

Where?	Lewis Lane Family Hub 47 Lewis Lane, Cirencester, GL7 1EB	
When?	Morning	Afternoon
Monday	SHINE PND 9:30am-11:00am (term time only) Visit www.shinesupport.org Young Parents Drop in 11:45am-12:45pm	Weaning Group 1:30pm-3:30pm Invite only 
Tuesday	Shared Steps – in partnership with The Churn 9:00am-10.30am  Mini Craft and Create 10:00am-12 noon, The Long Table – Old Department Store 	Invest in Play Parenting Course 12 week course - booking required. 12:30pm-2:30pm Lunch provided and a PATA creche
Wednesday	Health Visitors Pre-CAAS Assessment Clinic Appointment only (4 th Wednesday of each month) Contact your Health Visitor Breakfast Club followed by Sportily Family Fitness Class 9:00am – 10:30am 	Play Gloucestershire 4:00pm-6:00pm: Melville Play Space/The Naight (alternate), Bourton-on-the-Water 4:00pm-6:00pm: Thistle Patch/St Michael's Park (alternate), Chesterton, Cirencester 
Thursday	School Nurses (invite only) Little Hurricanes 9.30am-11.30am (term time only). Upper Rissington Village Hall.	Stay and Play Drop in 1:00pm-2:30pm
Friday	Singing, Sensory and Snacks 10:30am-12:30pm	Community Cafe 1:00pm-3:00pm
Upcoming events	Parenting Programme FREE (face to face and online) https://www.myheadspace.org.uk/news-events/parenting-support-autumn2026	Invest in Play Parenting Course 12 week course – booking required. Coming soon to the North Cotswolds

Sessions are free*! Please contact us for more details or to book your place: 01285 445645



What's what @ Lewis Lane Family Hub

- **SHINE PND**

Creative therapy sessions and drop-in playgroups in Swindon, Cirencester, Dursley and Gloucester for mothers dealing with depression, anxiety, isolation or overwhelm.

- **Shared Steps – in partnership with The Churn**

A welcoming parent group for primary school age families to gain support with neurodiverse behaviours, share strategies, and connect with others on a similar journey.

- **Community cafe**

Looking for a friendly, relaxed space to connect with other parents and carers of children? Come along, make new friends, and enjoy a welcoming, safe and supportive environment, everyone is welcome! (Children up to the age of 11 are also welcome).

- **Singing, Sensory and Snacks**

Join us for a fun and engaging session designed to support your child's early development through singing, sensory play and themed activities. Booking required.

- **Mini Craft and Create / Supported Drop-In Community Coffee Morning / Wiggles and Giggles**

Held in partnership with the long Table – <https://thelongtablecirencester.com/>

- **Sportily Morning Fitness Class**

Family Fitness is a fun and supportive session combining strength, movement and core exercises to help you feel stronger, improve your fitness and enjoy being active. Parent's exercise whilst children play.

- **Little Hurricanes**

Upper Rissington Village Hall, Wellington Rd, Upper Rissington, GL54 2QW
Whether you're looking to meet other parents, let your little one burn off some energy, or simply enjoy a cuppa while they play, we'd love to see you! £3 per family. refreshments and toddler snacks provided.

- **Weaning Group**

Health Visitors – You can contact the Health Visiting team by calling 0300 421 5080 (Monday – Friday, 9am–5pm).

[CYPs Health Visiting Services > Glos Health & Care NH](#)

- **Young Parents Drop in**

Looking for a friendly, relaxed space to connect with other young parents? Come along, make new friends, and enjoy a welcoming atmosphere for you and your little ones. Safe and supportive environment, everyone is welcome!

- **Health Visitors Pre-CAAS Assessment Clinic**

Appointment only (4th Wednesday of each month)

You can contact the Health Visiting team by calling 0300 421 5080 (Monday – Friday, 9am–5pm). [CYPs Health Visiting Services > Glos Health & Care NHS](#)

- **Stay and Play Drop in**

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

- **Play Gloucestershire**

Active and creative play outdoors all year round in community parks across Gloucestershire, whatever the weather. Please see the website for times and locations.

- **School Nurses**

Appointment only. You can contact the School Nurses team by calling 0300 421 8906 or email: Cots.snt@ghc.nhs.uk

- **Invest in Play**

The 12-session iIP programme is delivered in a small group for parents of children aged 2–12 years. The invest in play® Parent Programme supports children and their caregivers by providing the most current and culturally appropriate, research-based interventions that are easy to scale.

Sessions are free*! Please contact us for more details or to book your place: 01285 445645

