



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

April 2022

Welcome to our Child & Family Centres. Our aim is to support you and your family as your children grow, especially through these challenging times.

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

Things you need to know...

Please call 01223 728118 or email childandfamilycentre.city@cambridgeshire.gov.uk

Virtual Groups are delivered using Microsoft Teams.

Booking deadline 1pm the day before group as spaces are limited.

Joining instructions and invite will be sent via email.

Sign up via message on Facebook **Cambridge City Child and Family Centre**

or email childandfamilycentre.city@cambridgeshire.gov.uk

Charging

Some groups have a charge of £2 per family, per session, please pay in cash on the day.

Families on a low income will be eligible for free entry.

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.

Monday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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
Midwife Clinic Luna Team	Weekly	By appointment only. Luna team look after women and families registered at Petersfield Medical Practice, York Street Medical Practice and East Barnwell Health Centre. To make an appointment, please call 01223 348943.	B	The Fields Child and Family Centre
Baby Group Tiniest Feet 10am - 11.30am	Weekly 11 th – Sensory 25 th – Messy	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. To book please call or email us.	B £	North Cambridge Child and Family Centre
Rhyme Time @ Clay Farm Centre Toddler Rhyme Time: 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
Mini Movers 10.30am - 11.45am	Weekly 11 th – Sensory 25 th – Messy	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. To book please call or email us.	B £	Chesterton Child and Family Centre
Self-Weigh 12.30pm - 3.30pm	Weekly	Self-weigh for babies and children over 6 weeks old. To book please call or email us.	B	The Fields Child and Family Centre

B = Booking Required, R = Invite Only

Monday continued				
Mondays Together 10am - 12.30pm (children up to 3 years old) 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> Invite only. Booked through KHFSF Family Support Works, by calling Marie on 07951 955371 or Karen on 07541 933831.	R	The Fields Child and Family Centre
Clothing Swap 1pm -2pm	Monthly – 25 th April 2022	It's Back! Come along to our clothing exchange. We will accept clothes up to age 5. To book please call or email us.	B	North Cambridge Child and Family Centre
Youth Support Drop In 1.30pm - 4pm	Weekly	For ages 11-19 years.		3 rd Floor Central Library

Tuesday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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
Self-Weigh 9.30am – 12.30pm	Weekly	Self-weigh for babies and children over 6 weeks old. To book please call or email us.	B	North Cambridge Child and Family Centre
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us.	B £	Fawcett Child and Family Zone
Baby Group Tiniest Feet 10am - 11.30am	Weekly 12 th & 19 th - Sensory 26 th – Messy	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. To book please call or email us.	B £	Chesterton Cambridge Child and Family Centre
CHYPPS Easter Well-Being Holiday Lunch Event 11am – 3pm	5 th April 2022	We will be providing fun activities for children aged 5 and under – come along and say hello!		Brownsfield Youth and Community Centre

Wednesday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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
Wednesdays Together 12.30pm – 3.30pm	Weekly	Group run by Kings Hedges Family Support Project. <i>For local CB4 families only due to space restrictions.</i> Invite only. Booked through KHFSF Family Support Works, by calling Marie on 07951 955371 or Karen on 07541 933831.	R	North Cambridge Child and Family Centre
Baby Group Tiniest Feet 10.00am – 11.30am	Weekly 13 th & 20 th Sensory 27 th – Messy	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. To book please call or email us.	B £	The Fields Child and Family Centre

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Wednesday continued				
Young Parents Group 10.00am – 11.30am	Weekly	A group aimed at parents aged 24 and under, with children aged 5 and under. An opportunity to meet other parents, seek advice and guidance on topics such as sensory play sessions, budgeting, weaning and all your baby's developmental stages whilst your child plays. Please call or email us to register your interest.	B	North Cambridge Child and Family Centre
Little Explorers 10am – 11.15am	Weekly – restarting 6 th April 2022	Join us for fun outdoor activities for children under 5. Dress for the weather. In extreme weather conditions we will get in touch if the sessions are cancelled. Buggies welcome. To celebrate the return of Little Explorers, we are having a Bunny Hop Walk with a Storytime and a free book to take home. To book please call or email us.	B	Location disclosed on booking Chesterton
Rhyme Time 11.15am – 11.45am	Weekly	Rhyme time is a volunteer organised session with support from Cambridgeshire Libraries. Booking via EventBrite, search 'Cambridgeshire Libraries Events' to find the event, each week.	B	Cherry Hinton Library

