


| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p>Child Health Clinic<br/>Leyton Family Hub</p> <p>Address: 215<br/>Queens Road,<br/>Walthamstow, E17<br/>8PJ</p> <p>Time: 9.30-12pm<br/>Please arrive<br/>before 11.30am to<br/>ensure you can be<br/>seen</p> | <p>Child Health Clinic<br/>Walthamstow<br/>Family Hub</p> <p>Address: Large<br/>Hall, 313 Billet<br/>Road,<br/>E17 5PX</p> <p>Time: 1-3.30pm<br/>Please arrive<br/>before 3pm to<br/>ensure you can be<br/>seen</p> | <p>Child Health Clinic<br/>Leytonstone Family<br/>Hub</p> <p>Address: The<br/>Junction, 8 Cathall<br/>Road, E11 4LF</p> <p>Time: 9.30-12pm<br/>Please arrive<br/>before 11.30pm to<br/>ensure you can be<br/>seen</p> | <p>Child Health<br/>Clinic Chingford<br/>Family Hub</p> <p>Address: 5 Oaks<br/>Grove, Chingford<br/>E4 6EY</p> <p>Time: 1.00-<br/>3.30pm<br/>Please arrive<br/>before 3.00pm to<br/>ensure you can be<br/>seen</p> | <p>Child Health<br/>Clinic Chingford<br/>Health Centre</p> <p>Address: 109 York<br/>Road, London,<br/>E4 8LF</p> <p>Time: 9.30-12pm<br/>Please arrive<br/>before 11.30 to<br/>ensure you can be<br/>seen</p> |
| <p><u>Wednesday<br/>Evening</u><br/>Every 1<sup>st</sup> and 3<sup>rd</sup><br/>Wednesday of each<br/>month</p>  | <p>Child Health Clinic Walthamstow Family Hub<br/>Address: Large Hall, 313 Billet Road, E17 5PX<br/>Time: 4-5.30pm<br/>Please arrive before 5pm to ensure you can be seen</p>                                       |   |  |   |
| <p><u>Every Saturday<br/>Starting from<br/>1<sup>st</sup> March</u></p>  | <p>Walthamstow Central Library, High Street, E17 7JN<br/>Time: 9.30-12.00pm<br/>Please arrive before 11.30 to ensure you can be seen</p>  |   |  |  |

**NOTICE:** PLEASE REMEMBER TO BRING REDBOOK TO ALL CHILD HEALTH CLINICS

Email: [thgpcg.wf0-19spa1@nhs.net](mailto:thgpcg.wf0-19spa1@nhs.net) Duty Contact: 0300 033 6200

Website: [www.gpcaregroup.org](http://www.gpcaregroup.org)

Facebook: [Waltham Forest Health Visiting 0-19 Childrens Service|London|Facebook](#)

### When to get your baby or child weighed

It is recommended that babies should not be weighed more often than once a month from 2 weeks to 6 months of age, no more than every 2 months up to 1 year of age, and no more than every 3 months after that, unless there are special reasons. The time between weighing is longer for older babies because they are growing less quickly. Your health visitor may suggest that your child is weighed more often than this if there are concerns about their health or growth. When you come to clinic you will be able to discuss your baby's growth, and any concerns or questions you may have, with a member of the 0-19 team.

