

Coin Street Family and Children's Centre Session Timetable 2025

Monday

Next Steps Training

(For parents of autistic children)
(referral only)
10am-12pm
17 March - 19 May

A 6-week parenting course presented by professionals with expertise in the field of autism.

Session topics to include:

- Introduction to Autism Spectrum Disorder.
- Sensory differences.
- Social interaction and play.
- Understanding of communication.
- Use of communication.
- Behaviour, emotions, routines.

ESOL Course

(booking only)
1pm-3pm. Term time.

Would you like to improve your English Skills? We're hosting free English courses at the neighbourhood centre delivered by Ripe Learning.

Tuesday

Mini Movers

(at Rambert Dance Studio 99 upper Ground SE1 9PP)
9.45am-10.30am. Term time.

A music and movement session delivered by the world famous Rambert Dance Company for you and your child to keep fit and have fun together.

Babies Stay and Play

Pre-walkers
10am-11:30am

A session for families with babies. Meet other families, get advice and support, enjoy fun activities including sensory play, songs, rhymes and story time.

Breastfeeding Counselling Sessions

(booking only)

Every 2 weeks. 1-3pm
An informal discussion group covering breastfeeding, starting solids, nutrition and more. Babies and children welcome.

Please text Maria Yasnova from the Southeast La Leche League on 07811825107 to book.

Let's Talk Workshops

(booking only)
Every 2 weeks. 1pm-3pm

An informal session to get advice and support and practical tips from the team on a range of topics including, sleep, play, communication, attachment, toileting, being a Dad and more.

Wednesday

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.

Childminder Practice Share Drop - in





10am-11.30am
7 May
4 June
2 July

Themed sessions for childminders to share good practice, hints and tips.

Baby Massage 5 Week Course

Families must attend all sessions - for ages 6 weeks to pre-crawlers (booking only)
12:30pm-1.30pm

A short course to help you feel close to your baby. An opportunity to promote interaction, bonding, relaxation, relief and stimulation techniques to promote sleep, relieve pain from colic, wind or constipation.

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Thursday

EPEC Being a Parent Course

(referral only)
For parents of children aged 1-3 years
10am-12pm

A 9-week course to help parents learn practical skills to support you and your child. Session topics include looking after yourselves as parents, recognising and managing your child's emotions, learning positive parenting strategies and working together as a team to support your children.

Home from Home Session

(referral only)
12.30pm-2.30pm

A session for parents/carers to relax, talk, share experiences and tips on managing well-being, and learn more about child development.

Friday

Healthy Movers Stay and Play

(under 5 yrs old)
10am-11:30am
At the Colombo Centre (34-68 Colombo Street, Southwark, London, SE1 8DP)

A session for families with under 5s. Meet other families, get advice and support, enjoy fun activities that support your child's physical development and promotes their self esteem and wellbeing. Song and rhyme time regularly lead by the South Park Sinfonia.

SENsational Play

(under 5 yrs old)
1pm-2.30pm

A fun friendly group for children with emerging and additional needs or disabilities. Meet our experienced team and other professionals who are passionate to support you and your children.

Saturday

Wellbeing Through Nature

10am-11:30am
April 12, May 17, June 14, July 12 (once a month)

At Southwark Park, Hawkstone Road, SE16 2PF.
Come explore the outdoors and enjoy a variety of experiences like nature walks, feeding the ducks at the pond, creating natural art, sensory hunts, gardening and practicing mindfulness at circle time.

Coin Street Family and Children's Centre Registration Form 2025





Southwark Children and Family Centres Borough Bankside and Walworth

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.

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.



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



50 exciting, open-ended ideas for play for children aged 0-4

50 THINGS TO DO BEFORE YOU'RE 5



A multi-award-winning parenting and pregnancy app

THE BABY BUDDY APP

A community which brings together all of the information on services available for children from 0-19 years in Southwark

PARENTS + CARERS WHATSAPP COMMUNITY







Henry Health Start, Brighter Future
12.30pm-2.30pm
(Booking only)

Fussy Eating (Creche) - Thu 24 April
Starting Solids (No Creche) - Thu 8 May
Fussy Eating (Creche) - Tue 8 Jul

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

Getting the Best Start at Coin Street

We have an invite only session at Coin Street available for newly registered families to meet the team and find out about what's on offer at the family and children's centre for you and your children.