

Family and Children's Centre

Supporting children to have the best start in life



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UK Government



coinstreet.org/families-and-children

Coin Street 

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This guide is for the parents and carers of children under 5 years old living in Lambeth or Southwark.

If you require this document in a different format, please email:
f.centreenquiries@coinstreet.org



Welcome to Coin Street

We're a social enterprise working to protect, build and galvanise our neighbourhood in Waterloo and North Southwark, London. Starting from a rundown site in 1984, together we've built a thriving community of opportunity. It's a place people can call their home, workplace, or playground – and above all, it's a place where they can be totally themselves. We're committed to helping children achieve the best start in life. Our Family and Children's Centre services include play groups, health and wellbeing activities, advice and adult education.

Coin Street and 1st Place working together

Our work in Southwark is delivered in partnership with 1st Place Children and Family Hub, together supporting families from across Borough, Bankside and Walworth. Most of our sessions operate from the Coin Street neighbourhood centre but we also deliver programmes and activities at the Colombo Centre alongside outreach work across the area.

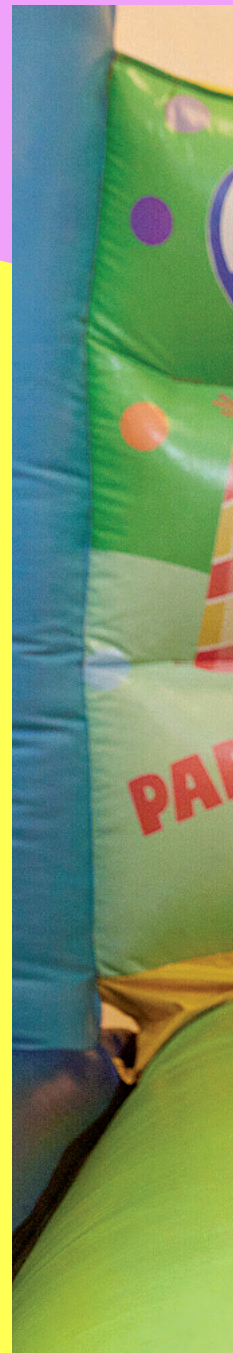
You can find more information about our support and services on our website: **coinstreet.org/families-and-children**



We know that the first five years of your child's life are an important time for them and you. These early years are crucial for your child's development and for laying the groundwork for lifelong learning, behaviour, and health. Leading child health experts agree that a child's experience during the first 1,001 days (from the beginning of your maternity journey and up to the age of two years old) has more influence on their future health, wellbeing and opportunities than at any other time in their life. At Coin Street, we believe that every baby, infant and child should get the best start in life and the opportunity to be the very best they can be. We are committed to supporting you and your family from pregnancy care and infant feeding through to parental support and early education. We're here for all families whatever challenges you face.

This brochure shares our top tips for your child's early years and the ways we can support you during this stage of their lives.

Early Years at Coin Street





Our services



Babies 0–1 years

- Midwife appointments
- Babies Stay and Play
- Baby Massage
- Breastfeeding Counselling Sessions
- Support from Healthy Minds Thrive

Children up to 5 years old

- Stay and Play sessions
- Communication and Language Support
- Gardening Sessions
- Physical Activity at Colombo
- Family dance sessions at Rambert
- Cooking Sessions
- SENSational Play Sessions





For adults

- Getting the Best Start Welcome Sessions
- Parent Carer Forums
- 1-1 support and advice
- Henry (Health, Exercise, and Nutrition for the really young)
- Adult learning classes and workshops
- ESOL Courses (English for speakers of other languages)



Referred support sessions

Many of our sessions are open to everyone but some are available by referral only. Referral sessions are marked with (RO). You can receive referrals from your health visitor, family support worker, social worker, GP or an early years practitioner. You can also make a self-referral by calling us and we'll be happy to help. You can drop in to many of our sessions but others you will have to book. Booked services are indicated as 'Booking required' (BR).

Sessions for babies, children and families

Babies 0-1 years

We run a range of groups for babies to provide extra support for both baby and parent. Starting with attending your midwife appointment at Coin Street, to then coming along to our Baby Stay and Play once your child arrives. This will give you a chance to meet and socialise with other families, get advice from our highly experienced early years professionals, and most importantly enjoy fun new activities and experiences with your child!



Infant Feeding, ages 0 to 1yr (RO)

Feeding time with your baby can be one of the most precious moments and provides valuable bonding time. However, it isn't always straight forward and simple. Our partners La Leche are here to support you throughout your feeding journey in our weekly breastfeeding counselling sessions or by referral for a 1-1 appointment with the Evelina Community Infant Feeding Team.



