

Family and Children's Centre Timetable 2026

Autumn Term: September 14 – December 18

Mon

Baby Massage Course

Must attend 5-week course
Booking only (limited places)
For babies 6 weeks to pre-crawlers
12.30pm–1.30pm
One off £25 promotional price
Sept: 14, 21, 28. Oct: 5, 12.

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.



Tue

Babies Stay and Play

Pre-walkers
9.30am–11.30am. Drop-in session

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

Mini Movers

(at Rambert Dance Studio, SE1 9PP)
9.45am–10.30am. Drop-in session.
Sept 15 – Dec 1. No session 27 Oct.

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

Citizen's Advice Service

9.30am – 12pm

The citizens advice bureau is here every Tuesday to offer advice and support on a range of issues including debt, benefits, immigration and housing.

Breastfeeding Counselling Sessions

Every 2 weeks
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.

Wed

EPEC Baby & US

For parents of children aged 0–9 months
Referral Only. 10am–12pm.

A 9-week course to help parents gain confidence in parenting and everyday life with a new baby. Session topics include:

- Supporting parents to understand baby's cues
- Coping with challenges around feeding, sleeping and crying.
- Interacting positively with baby and managing parental stress.

Email claire.gager@southwark.gov.uk or sunshine.brand@southwark.gov.uk to book.

SENsory Explorers 1–1

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.

Child starting school 2027?

Need help? Over the coming term we will be offering opportunities for you to join us at sessions covering selecting schools, how the process works, and help completing your first application. **First session Sept 9. Call to book a place. Join our newsletter for updates.**

Thu

Toddler Stay and Play

9.30am – 11.30am. Drop-in session.

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

Little Steps Workshops

4-week workshop
Referral only (see below)
8yrs and under
12.30pm–2pm
October 1, 8, 15, 22

Delivered by Evelina's children's community psychology team. For parents/carers with a child who may be neurodivergent but hasn't had autism assessment. For those who would like help supporting child's emotional regulation, understanding behaviour and to connect with other parents.

Email: gstt.communitypaedpsychology@nhs.net for a referral.



Fri

NEW: Sinfonia Smith Square Music Workshops

Drop-in session, first come first served
11am – 11.45am
Oct: 9, 16 and 23. Nov: 6, 13 and 20.

Take part together in a fun musical experience with songs, rhymes and movement.

Varied days

Family Advice and Support

1 to 1 sessions and drop-in
9am – 5pm

Our team are available to offer 1–1 advice & support in a range of areas. These include:

- Parenting
- Child development, education and school readiness
- Dealing with day to day pressures
- Reducing isolation
- Building self esteem and confidence.
- Support to access other services.

To have a chat or organise a session/drop-in, call us on 0207 0211 600. Or register your request via the QR code below.



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

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

