

Hesters Way Children & Family Centre Timetable

September – December 2026



Monday

Midwives Clinic
(Appt Only)
8.30am—2.00pm

Targeted Family Time
(Invite Only)
10:00am—11.30am

Development Checks
(Appt Only)
12:30pm-3.30pm

Aspire Workshops

Managing Emotions Workshop
Friday 13th November
09:30-11:30am
Gardners Lane Children and Family Centre
Booking required



Tuesday

Midwives Clinic
(Appt Only)
8.30am—1.00pm

Development Checks
(App Only)
9.30am—12.30pm

BAPS—Breastfeeding Support Group
10.00am—12.00pm

Speech & Language Therapy Stay and Play
(Invite Only)
12.30-5:00pm

Perinatal Pelvic Team
(Invite only)
2nd Tues of the Month
1.15pm—3.15pm

Wednesday

Midwives Clinic
(Appt Only)
8.30am—2.00pm

Development Checks
(Appt Only)
9.30am—4:00pm

NEW!
Stay and Play (0-5yrs)
10:00-11:30am
(Term Time only)
Starting on 9th Sept

NEW!
School Nurse Parent Workshops
(Invite only)
25/11 & 2/12
9.30-11.30 & 12:30-2:30

Baby Hub Stay and Weigh
1:00pm—2.30pm

Thursday

Midwives Clinic
(Appt Only)
8:30am—4:00pm

Speech & Language Group Therapy Sessions
(Invite Only)
9:00am—5:00pm

NEW!
Parent/Carer Book Group
(For parents of children 3-6yrs)
09:30-11:00am
Monthly
24/9, 22/10, 26/11, 17/12

Togetherness Parenting Course
10 wk Course to support understanding your child's behaviour and parent child relationships

Course running at Gardners Lane
30th September - 9th December
Please book a space via Eventbrite

Friday

Midwives Clinic
(Appt Only)
8:30am—2:00pm

Development Checks
(Appt Only)
9:30am-3.30pm

Oscars Reading Corner Family Story Time
0-5yrs
18th September
10.00am-11.00am
Booking Required

NEW!
Coffee, Chat & Connect Parent Drop-In Session
8:45am-10:15am

Children under 5 welcome

Starting 25th September

Hester's Way Children and Family Centre, Dill Avenue, Cheltenham, GL51 0ES

Company Registration Number: 08460624

01242 222490

hestersway@aspirefoundation.org.uk

Visit our website for more information on what's on.
www.aspirefoundation.org.uk



Are you part of our online community?



Aspire Foundation



Hesters Way Children and Family Centre

Targeted Family Time (invite only)



This session is aimed at parent/carers of children 0-5 yrs who need a smaller group to build confidence, get support and have the opportunity to play and interact with their children with a range of activities to meet their developmental needs. You may find other groups overwhelming or need more support this is the group for you

Please speak to any children centre staff regarding the referral form.

Aspire Workshops Managing Emotions Workshop



Children can often express their emotions in many different ways. We welcome you to join us for this interactive workshop to increase your understanding of the importance of managing emotions. Gain advice, helpful tips and strategies to support in regulating your child's emotions. Aimed at parents with children under 11.

Booking required



Baby Hub Stay & Weigh



Come and get your baby weighed & seek health advice. You have the opportunity to stay to interact with other parents and engage in play activities with your child/ren. Community Family Workers will also be around on 2nd & 4th Wedsof month to offer support and advice around parenting and raising your family.

Baps Group



This support group is open to women who would like to breastfeed or are already breastfeeding and their child/ren and looking for connection or support with other mother's. Breastfeeding Counsellor and the team of Peer Supporters look forward to welcoming you.



Midwife Appointments

Attend your routine midwife appointment here



Development Checks

Attend Health Visitor routine development checks here by appointment for your child at 9mths and 2yrs



Pelvic Health Team Appointments

Attend your appointment with the Pelvic health team here.



