



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

November 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 (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 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				
Tiniest Feet 10am - 11.30am	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, including baby self-weigh facilities. <i>11 November - Join us for activities based on #37 - Postie, 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
Mondays Together 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
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
Pathway to Parenting 3pm – 5pm	Weekly 28 October, 4, 11 & 18 November	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				
Clothing Bank 9.00am – 12.00pm	Weekly 5 & 19 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 ten items on your first visit to get you started. <i>We are not taking any donations at the moment.</i> No booking required.		North Cambridge Child and Family Centre
Sensory Send 10am – 11.30am	12 & 26 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.		North Cambridge Child and Family Centre
Stay and Play 9am – 11am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>26 November – join us for activities based on #11 – Rhyme 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, 01223 728118 or email us.	B £	Fawcett Child and Family Zone
Toy Library 9.30am - 11.30am	Monthly – 12 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

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

Tuesday continued

Teddington 10am – 11.30am	5 November	Also exploring bookbags from the Child and Family Centre.		Storey's Field Centre, Eddington Avenue, CB3 1AA
Tiniest Feet 10am – 11.30am 	Weekly Sensory – 5 & 12 November Messy – 26 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. <i>18 November – join us for activities based on #21 – Where am I?, 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
Little Cubs (Young Mums group) 1pm – 2.30pm	5, 19 & 26 November	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 your interest, please call 01223 728118 or email us.	B	North Cambridge Child and Family Centre
Sing a Rainbow 1.30pm – 2.45pm	5, 19 & 26 November	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

Mini Movers 9am – 10.30am	Weekly No session – 27 November	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>13 November – join us for activities based on #37 – Postie, 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
Sensory Babies 10am – 11.30am	27 November	Fun-filled sensory sessions for babies who are pre-mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination, and concentration. To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone
Introducing Family Foods 1pm – 2pm	20 November	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months. To book, please call, 01223 728118 or email us.	B	Chesterton Child and Family Centre
Stay and Play 2pm – 3.30pm	Weekly	Stay and Play session for children aged 0 – 5 years. To book please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

Thursday

Stay and Play 10am – 12pm 	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years. <i>28 November – join us for activities base on #5 - Squidgy Sand, 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 £	Bewick Bridge Child and Family Zone
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B = Booking Required, R = Invite Only, £ = Charge applies

Thursday continued

Stay and Play 10am – 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>14 November – join us for activities base on #21 – Where am I?, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> <i>7 November – Tiny Tooth session</i> <i>21 November – Potty Training</i> To book, please call, 01223 728118 or email us.	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. No booking required.		Arbury Court Library
Stay and Play 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>14 November - join us for activities based on #37 - Postie, 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
Storytime 3.30pm - 4.30pm	Weekly	Stories and rhymes with Child and Family Centre staff. For ages 18 months plus. No booking required.		Milton Road Library

Friday

Five to Thrive Friday Posted at 10am 	Weekly	Five to Thrive Friday: 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
Stay and Play 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>8 November – join us for activities based on #8 – My Secret Treasure, 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
Clothing Bank 10am – 11.30am	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. <i>We are not taking any donations at the moment.</i> No booking required.		The Fields Child and Family Centre
Diwali Storytime and Crafts 10.30am – 11.45am	1 November	Come and celebrate the Festival of lights! If you are celebrating Diwali this year and have a favourite children's story or activity you would like to share with us, please email us on Childandfamilycentre.city@cambridgeshire.gov.uk so that we can include it on the day. To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre
Storytime and activity 2pm - 3pm	22 November	Come and enjoy the Story of 'Busy Day for Birds' with fun activities with your children up to age 4 years. No booking required.		East Barnwell Library

Saturday

Something on a Saturday
9am– 12pm

30
November

Special themed Stay and play session for parents who are unable to attend weekday groups with children. Suitable for children from birth to 10 years.

Theme for November **lets make music!**

To book, please call or email us.

B
£

North Cambridge Child and Family Centre



SUPPORTING YOUR ANXIOUS CHILD



ON THIS COURSE YOU WILL WORK ALONGSIDE YOUR TUTOR AND OTHER PARENTS TO INCREASE YOUR UNDERSTANDING OF ANXIETY IN CHILDREN. YOU WILL LEARN HOW TO: -RECOGNISE THE SIGNS OF ANXIETY. - IDENTIFY SOME OF THE POSSIBLE REASONS CHILDREN HAVE ANXIETY. - DEVELOP STRATEGIES TO HELP YOUR CHILD MANAGE THESE FEELINGS IN A SUPPORTIVE GROUP.

START DATES:

30/09/2024 - 12PM - 1.30PM
4/11/2024 - 12PM - 1.30PM
24/11/2024- 12PM - 1.30PM

ONLINE

**CALL TO BOOK 01353 613013 OR
SCAN QR CODE FOR MORE INFO**



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



We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact 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

Midwifery clinics – by appointment only

Emerald Team – 01223 586787
Eden Team – 01223 739376

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


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: 10am – 4pm Tuesday: 9am – 2.30pm Wednesday: 10am – 1pm Thursday: 10am – 4pm Friday: 10am – 2.30pm	Monday – Friday 9am – 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: 10am – 4pm Tuesday: 1pm – 4pm Wednesday: 1pm – 4pm Thursday: 10am – 12.30pm	Tuesdays 9am - 12pm
Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND	
Thursdays 9am - 1.30pm	

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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