

# Coin Street Family and Children's Centre

## Session Timetable Term Time 2023

### Monday

#### Home from Home Sessions (referral only)

10.30am-12.15pm

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

#### Early Years 1-2-1 Sessions

Throughout the week we offer advice or guidance on parenting and child development as well as support with routines, boundaries, sleep, speech and language, nutrition, 2-3 education offers, and school readiness. Please talk to our Early Years educators for more information

### Tuesday

#### Babies Stay & Play

10am-11:30am

This session provides fun and stimulating activities like sensory play, song and rhymes, heuristic play in an informal and relaxing environment. The session is also a great opportunity to meet and share experiences with other parents/carers.

Open to families with babies aged 0-12 months

#### Breastfeeding Counselling Session

1pm-3pm

South East London branch of La Leche League invites you to an informal discussion covering breastfeeding, starting solids, nutrition and more. Babies and children are always welcome.

Please text Maria Yasnova on 07811825107 to book

### Wednesday

#### Wednesday Targeted Session

10am-11.30pm

This informative session will have different topics for parents/carers to pick up tips and advice on how to support your child's learning and development. invite only session. For more information please contact via the email address below.

#### Healthy Movers

Marlborough Sports Garden  
27 Union Street, SE1 1NJ

10am-12pm

13 & 20 Sept

18 & 25 Oct

Join our fun activities while supporting your child's physical development and promoting their self-esteem and wellbeing. For more information please contact via the email address below.

### 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 relax. For more information please contact via the email below!



For more information about our sessions and services please contact:

[f.centreenquiries@coinstreet.org](mailto:f.centreenquiries@coinstreet.org)

Or visit our website:

[www.coinstreet.org/community/families-and-children](http://www.coinstreet.org/community/families-and-children)

Call us on 02070211600

### Friday

#### Stay & Play

10am-11:30am

This session provides high quality and stimulating activities like messy play, music, storytelling, role play, etc. designed to encourage interaction between adults and children in an informal and relaxing environment. You will also meet other parents/cares, share experiences and learn about other activities or services available for your child. Open to all!

#### SENSational stay & play

Coin Street Neighbourhood Centre

1pm-2.30pm

Fun FREE groups for children with additional needs or disabilities and their parents/ carers  
Have fun with your child  
Meet other families  
Get advice and support from a range of specialists on topics such as Speech & Language, Behaviour and Autism

Most sessions take place at:

Coin Street Neighbourhood Centre  
108 Stamford Street  
London SE1 9NH

Scan here to register online!





## Southwark Children and Family Centres Borough Bankside and Walworth



### 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!  
Please talk to our Early years Educator or check the link below and follow the instructions

<https://www.southwark.gov.uk/schools-and-education/information-for-parents/dolly-parton-s-imagination-library>



### 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!

For more information, please talk to our Early Years Educators.



Vouchers for fruit & veg Project helps families in a low income to buy fresh fruit and vegetables to give young children the healthiest possible start.  
The vouchers can be redeemed at participating fruit and veg stalls at East Street market or Peckham.

To find out whether you are eligible please talk to our Early Years Educators or email 1st Place Children and Family Centre on [rosevoucher@1stplace.uk.com](mailto:rosevoucher@1stplace.uk.com)



A healthy start for a brighter future  
A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle.  
Evelina London is providing free local HENRY sessions for Lambeth & Southwark families with children under 5.

We also offer an 8 - week programme called 'Healthy Families: Right from the Start'.

For full information and how to book your place, please visit: [evelinalondon.nhs.uk/henry](http://evelinalondon.nhs.uk/henry)

### Term dates:

9 January - 31 March

17 April- 21 July

11 Sept - 22 December



**Bookstart**  
BookTrust

Bookstart gifts free books to children to help families read together every day and inspire children to develop a love of books and reading.

For more information, please talk to our Early Years Educators