Speech and Language Therapy Stay and Play (Invite only)

Therapy group sessions for children open to the Speech and Language service



Family Story Time Sessions

A themed interactive story session with a craft activity too.
£1 per child

Booking via Eventbrite



NEW!

Stay & Play



Stay and play sessions are for parents/carers and their children 0-5 yrs.

Our groups will give you the chance to engage with your child through play with a range of activities that will promote your child's development. Staff will be on hand to give advice and support. Come along and meet new people and make friends.



School Nurse Parent Workshops

3rd November
(Invite only)

The School Nurse team support any parent of a child aged 5-19, whether they are in school or not. Workshops will focus on Selective Eating, Sleep and Emotional Health. You can self refer or get a professional to refer you for these workshops.

See the School Nurse website



Parents/Carers Book Group (For parents of children 3-6yrs)



Monthly on the following dates
22nd Sept, 20th Oct, 24th Nov, 15th Dec

Would you like to enjoy more stories and reading together at home? Join Cheltenham Festivals for our free, friendly Family book group. The group will meet monthly and each month you'll receive a free children's book to keep, discover fun and practical ways to share stories, and take home simple activities to enjoy together. The sessions are relaxed, interactive and designed to help you feel more confident sharing books with your child.

All reading abilities are welcome
Booking required via Eventbrite QR code needed.

NEW!

Coffee, Chat & Connect Parent Drop-In Session Under 5's welcome



A relaxed drop-in for parents/carers to enjoy a coffee/cuppa, meet others and find out more of what's available in your local area. If you are at a loose end now the children are in a setting, new to the area or looking for some advice or someone to share your parenting experience with, pop along! Under 5's welcome



Face 2 face

10 wk Course to support understanding your child's behaviour and parent child relationships
Book via Eventbrite



Togetherness courses

TOGETHERNESS
Bringing the Solihull Approach to the world
Online

As a Gloucestershire Parent you have access to 16 different online courses & resources to support your parenting for FREE! See if there is something for you.
<https://togetherness.co.uk/mul/gloucestershire/>



Community Café



at Gardners Lane Children and Family Centre
Mondays 8:45-11am

Open to any parents with Children 0-11yrs.

Pay as you can - all items £1

Oakwood Children & Family Centre Timetable

September – December 2026



Monday

**Oscars Reading Corner
Family Story Time**
0-5yrs
2nd November
10:00am-11:00am

Baby Sling Library
07/09, 12/10, 09/11, 07/12
10:00am-12:00pm

Childminders Stay & Play
0-5yrs
3rd Mon of the month
10.00am-11.30am

**La Leche Breastfeeding
Support Group**
28/09, 26/10, 30/11, 21/12
2:00pm-3:30pm

NEW!
Meals Made Easier
2nd, 9th & 16th Nov
1.30-2.30pm
Booking Required

Young Carers
(Invite only)
16:00 - 17:45

Tuesday

NEW!
Parent/Carer Book Group
(For parents of children 3-6yrs)

09:30-11:00am
Monthly

22/9, 20/10, 24/11, 15/12

School Nurse Parent Workshops
(Invite only)
3rd Nov

09.30-11.30 & 12:30-12:30

Aspire Stay & Play
0-5 yrs
1.30pm-3.00pm

Wednesday

Pre-CAAAS Clinic
(Appt Only)
1st Wed of the month
08.30am-4.30pm

Development Checks
(Appt Only)
09:30-12:30pm

NEW!
**Coffee, Chat & Connect
Parent Drop-In Session**
1.30pm - 3:00pm
4th Weds of the month

Children under 5's welcome

Thursday

**Speech & Language
Therapy Clinic**
(Appt Only)
08.30am-12.30pm

Development Checks
(Appt Only)
09.30am—12.30pm

Aspire Workshops

**Managing Emotions
Workshop**

Fri 13th November
09:30-11:30am
Gardners Lane Children and
Family Centre

Booking required



Friday

**Speech & Language
Therapy Clinic**
(Appt Only)
08.30am—4.30pm

Development Checks
(Appt Only)
09:30am-12:30pm

**Baby Hub Stay and
Weigh**
10:00am—11.30am
(latest arrival 11.20am)

Soft Play and Sensory room

Our **small Soft play** and our
Sensory room are
open for you to come and play
with your children under 5yrs

