



Kings Hedges Family Support Project

ABBNEY PEOPLE  
WORKING TOGETHER FOR A BETTER COMMUNITY



We are a charity that has been working in Cambridge for over 20 years, based in local communities delivering three days of family support drop-in's for parents and their children up to the age of 3.

### Our Values

- We believe that confident parenting makes for happier children
- We aim to help parents to feel confident to make the choices that are important to them
- We work in a welcoming and non-judgemental way
- Our staff are kind, approachable and knowledgeable
- We help to reduce feelings of isolation and increase a sense of community and offer a high quality, safe place to play, relax and talk
- We work actively with partners and connect families to them, ensuring they have access to relevant information and advice

## How do we meet our values?

- We engage families by providing fun, learning and new experiences for children, and positive, consistent peer support spaces for parents/carers
- We make sure everyone knows about us and can access us by promoting ourselves widely, having good relationships with our partners and by making sure groups are welcoming and accessible
- Our team are skilled at building relationships and understanding the everyday needs of families and are sensitive and responsive to those that need extra help.

**Our groups are open to any family with babies or toddlers up to the age of 3 who are local to the venues we operate in. Some families come to our groups simply because they enjoy the friendly atmosphere and sense of community and belonging, whilst others are seeking support for something specific that might be affecting their family relationships, health or wellbeing. Either way all families that come can access the experience, knowledge and skills of our Family Support Workers and Play Workers whilst enjoying time with their child/children in a safe and friendly environment.**

Issues that some parents are experiencing when they visit us are;

- **Lack of knowledge and confidence in parenting**
- **Feeling isolated and disconnected from their local community**
- **Feeling overwhelmed and experiencing poor mental well-being**
- **Housing problems**
- **Poor family relationships**
- **Being abused**
- **Wanting or needing to be in employment**
- **Feeling their child is not prepared for nursery or school**
- **Being unsure of childcare options**
- **Financial hardship**





If you know of a family that might need some additional support, or that is just looking for a friendly group where they can feel welcomed and enjoy quality play activities with their child/children please do let them know about us! They do not need a referral from you but it might be useful to tear this section of the flyer off and give to them with details of where to find us:



**MONDAYS  
TOGETHER**

- **Fields Family Centre**
- **Galfrid Road CB5 8ND**
- **Mondays 10-12.30 for all children under 5 and parents**
- **Mondays 12:30-3pm for pre mobile babies and parents**
- **Drop in sessions- no need to book**



**WEDNESDAYS  
TOGETHER**

- **10am-12.30pm For Families with Children under 5 Years Old**
- **1-3pm For Families with Babies up to 1 year**
- **Drop in sessions – no need to book**

North Cambridge Children's Centre, Arbury Community centre, Campkin Road, Arbury.



**THURSDAYS  
TOGETHER**

- **TERM TIME: 10am-2pm For Families with Children under 5 Years Old**
- **Drop in session no need to book**

Browns Field Youth and Community Centre,  
Green End Rd  
East Chesterton, CB4 1RU



Kings Hedges Family Support Project


**If you would like any further information about KHFSP and what we do then please don't hesitate to contact the Project Manager Suzie Buttress in the following ways:**

**Telephone: 01223 778600**

**Mobile: 07809 727222**

**Email: [manager@khfsp.org.uk](mailto:manager@khfsp.org.uk)**

**Web: [www.khfsp.org.uk](http://www.khfsp.org.uk)**

** The Kings Hedges Family Support Project**

**c/o Browns Field Youth and  
Community Centre 31a  
Green End Rd,  
Cambridge ,  
CB4 1RU**