Baby Massage sessions, ages 6 weeks to pre-crawling (BR)

Baby massage not only promotes bonding with your baby, but also helps to boost their immune system, reduces stress, relieves colic, and can encourage sleep. Our sessions are delivered by a qualified practitioner under the International Association of infant Massage (IAIMUK). Booking is required onto this block of 5 weekly sessions, and priority is given to parents/carers living in our area of benefit.

Perinatal mental health & parent infant relationships, ages 0 to 2yrs

Becoming a new parent is a journey filled with moments of pure joy, but it can also present significant challenges. We are working in partnership with the Healthy Minds Thrive Team, who support parents and carers with their emotional wellbeing and developing healthy relationships with their babies. Speak to us if you'd like to hear more about how this team can help you.

RO Referral Only BR Booking Required

Children up to 5 years old

Stay & Play sessions, ages toddlers to 5yrs

These sessions provide the space for your child to start exploring and developing new skills, as well as providing opportunities to socialise with other children. Our highly experienced early years professionals can provide tips to support your child's learning and development, while also providing a listening ear for any challenges or concerns you are experiencing. On occasion we are joined by Southbank Sinfonia, professional orchestral musicians, who sing and play a range of songs for you to enjoy with your child.



Communication & Languages support, ages 0 to 5yrs

We are proud to be an enhanced setting for the Evelina communication friendly award. We work closely with Evelina Children's speech and Language team (SALT) who regularly drop in to our sessions to meet parents and children face to face as well as providing 1-1 appointments in our health room. Our experienced team, including our Early Years SENDCo can support referrals to SALT and can undertake WellComm assessments to support referrals. If you are worried about your child's communication and language, then contact the team to see how we can help.

Outdoor Learning- Physical activity sessions, ages toddlers to 5yrs

Outdoor Play and Learning can help support your child's communication, learning and development. Look out for sessions we deliver in and around our community aimed at promoting physical activity and a love of nature. Sessions we deliver include gardening sessions at Southwark Park and physical activity sessions at the Colombo sports pitches. We also deliver dance and physical movement sessions in collaboration with Rambert Dance Company.

Making it REAL (Raising Early Achievement in Literacy) ages 2 to 4yrs (RO)

Making It REAL (Raising Early Achievement in Literacy) is an award-winning home learning programme. It is delivered in partnership with Home-Start Southwark offering support to gain skills and tips in how best to support your child's early communication and language development by helping you enhance the learning environment at home.

Special Educational Needs and Disabilities (SEND), ages 0 to 5yrs (RO)

All our activities listed on our programme are accessible and inclusive, but we deliver SENSational Play – a session to support children with learning and development delay and/or SEND. Our Early Years SENDCo is always willing to meet with you 1-1 to help with advice or support for you and your child.

Families, parents and carers



Family support service (RO)

Our Family Support Team can offer support and advice around: parenting, free early learning opportunities, housing and benefits, employment, training, reducing isolation and signposting to other available services. Please speak to a member of the team if you'd like to receive 1-1 support or advice. Some advice and support is only available through an Early Help referral. The local council Family Information Teams are available to help and advise you on a range of topics including how to find childcare, free early learning, how to apply for schools and help you find a range of other services and support for your family.

To request support:

Southwark: <https://www.southwark.gov.uk/schools-and-education/family-information-service>

Lambeth: [Lambeth.gov.uk/fis](https://lambeth.gov.uk/fis)

Southwark



Lambeth



Parenting Support, ages 0 to 5yrs (RO)

Being a parent can be very rewarding, though it is natural to need help along the way as you face difficulties with your young children. Our Family Support team can offer help or advice on the challenges you and your family are facing. Our Family Support team can offer help or advice on the challenges you and your family are facing. We offer workshops, drop-ins and personalised support to help you. Help is also available from Southwark and Lambeth's parents support service, who provide free courses to support different parenting needs. This could be through taking part in a parenting course, attending an online programme, or accessing a one-to-one service.

For dates and other information ask one of the team in the Family and Children centre or scan the QR codes:

Southwark



Lambeth



HENRY – (Health, exercise, nutrition for the really young) 0 to 5yrs

The HENRY programme supports parents to gain the confidence, knowledge and skills they need to make positive lifestyle changes to help the whole family. You can take part in individual workshops or an 8-week programme. For more information, speak to a member of our team who can help with a referral, or scan the QR code.

evelinalondon.nhs.uk/henry



Adult learning classes and workshops

Fancy a new skill? Or finding out more about how you can support your child to learn and develop? We can provide or direct you to a range of courses in our centre and across Southwark and Lambeth. Creche can be provided to support you to attend.

ESOL (English for speakers of other languages classes), (BR)

We provide ESOL classes to help you develop your skills in reading, writing and English. Contact us if you are interested in booking a place. Creche is provided for this course to support parents to attend. Enrolment takes place in September/January and April.

