



CAMBRIDGE CITY  
CHILD AND FAMILY CENTRE

# WHAT'S ON

May 2023

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](mailto: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				
<b>Midwife Clinic Emerald Team</b>	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
<b>Midwife Clinic Eden Team</b>	Weekly	By appointment only.  To make an appointment, please call 01223 739376.	B	The Fields Child and Family Centre
<b>Coffee and Chat drop in</b> 9am – 12.30pm	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>Self-Weigh</b> 9am – 12.30pm	Weekly	Self-weigh for babies and children 6 weeks to 5 years old.  Booking not required.		The Fields Child and Family Centre
<b>Clothing Swap</b> 9am – 12.30pm	Weekly	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
<b>Tiniest Feet</b> 10.00am - 11.30am	Weekly. Messy - 22 May Sensory - 15 May <b>No session 01, 08, 29 May</b>	<b>For parents-to-be and parents with pre-walking babies.</b> 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
<b>Rhyme Time @ Clay Farm Centre</b> 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
<b>Mini Movers</b> 10.30am - 11.45am	Weekly. Sensory - 15 May Messy - 22 May <b>No session 01, 08, 29 May</b>	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
<b>Mondays Together</b> 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> 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

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

Monday continued				
<b>Sensory Pop Up</b> 1.30pm – 3pm	15 & 22 May	Come along and enjoy our pop-up sensory session with lights and sounds. For children up to 2 years old.  To book, please call or email us.	B £	Chesterton Child and Family Centre
<b>Clothing Swap</b> 1.00pm - 2.00pm	22 May	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.  Booking not required.		North Cambridge Child and Family Centre
<b>Youth Support Drop In</b> 1.30pm - 4.00pm	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 <sup>rd</sup> Floor Central Library

Tuesday				
<b>Midwife Clinic Emerald Team</b>	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
<b>Self-Weigh</b> 9.30am - 12.30pm	Weekly	Self-weigh for babies and children 6 weeks to 5 years old.  No booking required.	B	North Cambridge Child and Family Centre
<b>Stay and Play</b> 9.00am – 11am	Weekly	Stay and Play session for children aged 0 – 5 years.  To book, please call or email us.	B £	Fawcett Child and Family Zone
<b>Eddington Self-weigh</b> 10am – 11.30am	02 May	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.  Booking not required.		Storey's Field Centre, Eddington Avenue, CB3 1AA
<b>Tiniest Feet</b> 10.00am – 11.30am	Weekly Sensory - 09 and 16 May Messy - 30 May	<b>For parents-to-be and parents with pre-walking babies.</b> 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				
<b>Midwife Clinic Emerald Team</b>	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
<b>New Parents - Baby Café Pop Up</b> 10am – 12pm	03 May	Please pop in to see us if you have welcomed a baby in the last 6 months, to meet and chat with other new parents over a cuppa.  Booking not required.		Fields Child and Family Centre
<b>Rhyme Time</b> 11am – 11.30am	24 May	Come and enjoy songs and rhymes with your children up to 3 years old.  No booking required.		Cherry Hinton Library

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Wednesday continued				
<b>Wednesdays Together</b> 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> 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
<b>Little Explorers</b> 10.00am - 11.15am	Weekly	Join us for fun outdoor, 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. <i>Special session – 3 May</i> To book please call or email us.	B	Meet at Chesterton Child & Family Centre
<b>Little Explorers - King's Coronation special</b> 10.00am - 11.15am	03 May	Come and celebrate the Coronation with us! We'll be making flags and Nature Crowns and having tea with a tiger! Royal Dress Up optional and bring your favourite snack.  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

