

Coin Street Family and Children's Centre Session Timetable 2024

Monday

Let's Get Cooking

(booking only)

9:30am-10.30am

10.45am-11.45am

This session provides an opportunity for families to cook healthy recipes from scratch, encourage your child to try different ingredients and learn new cooking skills.

ESOL Course

(booking only)

1pm-3pm

Would you like to improve your English Skills? We're hosting free English courses at the neighbourhood centre delivered by Ripe Learning.



Instagram @coinstreet_se
Twitter @CoinStreet
Facebook /CoinStreet
LinkedIn Coin Street

Tuesday

Babies Stay and Play

10am-11:30am

Open to families with babies aged 0-12 months. Meet other families and enjoy stimulating activities like sensory play, songs, rhymes, and heuristic play in an informal and relaxing environment.

Rambert 3 weeks

(booking only)

11am-11.45am

A session delivered by Rambert for parents and children to explore dance and movement in a relaxed environment. Block of three sessions.

Breastfeeding Counselling Sessions

(booking only)

Every 2 weeks. 1-3pm

An informal discussion covering breastfeeding, starting solids, nutrition and more. Babies and children welcome.

Please text Maria Yasnova from the Southeast London branch of La Leche League on 07811825107 to book.

Parent's Workshop

(booking only)

Every 2 weeks. 1pm-3pm

An informative session with different topics for parents/carers to pick up tips and advice on how to support their child's learning and development.

Wednesday

Getting the Best Start - Coffee Morning

10.30am-11.30am

A bi-weekly session for newly registered families to meet the team and find out about what's on offer at the family and children's centre for you and your children.

Baby Massage 5 Weeks

(booking only)

12:30pm-1.45pm

Parents and babies will experience a mixture of movements and relaxation moments to help with physical and mental wellbeing.

Families are required to attend the 5 weeks of sessions of Baby Massage.

All sessions are free of charge

For more information about our sessions and services please contact:
f.centreenquiries@coinstreet.org 020 7021 1600

Visit our website:
coinstreet.org/families-and-children

Location: Coin Street neighbourhood centre,
108 Stamford Street, London, SE1 9NH.

Thursday

Toddler's Tales

10am-11.30am

Imaginative and interactive storytelling session that supports parent and child interaction and play while inspiring a love of reading.

Home from Home Session

(referral only)

12.30pm-2pm

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

Please ask a member of the team for more details.

Friday

Stay and Play

10am-11:30am

Stimulating activities like messy play, music, storytelling, and role play for 0-5 years old. Designed to encourage interaction between adults and children in an informal and relaxing environment. Meet other parents/ carers, share experiences, and learn about other activities or services available for your child.

SENsational Play

1pm-3pm

A fun group for children with additional needs or disabilities and their parents/carers provided by Southwark Children and Family Centres in collaboration with Cherry Garden School.

Saturday

Gardening Workshop

(Once a month)

10am-11.30am

A workshop based on a Forest School approach. Come enjoy the outdoors and watch plants grow. Everyone will be an active participant in the activities.

Southwark Park, Hawkstone road,
SE16 2PF



Scan here to register now

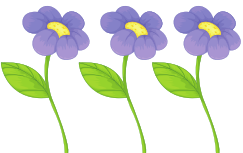


Southwark Children and Family Centres Borough Bankside and Walworth

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!

www.southwark.gov.uk/schools-and-education/information-for-parents/dolly-parton-simulation



Family Advice and Guidance

Throughout the week we offer 1-2-1 advice on parenting and child development. Get support with routines, boundaries, sleep, speech and language, nutrition, education, and school readiness.

50 things to do **five** before you're

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!

Fifty low- or no-cost activities for families, in a **FREE** app

Download the app!



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



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.

Talk to our Early Years Educators for more information.