**Mondays and Wednesdays
Including SEND sessions**
(for under 8yrs)

**Find us on Eventbrite for times
and to book a space**

Togetherness Parenting Course

10 wk Course to support understanding your child's behaviour
and parent child relationships

Course running at Gardners Lane Children and Family Centre
30th September -9th December
Please book a space via Eventbrite



Stay & Play



Stay and play sessions are for parents/carers and their children 0-5 yrs.

Our groups will give you the chance to engage with your child through play with a range of activities that will promote your child's development. Staff will be on hand to give advice and support. Come along and meet new people and make friends.



Young Carers



(Invite only)
In partnerships with Gloucestershire Young Carers we run weekly support sessions for Children aged 8-11 who have been identified as having a caring responsibility for a parent or sibling. This gives an opportunity to come and have fun and share similar experiences with other children



Gloucestershire Health and Care NHS Foundation Trust



Baby Hub Stay & Weigh

Come and get your baby weighed & seek health advice. You have the opportunity to stay to interact with other parents and engage in play activities with your child/ren. Community Family Workers will also be around on 1st & 3rd Friday of month to offer support and advice around parenting and raising your family.

Aspire Workshops



Managing Emotions Workshop

Children can often express their emotions in many different ways.

We welcome you to join us for this interactive workshop to increase your understanding of the importance of managing emotions. Gain advice, helpful tips and strategies to support in regulating your child's emotions. Aimed at parents with children under 11.



Gloucestershire Health and Care NHS Foundation Trust

Midwife Appointments

Attend your routine midwife appointment here



Gloucestershire Health and Care NHS Foundation Trust

Speech and Language Appointments

Attend your Speech and Language appointment here, which will help your child's speech and communication



Gloucestershire Health and Care NHS Foundation Trust

Development Checks

Attend Health Visitor routine development checks here by appointment for your child at 9mths and 2yrs

Baby Sling Library



Sling Meets run by Cheltenham and Gloucester Sling library; are friendly support sessions which are facilitated by qualified Sling Consultants and Peer Supporters.

At present you must book a support session before attending. All sessions cost £5 per family. Our aim is to give parents the most up to date, safety focussed information to enable them to enjoy wearing their babies and children for as long as they wish
For more information and bookings
www.cheltgloucslslinglibrary.co.uk

School Nurse Parent Workshops

NEW! 3rd November
(Invite only)

The School Nurse team support any parent of a child aged 5-19, whether they are in school or not
Workshops will focus on Selective Eating, Sleep and Emotional Health. You can self refer or get a professional to refer for these workshops.
See the School Nurse website



La Leche League GB

La Leche Breastfeeding Support Group

Our mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.



NEW!

Meals made easier



Looking for some ideas to save time, money and reduce mealtime stress?
Join us a set of 3 workshops for parents with practical tips and easy recipes

Booking required via Eventbrite

Childminders Stay and Play Under 5's

Stay and Play session for childminders to come together to connect, support each other and opportunity for children to play
Run by childminders themselves

Family Story Time Sessions



A themed interactive story session with a craft activity too.
£1 per child
Booking via Eventbrite

Parents/Carers Book Group

(For parents of children 3-6yrs)



NEW!

Monthly on the following dates

22nd Sept, 20th Oct, 24th Nov, 15th Dec

Would you like to enjoy more stories and reading together at home? Join Cheltenham Festivals for our free, friendly Family book group. The group will meet monthly and each month you'll receive a free children's book to keep, discover fun and practical ways to share stories, and take home simple activities to enjoy together. The sessions are relaxed, interactive and designed to help you feel more confident sharing books with your child.

All reading abilities are welcome
Booking required.



TOGETHERNESS

Bringing the Solihull Approach to the world

Togetherness courses Face 2 face

10 wk Course to support understanding your child's behaviour and parent child relationship
Book via Eventbrite



Online

As a Gloucestershire Parent you have access to 16 different online courses & resources to support your parenting for FREE! See if there is something for you.

