

AS AND WHEN ARRANGED

Young Minds

1-1 Counselling Support

<https://www.youngminds.org.uk/>

Gloucestershire Counselling Service

For more information visit::

<https://gloscounselling.org.uk/counselling-services/>

Friends and Family Carers Group

Please contact Darren Price for more information:

darren.price@gloucestershire.gov.uk

To book a place on any of these programmes, or to register for a future parenting programme please contact Family Information Service on **01452 427362** or Familyinfo@gloucestershire.gov.uk

Search - www.glosfamiliesdirectory.org.uk

To make a referral into our service, please contact - Children and Families Helpdesk (details below) Call - **01452 426565** or

Childrenshelpdesk@gloucestershire.gov.uk

Ukrainian Support Helpline

0800 148 8586

ukrainiansupport@barnardos.org.uk

Barnardo's Gloucestershire and South Gloucestershire

Online Infant Feeding Support

Our experienced and friendly team will offer information and support to help you however you are feeding your baby.



Service available Mon-Fri.

To book your video call or to view available time slots please visit our website or scan the QR code:

<https://families.barnardos.org.uk/services/infant-feeding>

If you have any questions please contact the Children and Family Centre directly .

Our timetable is subject to change, please ensure your group is running by calling your local centre.

Telephone 01594 827595

Hilltop Children & Family Centre

Latimer Road, Cinderford, Glos. GL14 2QA

Email Forest&StroudTFS@barnardos.org.uk

Visit our website here:

<https://www.tfsservices.org.uk/>



Changing childhoods.
Changing lives.



Barnardo's Hilltop Children and Family Centre Timetable



You can find us on Facebook under:

[Forest & Stroud Children & Family Centres](#)

Or scan the QR code



07/05/2024 15:08

MONDAY

Mothers In Mind

10:00am-12:00pm

Our Mothers in Mind groups are a space for social engagement and building connections.

To book or for more information email:

enquiries@homestartnwglos.org.uk

Or call 07584 472 025

Baby Weigh / Development Checks

Appointments for Baby weighing and developmental checks for 2 year olds with an NHS Health Visitor.

Call 0300 421 8746 to make an appointment

Baby Hub Drop-In

2:00pm-4:00pm

with an NHS Health Visitor
for advice and baby-weighing.

TUESDAY

Prospects Parenting course

9:30am-11:30am

A comprehensive accredited training course providing information, knowledge and guidance to equip young parents with the skills to become caring and capable parents.

WEDNESDAY

Antenatal Clinic

10:00am-1:00pm

To book an antenatal appointment
with the midwives

Call 0300 421 6724 for advice

Perinatal Group

11:45am-1:15pm

Perinatal and Antenatal pelvic health classes

To book or for more information email:

ghn-tr.womenshealth.physio@nhs.net

Or call 0300 422 3053

Antenatal Classes

3:00pm-5:00pm

Suitable for around 29 weeks—birth partners welcome. Classes are friendly, informative and a great way to learn more about your options during labour and the postnatal period.

To book or for more information

Call 0300 421 6724 for advice



THURSDAY

Young Parent's Group

9:15am-11:15am

Are you under 21? Are you a Mum or pregnant?

To book or for more information:

Email: hy.ya@fvaf.org.uk



FRIDAY

Community Café

9:00am-12:00pm

We are offering a warm space for people
to drop in and meet others
Tea/Coffee and Refreshments
Pay as you feel donations

Barnardo's Family Time

10:00am-11:30am

Parent and children group aimed at
Pre-Birth to 4-Years-Old

**You can book onto the sessions through the online
system here -**



CABS booking site Link