

Coin Street children and family hub

Supporting children
to have the best start in life



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Southwark
2030



Southwark Children
and Family Centres



50
things to do
before you're
five

Southwark
Council

Coin Street 

Contents

Welcome to Coin Street	1
The best start in life: welcome to Early Years at Coin Street	2
Sessions for babies, children and families	7
Coin Street Nursery	10
Things to do before you're 5	10
Top tips for children and families	11
Useful contact details	13

This guide is for the parents and carers of children under 5 years old living in Lambeth or Southwark.

If you require this document in a different format, please email:
f.centreenquiries@coinstreet.org



Welcome to Coin Street

We're a social enterprise working to protect, build and galvanise our neighbourhood in Waterloo and North Southwark, London. Starting from a rundown site in 1984, together we've built a thriving community of opportunity. It's a place people can call their home, workplace, or playground – and above all, it's a place where they can be totally themselves.

We're committed to helping children achieve the best start in life. Our Children and Family Hub services include play groups, health and wellbeing activities, advice and adult education.

Referred support session

Many of our sessions are open to everyone but some are available by referral only. Referral sessions are marked with (RO). You can receive referrals from your health visitor, family support worker, social worker, GP or an early years practitioner. You can also make a self-referral by calling us and we'll be happy to help.

You can drop in to many of our sessions but others you will have to book. Booked services are indicated as 'Booking required' (BR).

Coin Street and 1st Place working together

Our work in Southwark is delivered in partnership with 1st Place Children and Family Hub, together supporting families from across Borough, Bankside and Walworth. Most of our sessions operate from the Coin Street neighbourhood centre but we also deliver programmes and activities at the Colombo Centre alongside outreach work across the area.

You can find more information about our support and services on our website: **coinstreet.org/families-and-children**

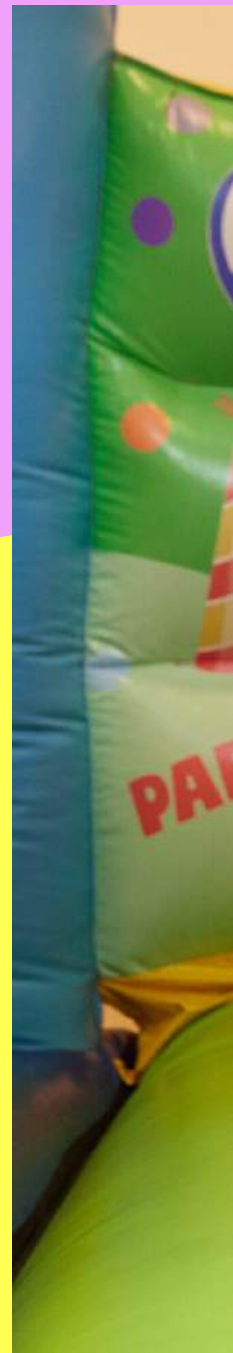


We know that the first five years of your child's life are an important time for them and you. These early years are crucial for your child's development and for laying the groundwork for lifelong learning, behavior, and health.

Leading child health experts agree that a child's experience during the first 1,001 days (from the beginning of your maternity journey and up to the age of two years old) has more influence on their future health, wellbeing and opportunities than at any other time in their life. At Coin Street, we believe that every baby, infant and child should get the best start in life and the opportunity to be the very best they can be.

We are committed to supporting you and your family from pregnancy care and infant feeding through to parental support and early education. We're here for all families whatever challenges you face. This brochure shares our top tips for your child's early years and the ways we can support you during this stage of your lives.

