

Freshly Minted

Coin Street family and children's centre newsletter

Coin Street
community builders

Issue 28 | Feb 2019

Funding, Food and Feedback: parents speak out!

Parents had their say this January on what the proposed changes to our family and children's centre funding would mean for them. Parents shared some moving stories about their time at Coin Street over the years with Lambeth's Councillor Brathwaite, Deputy Leader of the Council (Children and Young People).

Lambeth Council is currently consulting on proposals on the future of its children's centres. To make budget cuts the Council is proposing that funding is withdrawn from Coin Street family and children's centre from September. This is part of a wider plan to reduce the number of Lambeth children centres.

What does this mean for you as a local Lambeth parent?

On the basis of these proposals, from September 2019 your nearest centres will be Ethelred Children's Centre which is a 23 minute walk from Coin Street, Henry Fawcett Children's Centre which is a 34 minute walk away or St Stephen's Children's Centre which is a 46 minute walk from Coin Street.



Parents discuss the proposed funding cuts with Lambeth councillors

How can you get involved:

It's not too late to have your say!

1. Contact your Lambeth local councillors. If you live in Bishop's Ward they are; Jen Mosley - jmosley@lambeth.gov.uk, Kevin Craig - kcraig@lambeth.gov.uk, Ibrahim Dogus - idogus@lambeth.gov.uk

2. Share your story of how Coin Street family and children's centre has helped you by emailing

We have been sharing parents and children's stories of their time at our family and children's centre online.

You can watch these stories at: www.facebook.com/CoinStreet/

DATES FOR YOUR DIARY

18-22 February
Holiday Play Scheme

19 February
Tree planting Day

5 March
BFI parent and child screening

18 March
Head of Early Years Coffee Meeting

30 March 1-5pm
Community Day

9-19 April (Easter)
Holiday Play Scheme

Every Thursday
Community Singing 5.30-6.30pm
Community Choir 6.30-7.30pm

Every Saturday 1-3pm
Dads and Male Carers Group

Every Sunday 11am-1pm
Family Fitness & Fun

FAMILY SUPPORT

Triple P (Positive Parenting Programme)

Thursdays 10-12pm (term time only) until 4 April

For parents with children between 2 and 12 years old you can learn how to set boundaries and manage behaviour. Through positive parenting develop better relationships with children. These are essential family survival tips to help all parents.

Creche is available. If you would like more information or to book a place please call 020 7021 1634 or email. familyandchildrescentre@coinstreet.org

Feel Good Wednesday

Wednesdays 1.30-3pm (term time only) until 3 April



Our movement sessions at Rambert add to the parent and child interactions that are part of our Wednesday sessions. We take families to a movement workshop once every half term.

Half of the session is for parents and children to learn about movement, working together and how to use their bodies to make shapes. A time to keep fit, explore dance and have fun!

The rest of the session offers parents a short break to relax and practise mindfulness whilst the children are enthralled in a creative activity. It is a much needed break for busy parents.

Our next session is on 15 February



Parents say:

"enjoyed, every bit"

"I deal more effectively with problems."

COMING UP:

- **Monthly private screenings at the BFI**
- **Tuesday 5 March, meet at 9.45 at Coin Street neighbourhood centre**
- Come along with your child to see a family movie at this cultural landmark. It is buggy friendly and there are complimentary refreshments and toys during the film.
- **Enjoy quality time with your child.**

- **Holiday Play Scheme**
- **February half term (18-22) and Easter (9-19 April)**
- Want to make slime, use beads to create fun artwork, or take part in Coin Street's Got Talent?
- Join us for adventures galore! We have trips to the Colombo pitches, Archbishop's Park adventure playground and a scavenger hunt in Bernie Spain Gardens to look forward to.

Parents' trips and workshops:

- Play Patterns
- Listening skills workshop
- Cushion making & sewing
- A trip to Colombo gym

Part of Feel Good Wednesday

We run over 70 hours of free and affordable community programmes and family support activities every week.

For a full range of activities visit www.coinstreet.org/events/

NURSERY

Annual Satisfaction - Survey Results

Thank you to everyone who completed our survey at the end of last year. 94% of you are whappy with the nursery. You also welcomed the chance to share your views and wanted more involvement. Based on your feedback we are making some changes.

We will be sharing details of the survey along with the changes we will be making with parents during February. Please look out for this!

