

# E11

---

## SUMMER ACTIVITIES & EVENTS FOR FAMILIES

---

THE  
WEEK 3 FOCUS





# THERE'S A GOOD SPORT

Hey there and welcome to Edition 3!

I have a confession to make...I haven't watched a single Olympic event (long story involving camping and the world's smallest boot). I did, however, get that warm fuzzy feeling seeing the ecstatic faces of local ladies Dina Asher-Smith and Asha Philip and their team mates following them winning a bronze medal in the women's 4 x 100 relay final.

Seeing that photo also brought up a thought I often have...I wonder how many adults are wandering around not knowing they could have excelled at something had they picked it up as a kid? Maybe the opportunity never surfaced for them to try out the shot put but could have been a world record holder. Or maybe they've never picked up a flute and could have found great joy in playing and performing for others.

It seems as though getting out and about and exposing our kids to things that may take their fancy is a good way to help them learn more about their likes and dislikes. In this Edition, I've included a few activities that might just help inspire those little ones of ours and have paid particular focus on sports and the arts so I hope you and your family find it useful. The 2020 Olympics might have come to an end but, as you'll see, there are lots of sporting celebrations and activities to be had.

As always, please check with the organisers/venues before heading over. I'd love to hear from you so if you have any feedback, suggestions, events to add or just want to hear more about Little Sing Song feel free to get in touch on [danie@littlesingsong.com](mailto:danie@littlesingsong.com)

Have fun and stay safe x

# WEEK 3

9 - 15 AUGUST

**Under 5s Play sessions**, Monday - Friday, 10-11.30am  
Leytonstone Toy Library & Play Centre, Langthorne Park  
£5 parent/carer and child (£1 low income) [Book here](#)

**"Summer of Disney" Free Film Screenings**, The Rookwood Village, Cann Hall Road  
This Week, 3-6pm:  
9 August - Mulan  
10 August - Ice Age - Dawn of the Dinosaurs  
11 August - Ice Age - Collision Course (2016)

Kids Eat For £1 with an adult main course. 12-6 pm, Monday to Friday. Max 1 Child per 1 Adult, [Book here](#)

## 9 Monday

10.00 -11.30am, Face to Face, Play Session (under 5s), The Junction, 2-4 Cann Hall Road, Free, [Register](#)

10.30am, Stories & Music (Under 5s), Queens Road Community Centre, Leyton, Free, [Register](#)

2-4pm, Start Your Own Business (Age 11+), LABtwnty4 Pop Up Design Studio, Langthorne Park, Free, For more info and to register email [Hello@labtwnty4.com](mailto:Hello@labtwnty4.com)

## 10 Tuesday

10-11.30, Face:Face, You and Your New Baby, For adults of pre-crawlers living in Leytonstone to share parenting experiences and meet others, The Junction, 2-4 Cann Hall Road, Free, [Register](#)

10am-12pm, Pop up play (under 7s), Fellowship Square, no need to book, just pop along

12-1pm, Ride and Groom, Aldersbrook Riding School, [More info](#)

12.30-1pm, Drama Workshops for Children, Exchange Ilford, Free, [Register](#)

1pm, Storytelling with Sav Akyuz, Discover Children's Story Centre, [Book](#) (last few)

Kids Clay club (5+), Creative Biscuit Ceramics Cafe, South Woodford, [More info](#), Reserve via [email@creativebiscuit.co.uk](mailto:email@creativebiscuit.co.uk)

3-4pm, Pony Rides, Aldersbrook Riding School £4 for one lap, £10 for 3 laps, [More info](#)

## 11 Wednesday

10am-2pm, Roding Family Forest Fun (Age 3-7), Roding Valley Meadows Nature Reserve, Chigwell, £7, [Book](#)

10am-11am and 2-3pm, Pond Dipping, Exploring what insects and plant life are in the lakes, Victoria Park, Bonner Gate, Free, To book email [victoriapark@towerhamlets.gov.uk](mailto:victoriapark@towerhamlets.gov.uk).





