



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

November 2022

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...

Please call 01223 728118 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 Eden Team	Weekly	By appointment only. To make an appointment, please call 01223 739376.	B	The Fields Child and Family Centre
Tiniest Feet 10.00am - 11.30am	Weekly Sensory – 14 th & 21 st November Messy play – 28 th November	For parents and 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 or email us.	B £	North Cambridge Child and Family Centre
Rhyme Time @ Clay Farm Centre Toddler Rhyme Time: 10.00am -10.30am Baby Rhyme Time: 11.00am - 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 Sensory – 14 th & 21 st November Messy play – 28 th November	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. Happy Halloween activities on 31 st October 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
Mondays Together 10.00am – 12.30pm (children up to 4 years old) 1.00pm – 3.00pm (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 1.00pm - 2.00pm	28 th November	For further information about our clothing swap, please see page 5. To book please call or email us.	B	North Cambridge Child and Family Centre
SEND Little Learners 1.30pm – 3pm	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 - 4.00pm	Weekly	For ages 11-19 years.		3 rd Floor Central Library

B = Booking Required, R = Invite Only

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 10.00am - 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. To book please call or email us.	B £	Fawcett Child and Family Zone
Tiniest Feet 10.00am - 11.30am	Weekly Sensory – 14 th & 21 st November Messy play – 28 th November	For parents and pre-walking 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

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
Little Explorers 10.00am – 11.15am	Weekly	Join us for fun outdoor, autumn themed, 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 book please call or email us.	B	Meet at Chesterton Child & Family Centre
Rhyme Time 11.15am – 11.45am	Weekly	Rhyme time is a volunteer organised session with support from Cambridgeshire Libraries. No booking required.		Cherry Hinton Library
Wednesdays Together 10.00am - 12.30pm (children/toddlers) 1.00pm – 3.00pm (babies)	Weekly	Group run by Kings Hedges Family Support Project. <i>For local CB4 families only due to space restrictions.</i> Invite only. Booked through KHFS Family Support Works, by calling Marie on 07951 955371 or Karen on 07541 993831.	R	North Cambridge 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
Self-Weigh 9.30am – 12.30pm	17 th November	Self-weigh for babies and children over 6 weeks old. To book please call or email us.	B	Bewick Bridge Community Wing
Stay and Play 10.00am - 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. To book please call or email us.	B £	Chesterton Cambridge Child and Family Centre

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Thursday continued				
Mini Movers 9.45am – 11am	Weekly	For mobile babies aged around 1 to 2 years, focusing on activities that encourage physical development. To book please call or email us.	B £	Bewick Bridge Child and Family Zone
Stay and Play 10.00am – 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. To book please call or email us.	B £	North Cambridge 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 session 3rd & 10th November 2022. No booking required		Arbury Court Library
Tiniest Feet 11.45am – 1pm	Weekly Sensory – 24 th November Messy play – 17 th November	For parents and pre-walking babies. Meet other parents and access support and advice from the Child and Family Centre team. To book please call or email us.	B £	Bewick Bridge Child and Family Zone
Storytime 3.30pm – 4pm	Weekly	Stories and Rhymes with Child and Family Centre Staff For ages 18 months plus. No booking required		Milton Road Library

Friday				
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 10.00am 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 10.00am - 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. To book please call or email us.	B £	The Fields Child and Family Centre
Shop it, Cook it! 10am – 11.30am	Weekly, 4 th November – 9 th December	Free, 6 week course for children aged 2 – 5 years, and their families. Families will work together to cook nutritious dishes that can be eaten during the session or taken home. Learn how to make cost effective food choices in your weekly shop.	B	North Cambridge Child and Family Centre

Saturday				
Grove Swimming 10.00am - 11am (session 1) 11.00am - 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

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REGISTER YOUR INTEREST FOR OUR PARENTING COURSES

Scan for
more info!



Cambridgeshire **Child and Family Centres**

- Incredible Years course (5-11yrs)
- Group Triple P Teens (Teen to 16yrs)
- Stepping Stones (additional needs up to 12yrs)

For more info on the course content and to register your interest, scan the QR code or contact us on the below email/number.



CALL US: 01223 728 118

EMAIL US:

CHILDANDFAMILYCENTRE.CITY@CAMBRIDGESHIRE.GOV.UK

Bookstart



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

Clothing Swap

Come and exchange clothes your child has outgrown! Please only bring one small carrier bag per family (as we don't have room to store lots and lots of clothes!). We will only accept clothing sized age 5 and under. You can take the same amount of items you donate, however if you have nothing to exchange quite yet, you can select up to 10 items on your first visit, to help you get started. Please ensure your donations are clean, washed and in good condition before you bring them. You can contact us by phone or email with any further questions you may have.



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>

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

<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>
<i>Monday- Friday 9am to 4pm</i>	<i>Monday - Friday 9am to 4pm</i>
<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>
<i>Monday - Friday 9am to 4pm</i>	<i>Tuesdays 10am to 12pm</i>
<i>Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulborn Old Drift, CB1 9ND</i>	
<i>Thursdays 9am to 3pm</i>	

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

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