


# Coin Street Family and Children's Centre

## Session Timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Feel Good Session</b> (referral only) 9:30am-12:00pm</p> <p>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.</p>	<p><b>Babies Stay and Play</b> 10am-11:30am</p> <p>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><b>Henry Workshops</b> (referral only) 10am-12pm</p> <p>A holistic approach that focuses on improving nutrition, emotional wellbeing, oral health and a more active lifestyle. Run by Evelina London.</p> <p>Please ask a member of the team for more details</p>	<p><b>Childminder Stay and Play Drop-in</b> 10am-11:30am</p> <p>A Stronger Practice Hub activity: find out how your stronger practice hub can support you in your work as a childminder.</p>	<p><b>Stay and Play</b> 10am-11:30am</p> <p>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><b>Breastfeeding Counselling Sessions</b> Every 2 weeks. 1-3pm</p> <p>An informal discussion covering breastfeeding, starting solids, nutrition and more. Babies and children welcome. <b>Please text Maria Yasnova from the Southeast London branch of La Leche League on 07811825107 to book.</b></p>	<p><b>Home from Home Session</b> (referral only) 1pm-3pm</p> <p>A session for parents/carers to relax, talk, share experiences and tips on managing well-being, and learn more about child development.</p> <p>Please ask a member of the team for more details.</p>	<p><b>Baby Massage 4 Weeks</b> (booking only) 12:30pm-1:30pm Starts on the 25 April</p> <p>Parents and babies will experience a mixture of movements and relaxation moments to help with physical and mental wellbeing.</p> <p><b>Families are required to attend the 4 weeks sessions of Baby Yoga.</b></p>	<p><b>SENsational Play</b> 1pm-2:30pm</p> <p>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><b>Parents Workshop</b> (booking only) Every 2 weeks. 1pm-3pm</p> <p>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><b>Throughout the week:</b> 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.</p> <p><b>Location:</b> Coin Street neighbourhood centre, 108 Stamford Street, London SE1 9NH.</p>	<p>All sessions are free of charge</p> <p><b>For more information about our sessions and services please contact:</b> <a href="mailto:f.centreenquiries@coinstreet.org">f.centreenquiries@coinstreet.org</a> 020 7021 1600</p> <p><b>Visit our website:</b> <a href="https://coinstreet.org/families-and-children">coinstreet.org/families-and-children</a></p>	 <p>Scan here to register now</p>