# WEEK 3

## 12 Thursday

9.30 and 10.25, Musical Miniatures, Leytonstone Methodist Church, Lister Road, Pre-book to avoid disappointment [here](#)

10-4pm, Captain Calamity, Exchange Ilford, [More info](#)

12-1pm, Summer 2021 Family Yoga (Early Years), Plashet Park, Free, [Register](#)

12-2pm, Fellowship Square Mindfulness Events: Exploring Cross Stitch, Fellowship Square (5+)

1-3pm Summer 2021 Family Games, Plashet Park, Free, [Register](#)

## 13 Friday

9.30, 10.25 and 11.20, Musical Miniatures, Leytonstone Methodist Church, Lister Road, Pre-book to avoid disappointment [here](#)

10am-11am, 11.30am - 12.30pm and 1.30pm-2.30pm, Beehive Exploration, Victoria Park, Bonner Gate, Free, to book email [victoriapark@towerhamlets.gov.uk](mailto:victoriapark@towerhamlets.gov.uk).

10-4pm, Captain Calamity, Exchange Ilford, [More info](#)

12-2pm, Bring your baby Pub quizzes, The Birds, £5, [Book](#) (Booking Essential)

## 14 Saturday

I Am Team GB Festival of Sport, Lap of Honour, [Register](#)

10am- 6pm, E20 summer fete, Victory Park, E20, [Book](#)

10am-11am, Up your game (5-11years), Multi Sports Programme, Every Saturday until 25 September, The Wood Street MUGA, E17 3HX, For more info contact Ashley on 07513 255695 or [ashplatinum@outlook.com](mailto:ashplatinum@outlook.com)

10, Dads & Kids sports activities (5+), Newham Leisure Centre, Free, [Register](#)

11-11.30, Waltham Forest Libraries Arts & Crafts, Wood Street Library, Free, [Register](#)

12-5pm, Fellowship Feast, Community Picnic, bring a blanket, enjoy some food and entertainment including face painting, crafting and dance

4pm - 6pm, Film Club (Children), Leytonstone Library, Free, [Register](#)

## 15 Sunday

10-11.30am and 12pm-1.30pm, Family Growing and Sewing (autumn veg), Free, to book email [victoriapark@towerhamlets.gov.uk](mailto:victoriapark@towerhamlets.gov.uk).

10am-12pm, Bee Walk, Free, For more information and to book please go to [victoriaparklondon.eventbrite.com](http://victoriaparklondon.eventbrite.com)

1.30-4pm, Family Bike Ride, Leyton Jubilee Park, Free, [Register](#)





# B E Y O N D



## Summer Special

Siblings welcome!

Monday 23 August

9.45 Sea Scouts Hut

11.15 Rookwood Village

Music and more...

Reserve via 07752042311  
(Please send a WhatsApp or text)