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
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. 7th and 14th April – Springtime Arts & Crafts sessions. To book please call or email us.	B £	Chesterton Cambridge Child and Family Centre
Mini Movers 10.00am - 11.15am	Weekly	For mobile babies aged around 1 to 2 years, focusing on activities that encourage physical development. 14th April – Springtime Arts & Crafts sessions. To book please call or email us.	B £	Cherry Hinton Baptist Church Family Centre
Stay and Play 10am – 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us.	B £	North Cambridge Child and Family Centre
Story Time 10.30am – 11.15am	Weekly – starting 7 th April 2022	It's Back! Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years. Booking via EventBrite, search 'Cambridgeshire Libraries Events' to find the event, each week.	B	Arbury Court Library
Easter Storytime	14 th April 2022	Come and join us for stories, rhymes and an Easter Surprise. For ages 18 months to 5 years. Booking via EventBrite, search 'Cambridgeshire Libraries Events' to find the event, each week.	B	Arbury Court Library
Baby Group Tiniest Feet 1pm - 2.30pm	Weekly 7 th , 14 th & 21 st – Sensory 28 th – Messy	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. 14th April – Springtime Arts & Crafts sessions. To book please call or email us.	B £	Cherry Hinton Baptist Church Family Centre

B = Booking Required, R = Invite Only

Friday				
Midwife Clinic Luna Team (afternoon only)	Weekly	By appointment only. Luna team look after women and families registered at Petersfield Medical Practice, York Street Medical Practice and East Barnwell Health Centre. To make an appointment, please call 01223 348943.	B	The Fields Child and Family Centre
Five to Thrive Friday Posted on our Facebook Page and YouTube Channel each Friday	Weekly	'The things you do every day that help your child's growing brain' Over the coming weeks we'll be sharing activity ideas to help you use <i>Five to Thrive</i> in your everyday routine with your baby. Lots of the ideas are very simple, mostly no special equipment needed and can be recreated using items you probably already have around the house!		Virtual
Friday Feels Posted at 10am on Facebook	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for activities, advice and sign posting for young people aged 11-19.		Virtual
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. 8th April – Springtime Arts & Crafts sessions.	B £	The Fields Child and Family Centre
Seek and Find	From 1 st April 2022	Why not head outdoors to be a super sleuth and find all 10 of our Spring themed posters placed around the community.		Bramblefields Nature reserve & Edgcombe Flats Green Space

Saturday				
Grove Swimming 10am - 11am (session 1) 11am - 12pm (session 2)	Weekly - term time only	Open swim. £3 per Adult, £1.50 per Child, Concessions are available, please ask Centre Staff for details. Booking required, please call 01223 729058 . Maximum of 2 children per adult. Please pay by cash on the day.	B	Grove Community Primary School



We are continuing to offer our Bookstart Corner Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 30 months old. If you would like further information, or a Bookstart pack, please contact our Bookstart Lead for Cambridge City, Sally McGivern on sally.mcgivern@cambridgeshire.gov.uk

Cambridgeshire Child and Family Centres

Virtual Workshops April 2022

Bedtime Routines

Virtual sessions exploring ways to establish good bedtime routines for children aged 2-8.

19th April 2022, 10am – 11am

(please call Cambridge City Child & Family Centre 01223 728118 to book)

5th April 2022, 7.30 – 8.30pm

27th April 2022, 12pm – 2pm

(please call South Cambs Child & Family Centre on 01954 284672 to book)

Understanding Toddler Outbursts

A virtual session looking at why your toddler has outbursts and ways to manage them.

26th April 2022, 1.30pm – 2.30pm

(please call East Cambs Child & Family Centre on 01353 612770 to book)

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)

Why not visit our website for more details –
<http://www.cambridgeshire.gov.uk/child-and-family-centres>

Other organisations

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

Cambridgeshire residents can access a wide range of online information and support via the following websites:

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- Friday 9am to 4pm	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 - Friday 9am to 4pm	Tuesdays 10am to 12pm
Cherry Hinton Baptist Church Family Centre, Fisher's Lane, Cherry Hinton. CB1 9HR	
Thursdays 9am to 3pm	

Contact Us

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
Email us: childandfamilycentre.city@cambridgeshire.gov.uk	

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



Find us on Facebook!

'Like' our page to stay updated

Cambridge City Child and Family
Centre



Find us on YouTube

Cambridgeshire Child and
Family Centres



Follow us on Instagram

@cambcitychildandfamilycentre