Nursery Menu

Chef Jo Day has been with us for four years. In 2017 our nursery was shortlisted for a **Nursery World Food Award**. Jo's dedicated preparation of fresh meals ensures all the children eat healthy, balanced meals free from added sugar and salt. Try one of her recipes below!

Vegetable Couscous (serves 4)



Ingredients

- 100g white mushrooms
- ¼ butternut squash
- 100g asparagus
- 1 small block of feta cheese
- ½ jar of black olives
- 1 tsp rosemary
- 200g couscous
- 1x large courgette
- 1x large red onion
- 1x large red pepper
- 150g chopped fresh parsley
- 2 tbsp olive oil
- 1 tsp oregano
- 1tsp smoked paprika

Method

Step ONE:

Tip the couscous into a heatproof bowl and pour over hot water or stock. Cover with cling film or a lid and leave for 5-10 mins until the couscous is soft.

Fluff the couscous up with a fork, drizzling with 1 tbsp of olive oil, and season with salt and pepper if you like.

Step TWO:

Slice the asparagus and mushrooms.

Dice the courgette, onion, red pepper and butternut squash. Quarter the olives.

Heat the oil and add the rosemary and oregano in a large pan.

Add the vegetables and sauté until roasted through. Add in the cooked cous-cous and paprika. Mix together with the vegetables.

Step THREE: Crumble the feta on top with the chopped fresh parsley and serve.

Season with salt and pepper if you like.



NURSERY

New Staff update

Please join us in welcoming our new Early Years Managers Devina Brown (Explorers) and Peral Kara (Discoverers) to the Nursery team. We ask them some really important questions!



Peral

- Your job in one line:** Creativity in childcare
- Your happy place?** A sunny island
- Favourite book as a child?** The Lion, the Witch and the Wardrobe
- Your secret talent?** Belly dancing

Devina

- Your job in one line:** Fun Aunty
- Home is...** Where the heart is
- Favourite film?** Hook
- What are you grateful for?** Roller-skates and headphones



Nursery Practitioner of the month - Sarita Bhagat



- Your job in one line:** Inspiring
- Bus, Taxi or Tube?** Bus and Tube
- Your secret talent?** Face painting
- Best meal you've had?** My husband's Indian food
- Meaning of life?** Be grateful for what you have
- Quinoa or Quavers?** Neither

Why Sarita won:

"She is a very supportive colleague"
"She is easy going and wonderful to work with"

Online nursery reviews

We're committed to giving children the best start in life. If we had more online reviews they could reach families who haven't heard of us. So please share your reviews on the sites below:

Day Nurseries: www.daynurseries.co.uk/daynursery.cfm/searchazref/50001005COIA#submit-review

MyChildcare.co.uk: <https://www.childcare.co.uk/profile/2580793>

Netmums: www.netmums.com/lambeth/local/view/childrens-centres/centres/coin-street-family-and-children-s-centre-13

Thank you so much for all of your support.

YOUTH AND COMMUNITY PROGRAMMES

Do you live in SE1, SE11 or SE17?
Do you have an idea for a product or service and want to develop this into a business?
Are you already selling things on-line, on a market stall or to family and friends?

If you are unsure of the next step we could help. We offer enterprise workshops, temporary market space and links to mentors to help you on your way.

Get in touch with Harjinder on 020 7021 1633, 07739 526606.
h.nijjar@coinstreet.org

FREE FOR RESIDENTS OF NORTH LAMBETH AND NORTH SOUTHWARK

Are you starting a new business?




Enterprise

Advice | Workshops | Mentoring | Free Market Space

6pm-8pm every Monday

Coin Street community builders

Sing away the winter blues with our NEW Community Choirs

No matter what your singing ability may be, the aim of our singing sessions is to feel good! Everyone is welcome and it's a great way to meet people. We now have two sessions on a **Thursday**. Just turn up!

Community Singing (5.30-6.30pm): An inclusive class focusing on a fun experience in a relaxed supportive environment.

Community Choir (6.30-7.30pm): Improve your technique with coaching and advice from a trained professional.

To learn more contact Natalie on n.bell@coinstreet.org or call **020 7021 1600**.



