



# WHAT'S ON

March 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](http://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](mailto: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				
<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>Newborn Checks</b>	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
<b>Soft Play</b> 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
<b>Tiniest Feet</b> 10am - 11.30am	Weekly 4 March – Sensory 25 March – Messy	<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, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
<b>Rhyme Time @ Clay Farm Centre</b> 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
<b>Mondays Together</b> 10am - 12.30pm (children up to 4yrs) 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
<b>Mini Movers</b> 10.30am - 11.45am 	Weekly 11 March – Sensory	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>18 March – join us for activities based on #42 – The Rough and The Smooth, 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
<b>Coffee and Chat - drop in</b> 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>Self-Weigh</b> 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
<b>Clothing Bank</b> 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
<b>Introducing Family Foods</b> 1pm – 2pm	4 March	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

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

## Monday continued

<b>Introducing Family Foods</b> 1pm – 2pm	25 March	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	Chesterton Child and Family Centre
<b>SEND Little Learners</b> 1.30pm – 2.45pm	Weekly (Term Time only)	Invite only session for children following the Early Support Pathway.	R	Chesterton Child and Family Centre
<b>Pathway to Parenting</b> 2pm – 4pm	4-week course from 4 March	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


<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>Newborn checks</b>	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
<b>Self-Weigh</b> 9.00am - 12.00pm	Weekly	Self-weigh for babies and children 6 weeks to 5 years old. No booking required.		North Cambridge Child and Family Centre
<b>Clothing Bank</b> 9.00am – 12.00pm	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 ten items on your first visit to get you started.  No booking required.		North Cambridge Child and Family Centre
<b>Stay and Play</b> 9am – 11am 	Weekly	Stay and Play session for children aged 0 – 5 years. <b>5 March</b> – join us for activities based on #4 – <i>Make Your Mark, 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
<b>Toy Library</b> 9.30am - 11.30am	Monthly – 12 March	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
<b>Eddington Self-weigh</b> 10am – 11.30am	5 March	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
<b>SEND Sensory Group</b> 10am – 11.30am	12 & 19 March	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

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## Tuesday continued

<b>Tiniest Feet</b> 10am – 11.30am	Weekly 12 March – Sensory 19 March – Sensory 26 March - Messy	<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. <i>19 March – join us for activities based on #42 – The Rough and The Smooth, 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 Cambridge Child and Family Centre
<b>Little Cubs (Young Mums group)</b> 12.30pm – 2.30pm	12 & 19 March	Come along to our special group for young mums, to socialise and interact with other mums. Let your children explore and play with a range of toys, while gathering advice from professionals with advice including budgeting, benefits, and milestones. To register you interest, please call 01223 728118 or email us.	B	North Cambridge Child and Family Centre
<b>Sing a Rainbow</b> 1.30pm – 2.45pm	5, 12 & 19 March	Sing, sign, dance and play to children's songs and rhymes. Fun with instruments, puppets, parachute, singing, signing and dance whilst supporting musicality, language, and motor skills. <i>1.30pm – 2pm – Free play and catch-up time with assorted instruments.</i> <i>2pm – 2.45pm – Circle Time.</i> To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

## Wednesday

<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>Newborn Checks</b>	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
<b>Tiniest Feet</b> 10am – 11.30am 	Weekly <b>No session – 19 March</b> 13 March – Messy 27 March – Sensory	<b>For parents-to-be and parents with pre-walking babies.</b> <i>6 March – join us for activities based on #4 – Make your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> 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
<b>Wednesdays Together</b> 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
<b>Little Scientists</b> 1.30pm – 3pm	Weekly	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

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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>Newborn Checks</b>	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
<b>Self-Weigh</b> 9.30am – 12.30pm	21 March	Self-weigh for babies and children 6 weeks to 5 years old. No booking required.		Bewick Bridge Child and Family Zone
<b>Stay and Play</b> 9.45am – 11am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>28 March – join us for activities base on #48 – Natural Art, 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
<b>Stay and Play</b> 10am – 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>21 March – join us for activities base on #The Rough and The Smooth, 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
<b>Twins, Triplets and More</b> 10am – 11.30am 	7 & 21 March	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. <i>7 March – join us for activities based on #10 – Sharing Books, 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
<b>Story Time</b> 10.30am - 11.15am	Weekly	Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years. <i>7 March – World Book Day.</i> <i>We will be celebrating World Book Day with activities themed of Read Your Way and exploring favourite books and authors. Dress-up optional.</i> No booking required.		Arbury Court Library
<b>Parent Led Tiniest Feet</b> 11.45am - 1pm	Weekly	<b>A parent led group for parents-to-be and parents with pre-walking babies.</b> To book, please call, 01223 728118 or email us.		Bewick Bridge Child and Family Zone
<b>Tiniest Feet</b> 1pm – 2.30pm	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, 01223 728118 or email us.	B £	Chesterton Child and Family Centre
<b>Stay and Play</b> 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>14 March - join us for activities based on #33 – Home From Home, 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

