



WHAT'S ON

January 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
Soft Play & Family Worker Drop In 9.30am – 11.30am	Weekly From 8 January	Come and enjoy soft play activities for children up to age 5 years. Child and Family Centre staff available for advice and signposting. Booking not required.		Meadows Community Centre
Tiniest Feet 10am - 11.30am	Weekly Sensory – 8 January Messy – 22 January	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. To book, please call, 01223 728118 or email us.	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)	From 8 January 2024. 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 4 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> 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 From 8 January	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>18 January – join us for activities based on #9 – Mini Beasts and Bug Hunting, 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
Coffee and Chat - drop in 12.30pm – 2.30pm	Weekly From 8 January	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
Self-Weigh 12.30pm – 2.30pm	Weekly From 8 January	Self-weigh for babies and children 6 weeks 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 From 8 January	An opportunity to collect some pre-loved items for your child. <i>We are not taking any donations at the moment.</i> Booking not required.		The Fields Child and Family Centre
Introducing Family Foods 1pm – 2pm	8 January	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
Introducing Family Foods 1pm – 2pm	22 January	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	North Cambridge 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
Youth Support Drop In 1.30pm - 4pm	Weekly	For ages 11-19 years. Support for young people around getting into education, employment, or training. Also help with emotional wellbeing and sexual health.		3 rd Floor Central Library
Pathway to Parenting 2pm – 4pm	4 weeks from 8 January	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
Self-Weigh 9.30am - 12.30pm	Weekly	Self-weigh for babies and children 6 weeks to 5 years old. No booking required.		North Cambridge Child and Family Centre
Clothing Bank 9.30am – 12.30pm	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 10 items on your first visit to get you started. No booking required.		North Cambridge Child and Family Centre

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Tuesday continued

Stay and Play 9am – 11am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>23 January – join us for activities based on #16 – Wheels on the Bus, 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 £	Fawcett Child and Family Zone
Toy Library 9.30am - 11.30am	Monthly – 9 January	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
Eddington Self-weigh 10am – 11.30am	16 January	Self-weigh session alongside 'Teddington' – a parent led stay and play session for under 5's. Self-weigh suitable for children ages 6 weeks up. No booking required.		Storey's Field Centre, Eddington Avenue, CB3 1AA
SEND Sensory Group 10am – 11.30am	9 & 23 January	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 From 9 January Sensory – 16 January Messy – 23 January	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. To book, please call, 01223 728118 or email us.	B £	Chesterton Cambridge 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
Tiniest Feet 10am – 11.30am	Weekly Starting 10 January	No session 17 January. 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. To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone

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Wednesday continued


Wednesdays Together 10am – 12.30pm (children/toddlers) 1pm - 3pm (babies)	Weekly	Group run by Kings Hedges Family Support Project. <i>For local CB4 families only due to space restrictions.</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	North Cambridge Child and Family Centre
Little Scientists 10am - 11.15am	17 & 31 January	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
Self-Weigh 9.30am – 12.30pm	18 January	Self-weigh for babies and children 6 weeks to 5 years old. No booking required.		Bewick Bridge Child and Family Zone
Stay and Play 9.45am – 11am 	Weekly From 11 January	Stay and Play session for children aged 0 – 5 years. <i>11 January – join us for activities base on #13 – Dressing Up, 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
Stay and Play: 50 Things 10am – 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>18 January – join us for activities base on #9 – Mini Beasts and Bug Hunting, 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	11 January & 25 January	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. 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

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Thursday continued

Tiniest Feet 11.45am - 1pm	Weekly From 11 January	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. To book, please call, 01223 728118 or email us.	B £	Bewick Bridge Child and Family Zone
Stay and Play 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>11 January - join us for activities based on #22 – Treasure Time, 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. Museum of Cambridge attending with craft activities each week. 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
Childminders' Group 9.30am – 11am	Monthly 12 January	A session for childminders, nannies and au-pairs with the children they look after. To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone
Five To Thrive Friday Posted at 10am 	Weekly	Five to Thrive Friday: 'The things you do every day that help your child's growing brain'. We will be sharing activity ideas to help you use <i>Five to Thrive</i> 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!		Posted on Facebook
Stay and Play 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>19 January – join us for activities based on #22 – Growing, Little People, Places and Things, 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	26 January	Come and enjoy the Story of 'Just Breathe, Bear' with fun activities with your children up to age 4 years. No booking required.		East Barnwell Library

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Saturday				
Dads' Group 9.45am - 10.45am	27 January	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 £	The Fields Child and Family Centre
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 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	27 January	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 £	The Fields Child and Family Centre

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SEND Sensory Group



Cambridgeshire
**Child and Family
Centres**

**The Fields Child and Family
Centre, CB5 8ND**

10am - 11.30am

Tuesdays

12th December

19th December

9th January

23rd January

A play session designed for pre-school children with emerging or diagnosed additional needs and disabilities.

A chance for parents and carers to meet and chat in a supportive environment.

Siblings welcome.

Free of charge
No booking required

FAMILY WORKER DROP IN

Any parent, caregiver or family can book a session face to face or via telephone to ask for advice and signposting

**The Meadows
CB4 2JL
Mondays, 9:30 till 11:30**



**The Fields CFC
CB5 8ND
Mondays, 12:30 till 14:30**

To book in your half hour session contact:

**Cambridge Child and Family Centres
01223 728118**

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

	<p>We are continuing to offer our Bookstart 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 ages 12 – 36 months old.</p> <p>If you would like further information, or a Bookstart park, please email childandfamilycentre.city@cambridgeshire.gov.uk</p>
<p><i>50 Things to do Before You're 5</i></p> 	<p>'50 Things to Do Before You're 5' seeks to help every child reach important health, learning and wellbeing milestones.</p> <p>We will be sharing activity ideas from the <i>50 Things to Do</i> app, that you can use in your everyday routine you're your children. The ideas are very simple and require low or no cost.</p> <p>Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.</p>
	<p>Five to Thrive</p> <p>'The things you do every day that help your child's growing brain' We will be sharing activity ideas to help you use <i>Five to Thrive</i> 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!</p>
<p><i>Breastfeeding Support</i></p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p><i>Are you concerned about the safety of a child?</i></p>	<p>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.</p>
<p><i>Support for young people</i></p>	<p>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.</p> <p>www.keep-your-head.com</p>

Opening Times

<i>North Cambridge Child and Family Centre, Campkin Road, Cambridge. CB4 2LD</i>	<i>The Fields Child and Family Centre, Galfrid Road, Cambridge. CB5 8ND</i>
Monday: 9am – 4pm Tuesday, Wednesday, Thursday & Friday: 9am – 12pm	Monday - Friday 9am to 4pm
<i>Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge. CB4 1TF</i>	<i>Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington. CB2 9FS</i>
Monday: 9am – 4pm Tuesday, Wednesday & Thursday: 12.30pm – 4pm Friday: 9am – 12pm	Tuesdays 9am to 11.30am
<i>Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulborn Old Drift, CB1 9ND</i>	
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	



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