<https://togetherness.co.uk/mul/gloucestershire/>



NEW!



Coffee, Chat & Connect Parent Drop-In Session

1.30pm- 3:00pm

4th Wednesday of the month

A relaxed drop-in for parents/carers to enjoy a coffee/cuppa, meet others and find out more of what's available in your local area. If you are at a loose end now the children are in a setting, new to the area or looking for some advice or someone to share your parenting experience with, pop along!

Under 5's welcome

Gardners Lane Children & Family Centre Timetable

September – December 2026

Monday

**Speech & Language
Therapy Clinic**
(Appt Only)
08.30am-4.30pm

NEW TIME!
Community Café
08:45-11:00am
Term-Time Only

CCP - Stay & Play (0-5yrs)
10:00am—11.30am
Term Time Only

Development Checks
(Appt Only)
12.30pm—4.30pm

GLOW Clinic
(Appt Only)
21st Sept + 9th November
13.30pm—4.30pm

NEW!
Meals Made Easier
14th, 28th Sept & 5th Oct
1.30-2.30pm
Booking Required

**Gloucestershire
Parent Carer Forum**
Rainbow Days
5:00pm—7:00pm
(1st Monday of the Month)

Tuesday

Development Checks
(Appt Only)
08.30am-12.30pm

**Speech & Language
Therapy Clinic**
(Appt Only)
09:00am-3:00pm

Antenatal Class
(Invite Only)
1st Tuesday of the Month
10.30am-12.00pm

Midwives Clinic
(Appt Only)
1.00pm—4.30pm

Baby Hub Stay and Weigh
1:00-2.30pm
(latest arrival 2.20pm)

Aspire Workshops
**Managing Emotions
Workshop**
Fri 13th November
09:30-11:30am
Gardners Lane Children and
Family Centre 
**Booking
required**

Wednesday

Development Checks
(Appt Only)
8.30am—12.30pm

Targeted Family Time
(Invite Only)
1:00pm—2.30pm

NEW!
Midwives Clinic
(Appt Only)
12.30pm—4.30pm

Coffee, Chat & Connect
Parent Drop-In Session
8.45am—10.15am
3rd Weds of the month

Children under 5 welcome

**Togetherness Parenting
Course**
9:30-11:30am
30th September - 9th December
Book via Eventbrite

STEPS
Early Years Sensory Group
(Invite only)
9th Sept, 14th Oct, 11th Nov
10.00am-12.00pm

Thursday

Midwives Clinic
(Appt Only)
8.30am—12.30pm

Young Parents Group
10:00am—11.30am

Development Checks
(Appt Only)
12.30pm—4.30pm

School Nurse Parent Workshops
(Invite only)
8th Oct
9.30-11.30 & 12:30-2:30

Can't Sit Still
Being Me Club
(Invite only)
3.45pm - 4.45pm

**Gloucestershire Parent Carer
Forum Training**

Graduated Pathway
9th September - 12:30-2:30pm

Transitions
23rd September - 12:30-2:30pm

For more information
<https://www.glospcf.org.uk/training>

Friday

**Speech & Language
Therapy Clinic**
(Appt Only)
9:00am—4:00pm

GLOBES
Breastfeeding group
10:00am—12:00pm

Saturday

Lives of Colour
Mummy and Baby group
(0-5 years)
12:30pm-2:30pm

Sunday

Dad Matters
Stay & Play 0-5yrs
1st Sunday of the Month
10.00am-12.00pm
Check out Dad Matters
Facebook page for more
details
<https://www.facebook.com/DadMattersGloucestershire>
Booking required

Eventbrite QR Code/Link?



Targeted Family Time

(invite only)



This session is aimed at parent/carers of children 0-5 yrs who need a smaller group to build confidence, get support and have the opportunity to play and interact with their children with a range of activities to meet their developmental needs. You may find other groups overwhelming or need more support this is the group for you

Please speak to any children centre staff regarding the referral form.



