

Coin Street Family and Children's Centre Session Timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>	<p>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.</p>	<p>Breastfeeding Support Group (drop-in) 10am-12pm A session delivered by health visitors to support pregnant and breastfeeding women to start and continue breastfeeding. *Please aim to arrive at least 30 minutes before the end of the session if you require breastfeeding support.</p>	<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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</p>

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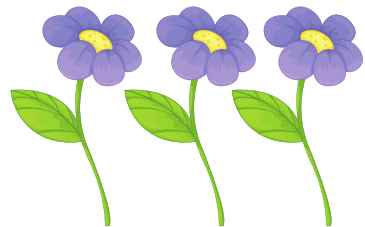


Southwark Children and Family Centres Borough Bankside and Walworth

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



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.



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!



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.