



WHAT'S ON

November 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

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|--|---|---|--------|---|
| 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. Booking not required. | | Meadows Community Centre |
| Tiniest Feet 10am - 11.30am | Weekly Messy – 13 November Sensory – 20 November | 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 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) | 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 Sensory – 13 & 20 November Messy – 27 November | For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>27 November – join us for activities based on #16 – The 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 or email us. | B £ | Chesterton Child and Family 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 |

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

| Monday continued | | | | |
|---|-------------------------|--|---|---|
| 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 |
| Introducing Family Foods 1pm – 2pm | 13 November | A workshop to find out more about how to introduce your baby to your family foods. To book, please call or email us. | B | Fawcett Child and Family Zone |
| Introducing Family Foods 1pm – 2pm | 27 November | A workshop to find out more about how to introduce your baby to your family foods. To book, please call or email us. | B | North Cambridge 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 - 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 |

| 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 | 28 November | 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 |
| Stay and Play 9am – 11am  | Weekly | Stay and Play session for children aged 0 – 5 years. <i>14 November – 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 or email us. | B £ | Fawcett Child and Family Zone |

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| Tuesday continued | | | | |
|---|--|---|--------|---|
| Stay and Play – Diwali 9am – 11am | 7 November | Come and join us for our Diwali themed session, with activities and Arts and Crafts! For children ages 0-5years. To book, please call or email us. | B £ | Fawcett Child and Family Zone |
| Toy Library 9.30am - 11.30am | Monthly 14 November | 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 | 7 November | 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 |
| Sensory SEND Group 10am – 11.30am | 14 & 21 November | 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 Sensory 14 & 21 November Messy- 28 November | 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 |
| Paediatric First Aid 6.30pm – 8pm | 21 November | 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 £ | North 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 | 22 November | 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 |

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Wednesday continued


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|---|--------|---|--------|--|
| 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 Explorers 10am - 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 and Family Centre |

Thursday

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|--|-----------------|--|--------|---|
| 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 |
| Infant Feeding | 9 & 23 November | 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 | 16 November | 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 | Stay and Play session for children aged 0 – 5 years. <i>2 November – join us for activities base 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 or email us. | | Bewick Bridge Child and Family Zone |
| Stay and Play – Diwali 9.45am – 11am | 9 November | Come and join us for our Diwali themed session, with activities and Arts and Crafts! For children ages 0-5years. To book, please call or email us. | B £ | Bewick Bridge Child and Family Zone |
| Stay and Play – Three Little Pigs 10am – 11.30am | 23 November | Come and join us as we explore the story of The Three Little Pigs, with a story time and themed activities. To book, please call or email us. | B £ | 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>23 November – join us for activities base on #19 – Growing, Little People, Plants 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 or email us. | B £ | Chesterton Child and Family Centre |

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Thursday continued

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|---|----------------|--|--------|---|
| Stay and Play – Diwali 10am – 11.30am | 9 November | Come and join us for our Diwali themed session, with activities and Arts and Crafts! For children ages 0-5years. To book, please call or email us. | £ B | Chesterton Child and Family Centre |
| Stay and Play – Recycling Event 10am – 11.30am | 16 November | Join us for an event with lots of ideas of how to use recycled items in play, including junk modelling, recycling games and information for parents | £ B | Chesterton 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. <i>2 November – Fireworks Special</i> <i>9 November – Diwali Special</i> No booking required. | | Arbury Court Library |
| Tiniest Feet 11.45am - 1pm | Weekly | 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 |
| Stay and Play 1.30pm – 3pm  | Weekly | Stay and Play session for children aged 0 – 5 years. 9 November – No Session <i>16 November - 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> Stories lead you down a trail of twists and turns. Come and explore the following books with us during November: <i>Dear Zoo by Rod Campbell</i> <i>The Hungry Caterpillar by Eric Carle</i> <i>Norman's New Shell by Sue Hendra and Paul Linnet</i> To book, please call 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. <i>2 November – Fireworks Special</i> <i>9 November – Diwali Special</i> | | Milton Road Library |

Friday

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|---|------------------------|--|--------|------------------------------------|
| Newborn checks | Weekly | By pre-booked appointment only with your midwifery team. | B | The Fields Child and Family Centre |
| Childminder's Group 9.30am – 11am | Monthly 17 November | A session for childminders, nannies and au-pairs with the children they look after. To book, please call or email us. | B £ | Fawcett Child and Family Zone |

