

Hesters Way Children & Family Centre Timetable

April – July 2026

Monday

Midwives Clinic
(Appt Only)
8.30am—2.00pm

Development Checks
(Appt Only)
12:30pm-4.30pm

Targeted Family Time
(Invite Only)
10:00am—11.00am

Aspire Workshops

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

**Baby Hub
Stay and Weigh**
1:00pm—2.30pm

Solihull Parenting Course

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

Thursday

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

**Home Start
Next Steps In Mind Drop In**
1.00pm-2.30pm

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

**Coffee & Chat
Drop-In Session**
1.30pm- 3:00pm

3rd Friday 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

Friday

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

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

**Oscars Reading Corner
Family Storytime**
8-11yrs
29th May
10.00am-11.00am
Booking Required

CTCT Little Robins
18month - 4 years
12th June
09.45am-10.30am
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.

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



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 required



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.

Cheltenham Town Community 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

Community Café

at Gardners Lane Children and Family Centre

Mondays 9:30am-12:00pm

Open to any parents with Children 0-11yrs.

Pay as you can - all items £1

Meet other parents and gain information & guidance



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 Weds of month to offer support and advice around parenting and raising your family.



Home Start

Next Steps In Mind Group

A Drop-In Support Group for Parents and Caregivers. Connect with other parents Share experiences in a relaxed space Feel heard and supported. Get guidance and signposting



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.

Coffee & Chat Drop-In Session
1.30pm- 3:00pm

3rd Friday 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 Facebook for when organisations will be popping in too!