RO Referral Only **BR** Booking Required



Coin Street Nursery



We offer high-quality inclusive education for children aged 6 months to 5 years. The nursery is set in a large open-plan space on the first floor of the Coin Street neighbourhood centre. We have a large outdoor play space giving the children lots of opportunities for exercise and outdoor learning. We offer a broad and balanced curriculum, which has four elements:

1. Teaching learning based on children's interests
2. A regular cycle of learning
3. Core experiences
4. Our curricular goals for children

Most of our learning is play based, taking place both inside and outside. Fees include two meals and two snacks a day, plus all trips and activities.

Find out more on our website:
coinstreet.org/nursery



Useful resources for new families



50 Things to do before you're 5 (Download the app)

southwark.50thingstodo.org



Baby Buddy App

[bestbeginnings.org.uk/
baby-buddy-local](http://bestbeginnings.org.uk/baby-buddy-local)



Bookstart

[www.booktrust.org.uk/what-we-
do/programmes-and-campaigns/
bookstart](http://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart)



Dolly Parton's Imagination Library (free books for ages 0–5)

[https://imaginationlibrary.com/
check-availability](https://imaginationlibrary.com/check-availability)



Childcare Choices (apply for free childcare for employed parents)

www.childcarechoices.gov.uk



Top tips for children and families

Breastfeeding

- Breastfeeding gives the best start for your child
- Move your child onto healthy solid foods at 6 months
- Come to our breastfeeding sessions with La Leche!

Keep your child healthy

- Only offer your child milk or water to drink. Fruit juice, squash and fizzy drinks will damage your child's teeth.
- Help your child to give up the bottle at 12 months.
- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at about six months). Use a fluoride paste as this helps prevent and control tooth decay. Brush for about two minutes twice a day: once just before bedtime and at least one other time during the day.
- Come to our Let's Get Cooking sessions to learn about the value of cooking with your children!

Keep your child active

- Active children are happier and healthier, and they sleep better too. Encourage your child to crawl, walk, run, jump, scoot, cycle, dance or play for 3 hours each day.
- Avoid long times in car seats, buggies or sitting in front of a screen.
- Limit their screentime to a maximum of 2 hours per day.
- Make learning fun by introducing new skills through play.
- Give up the buggy before your child is 3 years old.
- Come to Stay and Play!



Help your child to communicate

- Talk, play and read with your child every day to help them to thrive. Spend special time with your child talking, playing, singing and sharing stories.
- Help your child to express their emotions and talk about how they feel.
- Switch off your TV, phones, tablets and laptops for at least 30 minutes every day.
- Keep using your home language.
- Bring your child to play with other children at our sessions

Keep your child safe

- Keep your child safe online by having parental controls set up if your child uses a phone, tablet or laptop.
- We offer all our families 'Early Help'. We work closely with parents to stop a small problem becoming a big issue. Our practitioners will offer you guidance about how to handle difficult situations with your child.
- If you have safeguarding concerns for a child or young person, or believe that the child or their family may benefit from additional support, speak to a member of our Safeguarding team.

Useful contact details

NHS 111

If you need medical help fast but it is not life-threatening, call 111

Support for Victims of Domestic Violence:

www.nationaldahelpline.org.uk

Find a doctor or dentist:

0300 311 2233

www.nhs.uk

Drug and alcohol service:

www.changegrowlive.org/drug-alcohol-service-southwark

www.lambeth-drug-alcohol.co.uk

Stop smoking service:

0300 123 1044

www.stopsmokinglondon.com

Child and adolescent mental health services (CAMHS):

<https://slam.nhs.uk/southwark-camhs>

<https://slam.nhs.uk/lambeth-camhs>

Food Banks:

<https://southwark.foodbank.org.uk>

www.lambethlarder.org/emergency-food

Healthy start food and vitamins:

www.healthystart.nhs.uk

Support for refugees, migrants, asylum seekers: RAMP (Renewal refugee and migrant project):

www.renewalprogramme.org.uk

Housing:

www.southwark.gov.uk/housing/housing-support

www.lambeth.gov.uk/housing/finding-home/

homelessness-prevention-housing-advice/contact-housing-advice-team

Shelter Housing Advice Helpline:

0808 800 4444

Southwark: www.southwark.gov.uk


Lambeth: www.lambeth.gov.uk


Citizen's Advice Bureau:

Merton & Lambeth: www.caml.org.uk

Southwark: www.citizensadvicesouthwark.org.uk

You can find more information about our support and services on our website: **coinstreet.org/families-and-children**

