

# Family and Children's Centre Session Timetable 2026

## Mon

### Early Bird Parenting Course

**Booking only**  
Email us for more information  
10am-12.30pm

This programme aims to empower parents to understand more about autism and discusses useful strategies on how to support autistic children.

#### Session topics include:

- Understanding autism
- Communication.
- Understanding autistic experiences
- Supporting daily living.
- Health and wellbeing.
- Connections.

### Early Words Together

**5-week course (23 Feb - 23 March)**  
**Booking only**  
10am-12pm

A 5-week course full of fun and simple activities that supports early language development for two-years-olds.

## Tue

### Mini Movers

(at Rambert Dance Studio, SE1 9PP)  
(5 Jan onwards)  
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**  
**10am-11.30am**

A session for families with babies. Meet other families, get advice and support, enjoy fun activities including sensory play, songs/ rhymes and Storytime.

### Breastfeeding Counselling Sessions

**Every 2 weeks (13 Jan onwards)**  
**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 Toileting Workshops

**Booking only. (20 Jan and 17 March)**  
**1.30pm-2.30pm**

An informal session for parents to get advice and support and practical tips.

## Wed

### Let's Get Cooking

**4-week course**  
(21 Jan - 11 Feb and 25 Feb - 19 March)  
**Booking only**  
**9.30am-10.30am**  
**10.40am-11.40am**

These sessions provide an opportunity for families to cook healthy recipes from scratch, encourage your child to try different ingredients and learn new cooking skills.

### Toddler Tales

**(14 Jan and 25 March)**  
**10am-11.30am**

A playful interactive storytelling session that inspires curious confident, speakers, listeners & readers.

### Baby Massage Course

**Must attend 5-week course**  
(14 Jan - 4 Feb and 4 March - 1 April)  
**Booking only**  
**For babies 6 weeks to pre-crawlers**  
**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

**For parents of children aged 2-11 years old**  
(15 Jan - 26 Mar)  
**Referral Only**  
**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.
- Working together as a team to support your children.

### Little Steps Workshops

**4-week workshop (26 Feb - 19 March)**  
**Referral only**  
**8yrs and under**  
**1pm-3pm**

Delivered by Evelina's children's community psychology team. Each session will have a different focus such as peer support, behaviour strategies, and understanding emotions.

## Fri

### Healthy Movers Stay and Play

**Under 5 years old**  
**At the Colombo Centre, SE1 8DP**  
**10am-11.30am**

A session for parents/carers with children under 5. Meet other families, get advice and support, enjoy physical fun activities as well as sensory play, songs, rhymes and story time. South Bank Sinfonia regularly lead the song and rhyme time.

### SENsory Explorers

**Under 5 years old**  
**Referral only**

Enjoy an engaging and stimulating 1-1 session with our early years SENCo. For children with identified needs, emerging needs, those showing development delay or on the waiting list for a developmental assessment. **Contact us for more information.**

## Varied dates

### Free Child/Baby First Aid Workshop

**10-11.30am**

Free workshops that teach child/baby life saving skills.

**Save a baby's life (under 1ys old)**

27 Jan and 24 March

**Save a child's life (1 to 18yrs old)**

18 Feb

# Support from Coin Street and our partners

## Henry Health Start brighter future sessions

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)

## Bookstart

Bookstart gifts free books to children to help families read together every day and inspire children to develop a love of books and reading. Talk to our Early Years Educators for more information.



## Dolly Parton's Imagination Library

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! Scan the barcode for more information.



## Family and Children's Centre 1-1 support and advice referral

Throughout the week we offer 1-1 advice on parenting and child development. Get support with routines, boundaries, sleep, speech and language, nutrition, education, and school readiness. Fill out the form by scanning the QR code and let us know how we can help you.



## Easy Peasy

EasyPeasy is a diverse community of families, practitioners and early years experts. Download the app by scanning the QR code to discover thousands of parenting tips and activities, personalised for you and your 0-5-year-old.



## The baby buddy app

Download the award-winning parenting and pregnancy app for guidance and support. Scan the barcode for more information.



## 50 things to do before you're 5

Exciting, open ended ideas for play for children aged 0-4. Scan the barcode for more information.



## Childcare Choices

Find out the childcare choices available to you. Help juggle family life and see what your options are. Scan the barcode to find out more

