



WHAT'S ON

June 2024

Welcome to our Child & Family Centres.

We aim to make sure families have access to the services, support and information they need in a welcoming place.

There is a small charge for some groups, but please let us know if payment may be difficult.



Things you need to know...

Charging

Some groups have a charge of £2 per family, per session, although families on a low income will be eligible for free entry. Please pay in cash on the day.

Charges for childminders - £2 per childminder and own family plus £1 for any minded child or £1 per childminder if not bringing own family members plus £1 for any minded child.

Privacy Notice

The Child and Family Centre holds information about the families and individuals we support for the purposes of monitoring, evaluation and future planning of the Child and Family Centre's services, as part of Cambridgeshire County Council.

The information will be held in accordance with the General Data Protection Regulation (GDPR). Further information is available on the Cambridgeshire County Council's website www.cambridgeshire.gov.uk (search Privacy Notice)

Booking


Booking is essential for some session and space are limited.

Please call 01223 728118 or email childandfamilycentre.city@cambridgeshire.gov.uk or message us on Facebook

If you would like to be kept up to date about our activities by email, please ask to join our mailing list to receive the What's On each month

Have Your Say about Cambridgeshire Child and Family Centre Services




Monday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald Team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Newborn Checks	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
Toddler Soft Play 9.30am – 11.30am	Weekly	Come and enjoy soft play activities for children up to 4 years old . Child and Family Centre staff available for advice and signposting. Booking not required		Meadows Community Centre
Tiniest Feet 10am - 11.30am	Weekly	For parents-to-be and parents with pre-walking babies. Meet other parents and access support and advice from the Child and Family Centre team, including baby self-weigh facilities. First Aid session – 24 June To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
Tiniest Feet First Aid 10am – 11.30am	24 June	First Aid course for parents of babies under 12 months old. £10 per person, concessions apply. Babies welcome to attend. To book, please call, 01223 728118.	B £	North Cambridge Child and Family Centre
Rhyme Time @ Clay Farm Centre Toddler Rhyme 10am - 10.30am Baby Rhyme Time 11am - 11.30am	Weekly (Term Time Only)	No booking required, 15 spaces available, allocated on a first come, first served basis. Library and café open 9.30am to 12pm.		Clay Farm Centre
Mondays Together 10am - 12.30pm (children up to 4yrs) 1pm – 3pm (up to 1 year old)	Weekly	Group run by Kings Hedges Family Support Project <i>For local CB5 families only due to space restriction.</i> Please feel free to drop in. If it is your first time attending, you are welcome to call our project manager for a chat or to gain further information in 07809 727222.	R	The Fields Child and Family Centre
Mini Movers 10.30am - 11.45am 	Weekly Sensory – 10 June	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. To book, please call, 01223 728118 or email us. <i>17 June - Join us for activities based on #33 – Home from Home, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B £	Chesterton Child and Family Centre
Coffee and Chat - drop in 12.30pm – 2.30pm	Weekly	Come in for a cuppa, play with toys and chat with others. Child and Family Centre staff available for advice and signposting. For families with children, up to 5 years old. Booking not required.		The Fields Child and Family Centre

B = Booking Required, R = Invite Only, £ = Charge applies

Monday continued


Clothing Bank 12.30pm – 2.30pm	Weekly	An opportunity to exchange your child's clothes. Please bring any 0-5 children's clothes in good, clean condition that you would like to swap. If you do not have anything to exchange yet, please still come along and you can choose up to ten items on your first visit to get you started. <i>We are not taking any donations at the moment.</i> No booking required.		The Fields Child and Family Centre
SEND Little Learners 1.30pm – 2.45pm	Weekly (Term Time only)	Invite only session for children following the Early Support Pathway.	R	Chesterton Child and Family Centre
Pathway to Parenting 3pm – 5pm	3 & 10 June (continued from May)	A four-week antenatal programme for first time mums to be and your partner. Preparing for birth and beyond. Sessions cover labour, delivering baby care, and role of professionals you meet along the way. To find out more, speak to your midwife or Child and Family Centre.	B	North Cambridge Child and Family Centre