 Telephone: 020 7021 1600

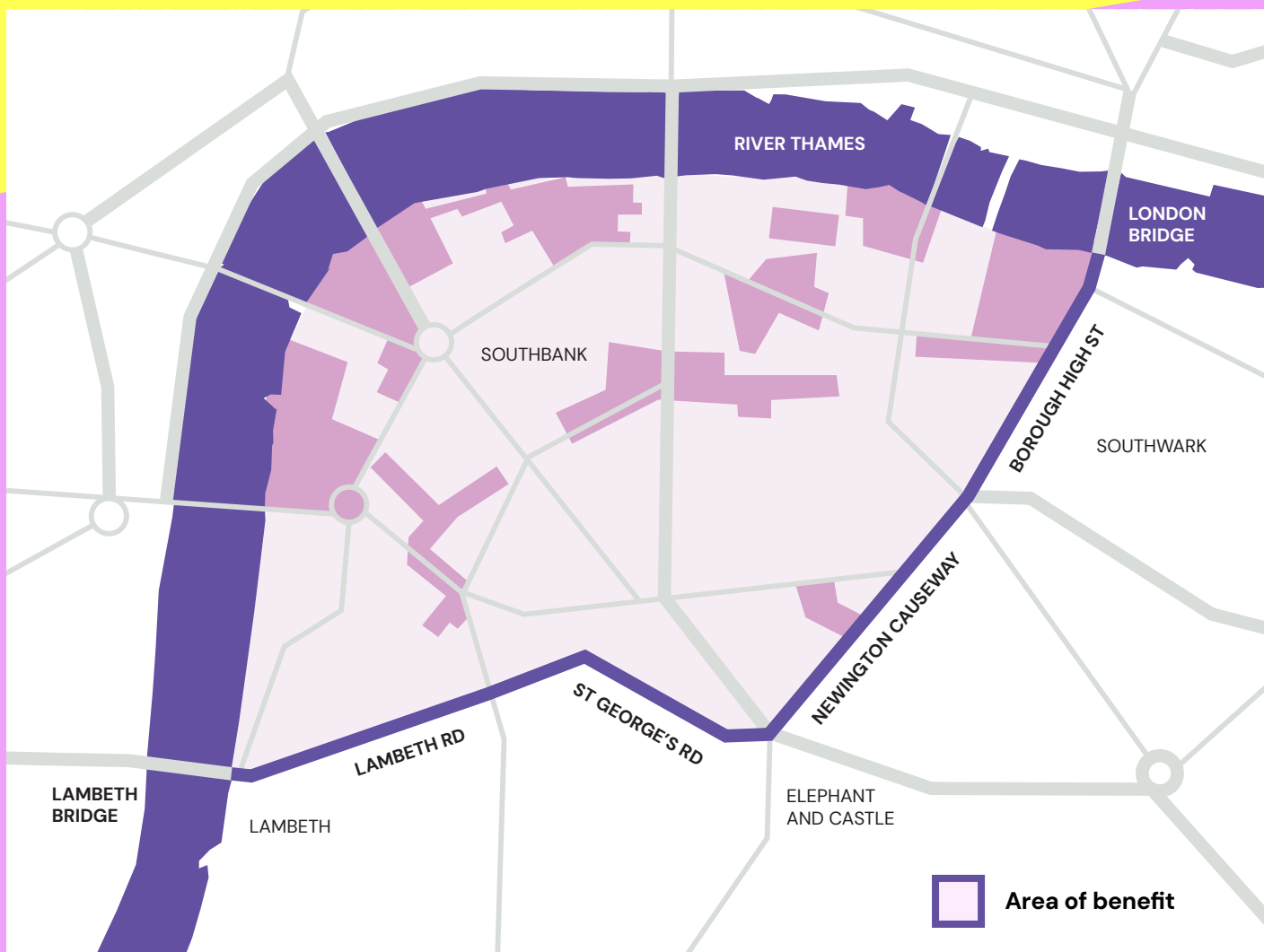
 Email: f.centreenquiries@coinstreet.org

 @CoinStreet  @CoinStreet

Coin Street Children and Family Hub,
Coin Street neighbourhood centre,
108 Stamford Street, London SE1 9NH

Colombo Centre,
34-68 Colombo Street, London SE1 8DP

Our hub has disabled access and a lift.
We are a breastfeeding friendly hub.
You are welcome to breastfeed here.



Area of benefit

Coin Street's area of benefit encompasses neighbourhoods around Waterloo, Southwark, and Lambeth. Reaching beyond our 13-acre site, the area of benefit highlights the wider community we serve through our community facilities and services.

Our inspirational neighbourhood provides homes, parks, shops, restaurants, galleries and spaces for people and organisations to come together.

We deliver early years education and run a family and children's centre. We also provide health and wellbeing programmes seven days a week. These activities can be enjoyed by people from all backgrounds and of all ages in our neighbourhood and beyond.

Everyone is welcome at Coin Street. If sessions are oversubscribed, priority will be given to those living or working within the area of benefit.