

Coin Street Family Support

Session Timetable Autumn Term 2021



Coin Street 

Monday

Babies Stay & Play

10-12pm

Focusing on exploration and investigation, this session is full of fun activities to stimulate the minds of young children. Open to families with babies aged 0-12 months

Midwives Drop-in

10-12pm

All new & expectant parents are welcome to meet the midwives! Bring your little ones to play, meet other families, & chat to the midwives for advice & support



Tuesday

Healthy Movers

Family Yoga 10-10:45am

Healthy Movers 11-12pm

Spend quality time with your child in our Family Yoga session - 8 spaces available each week, no equipment needed! In Healthy Movers, we develop children's physical activity, improve their school readiness and promote self-esteem and wellbeing while moving and having fun. This session is for 0-5 years and will be held indoors. Open to all!

Breastfeeding Counselling Sessions

1pm-3pm

14 & 28 Sep | 12 & 26 Oct

9 & 23 Nov | 7 Dec

South East London branch of La Leche League invites you to an informal discussion covering breastfeeding, overcoming difficulties, starting solids, nutrition, etc. Babies & children are always welcome. Please text Maria Yasnova on 07811825107 or Cathryn Sheridan on 07886780620

Early Years 1-2-1 Sessions

Throughout the week we offer support for families such as child development, routines, boundaries, sleep routines, toilet training, speech and language, nutrition, 2-3 years education offers, and school readiness. Please contact our EY Educators for enquiries

Thursday

Feel Good Session

12:30-2:30pm

Fun activities for 0-5 year olds to build parent and child relationships, confidence, and self-esteem, helping little ones find ways to handle stress, feel good and relaxed. Contact Hayley or Xiao to join! h.mcgrane@coinstreet.org x.chen@coinstreet.org

Friday

Storytelling, Songs and Stay & Play

10-12pm

In partnership with Southbank Sinfonia, this fun and interactive music session for 0-5 year olds is designed to engage and encourage interaction between parents/carers and their little ones using singing, movement and stories! Developing coordination, self-confidence and awareness using songs, sounds, rhythms and rhymes. Open to all!

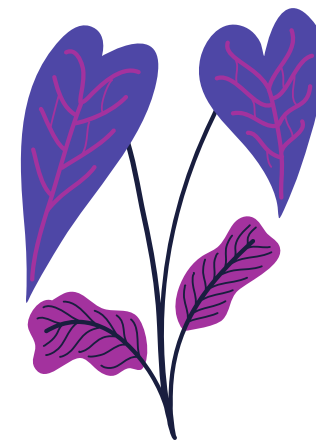
For more information about our sessions and services, or to register with us please contact:

General enquiries - f.centreenquiries@coinstreet.org

Claudia - 077 3952 6606 / C.Garcia@coinstreet.org

Xiao - 075 8418 1149 / X.Chen@coinstreet.org

www.coinstreet.org/community/families-and-children



Family Guidance and Advice (Mon to Fri 9 - 5pm) Whether you need support with your child, information on children's activities or advice on accessing specialist services such as housing and employment, our Family Support team are on hand to help.
To book a phone call appointment, please call 1st Place Children and Family Centre on 020 7740 8070

The Rose Vouchers Project helps parents with young children to buy fresh fruit and vegetables. Rose Vouchers are worth £4 per child or pregnancy and £6 if the child is under one year of age and can be redeemed at participating fruit and veg stalls at East Street market or Peckham.
To find out whether you are eligible, please email 1st Place Children and Family Centre on rosevoucher@1stplace.uk.com

Are you a Southwark resident?
Enrol your child in Dolly Parton's Imagination Library and receive a free high quality, age-appropriate children's book delivered every month in the post!

Free books to all children through Bookstart to develop a love of books and reading - just enquire at a session!

50 Things To Do Before You're Five!
Stuck for something to do with your little one? Find 50 low or no cost family activities in this free app. Simply download the app from Google Play or the Apple Store to get started!



Early Words Together at Two is a 5 week session programme for families with children 2-5 years old empowering parents to support early communication and literacy development. Delivered at and in partnership with 1st Place Children and Parent's Centre - please ask our EY educators for more information on how to join!

Community Perinatal Service: A private space for expectant and new mums to talk to a psychologist from the NHS perinatal mental health team. By appointment only - for more information speak to our Family Support Team

SENSational Play at the Grove: For children with additional needs, explore with therapeutic toys for children's mental, sensory and emotional growth. For more details, please talk to our EY Educators

HENRY - Healthy Families: Right from the Start
This virtual 8 week course is designed to help parents with children under 5 gain the confidence, knowledge and skills they need. The course focuses on supporting good nutrition, breastfeeding, physical activity, emotional well-being and parenting skills in a fun, supportive group. For more information, please contact Jennie Crossan (HENRY Co-ordinator) on Jennifer.crossan@gstt.nhs.uk or talk to our EY Educators