child love trains?

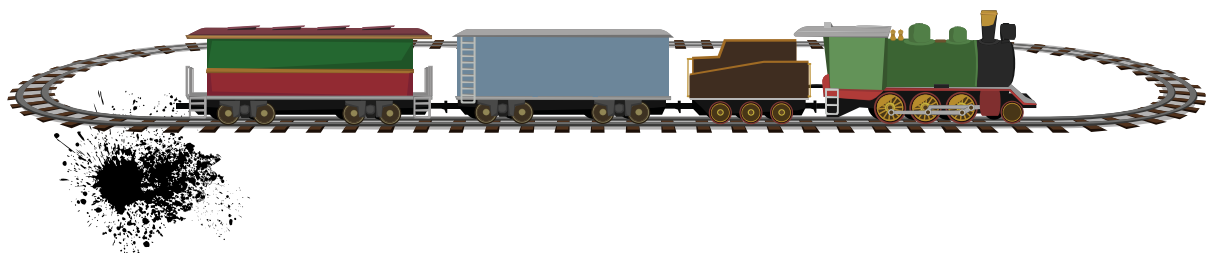
**Monthly on 2nd Sunday of the month**

**11AM-2PM**

**Location:** 10th Chingford Scouts Hall, Hawkswood Crescent, E4 7RS

**Contact:** 07583 405958 or

[theengineshed@hotmail.co.uk](mailto:theengineshed@hotmail.co.uk)



## SEND BMX with Cog Cycling

For ages 6-17 Years

Please note these sessions are for young people with SEND only.

### 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.

### When is it?

**Saturdays 12-1pm**, meet at Cheney Row BMX Track  
Contact: [info@cogcycling.co.uk](mailto:info@cogcycling.co.uk)



## Waltham Forest Parent Forum Lego Club

Monthly on Saturdays 10.30AM-12.30PM

Venue: Leyton Family Hub, 215 Queen's Road Walthamstow E17 8PJ

## SEND Dance with Dash dot Dance

Fortnightly on Mondays

**Junior Dancers 5.15PM (8-12 years) £1.50**

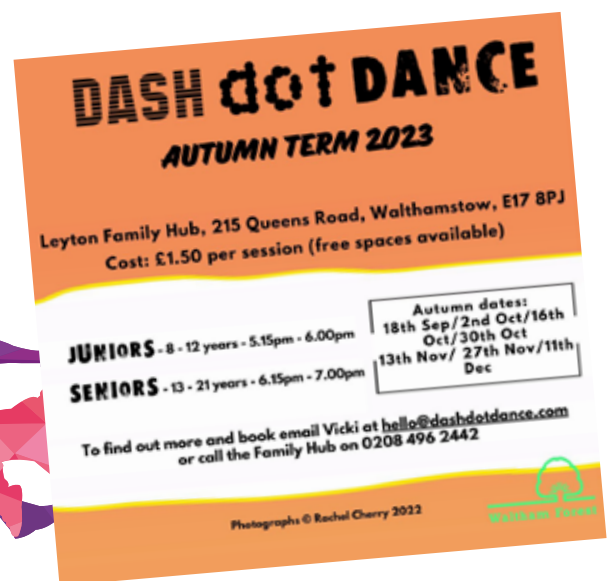
(free spaces available)

**Senior Dancers 6.15PM (13-21) £1.50**

(free spaces available)

**Booking:** 020 8496 2442

**Email Vicki:** [hello@dashdotdance.com](mailto:hello@dashdotdance.com)



## The Together Space

The Together Space is a social enterprise. Our mission is to tackle social segregation for children, families and young people with a learning disability. We are an inclusive café and studio space for families with and without learning disabilities. Through our work we also create employment opportunities for young adults with a learning disability. We offer classes, play area, sensory space, great coffee and delicious food – for everyone to enjoy.

### Monthly on Sundays

See website for timings: [www.thetogetherspace.co.uk](http://www.thetogetherspace.co.uk)



## SEND Swimming

**Mondays 4.30PM-6.30PM**

**Leyton Leisure Centre**

The pools that will be available are the Main pool and Aqua Play area.

All participants will need a membership (See Below) to be able to book the session.

This makes the session free.

Disability Pay and Play ADULT (18+) £10:30 a year and can swim for free

Disability Junior Pay and Play £3:10 a year and swim for free

On one booking – it will be assumed that 1 x Carer will also participate in the swim to actively supervise.

[www.better.org.uk/leisure-centre/london/waltham-forest/leyton-leisure-centre](http://www.better.org.uk/leisure-centre/london/waltham-forest/leyton-leisure-centre)

## SEND Trampolining

Feel Good Centre Trampoline Park

Saturdays 8.30AM-9.30AM.