Thursday				
<b>Midwife Clinic Emerald Team</b>	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
<b>Self-Weigh</b> 9.30am - 12.30pm	25 May	Self-weigh for babies and children 6 weeks to 5 years old.  No booking required.	B	Bewick Bridge Community Wing
<b>Stay and Play</b> 10.00am - 11.30am	Weekly No session 18 May	Stay and Play session for children aged 0 – 5 years. <i>Special session 04 May – please see below.</i> To book, please call or email us.	B £	Chesterton Cambridge Child and Family Centre
<b>King's Coronation Tea Party</b> 10.00am - 11.30am	04 May	Come along as we celebrate the King's Coronation with a tea party and activities. Come dressed up, ready to be King or Queen!  To book, please call or email us.	B £	Chesterton Child and Family Centre
<b>Stay and Play</b> 9.45am – 11.00am	Weekly No session 18 May	Stay and Play session for children aged 0 – 5 years. <i>Special session 4 May – please see below.</i> To book, please call or email us.	B £	Bewick Bridge Child and Family Zone
<b>King's Coronation Tea Party</b> 9.45am - 11am	04 May	Come along as we celebrate the King's Coronation with a tea party and activities. Come dressed up, ready to be King or Queen!  To book, please call or email us.	B £	Bewick Bridge Child and Family Zone

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Thursday continued				
<b>Stay and Play</b> 10.00am – 11.30am	Weekly <i>No session 18 May</i>	Stay and Play session for children aged 0 – 5 years.  <i>Special session 04 May –please see below</i> To book, please call or email us.	B £	North Cambridge Child and Family Centre
<b>King's Coronation Tea Party</b> 10.00am - 11.30am	04 May	Come along as we celebrate the King's Coronation with a tea party and activities. Come dressed up, ready to be King or Queen!  To book, please call or email us.	B £	North Cambridge Child and Family Centre
<b>Story Time</b> 10.30am - 11.15am	Weekly <i>No session 18 May</i>	Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years.  No booking required.		Arbury Court Library
<b>Tiniest Feet</b> 11.45am - 1.00pm	Weekly	<b>For parents-to-be and parents with pre-walking babies.</b> 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
<b>Rhyme Time</b> 1.30pm - 2.30pm	25 May	Come and enjoy storytelling and fun activities with your children up to age 4 years.  No booking required.		Rock Road Library
<b>Storytime</b> 3.30pm - 4.00pm 4.00pm - 4.30pm	Weekly <i>No session 18 May</i>	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				
<b>Coffee Morning</b> 9am – 12pm	19 May	Pop in for refreshments and to meet some of our Child and Family Centre team.  Booking not required.		Fawcett Child and Family Centre
<b>Friday Feels</b> Posted at 10.00am on Facebook	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for activities, advice and signposting for young people aged 11-19.		Virtual
<b>Stay and Play</b> 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
<b>King's Coronation Tea Party</b> 10.00am - 11.30am	05 May	Come along as we celebrate the King's Coronation with a tea party and activities. Come dressed up, ready to be King or Queen!  To book, please call or email us.	B £	The Fields Child and Family Centre
<b>Dear Zoo: Story &amp; activity</b> 2pm – 3pm	12 May	Come and enjoy storytelling and fun activities with your children up to age 4 years.  No booking required.		East Barnwell Library

Saturday				
<b>Dads' Group</b> 9.45am - 10.45am	27 May	A group for all male carers of under 8's to come and play. Children up to age 8 years  To book, please call or email us.	B £	The Fields Child and Family Centre

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Saturday continued				
<b>Grove Swimming</b> 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
<b>Something on a Saturday</b> 11am – 12pm	27 May	Stay and play session for parents who are unable to attend weekday groups with children from around 10 months or walking.  To book, please call or email us.	B £	The Fields Child and Family Centre

## 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](mailto:sally.mcgivern@cambridgeshire.gov.uk)

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](http://www.cambridgeshire.gov.uk) (search Privacy Notice)

## Breastfeeding Support

Information on support available locally can be found by visiting:

[www.facebook.com/CambridgeshireInfantFeeding](http://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](http://www.keep-your-head.com)



Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.

# 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: <a href="mailto:childandfamilycentre.city@cambridgeshire.gov.uk">childandfamilycentre.city@cambridgeshire.gov.uk</a>	

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



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