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| Friday continued | | | | |
|---|-------------|---|--------|---|
| Stay and Play 10am - 11.30am  | Weekly | Stay and Play session for children aged 0 – 5 years. <i>17 November – join us for activities based on #13: Dressing Up of the 50 Things to do before you're 5 app.</i> <i>To find out more log into the app.</i> To book, please call or email us. | B £ | The Fields Child and Family Centre |
| Stay and Play – Fireworks 10am – 11.30am | 3 November | Come and join us for our Fireworks themed session, with activities and Arts and Crafts! For children ages 0-5years. To book, please call or email us. | B £ | The Fields Child and Family Centre |
| Stay and Play – Diwali 10am – 11.30am | 10 November | Come and join us for our Diwali themed session, with activities and Arts and Crafts! For children ages 0-5years. To book, please call or email us. | B £ | The Fields Child and Family Centre |
| Stay and Play – Three Little Pigs 10am – 11.30am | 24 November | Come and join us as we explore the story of The Three Little Pigs, with a story time and themed activities. To book, please call or email us. | B £ | The Fields Child and Family Centre |
| Edgecombe Explorers 10am – 11.30am | 24 November | 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. No booking required. | | Meet at North Cambridge Child and Family Centre |
| ‘Are You a Monster?’ by Guilherme Karsten Story and activity 2pm - 3pm | 24 November | Come and enjoy storytelling and fun activities with your children up to age 4 years. No booking required. | | East Barnwell Library |

| Saturday | | | | |
|---|-------------------------|---|--------|------------------------------------|
| Dads’ Group 9.45am - 10.45am | 25 November | 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 | 25 November | 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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PAEDIATRIC FIRST AID

contact
us to
book



Cambridgeshire
**Child and Family
Centres**

Parents/carers

First Aid Paediatric session

Topics covered include

- child CPR
- recovery positions
- choking
- minor injuries and illnesses

Booking essential

£10 per family (concessions available)

To book a space, call or email us

6.30pm – 8.00pm

Wednesday 11 October

The Fields CFC. CB5 8ND

Thursday 19 October

Chesterton CFC. CB4 1TF

Tuesday 21 November

North Cambridge CFC. CB4 2LD

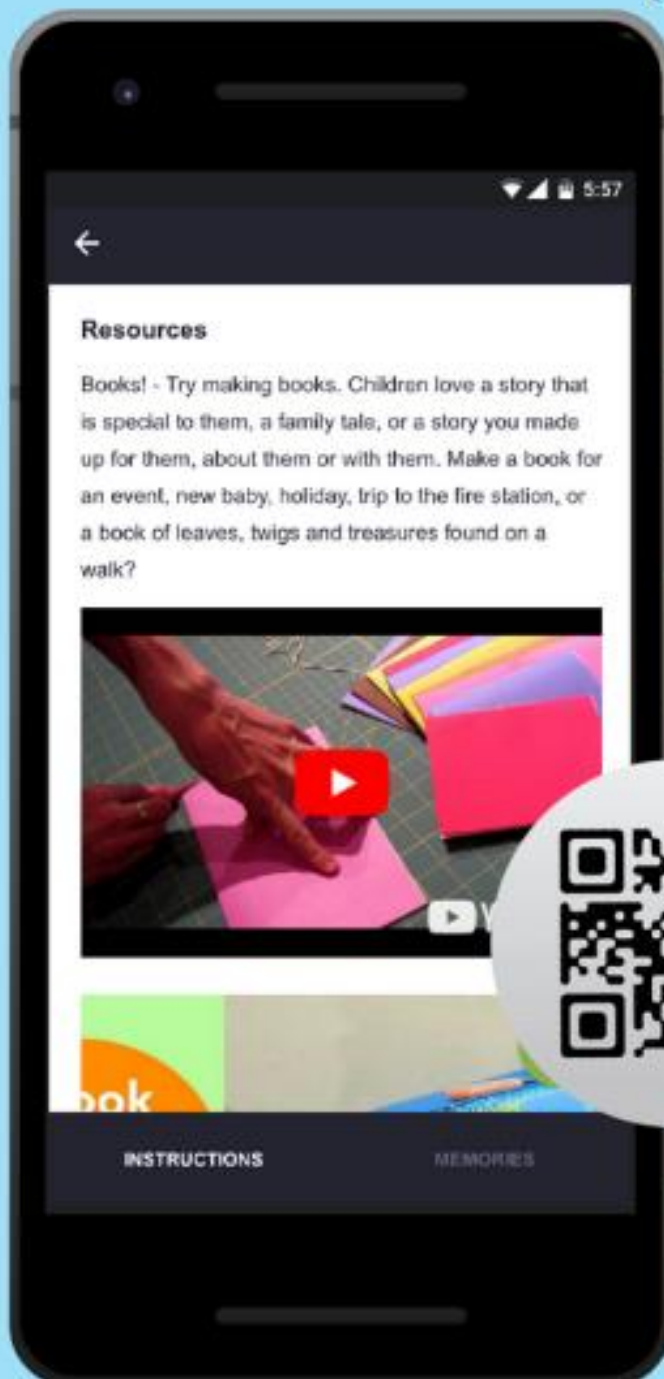
TELEPHONE: 01223 728118

CHILDANDFAMILYCENTRE.CITY@CAMBRIDGESHIRE.GOV.UK



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...



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

Opening Times

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| <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> |

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| <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: 9am – 4pm Tuesday, Wednesday, Thursday & Friday: 9am – 12pm</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: 9am – 4pm Tuesday, Wednesday & Thursday: 12.30pm – 4pm Friday: 9am – 12pm</i> | <i>Tuesdays 9am to 11.30am</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



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