Tuesdays 4.30PM-5.30PM

[www.bookings.better.org.uk/location/waltham-forest-feel-good-centre/trampoline-park/2022-11-15/by-time](http://www.bookings.better.org.uk/location/waltham-forest-feel-good-centre/trampoline-park/2022-11-15/by-time)



## Snooker, badminton and table tennis for Health and Friendship

1st Friday of month 4-6PM

YMCA sports hall.

**Age Range:** Year 6 upwards

You need to fill in some health + safety procedural & registration forms before joining. Required by LBWF, Spurs & our insurer.

So, please let Tess know any needs in advance before coming.

Must book, initially. Carers stay throughout session.

Contact Tess for more details and to book: [hungmac@aol.com](mailto:hungmac@aol.com)

## Forest Flyerz Hockey

Free pan-disability hockey sessions

Tuesdays, 7-8.15pm, ages 6 to 99

**Location:** Walthamstow Academy Billet Rd E17 5DP

[www.walthamforesthc.co.uk/forest-flyerz/](http://www.walthamforesthc.co.uk/forest-flyerz/)





## Communication and Play Session, Drop-in session for families of deaf children (Under 5s)

Wednesdays 10-11.30AM

Lloyd Park Centre

If a BSL interpreter is needed contact:

[Enquiries@se.flourishlearningtrust.org.uk](mailto:Enquiries@se.flourishlearningtrust.org.uk)

## Multi Sports at Pastures Centre

The Pastures Centre

15 Davies Lane E11 3DR

Sunday Mornings 9.15-10.15

Ages 4-14



## Somewhere to Belong Grow Wild

For SEND children and their siblings up to age 9

2nd Saturday of the month  
£4 per child.

Contact: [lpc@lpcc.org.uk](mailto:lpc@lpcc.org.uk)



## SEND Group Swimming Lessons

### Chingford Leisure Centre

- Friday 18:15-18:45 Foundation - SEND- Age over 4 Years (Parent out the water)
- Friday 18:45-19:15 Foundation - SEND- Age over 4 Years (Parent out the water)

### Waltham Forest Feel Good Centre

- Wednesday 18:45-19:15 Foundation - SEND- Age over 4 Years (Parent in the water)
- Saturday 17:00-17:30 Foundation - SEND- Age over 4 Years (Parent out the water)

[www.better.org.uk/what-we-offer/lessons-and-courses/swimming?fbclid=IwAR3-Yw1NojY6PLAZN3F7h-hY26K0VZD-hS-SqpKGzYxilsWa-N0wC4ZdbEus](http://www.better.org.uk/what-we-offer/lessons-and-courses/swimming?fbclid=IwAR3-Yw1NojY6PLAZN3F7h-hY26K0VZD-hS-SqpKGzYxilsWa-N0wC4ZdbEus)



## Waltham Forest Wolves Athletics Club

Walthamstow Pool and Track, Feel Good Centre,  
170 Chingford Road, E17 5AA

**When:** Sundays 10am – 11:30am

**Call:** 07718 394757

**Email:** [smedlen@englandathletics.org](mailto:smedlen@englandathletics.org)

**www.motivateeast.co.uk**

## Race Running

This is a new sport for children, young people and adults that cannot run independently, and rely on support aids for mobility and balance. The Race Runner is a three-wheeled frame which supports the athlete's body. Feet propel the frame, while hands steer.

**Sundays from 9.45-11.00am.**

**Feel Good Centre in Walthamstow.**





## Sport for confidence

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

**Age:** 18 and over

### Multi Sports and Boccia

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.

**Cost:** £2.50 per session. Pay at the desk on arrival.

**Email:** [info@sportforconfidence.com](mailto:info@sportforconfidence.com)



## Club @82

An authentic club night experience for adults over 18 with disabilities and/or learning disabilities

Monthly on Fridays 7PM-10.30PM

**Venue:** The Royal British Legion Club, 67 Hall Lane, London, E4

**Contact:** [info@butterflybloom.org.uk](mailto:info@butterflybloom.org.uk) or **07706 618859**

## Whale Song Music Therapy

Psychological therapy using music improvisation, songs, and activities to achieve social, emotional, and physical outcomes. No training necessary.

**Email:** [whalesongcic@gmail.com](mailto:whalesongcic@gmail.com) or ring Elen on **07557538956** or Ffion on **07495996327**.