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## Thursday continued

<b>Storytime</b> 3.30pm - 4.30pm	Weekly	Stories and rhymes with Child and Family Centre staff. For ages 18 months plus. <i>7 March – World Book Day.</i> <i>We will be celebrating World Book Day with activities themed of Read Your Way and exploring favourite books and authors. Dress-up optional.</i>  No booking required.		Milton Road Library
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## Friday

<b>Newborn checks</b>	Weekly	By pre-booked appointment only with your midwifery team.	B	The Fields Child and Family Centre
<b>Five to Thrive Friday</b> Posted at 10am 	Weekly	<b>Five to Thrive Friday:</b> 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
<b>Stay and Play</b> 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <b>8 March – join us for activities based on #10 – Sharing Books, of the 50 Things to do before you're 5 app. To find out more log into the app.</b> To book, please call, 01223 728118 or email us.	B £	The Fields Child and Family Centre
<b>Storytime and activity</b> 2pm - 3pm	22 March	Come and enjoy the Story of 'Dear Zoo' with 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	16 March	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 £	North Cambridge Child and Family Centre
<b>Grove Swimming</b> 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
<b>Family Fun Day</b> 10am – 1pm	30 March	A family fun day designed for local families to find out about what's happening in your community and have some fun!		The Fields Child and Family Centre
<b>Something on a Saturday</b> 11am – 12pm	16 March	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 £	North Cambridge Child and Family Centre

Cambridge City Child and Family Centre & Partners

# FAMILY FUN DAY

Free  
entry!

Saturday, 30 March 2024

10am – 1pm



The Fields Child and Family Centre, Galfrid Road,  
CBS 8ND



Petting  
Zoo



Arts and Crafts



Pendragon  
Circus



Face Painting



Soft Play

Join us for a family fun day designed for local families to find out about what's happening in your community and have some fun!

Free refreshments provided and a special visit from some Disney Princesses at Make a Smile Cambridge!







**FREE**  
resources  
on debt and  
relationships

# Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

**Debt and money troubles are among the biggest causes of relationship stress.**

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code



# Youth Support Service

*it's all about YOUTH*

## **We are here to help!**

**To access our services, please contact us on:**

**01223 728500**

**[youthsupport.cambridge@cambridgeshire.gov.uk](mailto:youthsupport.cambridge@cambridgeshire.gov.uk)**

We are here to support young people not in education, employment or training and aged 16-18. We can provide information and practical help relating to:

- CV preparation
- Benefits
- Job search skills
- Filling out application forms
- Writing cover and speculative letters
- Finding apprenticeships and training courses

If you are under 20, you can also get support with:

- Housing information
- Emotional wellbeing and many other topics
- Sexual health information (C-Card up to age 24)

In certain circumstances we can offer support to young people beyond these ages.

Please speak to an adviser if you are unsure.



Cambridgeshire  
County Council



We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact [childandfamilycentre.city@cambridgeshire.gov.uk](mailto:childandfamilycentre.city@cambridgeshire.gov.uk) for a chat with one of our staff.

*50 Things to do Before You're 5*



'50 Things to Do Before You're 5' seeks to help every child reach important health, learning and wellbeing milestones. We will be sharing activity ideas from the *50 Things to Do* app, that you can use in your everyday routine you're your children. The ideas are very simple and require low or no cost. Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.



**Five to Thrive**

'The things you do every day that help your child's growing brain' We will be sharing activity ideas to help you use *Five to Thrive* 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!

*Breastfeeding Support*

Information on support available locally can be found by visiting: [www.facebook.com/CambridgeshireInfantFeeding](https://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)

# Opening Times


<b>North Cambridge Child and Family Centre, Campkin Road, Cambridge, CB4 2LD</b>	<b>The Fields Child and Family Centre, Galfrid Road, Cambridge, CB5 8ND</b>
Monday: 10am – 4pm Tuesday: 9am – 12.30pm Wednesday & Thursday: 10am – 4pm Friday: 10am – 2.30pm	Monday – Friday: 9am to 4pm
<b>Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge, CB4 1TF</b>	<b>Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington, CB2 9FS</b>
Monday: 10am – 4pm Tuesday: 12.30pm – 4pm Wednesday & Thursday: 10am – 4pm Friday – 10am – 2.30pm	Tuesdays 9am to 11.30am
<b>Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND</b>	
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



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