Tuesday

Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald Team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Newborn checks	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
Clothing Bank 9.00am – 12.00pm	Weekly	An opportunity to exchange your child's clothes. Please bring any 0-5 children's clothes in good, clean condition that you would like to swap. If you do not have anything to exchange yet, please still come along and you can choose up to ten items on your first visit to get you started. <i>We are not taking any donations at the moment.</i> No booking required.		North Cambridge Child and Family Centre
Stay and Play 9am – 11am 	Weekly	Stay and Play session for children aged 0 – 5 years. 25 June – join us for activities based on #48 - Natural Art, of the 50 Things to do before you're 5 app. To find out more log into the app. To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone
Toy Library 9.30am - 11.30am	Monthly – 11 June	Come along and play with our big selection of toys, which you can borrow for up to a month for 50p. Contact us for more information. No booking required.		Brown's Field Youth and Community Centre, Green End Road, CB4 1RU

B = Booking Required, R = Invite Only, £ = Charge applies

Tuesday continued


SEND Sensory Group 10am – 11.30am	11 & 18 June	A play session designed for pre-school children with emerging or diagnosed additional needs and disabilities. Sensory-rich resources and activities to encourage development. A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome. No booking required.		The Fields Child and Family Centre
Tiniest Feet 10am – 11.30am 	Weekly Sensory – 18 June Messy – 25 June	For parents-to-be and parents with pre-walking babies. Meet other parents and access support and advice from the Child and Family Centre team. <i>7 May – join us for activities based on #33 – Make your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.	B £	Chesterton Cambridge Child and Family Centre
Little Cubs (Young Mums group) 12.30pm – 2.30pm	11 & 18 June	Come along to our special group for young mums, to socialise and interact with other mums. Let your children explore and play with a range of toys, while gathering advice from professionals with advice including budgeting, benefits, and milestones. To register your interest, please call 01223 728118 or email us.	B	North Cambridge Child and Family Centre
Sing a Rainbow 1.30pm – 2.45pm	4, 11 & 18 June	Sing, sign, dance and play to children's songs and rhymes. Fun with instruments, puppets, parachute, singing, signing and dance whilst supporting musicality, language, and motor skills. <i>1.30pm – 2pm – Free play and catch-up time with assorted instruments.</i> <i>2pm – 2.45pm – Circle Time.</i> To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

Wednesday


Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald Team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Newborn Checks	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
Mini Movers 9am – 10.30am	Weekly	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre

B = Booking Required, R = Invite Only, £ = Charge applies

Wednesday continued




Tiniest Feet 10am – 11.30am 	Weekly Sensory – 12 June No session – 19 June	For parents-to-be and parents with pre-walking babies. Meet other parents and access support and advice from the Child and Family Centre team. <i>26 June – join us for activities based on #48 – Natural Art, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> First aid session – 12 June. To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone
Tiniest Feet First Aid 10am – 11.30am	12 June	First Aid course for parents of babies under 12 months old. £10 per person, concessions apply. Babies welcome to attend. To book, please call, 01223 728118.	B £	Fawcett Child and Family Zone
Introducing Family Foods 1pm – 2pm	5 June	A workshop to find out more about how to introduce your baby to your family foods. To book, please call, 01223 728118 or email us.	B	Fawcett Child and Family Zone
Little Scientists 1.30pm – 3pm	Weekly	An opportunity to engage children's interest in scientific topics such as floating and sinking, mixing colours, creating volcanoes and more. For children ages 0-5 years old. To book please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

Thursday



Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald Team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Newborn Checks	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
Buggy Walk 9.30 – 10.30am	6 & 20 June	A buggy walk is a wonderful way for parents/carers to get some exercise whilst bonding with their little ones and socialising with other people, providing a supportive environment for parents to share tips, experiences, and support one another. Walking is a great way to stay active and connect with others in your community.		Meet at North Cambridge Child and Family Centre
Stay and Play 9.45am – 1pm 	Weekly <i>13 June – Stay and play will finish at 12pm</i>	Stay and Play session for children aged 0 – 5 years. <i>20 June – join us for activities base on #42 – The Rough and The Smooth, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.		Bewick Bridge Child and Family Zone
Tiniest Feet First Aid 12.30pm – 2pm	13 June	First Aid course for parents of babies under 12 months old. £10 per person, concessions apply. Babies welcome to attend. To book, please call, 01223 728118.	B £	Bewick Bridge Child and Family Zone