Check the Whale Song Music Therapy website for info: [www.whalesongcic.com](http://www.whalesongcic.com)



## Rainbow Grow Wild

For LGBTQ+ parents & carers and their children up to age 9

£2 per child

Grow Wild, Lloyd Park

contact: [lpc@lpcc.org.uk](mailto:lpc@lpcc.org.uk)



## Forever Families Grow Wild

for children with adopted families up to age 9

2nd Saturday of Month 1PM-2PM

£4 per child

Grow Wild, Lloyd Park

contact: [lpc@lpcc.org.uk](mailto:lpc@lpcc.org.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)



## Waltham Forest Parent Forum Walk & Talk

Different venues each month

Now taking place monthly on 2nd Wednesday  
and 4th Friday of month

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

99 Leyton Green Road E10 6DB

Coffee & Chat- 1st Monday of the month

For more information and dates:

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

## Waltham Forest Parent Forum

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

Salvation Army

Forest Road E17

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)



## Foresters: North East London Deaf Children's Society (NELDCS)

Have events run by the Foresters deaf children's society and are for families of deaf children in North East London

(2) Foresters: North East London Deaf Children's Society (NELDCS) | Facebook



# 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.

**Email:** [education@discover.org.uk](mailto:education@discover.org.uk) to sign up and get weekly emails with Mighty Mega digital activities to try at home.

**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/)**



## Owls soft play, Fairlop Waters

The Owls play centre is local indoor play and party venue packed to the rafters with fun and adventurous activity for children to up to **age 12**. Sessions for children with SEND and their families are run on the first Saturday of each month (except August) from **8.30am to 10am**.

**[www.visionrcl.org.uk/centre/owls-play-centre/](http://www.visionrcl.org.uk/centre/owls-play-centre/)**

## Dance 21 - Down's Syndrome

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.

**Downs Syndrome.org** support groups  
Dance 21 Essex



## SEND Girls Creative Social Club

**Every Friday, from 5-7pm**, Barkingside hosts a workshop specifically for girls with SEND conditions, including Autism, and other learning and physical difficulties.

Barkingside Art Club: SEND girls creative social club



## GameStaars

GameStaars is a weekly games club for autistic teenagers run by STAAR volunteers. Come and meet new friends and play games. We've got all the latest consoles and the best video and board games too. We also provide food and drink during Gamestaars.

GameStaars is open **Thursdays** and there are two sessions: **YoungStaars runs from 4.15 to 6.15** and is especially suitable for those aged 11-17 (inclusive).

**GameStaars runs from 5.45 to 7.45** and is aimed at young people aged 18+.

**From 5.30 to 6.15 there is crossover time allowing older and younger members to meet up.**

**[www.staar-redbridge.org.uk/gamestaars-club/](http://www.staar-redbridge.org.uk/gamestaars-club/)**



— STAAR

## 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)**





## Epping Forest Sportability Club

Epping Forest Sportability Club (EFSC) is a multi-sports club for young people with mild to moderate physical and learning difficulties

**Oak View School, Whitehills Road, Loughton,  
United Kingdom**

**Saturdays 10AM-1PM**

Participants should preferably live or attend school within the Epping Forest district but we do accept new members from the surrounding districts and boroughs. They should ideally be **aged between 6-19**.



uniting  
friends

## Uniting Friends

Uniting Friends is a social inclusion project for adults with a learning disability based in NE London

[www.unitingfriends.org.uk](http://www.unitingfriends.org.uk)

020 8551 8800

[admin@unitingfriends.org.uk](mailto:admin@unitingfriends.org.uk)

# 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](http://www.shop.disabilityrightsuk.org/products/radar-key)



maxcard

## 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)

## 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.**



## Where to get a lanyard:

You can get a sunflower lanyard for free as a member of Waltham Forest Parent Forum.

Some supermarkets offer them for free. Ask at the Customer Services Desk

You can buy them online at the Hidden Disabilities store:

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

## 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- £6.00**

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







# Waltham Forest Parent Forum

## JOIN YOUR LOCAL PARENT FORUM

Are you a parent or carer with a child or young person aged 0-25 with special educational needs and/or disability?

### **YOUR VIEWS AND EXPERIENCES MATTER**

Waltham Forest Parent Forum is a parent carer led organisation working to ensure that every parent carer in Waltham Forest gets their voice heard.

### **THE RECOGNISED FORUM FOR WALTHAM FOREST**

We are the recognised forum for Waltham Forest and are completely independent of Waltham Forest Council and local health services.

### **WHAT DO PARENT CARER FORUMS DO?**

We gather the views of local families and work in partnership with the local authority, education settings, health providers and other services to highlight where changes or improvements are needed.

### **GET INVOLVED - YOUR VOICE IS KEY TO OUR SUCCESS!**

- \*Tell us your experiences
- \*Fill in our surveys
- \*Join our meetings
- \*Spread the word
- \*Join as a member



Visit our website: [www.walthamforestparentforum.com](http://www.walthamforestparentforum.com)

Or email [walthamforestparentforum@live.co.uk](mailto:walthamforestparentforum@live.co.uk) for more information



## **Waltham Forest Parent Forum**

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