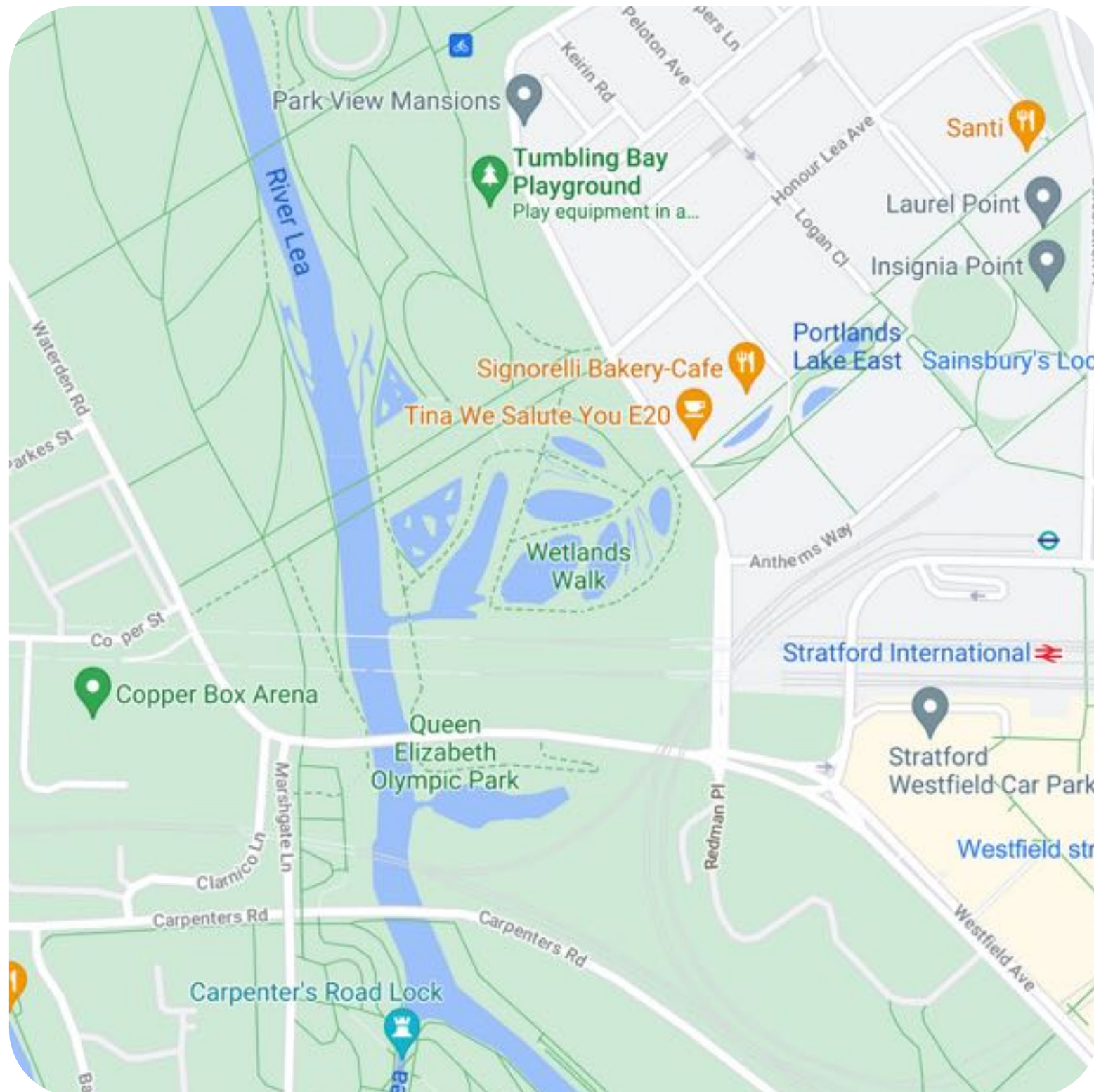
Thursday 13 August, 9.30 and 10.25am  
Friday 13 August, 9.30, 10.25 and 11.20am  
Thursday 19th August, 9.30 and 10.25am

Leytonstone Methodist Church,  
Lister Road, E11

[Pre-book here to avoid disappointment -  
drop in and flexi pass available](#)



# PARK SPOTLIGHT



## The Olympic Park

You'll probably already be aware of Tumbling Bay Playground (north, alongside the Timber Lodge Cafe), Pleasure Gardens Play Areas (south of the park), the Climbing Wall and the Waterworks Fountains (outside the London Stadium aka the Olympic Stadium) but over the summer there is a lot more happening in the park.

The summer programme is well underway and includes those events mentioned in the Week 3 guide above as well as family-friendly [film screenings](#) and more. [Click here](#) for more details of what's on and [click here](#) for more info on "Summer at the Park"

Right, I'll try to get another guide out for Week 4 but no promises as I'm having a chilled Week 3. Hope you have fun whatever you decide to do!

Catch you soon(ish),

Danie x

[danie@littlesingsong.com](mailto:danie@littlesingsong.com)