

Family and Children's Centre

Session Timetable 2025

Mon

Henry Health Start, Brighter Future

Booking only
10am–12pm

Delivered by NHS Evelina London Health Team.

Fussy eating: 22 Sep

Fussy eating: 3 Nov

Starting solids: 24 Nov

Healthy teeth: 1 Dec

To book your place, please visit the Evelina London website:

evelinalondon.nhs.uk/henry

ESOL Course

Booking only, term time
1pm–3pm

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

Varied

Let's Talk Workshops

Booking only

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

Choosing and applying for schools: Thursday 10 September, 10am–11am

Toileting: Tuesday 14 October, 1pm–2pm.

School application workshop: Monday 10 November, 10am–11am.

School application workshop: Thursday 20 November, 1pm–3pm

Toileting: Monday 8 December, 10am–11am.

Tue

Mini Movers

(at Rambert Dance Studio, SE1 9PP)
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, and enjoy fun activities.

Breastfeeding Counselling Sessions

Booking only. Every 2 weeks
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

Let's Get Cooking

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.

Baby Massage Course

Must attend 5-week course

For babies 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.

Baby Massage Paid Course

Must attend all sessions

For Babies 6 weeks to pre-crawlers

Booking only

This is the same as the course above, the waiting list for this course is shorter. For more information about dates, times and cost, email: fcc@coinstreet.org.

Thu

EPEC Being a Parent Course

For parents of children aged 1–3 yrs
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 and working together as a team to support your children.

Little Steps Workshops

4-week workshop, referral only
1pm–2.30pm

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.

Feel Good

Referral only
1pm–2.30pm

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

Fri

Healthy Movers Stay and Play

Under 5 years old

At the Colombo Centre, SE1 8DP
10am–11.30am

A session for families with under 5s. 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.

Yoga Sessions

8-week course

Booking only

Delivered by Morley College:

Yoga with your baby
(babies up to 9 months)
9am–10.30am

Yoga with your toddler
(11 months to 2 years)
10.45am–12.15pm

SENsory Explorers

Under 5 years old

Enjoy an engaging and stimulating 1–1 session with our early years SENDCO. For children up to 5 with needs, emerging needs, showing delay or on the waiting list for assessment. Contact us for more information and referral.

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.



The baby buddy app

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



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

