

Coin Street Family and Children's Centre

Session Timetable Summer Term 2022



Coin Street

Monday

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

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

f.centreenquiries@coinstreet.org

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

Tuesday

Babies Stay & Play

10-11:30am | Starting 26th April

This session is full of fun activities to stimulate the minds of babies. Baby&Me dance will be running from 17th May for six weeks within the session. This course is for non-walkers and focusses on learning about your baby's developing movement through dance styles. Open to families with babies aged 0-12 months

Parent & Toddler Creative Movement

1-2pm | Starting 17th May

Discover the joy of dance through moving and playing together. In this six-week course, we'll go on a playful adventure designed to support your toddler's developing range of movements and collaboration skills.

For walkers to 5 years olds

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

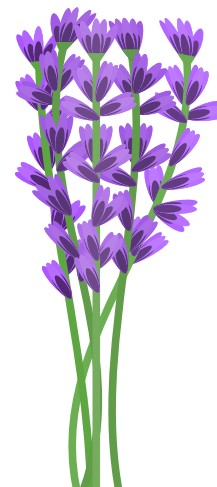
Wednesday

Targeted Stay & Play

10:30-12:30pm

Come along and enjoy playtime with your child, meet other parents, and pick up tips on how to support your child's learning and

development. For invited families, please contact Claudia to find out more: c.garcia@coinstreet.org



Thursday

Messy Stay & Play

10-11:30am

Let's get messy, with lots of opportunities to be creative, explore materials and stimulate your child's senses through fun activities! Open to 0-5 year olds

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!

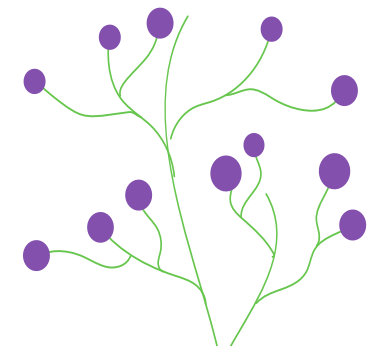
h.mcgrane@coinstreet.org
x.chen@coinstreet.org

Friday

Storytelling, Songs and Stay & Play

10-11:30am

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!



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.

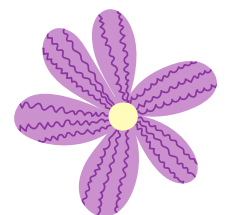
To book a phone call appointment, please call 1st Place Children and Family Centre on 020 7740 8070

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!



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

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!



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

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!

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



Southwark Children and Family Centres **Borough Bankside and Walworth**

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



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