The best start in life; welcome to Early Years at Coin Street





Timeline of services



→ Before your child comes along:

Visit the neighbourhood centre to see our facilities, meet the team, and get support for new mothers and fathers

→ **0-1 years old:**

Join our baby sessions including our Parent Carer forum, Stay & Play, Infant Feeding and Baby Massage



→ **2-5 years old:**

Come along to our toddler and children's sessions including Stay & Play, Communication & Language, Fathers and Male Carers and Outdoor Learning





Our services

Babies 0–1 years

- Getting the best start – welcome session (BR)
- Get Involved – Parent Carer forum
- Stay & Play sessions, ages 0 to 2yrs
- Baby Sessions, ages 0 to 1yr
- Infant Feeding, ages 0 to 1yr (RO)
- Baby Massage sessions, ages 6 weeks to pre-crawling (BR)
- Perinatal mental health & parent infant relationships, ages 0 to 2yrs

Families, parents and carers

- Family support service (RO)
- Parenting Support, ages 0 to 5yrs (RO)
- HENRY (Health, exercise, nutrition for the really young), 0 to 5yrs
- Adult learning classes and workshops
- ESOL (English for speakers of other languages classes) for families with children aged 6 months to 5 yrs

Children up to 5 years old

- Families Information Service
- Stay & Play sessions, ages toddlers to 5yrs
- Communication & Language support, ages 0 to 5yrs
- Fathers and Male Carers, ages 0 to 5yrs
- Outdoor Learning- Physical activity sessions, ages toddlers to 5ys
- Making it REAL, Raising Early Achievement in Literacy, ages 2 to 4yrs (RO)
- Special Educational Needs and Disabilities (SEND), ages 0 to 5yrs (RO)



Sessions for babies, children and families

Babies 0–1 years

Getting the best start – welcome session (BR)

Join us for an informal coffee morning session where you can meet the team to find out what the family and children's centre has to offer you and your child. These take place regularly; booking is required so we can make sure we have enough biscuits!

Get Involved – Parent Carer forum

We have a forum that meets regularly in person and online to provide an opportunity to meet other parents and get involved in the planning of the services and activities on offer in our neighbourhood. All parents and carers are invited to attend. If you would like to be involved, or if you want to voice your opinions to help us improve our service, ask one of the team for more information.

Baby Sessions, ages 0 to 1yr

We run a range of groups for babies and their parents and carers. Your first connection with us may be through attending your midwife appointment at Coin Street. This is a great opportunity to register with the Children and Family Hub. Once your baby arrives, we'd love to see you at our baby Stay and Play. This gives you a chance to meet and socialise with other parents and babies. The staff ensure that all the sessions are fun and lively and offer opportunities for messy play, story and rhyme time. From time to time other professionals pop in to introduce their services and meet parents directly to offer support with parental health and wellbeing.

Infant Feeding, ages 0 to 1yr (RO)

We offer breastfeeding support through our weekly drop in feeding session delivered by our partners La Leche and by referral for a 1-1 appointment through the Evelina Community Infant Feeding Team.

Further information is available here:
padlet.com/janelove/infant-feeding-support-m24n66cjm1m4pqsn



Baby Massage sessions, ages 6 weeks to pre-crawling (BR)

If your baby is struggling to sleep and/or suffers from wind, colic or constipation, we recommend that you to book a place on our baby massage course. The course will allow you to feel close to your baby with the benefits of giving your baby a nurturing touch. The 4 to 5 week sessions cover interaction, bonding and relaxation techniques. The practitioner is qualified under the International Association of infant Massage (IAIMUK). Booking is required and priority is given to parents/carers living in our area of benefit.

Perinatal mental health & parent infant relationships, ages 0 to 2yrs

Becoming a new parent is a journey filled with moments of pure joy, but it can also present significant challenges. During this transformative time, it's important to acknowledge the range of emotions you may experience and that it's okay to seek support when you need it. We are working in partnership with the Healthy Minds Thrive Team. They are available to support parents and carers with their emotional wellbeing to support them to develop healthy relationships with their babies through. This can be through 1-1, group sessions, whole family support, resources or signposting you to the right person. They can help increase your confidence in being a parent, reduce experience of stress and low mood, feelings of isolation, improve your bond with your baby and understand that your experiencing is normal. Speak to us if you'd like to hear more about how this team can help you.

