

Coin Street Family and Children's Centre Session Timetable 2024



Monday

Feel Good Session

(referral only)
9:30am-11.30am

Fun activities for 0-5-year-olds to build parent and child relationships, confidence, and self-esteem; helping little ones find ways to handle stress, feel good and relax.

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.

Wednesday

Henry Workshops

(referral only)
10am-12pm

A holistic approach that focuses on improving nutrition, emotional wellbeing, oral health and a more active lifestyle. Run by Evelina London. Please ask a member of the team for more details.

Thursday

Childminder Stay and Play Drop-in

10am-11:30am

A Stronger Practice Hub activity: find out how your stronger practice hub can support you in your work as a childminder.

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.

Breastfeeding Counselling Sessions

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

Home from Home Session

(referral only)
1pm-3pm

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.

Baby Massage 4 Weeks

(booking only)
12:30pm-1:30pm

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 4 weeks sessions of Baby Massage.

SENsational Play

1pm-2:30pm

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.

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.

Location:

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

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



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-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.

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!



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.