Gloucestershire Health and Care
NHS Foundation Trust

Midwife Appointments

Attend your routine midwife appointment here



Gloucestershire Health and Care
NHS Foundation Trust

Speech and Language Appointments

Attend your Speech and Language appointment here, which will help your child's speech and communication



Gloucestershire Health and Care
NHS Foundation Trust

Development Checks

Attend Health Visitor routine development checks here by appointment for your child at 9mths and 2yrs



Gloucestershire Health and Care
NHS Foundation Trust

Glow Clinic appointments take place here (Invite only)



Gloucestershire Health and Care
NHS Foundation Trust

Antenatal Classes - (Invite only)

Attend your antenatal classes here to find out more about your pregnancy and birth of your baby



Gloucestershire Health and Care
NHS Foundation Trust

School Nurse Parent Workshops

8th October - Invite only

The School Nurse team support any parent of a child aged 5-19, whether they are in school or not. Workshops will focus on Selective Eating, Sleep and Emotional Health. You can self refer or get a professional to refer you for these workshops.

See the School Nurse website



CCP Stay & Play



Stay and play sessions are for parents/carers and their children, 0-5 yrs. Our groups will give you the chance to engage with your child through play with a range of activities that will promote your child's development. Staff will be on hand to give advice and support. Come along and meet new people and make friends.



Meals made easier



Looking for some ideas to save time, money and reduce mealtime stress? Join us a set of 3 workshops for parents with practical tips and easy recipes. Booking required via Eventbrite

NEW!



Young Parents Stay and play group



This session invites all parents and expectant parents aged 25 and under to meet other parents and their children.

This group will give you the chance to engage with your child through play with a range of activities that will promote your child's development. Staff will be on hand to give advice and support. Come along and meeting new people and make new friends.

Can't Sit Still 'Being Me' Clubs

Creative clubs for Autistic Girls and Non-binary children 5-11yrs (Invite only)



Community Café

Mondays 08:45-11:00am

Open to any parents with Children 0-11yrs. Pay as you can - all items £1. Meet other parents and gain information & guidance



Gloucestershire Health and Care
NHS Foundation Trust

Baby Hub Stay & Weigh

Come and get your baby weighed & seek health advice. You have the opportunity to stay to interact with other parents and engage in play activities with your child/ren. Community Family Workers will also be around on 1st & 3rd Tues of month to offer support and advice around parenting and raising your family.



GLOBES - Breast

Feeding group



This support group is open to women who would like to breastfeed or are already breastfeeding and their child/ren, a chance for connection or support with other mother's.

Breastfeeding Counsellors and Peer Supporters look forward to welcoming you.



TOGETHERNESS

Bringing the Solihull Approach to the world

Togetherness courses

Face 2 face

10 wk Course to support understanding your child's behaviour and parent child relationship. Book via Eventbrite



Online

As a Gloucestershire Parent you have access to 16 different online courses & resources to support your parenting for FREE! See if there is something for you.

<https://togetherness.co.uk/mul/gloucestershire/>



Rainbow Days

Stay and play session run by Parent Carer Forum and is for primary aged Neurodiverse children and their families including siblings. Free of charge (bring your own snack). Indoor soft play area; Sensory room; Outdoor play area and role play area and varies toys.



STEPS group

(invite only)

Early years sensory group for children aged 0-4 who are deaf, visually impaired, or deafblind

LIVES OF COLOUR

Mothers of Colour Mummy and Baby Group

A community group providing support for ethnically and culturally diverse mothers. It is a safe space for women to build relationships and to feel supported during their pregnancy and early motherhood

NEW!

Coffee, Chat & Connect Parent Drop-In Session

1.30pm- 3:00pm

3rd Wednesday of the month

A relaxed drop in where you can come and connect with other parents. Maybe you are at a loose end now the children are at nursery or don't know anyone in your local area or you just need some space and time to breath or seek advice. Pop in for a coffee/cuppa and find out more of what's available in your local area

