

# Coin Street Family and Children's Centre Session Timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Home from Home Sessions</b> (referral only) 10.30am-12.15pm</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><b>Babies Stay and Play</b> 10-11.30am</p> <p>Meet other families and enjoy stimulating activities like sensory play, songs, rhymes, and heuristic play in an informal and relaxing environment. Open to families with babies aged 0-12 months.</p>	<p><b>Wednesday Focus Group</b> (booking required) 10-11.30am</p> <p>This informative session will have different topics for parents/carers to pick up tips and advice on how to support your child's learning and development.</p>	<p><b>Childminder Stay and Play Drop-in</b> 10-11:30am</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> 10-11.30am</p> <p>Stimulating activities like messy play, music, storytelling, and role play. 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>Circle of Security Parenting Group</b> Coming this Spring! Chat to our team for more details.</p> <p>Get support with understanding and nurturing your babies' emotional needs, and increasing their self-esteem.</p>	<p><b>Breastfeeding Counselling Sessions</b> 1-3pm (every 2 weeks)</p> <p>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.</p>	<p><b>Henry</b> 10am-12pm 8-week programme, please enquire for more details.</p> <p>A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle. Run by Evelina London.</p>	<p><b>Feel Good Session</b> (referral only) 1-2.30pm</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>SENsational Stay and Play</b> 1-2.30pm</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 and Peanuts</b> 1-3pm (every 2 weeks)</p> <p>Free workshops - Mums and Dads under 25yrs expecting a baby or with a child under 1. To sign up, email sheila@stmichaelsfellowship.org.uk</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>For more information about our sessions and services, contact: <a href="mailto:f.centreenquiries@coinstreet.org">f.centreenquiries@coinstreet.org</a> 020 7021 1600</p> <p>Visit our website: <a href="https://coinstreet.org/families-and-children">coinstreet.org/families-and-children</a></p>	 <p>Scan here to register now</p>