

What's on: Your local children and Families Centre

Come and join in, meet others in the area and have fun!

About your Children and Family Centre

We work with families to offer parenting support on routines, boundaries, behaviour management and emotional regulation, using parenting strategies such as The Solihull Approach and You and Me Mum.

You & Me Mum Domestic Abuse Programme

A 10 week programme for mothers who have experienced Domestic Abuse. This will empower, support and develop you as a parent in addressing the needs of children and young people who have lived with domestic violence.

Stay, Play and Learn

Children 0-5 years old

Spend quality time playing, creating and exploring with your child in a nurturing and child friendly environment. Healthy snack provided.

About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and adults and offer direct, practical help to individuals and families. When we have the support we need we can shape, or re-shape our futures for ourselves!

Family Support Advice

Bookable sessions

Come along and have an informal chat with one of our friendly, experienced Family Support Workers for advice about parenting, such as, routines, behaviour and child development.

Gympanzees Lending Library

A borrowing system for families, schools and organisations to borrow specialist exercise and sensory equipment.

This is Me! (TIM) Virtual Programme

6 session programme to support parents with children who have an autism/ ADHD diagnosis or on a diagnostic pathway, designed to support, explore and understand behaviours.

SEND Parents Support Group

Bringing together parents/carers of children with Special Educational Needs & Disabilities. Meet other parents, share information and get support and advice from a range of professionals.

SENDIASS Advisers

Our SENDIASS Adviser will be attending the SEND Support Groups to answer your questions, including advice on EHCPs, Mediation and Appeals.

Parenting Course Understanding your Child

An 8 week course that helps parents to understand their child's behaviours and support their relationship. Follows the Solihull Parenting Approach.

HENRY Programme Healthy Eating

Providing an approach to help parents gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give their children a great start in life.



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Cotswold Children and Family Centre, Cirencester

MONDAY

Family Support Advice sessions

- Bookable advice sessions
- 2nd Monday of every month
- 1.00pm- 2.30pm
- To be confirmed

TUESDAY

Life Skills sessions Starting Soon

- 2 hourly sessions
- Term Time only
- 6 week course
- Taking bookings now.

Family Support

Dedicated, invite only, parenting support and advice, including;

- Play Therapy
- Family Time
- 1:1 Sessions, etc.,

WEDNESDAY

SEND parents Support Group

- 3rd Wednesday of every month
- 9.30am – 11.00am

THURSDAY

This is me! Programme

- SEND Parent Group
- Starting 3rd April 2025
- 6weeks virtual
- 10.00am -11.30am
- Excluding Easter Break

FRIDAY

You & Me Mum

- Starting Friday 24th January, for 10 weeks
- 10.00am – 12.00pm
- Excluding Half term