Share the Coin Street story

We have produced a fantastic new video that shares the story of Coin Street. From our community programmes and family & children's centre, to our events, public spaces and commercial activities. Check it out on the homepage of the Coin Street website at www.coinstreet.org and share with your friends and family. We also encourage everyone to join the Coin Street family online and get the latest news and events by following us on Facebook or Twitter @CoinStreet.

 www.facebook.com/CoinStreet/

www.twitter.com/CoinStreet 



Colombo Community Gym

The Colombo Centre is now offering gym and spin membership to local residents and workers for £15.95 a month (no contract). And there's no joining fee this February. Find out how to join the most affordable local gym in the area at www.colombocentre.co.uk



Rambert



Rambert and Coin Street Class Offers

Residents in our neighbourhood can get up to 12 classes for £30. From Contemporary Dance and Mini Movers to Hip Hop and more, there is something to suit every taste, age and ability.

Priority booking opens on 25 February for the summer term which starts in April. Find out more at www.rambert.org.uk/join-in

Have you heard about...

We offer activities for young and old – here's a snapshot of some recent events.



Our **Youth Forum** are planning workshops and auditions in preparation for a summer showcase. The project is funded in partnership with Peabody. To find out more contact Laura at l.reynolds@coinstreet.org

Our **'Young at Heart'** party was held on 18 January with nearly 120 seniors enjoying dinner and dancing. Find out what else is on offer at: www.coinstreet.org/events/



Meet Kristine



"Coin Street provided networking opportunities, contacts and introduced me to people who helped me to better myself."

Local parent, family support & community programmes participant.

I have four daughters, they are now aged from 8 to 18 years, and we've been going to Coin Street for over 10 years. Over the years I have benefitted from the advice and support the team there has provided.

I have participated in training and I brought my children for play groups, family groups, and lots of clubs.

When I found out that one of my daughters has a rare syndrome – called Phelan-McDermid syndrome – I started a childcare course at Coin Street. As part of this I did first aid. I used what I learnt at Coin Street to save my daughter's life when she was choking.

I have managed to do my level 2 childcare and I run a lot of clubs including a food club for the school. I volunteer at school, I am part of the PTA and the local Tenant Residents Association. It's not just helping me personally, I'm passing on what

I've learned to help the community and it all started at Coin Street.

The facilities at Coin Street are for everyone. You are made to feel welcome here and that's how I felt when I first came along, and that's why I still come here after over 10 years!

Read more Faces of Coin Street by visiting www.coinstreet.org/who-we-are/faces-of-coin-street/

If you have a story you'd like to share email **Geena** at g.patel@coinstreet.org.

EVENTS

Tree Planting Day at Bernie Spain Gardens



Tues 19 February 11.30am-3pm, FREE, Bernie Spain Gardens, SE1 9PH

Pop down to **Bernie Spain Gardens** and help plant a selection of fruit trees and bushes with the Orchard project. For more details contact **Laura** on l.reynolds@coinstreet.org or call **020 7021 1600**.

Funded by WREF (Western Riverside Environmental Fund)

Sunday Sessions in the Green Room Restaurant



Sun 3 March An evening of live music, FREE, The Green Room restaurant, SE1 9PP

Come to the second acoustic music night at the Green Room this March. Enjoy the sweet soulful sounds while you sip on a delicious cocktail which are 2 for £10 from 5 until 7pm. Learn more: www.greenroom.london

London Craft Week at Oxo Tower Wharf



9-12 May, Oxo Tower Wharf, SE1 9PH

Enjoy innovative and forward-thinking craft organisations, practitioners and collectives including Design-Nation and Future Icons. **Talks, Demonstrations, Times vary, see Oxo website for details closer to the time.**

Bernie Spain Gardens north upgrade - please feedback!



Find out more at www.coinstreet.org/our-developments/bernie-spain-gardens/

Coin Street's proposal features a colourful habitat for birds, bees, butterflies and moths. The 'pollinator garden' has been designed by landscape architects West 8.

The planning application has been submitted to the local councils who are undertaking their statutory consultation. Please support the application by contacting Planning Officer Erik Dybdahl on edybdahl@lambeth.gov.uk copying in councillors kcraig@lambeth.gov.uk; jmosley@lambeth.gov.uk; idogus@lambeth.gov.uk; and berniespain@coinstreet.org

You can also leave a comment on the Lambeth website at <https://planning.lambeth.gov.uk/online-applications/> Application reference: **19/00210/ADV**

Share your suggestions

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

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020 7021 1600 helpdesk@coinstreet.org www.coinstreet.org [f facebook.com/CoinStreet](https://www.facebook.com/CoinStreet) [@CoinStreet](https://twitter.com/CoinStreet)