

# Gardners Lane Children & Family Centre Timetable

## April – July 2026

### Monday

**Speech & Language  
Therapy Clinic**  
(Appt Only)  
8.30am-4.30pm

**Community Café**  
9.30am-12:00pm  
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)  
2nd Monday of the month  
12.30pm—4.30pm

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

**Solihull Parenting  
Course**  
Understanding your  
child's behaviour and  
supporting parent child  
relationships  
9 week course run  
termly across our  
children centres  
Contact the centre for  
details

### Tuesday

**Development Checks**  
(Appt Only)  
8.30-12.30

**Speech & Language  
Therapy Clinic**  
(Appt Only)  
9:00am-3:00pm

**Antenatal Class**  
(Invite Only)  
1<sup>st</sup> 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

**Move More Stay & Play**  
for parents and their  
Reception—Y3 children  
3.15-4.15pm  
Term Time Only

**CTFC Little Robins**  
18month - 4 years  
**30<sup>th</sup> June**  
09.45am-10.30am  
**Booking Required**

### Wednesday

**Development Checks**  
(Appt Only)  
8.30am—12.30pm

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

**Midwives Clinic**  
(Appt Only)  
12.30pm—4.30pm

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

**Adult Education**  
**Understanding A  
Neurodivergent child**  
1<sup>st</sup> & 8<sup>th</sup> July 09:15-11:45am  
**First Aid Workshop**  
11th June 09:30 -11:45am  
**Booking required**

**Aspire Workshops**  
**Managing Emotions Workshop**  
**Weds 13th May 9.30-11.30am**  
at Oakwood Children and Family Centre  
**Weds 24<sup>th</sup> June 12.30-2.30pm**  
at Brockworth Children and Family Centre

### Thursday

**Midwives Clinic**  
(Appt Only)  
8.30am—12.30pm

**Young Parents Group**  
10:00am—11.30am

**Development Checks**  
(Appt Only)  
12.30pm—4.30pm

**Baby / Family Signing**  
(Invite Only)  
1.00pm -2.00pm

**Coffee & Chat  
Drop-In Session**  
8.45am—10.30am  
**2nd Weds of the month**  
Pop in to find out more about  
what is on offer at the Children  
and Family Centre, meet the  
team and ask questions you  
might have about family life.  
Organisations will be popping  
in too

**Booking required**



### Friday

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

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

**Development Checks**  
(Appt Only)  
12.30pm—4.30pm

### Saturday

**Lives of Colour**  
Mummy and Baby group  
(0-5 years)  
12:00pm-2:00pm

### Sunday

**Dad Matters**  
Stay & Play 0-5yrs  
(monthly)  
Check out Dad Matters  
Facebook page for more  
details  
[https://www.facebook.com/D  
MGloucestershire](https://www.facebook.com/D<br/>MGloucestershire)  
Booking required



### 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.**

### 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.



### 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.



### 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.



### Move More Stay and Play

Free stay and play sessions for parents and their children reception to year 3 age children - to play, learn and have fun

**To Book**

<https://bookings.move-more.org/project>

### 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.



### Adult Education Understanding A Neurodivergent child

1<sup>st</sup> & 8<sup>th</sup> July 09:15-11:45am  
A 2 week course looking at Autism and ADHD, how they can present and how to support someone with neurodivergence. This course provides a safe space to gain a deeper understanding of a neurodivergent child.

### First Aid Workshop

11th June 09:15-11:45am  
The session will be led by a qualified 1st Aid tutor. A chance to find out about basic first aid skills for your family  
Criteria applies. To book, contact Lesley.andrew@gloucestershire.gov.uk



### Midwife Appointments

Attend your routine midwife appointment here



### Speech and Language Appointments

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



### 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.



### 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



### Development Checks

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



Glow Clinic appointments take place here

### Community Café

Mondays 8.30am-12:00pm  
Open to any parents with Children 0-11yrs.  
Pay as you can - all items £1



Meet other parents and gain information & guidance

### Can't Sit Still 'Being Me' Clubs

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



### Antenatal Classes

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



### Cheltenham Town Football Trust Little Robins Session

Get your little ones started on their football journey with Little Robins, a fun and interactive session for children aged 18 months to 4 years. Our sessions are designed to introduce children to the exciting world of football through play, games, and physical activities, all while helping to develop their motor skills, coordination and confidence.

**Look out on our Facebook page for details to book**

### Coffee & Chat Drop-In Session

1.30pm- 3:00pm  
2<sup>nd</sup> Wednesday of the month



Pop in to find out more about what is on offer at the Children and Family Centre, meet the team and ask questions you might have about family life.

Look out on Face Book for when organisations will be popping in too!