Children up to 5 years old

Families information service

The local council Family Information Teams are available to help and advise you on a range of topics including how to find childcare, free early learning, how to apply for schools and help you find a range of other services and support for your family.

Email them to request support:

Southwark: fis@southwark.gov.uk or

Lambeth: fis@lambeth.gov.uk, Lambeth.gov.uk/fis

Stay & Play sessions, ages toddlers to 5yrs

Once your child starts to find their feet then it's a good time to join some of our more active sessions. These are great opportunities to pick up tips to support your child's learning and development. As well as giving your child opportunities to socialise with other children, it is a space for your child to start to explore and develop new skills. The session leaders are highly experienced early years professionals who are always willing to provide a listening ear to any challenges or concerns you may have in supporting your child's development. On occasion we are joined by Southbank Sinfonia, professional orchestral musicians, singing and playing for the children and families.

Communication & Languages support, ages 0 to 5yrs

We are proud to be an enhanced setting for the Evelina communication friendly award. We work closely with Evelina Children's speech and Language team (SALT) who regularly drop in to our sessions to meet parents and children face to face as well as providing 1-1 appointments in our health room. Our experienced team, including our Early Years SENDCo are able to support referrals to SALT and can undertake WellCom assessments to support referrals. If you are worried about your child's communication and language, then contact the team to see how we can help.

Outdoor Learning– Physical activity sessions, ages toddlers to 5ys

Outdoor Play and Learning can help support your child's communication, learning and development. Look out for sessions we deliver in and around our community aimed at promoting physical activity and a love of nature. Sessions we deliver include gardening sessions at Bernie Spain Gardens and physical activity sessions at the Columbo sports pitches.

Making it REAL, Raising Early Achievement in Literacy, ages 2 to 4yrs (RO)

One of our team, along with the Home Start team, are able to support you to gain lots of skills in how best to support your child's early communication and language development.

What you and your family do at home has the greatest influence on your child's social, emotional and intellectual development. All you need to do is give them your time and attention – you don't need to buy lots of toys or games.

We can provide you with access to professionals, activities or courses that will support you to enhance your child's language and communication skills by building on the things you already do at home, such as:

- Imagining and playing
- Singing songs and rhymes
- Doing things like cooking, drawing or gardening
- Listening, talking and thinking

Special Educational Needs and Disabilities (SEND), ages 0 to 5yrs (R)

All our activities listed on our programme are accessible and inclusive, but sessions such as SENSational can provide additional support for children with SEND. Our Early Years SENDCo supports this session and is always willing to meet with you 1-1 to help with advice or support for you and your child.

Families, parents and carers

Family support service (RO)

Our Family Support Team can offer support and advice around: Parenting, free early learning opportunities, housing and benefits, employment, training, reducing isolation and signposting to other available services. Please speak to a member of the team if you'd like to receive 1-1 support or advice. Some advice and support is only available through an Early Help referral.

Parenting Support, ages 0 to 5yrs (RO)

Being a parent isn't easy, and it's normal to need help along the way. Southwark and Lambeth's parents support service helps families access the right support for them, whether this be taking part in a parenting course, completing a virtual programme online or accessing a one to one service.

All the support offered is evidenced based, which means it has been proven to make a difference for families.

To find out more, and to register visit www.southwark.gov.uk/children-young-people-and-families/parenting or www.lambeth.gov.uk/children-young-people-families/parenting-support-service.

For dates and other information about these courses, email claire.gager@southwark.gov.uk (Southwark) / LPitt1@lambeth.gov.uk (Lambeth).

Or, you can ask one of the team in the Children and Family Hub to help.

Parenting can be challenging but we are here to support you with help or advice on the challenges you and your family are facing. You can access workshops, drop-ins and personalised support for concerns with emotional wellbeing, relationships and behaviour.

Our Family Support team can help you tackle issues that are having an impact on the family. This includes issues of mental health, parental separation and conflict, substance misuse, domestic abuse or housing and financial struggles.