B = Booking Required, R = Invite Only, £ = Charge applies

Thursday continued

Stay and Play 10am – 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>13 June – join us for activities base on #33 Home from Home, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre
Twins, Triplets and More 10am – 11.30am 	13 & 27 June	For parents of twins, triplets or more! Come along for a coffee and chat at our stay and play session where you can meet other parents and access support from the Child and Family Centre team. <i>27 June – join us for activities based on #4 – Make Your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.	B £	The Fields Child and Family Centre
Story Time 10.30am - 11.15am	Weekly	Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years. No booking required.		Arbury Court Library
Stay and Play 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>6 June - join us for activities based on #10 – Sharing Books, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
Storytime 3.30pm - 4.30pm	Weekly	Stories and rhymes with Child and Family Centre staff. For ages 18 months plus. No booking required.		Milton Road Library

Friday

Newborn checks	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
50 Things Friday Posted at 10am 	Weekly	50 Things to Do to help every child reach important health, learning and wellbeing milestones/ we will be sharing activities ideas from the <i>50 Things to Do</i> app, you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.		Posted on Facebook
Stay and Play 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>28 June – join us for activities based on #49 – Make Your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us.	B £	The Fields Child and Family Centre
Storytime and activity 2pm - 3pm	14 June	Come and enjoy the Story of 'Dear Zoo' with fun activities with your children up to age 4 years. No booking required.		East Barnwell Library

Saturday

Dads' Group 9.45am - 10.45am	15 June	A group for all male carers of under 8's to come and play, including soft play. To book, please call or email us.	B £	North Cambridge Child and Family Centre
Grove Swimming Session 1: 10am - 11am Session 2: 11am - 12pm	Weekly - term time only	Open swim. £3 per adult, £1.50 per child, Concessions are available, please ask Centre Staff for details. Booking required via the Child & Family Centre. Maximum of 2 children per adult. Please pay by cash on the day.	B	Grove Community Primary School
Something on a Saturday 11am – 12pm	15 June	Stay and play session for parents who are unable to attend weekday groups with children from around 10 months or walking, including soft play. To book, please call or email us.	B £	North Cambridge Child and Family Centre

NEW!

Cambridgeshire
**Child and Family
Centres**

Mini Movers

A fun play session that focuses on different activities to help encourage physical development

Suitable for mobile children aged 1 - 2 years who are ready to explore new things!

Wednesdays
9am - 10.30am
**North Cambridge Child and
Family Centre, CB4 2LD**



£2 per session,
concessions may
apply

To book a space please contact:
01223 728118

childandfamilycentre.city@cambridgeshire.gov.uk



FREE
resources
on debt and
relationships

Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parents
or scan the QR code





We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact childandfamilycentre.city@cambridgeshire.gov.uk for a chat with one of our staff.

50 Things to do Before You're 5



'50 Things to Do Before You're 5' seeks to help every child reach important health, learning and wellbeing milestones. We will be sharing activity ideas from the *50 Things to Do* app, that you can use in your everyday routine you're your children. The ideas are very simple and require low or no cost. Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.



Five to Thrive

'The things you do every day that help your child's growing brain' We will be sharing activity ideas to help you use *Five to Thrive* in your everyday routine with your baby. The ideas are very simple and can be recreated using items you probably already have around the house!

Breastfeeding Support

Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding

Are you concerned about the safety of a child?

If a child is at risk of harm, or you are concerned about the safety of a child, please call the Contact Centre on 0345 045 5203 between 8am and 6pm, Monday to Friday. If it is outside office hours or at the weekend, call the First Response and Emergency Duty Team on 01733 234724, or the police on 999.


Support for young people

Keep Your Head: A new young people's mental health website for young people and their parents/carers living in Peterborough and Cambridgeshire. The site is universally accessible and is a central point for finding good quality local and national information on keeping well, self-help, and support services covering a range of issues. www.keep-your-head.com


Opening Times


North Cambridge Child and Family Centre, Campkin Road, Cambridge, CB4 2LD	The Fields Child and Family Centre, Galfrid Road, Cambridge, CB5 8ND
Monday: 10am – 4pm Tuesday: 9am – 12.30pm Wednesday & Thursday: 10am – 4pm Friday: 10am – 2.30pm	Monday – Friday: 9am to 4pm
Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge, CB4 1TF	Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington, CB2 9FS
Monday: 10am – 4pm Tuesday: 12.30pm – 4pm Wednesday & Thursday: 10am – 4pm Friday – 10am – 2.30pm	Tuesdays 9am to 11.30am
Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND	
Thursdays 9am to 3pm	

Get in Touch	
North Cambridge Child and Family Centre 01223 728118	The Fields Child and Family Centre 01223 728118
Chesterton Child and Family Centre 01223 728118	Fawcett Child and Family Zone 01223 728118




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