



WHAT'S ON

September 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

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 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	Come and enjoy soft play activities for children up to age 5 years. Child and Family Centre staff available for advice and signposting.		Meadows Community 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
Self-Weigh 12.30pm – 2.30pm	Weekly	Self-weigh for babies and children 6 weeks to 5 years old. Booking not required.		The Fields Child and Family Centre
Clothing Swap 12.30pm – 2.30pm	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
Tiniest Feet 10.00am - 11.30am	Weekly Sensory – 18 September Messy – 11 September	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. <i>25 September – Sling carrier demonstration.</i> 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

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

Mondays continued				
Mini Movers 10.30am - 11.45am	Weekly Sensory – 11 & 18 September Messy – 25 September	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
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> 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
SEND Little Learners 1.30pm – 2.45 pm	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. Support for young people around getting into education, employment, or training. Also help with emotional wellbeing and sexual health.		3 rd Floor Central Library


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 Swap 9.30am – 12.30pm	19 September	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
Stay and Play: 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
Toy Library 9.30am – 11.30am	Monthly 12 September	Come along and play with our big selection of toys, which you are able to borrow for up to a month for 50p. Contact us for more information.		Brown's Field Youth and Community Centre, Green End Road, CB4 1RU

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Tuesdays continued				
Eddington Self-weigh 10am – 11.30am	5 September	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
Sensory SEND Group 10am – 11.30am	19 September	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 10.00am – 11.30am	Weekly Sensory – 12 & 19 September Messy – 26 September	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 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
Sensory Babies 10am – 11am	20 September	A fun filled session for babies up to a year old. Come and enjoy lights and sensory activities that aim to help babies develop their concentration, co-ordination and motor skills. To book, please call or email us.	B £	Fawcett Child and Family Centre
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> 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 Explorers 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. To book please call or email us.	B £	Meet at Chesterton Child & Family Centre
First Aid 6.30pm – 8pm	27 September	This course covers basic Paediatric First Aid. The topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 per family, concessions apply. To book, please call or email us.	B £	The Fields Child and Family Centre

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Thursday				
Midwife Clinic <i>Emerald Team</i>	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
Infant Feeding	14 & 28 September	By pre-booked appointment only with your infant feeding team. Please call 0300 029 5050 for more information.	B	Chesterton 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	21 September	Self-weigh for babies and children 6 weeks to 5 years old. No booking required.		Bewick Bridge Child and Family Zone
Stay and Play: 50 Things 10.00am – 11.30am 	Weekly No session – 28 September	Stay and Play session for children aged 0 – 5 years. <i>7 September – join us for activities base on #26 Bubbles of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call or email us.	B £	Chesterton Cambridge Child and Family Centre
Stay and Play 9.45am – 11.00am	Weekly No session – 28 September	Stay and Play session for children aged 0 – 5 years. <i>Special sessions – September, please see below.</i> To book, please call or email us.	B £	Bewick Bridge Child and Family Zone
Stay and Play – We're Going on a Bear Hunt! 9.45am – 11am	14 September	Join us as we explore the book and for some themed activities too! To book, please call or email us.	B £	Bewick Bridge Child and Family Zone
Stay and Play – The Tiger who came to Tea! 9.45am – 11am	21 September	Join us as we explore the book and for some themed activities too! To book, please call or email us	B £	Bewick Bridge Child and Family Zone
Story Time 10.30am - 11.15am	Weekly No session – 28 September	Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years. No booking required.		Arbury Court Library
Tiniest Feet 11.45am - 1.00pm	Weekly No session – 28 September	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 or email us.	B £	Bewick Bridge Child and Family Zone

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Thursday continued				
Stay and Play 1.30pm – 3pm 	Weekly No session – 28 September	Stay and Play session for children aged 0 – 5 years. <i>14 September – join us for activities base on #39 Making Connections of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call or email us.	B £	North Cambridge Child and Family Centre
Storytime 3.30pm - 4.30pm	Weekly No session – 28 September	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
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 signposting for young people aged 11-19.		Virtual
Mobile Library Story Time 9.30am – 10.30am	1 September	Come and meet your local Child and Family Centre team for a short story at your local Mobile Library stop off point.		Storey's Field Centre, Eddington Avenue, CB3 1AA
Stay and Play 10.00am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>Special sessions – 15 & 29 September, please see below.</i> To book, please call or email us.	B £	The Fields Child and Family Centre
Stay and Play - We're Going on a Bear Hunt! 9.45am – 11am	15 September	Join us as we explore the book and for some themed activities too! To book, please call or email us	B £	The Fields Child and Family Centre
Stay and Play – The Tiger who came to Tea! 9.45am – 11am	29 September	Join us as we explore the book and for some themed activities too! To book, please call or email us	B £	The Fields Child and Family Centre
Pop-Up – Junk Modelling 10.00am – 11.30am	29 September	Join us for upcycling craft projects for household recycling such as paper rolls, cereal boxes egg cartons and more! No booking required.		Green area in front of Edgecombe Flats, CB4 2LL
The Hungry Caterpillar Story & activity 2pm – 3pm	15 September	Come and enjoy storytelling and fun activities with your children up to age 4 years. No booking required.		East Barnwell Library

