

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.



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

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.**

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.

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

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.

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