HENRY – Health, exercise, nutrition for the really young, 0 to 5yrs

Henry helps parents with children under 5 gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give children a great start in life. The team run stand alone workshops on topics such as fussy eating, starting solids and healthy teeth as well as an 8 week Healthy Families: Right from the Start programme.

To sign up please email gst-tr.HVsupportanddevelopmentworker@nhs.net or speak to our team who can help refer you.

Fathers and Male Carers, ages 0 to 5yrs

We recognise the importance of fathers and male carers in the lives of children. Therefore specific help is available for new fathers and male care givers. This can be through a peer support group or stay and play for fathers and male carers, course or through 1-1 informal support to help with practical skills, or understanding the importance of being a dad, relationships and self-care and to support fathers to recognise the importance of their care and responsibilities in raising children.

Adult learning learning classes and workshops

Fancy a new skill? Or finding out more about how you can support your child to learn and develop? We can provide or direct you to a range of courses in our centre and across Southwark and Lambeth. Creche can be provided to support you to attend.

ESOL (English for speakers of other languages classes), (BR)

We provide ESOL classes to help you develop your skills in reading, writing and English. Contact us if you are interested in booking a place. Creche is provided for this course to support parents to attend. Enrolment takes place in September/January and April. (Booking required).

Coin Street Nursery

We offer high-quality inclusive education for children aged 6 months to 5 years. The nursery is set in a large open-plan space on the first floor of the Coin Street neighbourhood centre. We have a large outdoor play space giving the children lots of opportunities for exercise and outdoor learning. We offer a broad and balanced curriculum, which has four elements:

1. Teaching learning based on children's interests
2. A regular cycle of learning
3. Core experiences
4. Our curricular goals for children

Most of our learning is play based, taking place both inside and outside. Fees include two meals and two snacks a day, plus all trips and activities.

Find out more on our website:
coinstreet.org/nursery



Things to do before you're 5

Download the app 50 Things to do before you're 5

Here are some ideas: for new mothers and fathers

1. Explore: go on a torch-lit walk at night to look for stars and animals
2. Make music: explore sound and rhythm by playing music
3. Learn about nature: Plant seeds in a garden to learn about the seasons
4. Visit a museum or gallery: discover history, culture or styles
5. Bake: learn about measurements, kitchen tools, and flavors
6. Blow a dandelion clock: see how many times you can blow a dandelion
7. Balance on a log: try balancing on a log
8. Chase your shadow: chase your shadow on a sunny day
9. Catch rain or snow: try catching rain or snow on your tongue
10. Sleep in a tent: go camping and sleep in a tent
11. Toast marshmallows: toast marshmallows on a campfire
12. Borrow books: Join the library and borrow some books

Top tips for children and families

Baby Buddy App

Best Beginnings have worked with Southwark Local Authority, parents and healthcare professionals to create and develop Baby Buddy, a multi-award-winning parenting and pregnancy app. Baby Buddy's self-care tools are based on the latest research and evidence and provides trusted information to:

- support and empower mums, dads, and caregivers,
- build their knowledge and confidence, and
- help them take care of their physical and mental health during pregnancy, birth and the first year of their baby's life.

Personalised daily updates, advice, bite size tips, personal care and support plans and much more.

Bookstart

Bookstart gives a free book pack to every baby born in England and Wales. You can get yours at a range of sessions around the borough or through our Early Years team at Coin Street. Please ask if you haven't received yours yet.

Dolly Parton's Imagination Library (for ages 0–5)

All children in Southwark and Lambeth can join this free book gifting programme. Each month the Imagination Library post a high quality, age-appropriate book to children from birth to age five. The books are specially wrapped and addressed to the child. They are delivered at no cost to the family. <https://imaginationlibrary.com/check-availability/> (Southwark) fis@lambeth.gov.uk (Lambeth).

