

# Freshly Minted

Coin Street family and children's centre newsletter

Coin Street 

Issue 20 | May 2017

## Coin Street Community Day



On **Saturday 25 March**, we opened the doors of our neighbourhood centre to the local community for a fun filled afternoon of free activities... and what an afternoon it was!

Over 400 visitors came along to enjoy a wide range of workshops, a vintage tea party, yoga and mindfulness sessions, beatboxing and more.

From Tai Chi on the roof terrace to chocolate tasting in the basement, every room in our neighbourhood centre was dedicated to community activities. The nursery rooms played host to a special Community Day extended session of our usual Saturday Stay 'n' Play, where the children enthusiastically took part in arts and crafts activities and

storytelling. Many of the activities were ran by both partner and local organisations. It was truly inspiring to bear witness to the wealth of talent and skills from local people and we'd like to say a huge thank you to those who provided their services; our fantastic partners, workshop leaders, volunteers, sponsors and funders. In these uncertain times, working together and sharing resources is more important than ever.

It was great to see so many of the nursery children and parents in the centre enjoying themselves, trying something new and making new friends.

We look forward to hosting similar events in the future, so stay tuned.

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*Pictured above: Coin Street Community Day in full swing*

- For a full programme of activities visit [www.coinstreet.org](http://www.coinstreet.org), pick up a leaflet from the Coin Street neighbourhood centre or speak to a member of the Coin Street team.

## DATES FOR YOUR DIARY

- **Wednesdays NEW Stay 'n' Play session**
- **Fridays Group Exercise session**
- **19 May Introducing Solids (drop-in)**
- **19 May Time for Tea, Time for Me**
- **20 May LGBT Parents Group**
- **27 May-4 June Half term**
- **2 June Twins & Triplets Club**
- **21 & 28 June and 5 July Play Pattern Workshop**
- **18 June The Great Get Together, Bankside**

## NURSERY

### Yoga Bugs has started



Teaching this fun activity is Jake, a trained Early Years Teacher. The children attend the 30 minute sessions in small groups to ensure that all the children are offered the opportunity to join in.

Jake has been engaging the different ages and stages by waving and singing greeting songs to include the children's names. The children respond by singing, moving, smiling and trying to copy Jake's moves and sounds, always with a big smile on their faces. Jake delivered the activity with pace and enthusiasm and the children who participated seemed to be truly engaged.

On 24 April, Jake took the children on a bus journey to the zoo and, once he had introduced the animals through a story, he got the children to use their imaginations and to move their bodies to try out some yoga poses inspired by animals such as the snake, lion and monkey. Jake also helped the children to name parts of the body and to

We are thrilled to announce that the nursery has extended its children's program to include Yoga Bugs across all three rooms. Yoga Bugs is an imaginative children's yoga-inspired activity offering classes for children from walking age.

The program will run for 10 weeks in the **Discoverers'** and **Investigators'** rooms and, after a trial with the little ones, in the **Explorers'** room too.



recognise the different features in order to distinguish the animals from each other.

We hope to share the film we took with the children so they can enjoy practising the poses throughout the week.

Parents will be able to see photos in the end-of-the day diary and on their individual children's e-learning profile.

*Pictured above: Discoverers enjoying a Yoga Bugs session.*

## Dancing with the stars



**Investigators** and **Discoverers** have been taking part in dance and movement sessions at Rambert, who we work in partnership with to offer local people the chance to access world-class dance. The children have been enjoying showing off their best dance moves.

These sessions are a great way to get the kids moving by developing their jumping, stretching and dancing skills.

*Pictured left Circle Time at Rambert*

## FAMILY SUPPORT

**NEW Time for Tea, Time for Me** Fun and learning for babies up to 12 months. This group is for parents who may be struggling with their emotional health and wellbeing. A great opportunity for parents to meet other new parents in a safe space.

**Friday 19 May**, 1-3pm at the Coin Street neighbourhood centre. Fathers welcome. Play delivered by Lambeth Perinatal Support Service. **Free, just turn up.**

**NEW Twins and Triplets Club** Join us to share the joys and challenges of multiple parenting at this informal group with play for under-5s.

**Friday 2 June**, 1-3pm at the Coin Street neighbourhood centre. **Free, just turn up.**



**NEW Stay 'n Play session** Meet other families in a relaxed environment. You and your child, aged 5 and under, can take part in different activities including messy and imaginative play and exploration.

**Wednesdays (term-time)**, 10am-12pm, Blackfriars Settlement. **Free, just turn up.**

**Introducing Solids drop-in** Jennie, our early years dietician, offers you help and advice on nutrition for your child, including difficult mealtimes, introducing solid food and healthy eating.

**19 May**, 10-11.30am, Coin Street neighbourhood centre, **Free, just turn up.**

For more information about these FREE sessions, please contact Hayley McGrane on [h.mcgrane@coinstreet.org](mailto:h.mcgrane@coinstreet.org) or 020 7021 1634.

# COMMUNITY PROGRAMMES

## Easter Sports Camp



This year's Easter Sports Camp was buckets of fun and blessed with beautiful weather

The young people enjoyed a range of activities in the local area including BMXing in the sunshine, trampolining at Flip Out UK, a special visit to the Art of the Brick DC Superheroes LEGO exhibition on the Doon Street Car

Park, as well as bowling, tennis, basketball, football and games at the Coin Street neighbourhood centre and the Colombo Centre.

For more information about Sports Camp please contact **Dan Gibbs** on **020 7021 1625** or **d.gibbs@coinstreet.org**

*Pictured left: Footie team at Sports Camp*

## EVENTS

**The Great Get-Together, Bankside**, 18 June, Redcross Way and Union Street, free.

On 18 June Bankside Open Spaces will be hosting an amazing street party. They will have tables and chairs lining the streets, so join and enjoy food and drink with family and friends. Bring a picnic, or enjoy the food stalls and bars throughout the day and into the evening.

There will also be plenty of free entertainment: music stages, comedy, theatre, a dog show, kids zone and a farm.



*Pictured above: Enchanted by the piano*

**Bach to Baby** 19 May, 10.30am (coffee from 10am), St Mary Magdalen, Bermondsey Street, SE1 3UW, £10 for parents, children free.

Join this relaxed concert series for babies and toddlers, during which local mum and professional classical musician, Miaomiao Yu, will play themed pieces on the piano (short extracts to keep the attention of the littlest audience members), and no-one will bat an eyelid if the babies crawl up to the piano.

## HAVE YOUR SAY

If you have any advice or suggestions you would like to share with other parents and carers, please send them to **Jenny Deeks** on **j.deeks@coinstreet.org** and we'll try to include them in the next issue of **Freshly Minted**.

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