

Family and Children's Centre Session Timetable 2025

Mon

Next Steps Training

For parents of autistic children

Referral only

10am–12pm

17 March – 12 May

A 6-week parenting course presented by professionals with expertise in the field of autism.

Session topics to include:

- Introduction to Autism Spectrum Disorder.
- Sensory differences.
- Social interaction and play.
- Understanding of communication.
- Use of communication.
- Behaviour, emotions, routines.

ESOL Course

Booking only, term time

1pm–3pm

Would you like to improve your English Skills? We're hosting free English courses at the neighbourhood centre delivered by Ripe Learning.

Tue

Mini Movers

(at Rambert Dance Studio, SE1 9PP)

9.45am–10.30am

A music and movement session delivered by the Rambert Dance Company for you and your child to keep fit and have fun together.

Babies Stay and Play

Pre-walkers

11.30am–12.30pm

A session for families with babies. Meet other families, get advice and support, and enjoy fun activities.

Breastfeeding Counselling Sessions

Booking only

1pm–3pm

An informal discussion group covering breastfeeding, starting solids, nutrition and more. Babies and children welcome. Please text Maria Yasnova on 07811825107 to book.

Let's Talk Workshops

Booking only, every 2 wks

1pm–3pm

An informal session to get advice and support and practical tips from the team on a range of topics including, sleep, play, communication, attachment, toileting, and being a Dad.

Wed

Let's Get Cooking

Booking only

9.30am–10.30am

10.45am–11.45am

This session provides an opportunity for families to cook healthy recipes from scratch, encourage your child to try different ingredients and learn new cooking skills.

Childminder Practise Share Drop-in

10am–11.30am

7 May

4 June

2 July

Themed sessions for childminders to share good practice, hints and tips.

Baby Massage 5 Week Course

(booking only)

12.30pm–1.30pm

A short course to help you feel close to your baby. An opportunity to promote interaction, bonding, relaxation, relief and stimulation techniques to promote sleep, relieve pain from colic, wind or constipation.

Thu

EPEC Being a Parent Course

Referral only

For parents of children aged 1–3

10am–12pm

A 9-week course to help parents learn practical skills to support you and your child. Session topics include looking after yourselves as parents, recognising and managing your child's emotions learning positive parenting strategies and working together as a team to support your children.

Home from Home Session

Referral only

12.30pm–2.30pm

A session for parents/carers to relax, talk, share experiences and tips on managing well-being, and learn more about child development.

Scan to register for sessions



Fri

Healthy Movers Stay and Play

Under 5 years old

10am–11.30am

At the Colombo Centre SE1 8DP
A session for families with under 5s. Meet other families, get advice and support, enjoy fun activities that support your child's physical development and promotes their self – esteem and wellbeing. Song and rhyme time regularly lead by the South Bank Sinfonia.

SENsory Explorers

Under 5 years old

10am–11.30am

A fun friendly stay and play session for families with a child with SEN, disability or developmental concerns.

Sat

Wellbeing Through Nature

10am–11.30am

April 12, May 17, June 14,
July 12 (once a month)

At Southwark Park, Hawkstone Road, SE16 2PF. Come explore the outdoors and enjoy a variety of experiences like nature walks, feeding the ducks at the pond, creating natural art, sensory

All sessions are free of charge
For more information about our sessions and services please contact: f.centreenquiries@coinstreet.org
coinstreet.org or 020 7021 1600

Find out more:
f.centreenquiries@coinstreet.org
020 7021 1600
coinstreet.org/whats-on

@coinstreet_se1
@CoinStreet
/CoinStreet
Coin Street

Coin Street neighbourhood centre, SE1 9NH