Early childhood education and care

If you reside or work in Lambeth or Southwark and have a child aged between 2 and four years old (from 9 months from Sep 2025), you may qualify for free childcare for 15–30 hours a week. This could be accessed in our day nursery, subject to availability or through other local nurseries. We can support you to find out if you are eligible and help you apply. Not all children meet the eligibility criteria for free childcare as specific requirements must be met.



Top tips for children and families

Breastfeeding

- Breastfeeding gives the best start for your child
- Move your child onto healthy solid foods at 6 months

Keep your child healthy

- Only offer your child milk or water to drink. Fruit juice, squash and fizzy drinks will damage your child's teeth.
- Help your child to give up the bottle at 12 months.
- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at about six months.). Use a fluoride paste as this helps prevent and control tooth decay. Brush for about two minutes twice a day: once just before bedtime and at least one other time during the day.
- Make healthy food and drinks part of your child's routine.
- Help your child to be healthy and strong by the time they start school.

Keep your child active

- Active children are happier and healthier, and they sleep better too. Encourage your child to crawl, walk, run, jump, scoot, cycle, dance or play for 3 hours each day.
- Avoid long times in car seats, buggies or sitting in front of a screen.
- Limit their screentime to a maximum of 2 hours per day.
- Make learning fun by introducing new skills through play.
- Give up the buggy before your child is 3 years old.
- Come to Stay and Play!

Help your child to communicate

- Talk, play and read with your child every day to help them to thrive. Spend special time with your child talking, playing, singing and sharing stories.
- Help your child to express their emotions and talk about how they feel.
- Switch off your TV, phones, tablets and laptops for at least 30 minutes every day.
- Keep using your home language.
- Bring your child to play with other children at our sessions.

Keep your child safe

- Keep your child safe online by having parental controls set up if your child uses a phone, tablet or laptop.
- We offer all our families 'Early Help'. We work closely with parents to stop a small problem becoming a big issue. Our practitioners will offer you guidance about how to handle difficult situations with your child.
- If you have safeguarding concerns for a child or young person, or believe that the child or their family may benefit from additional support, speak to a member of our Safeguarding team.
- If you believe a child is at immediate risk of harm, call the Police on 999 to report your concerns.



Useful contact details

NHS 111

If you need medical help fast but it is not life-threatening, call 111

Support for Victims of Domestic Violence:

www.nationaldahelpline.org.uk

Find a doctor or dentist:

0300 311 2233

www.nhs.uk

Drug and alcohol service:

www.changegrowlive.org/drug-alcohol-service-southwark

www.lambeth-drug-alcohol.co.uk

Stop smoking service:

0300 123 1044

www.stopsmokinglondon.com

Child and adolescent mental health services (CAMHS):

<https://slam.nhs.uk/southwark-camhs>

<https://slam.nhs.uk/lambeth-camhs>

Food Banks:

<https://southwark.foodbank.org.uk>

www.lambethlarder.org/emergency-food

Healthy start food and vitamins:

www.healthystart.nhs.uk

Support for refugees, migrants, asylum seekers:

RAMP (Renewal refugee and migrant project):

www.renewalprogramme.org.uk

Housing:

www.southwark.gov.uk/housing/housing-support

www.lambeth.gov.uk/housing/finding-home/homelessness-prevention-housing-advice/contact-housing-advice-team

Shelter Housing Advice Helpline:

0808 800 4444

Southwark: www.southwark.gov.uk

Lambeth: www.lambeth.gov.uk

You can find more information about our support and services on our website:
coinstreet.org/families-and-children

