

AS AND WHEN ARRANGED

Young Minds

1-1 Counselling Support

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

Teens In Crisis

1-1 Counselling Support

For more information or to sign up:

call **01594 372 777** Text **07520 634 063**

or Visit <https://www.ticplus.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 842589

River Children and Family Centre

Naas Lane, Lydney, Glos. GL15 5AU

Email:

forestandgloucestercityTFS@barnardos.org.uk

Visit our website here:

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



You can find us on Facebook under:

[Forest Children & Family Centres](#)

Or scan the QR code



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Changing childhoods.
Changing lives.



Barnardo's River Children and Family Centre Timetable



MONDAY

Club Connect

Every 1st & 3rd Monday of the month
11:00am-12:30pm

Come along to our relaxed and friendly group, supporting people experiencing long-term/ chronic pain conditions - including fibromyalgia and chronic fatigue (ME).

Antenatal Clinic

12:00pm-5:00pm

To book an antenatal appointment with the midwives

Call 0300 421 8188 for advice

Two Rivers Housing

Parent Club

1:00pm-3:00pm

Join us at the parent club to meet fellow parents and acquire new skills to enhance your parenting abilities!

TUESDAY

Antenatal Clinic

9:00am-4:00pm

To book an antenatal appointment with the midwives

Call 0300 421 8188 for advice

Wellbeing Group

Monthly

Join us for crafting and casual conversations. Connect with other parents, and find a supportive community for mental health.

WEDNESDAY

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

Perinatal Group

9:30am-11:00am

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

9:30am-11:00am

To book or for more information

call 0300 421 8188

Barnardo's Family Time

1:00pm-2:30pm

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

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

<https://barnardos.coordinate.cloud/list>

Antenatal Clinic

9:00am-2:00pm

To book an antenatal appointment with the midwives

Call 0300 421 8188 for advice

FRIDAY

To be Confirmed

Details will be added as available
Please check with the centre for updated information

ANYTIME

Warm Space

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