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Saturday				
Dads' Group – Soft Play 9.45am - 10.45am	23 September	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 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
Something on a Saturday – Soft Play 11am – 12pm	23 September	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



SOFT PLAY & FAMILY WORKER DROP-IN

Mondays

9.30am - 11.30am

starting 14th

August 2023

COMING
SOON

Meadows
Community Centre
299 Arbury Road,
CB4 2JL

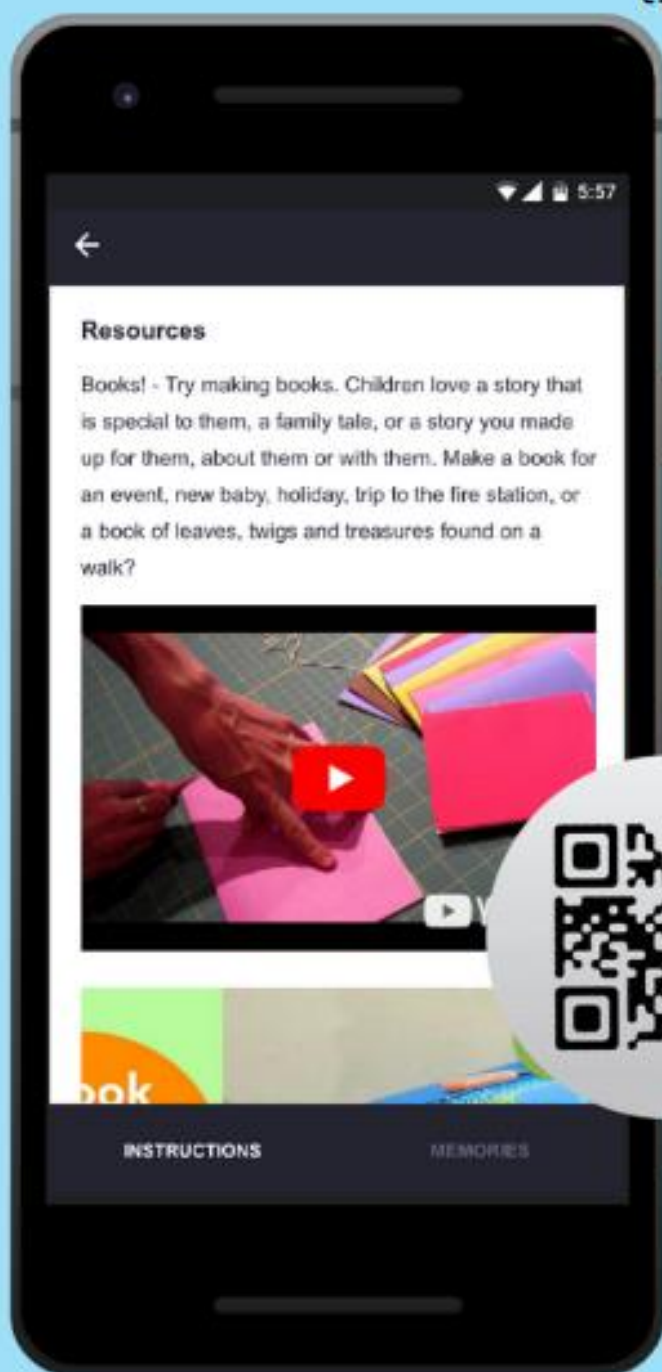
SOFT PLAY ACTIVITIES
FOR CHILDREN UP TO 5
YEARS OLD. CHILD AND
FAMILY CENTRE STAFF
WILL BE AVAILABLE FOR
ADVICE AND SIGNPOSTING





Download THE MOBILE APP

50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat. Download the mobile app from Apple AppStore or Google PlayStore...



Scan the QR code with your smartphone to take you to the 50 Things To Do Before You're Five app...



 Download on the
App Store

 GET IT ON
Google Play

Cambridgeshire
**Child and Family
Centres**

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*m***O***D***E***l***L***I**N***g**


FRIDAY 29TH SEPTEMBER
10AM - 11:30AM

Let your imagination run wild and
see what you can create using
everyday household items!

Suitable for ages 0-5 years.
free of charge, no booking required.

HELD ON THE GREEN SPACE OUTSIDE OF
EDGECOMBE FLATS, CB4 2LL



<p><i>Privacy Statement</i></p>	<p>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)</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. www.keep-your-head.com</p>
<p><i>50 Things to do Before You're 5</i></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>

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: 9am – 4pm Tuesday, Wednesday, Thursday & Friday: 9am – 12pm	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: 9am – 4pm Tuesday, Wednesday & Thursday: 12.30pm – 4pm Friday: 9am – 12pm	Tuesdays 9am to 11.30am
Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulborn Old Drift, CB1 9ND	
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



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