

# Coin Street Family and Children's Centre Session Timetable 2025

## 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.



## Tuesday

### Mini Movers

(at Rambert Dance Studio 99 upper Ground SE1 9PP)  
9.45am-10.30am

A music and movement session delivered by the world famous 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 (pre and early walkers). Meet other families, get advice and support, enjoy fun activities including sensory play, songs, rhymes and story time.

### Breastfeeding Counselling Sessions

(booking only)  
Every 2 weeks. 1-3pm

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

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

### Let's Talk Workshops

(booking only)  
Every 2 weeks. 1pm-3pm

An informal session to get advice and support and practical tips from the team on a range of topics including, sleep, toileting, speech and language and much more.

## Wednesday

### Toddler's Tales

First 3 weeks of every month  
10am-11.30am

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

### Childminder Practice

#### Share Drop - in





10am-11.30am  
January 29  
February 26  
March 26

Themed sessions for childminders to share good practice, hints and tips.

### Baby Massage 5 Week Course

Families must attend all sessions - for ages 6 weeks to pre-crawlers (booking only)  
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.

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## Thursday

### EPEC Being a Parent Course

For parents of children aged 2-11 years  
10am-12pm

A 9-week course to help parents learn practical skills to support you and your child.

### 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.

### Henry Healthy Start, Brighter Future

12.30pm-2.30pm  
January 9 - Fussy Eating  
February 20 - Starting Solid  
February 27 - Healthy Teeth

Delivered by NHS Evelina London Health Team.



Scan here to register now

## Friday

### Stay and Play

(under 5 yrs old)  
10am-11:30am

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

### SENsational Play

(under 5 yrs old)  
1pm-2.30pm

A fun friendly group for children with emerging and additional needs or disabilities. Meet our experienced team and other professionals who are passionate to support you and your children.

## Saturday

### Gardening Workshop

(Once a month)  
10am-11.30am  
January 25  
February 22

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

All sessions are free of charge

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

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

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



## 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-simagination](http://www.southwark.gov.uk/schools-and-education/information-for-parents/dolly-parton-simagination)



### Getting the Best Start at Coin Street

We have an invite only session at Coin Street available 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.

### 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](http://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.