☎ Telephone: 020 7021 1600

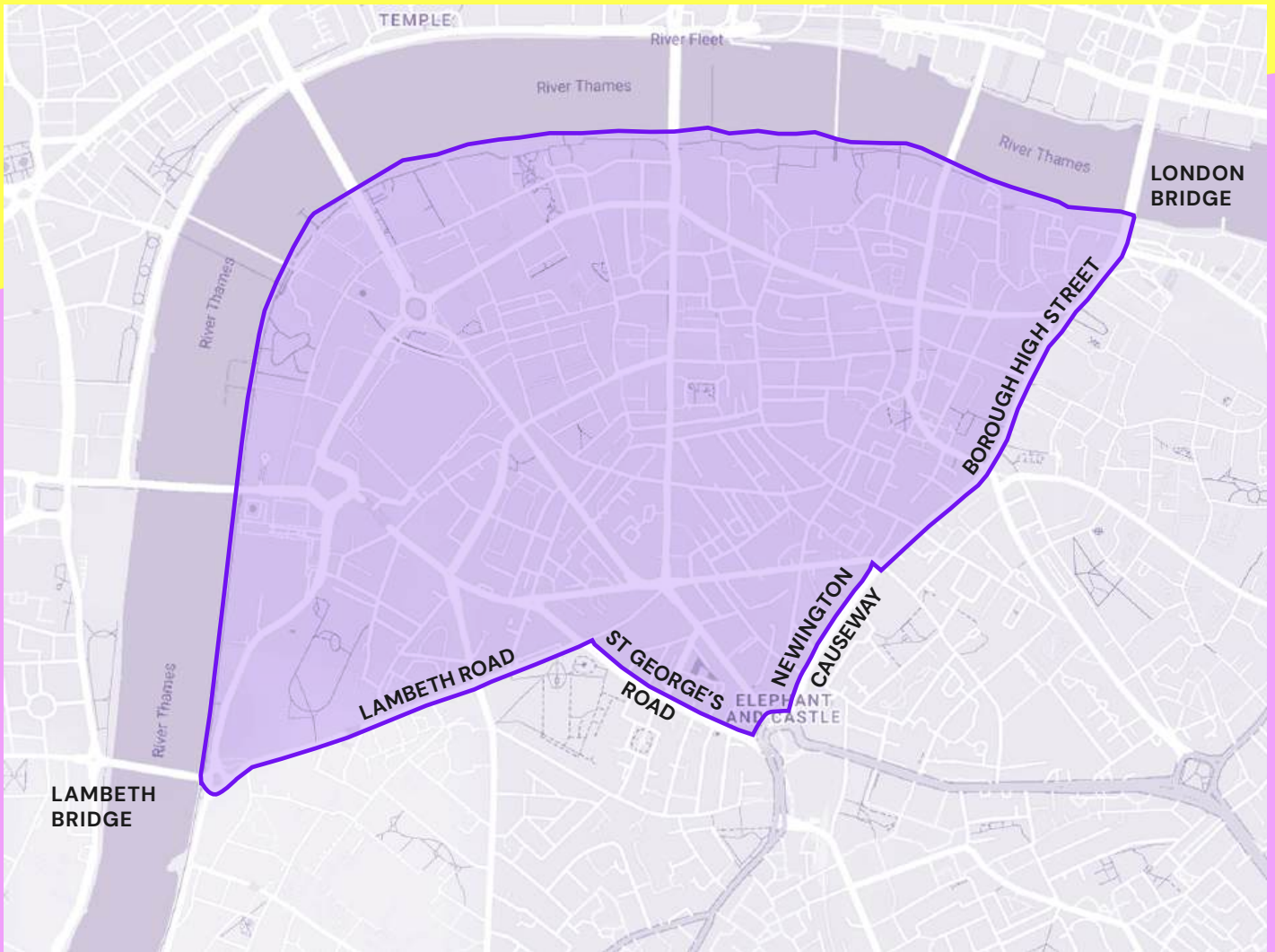
✉ Email: f.centreenquiries@coinstreet.org

✂ @CoinStreet **f** @CoinStreet

Coin Street Children and Family Hub,
Coin Street neighbourhood centre,
108 Stamford Street, London SE1 9NH

Colombo Centre,
34-68 Colombo Street, London SE1 8DP

Our hub has disabled access and a lift.
We are a breastfeeding friendly hub.
You are welcome to breastfeed here.



Area of benefit

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