



## **SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE**

# **WHAT'S ON**

**OCTOBER 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.

Booking is essential for some sessions and spaces are limited.

Please call 01954 284 672 or email [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)

### 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)

## Addresses

### Cambourne Child and Family Centre

Sackville House  
Sackville Way  
Cambourne  
CB23 6HL

### Linton Cathodeon Centre

Horseheath Road  
Linton  
CB21 4LU  
(*Outreach Venue*)

### Melbourn Child and Family Zone

Mortlock Street  
Melbourn  
SG8 6DB

### Northstowe Child and Family Zone

The Cabin  
1 The Green  
Pathfinder Way  
Northstowe  
CB24 1FD

### Sawston Child and Family Zone

Sawston Community Hub  
New Road  
Sawston  
CB22 3BP

### Waterbeach Child and Family Zone

High Street  
Waterbeach  
CB25 9JU

### The Blue School

Eastgate  
Great Cambourne  
CB23 6DZ  
(*Outreach Venue*)

**If you would like to be kept up to date about our activities by email, please ask to join our mailing list**

B = Booking Required

£ = There is a charge for this session

Monday				
<b>Stay and Play: 50 Things.</b> 10.00 – 11.30am  	Weekly	A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're Five app. Includes self-weigh facilities. <b>Spooktacular Stay and Play on the 28 October.</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Self-weigh facilities available. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
<b>Self-Weigh</b> 10.00 – 12.30pm	07 and 21 October	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone
<b>Multiple Birth Group</b> 10.30 – Midday	14 and 28 October	Stay and play session for parents and carers of twins, triplets or more! Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
<b>Mini Movers</b> 1.00 – 2.30pm	Weekly	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Self-weigh facilities available. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
<b>Chatter Tots</b> 1.00 – 2.30pm	Weekly	Group for 2yrs+ focusing on speech, language and communication. Also suitable for children with emerging or diagnosed SEND. First session of each month will be Bookstart focused. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre

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## Tuesday

<p><b>Stay and Play:</b> <b>50 Things.</b> 10.00 – 11.30am</p> 	Weekly	<p>A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. Includes self-weigh facilities. <b>Spooktacular Stay and Play on the 29 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Northstowe Child and Family Zone
<p><b>BookTrust Storytime Session</b> 2.15 – 2.45pm</p> 	22 Oct	<p>Join us at the library for a story and activity session to share and enjoy a wonderful story, chat and access support from centre staff. Suitable for children 18 months to 5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B	Cottenham Library
<p><b>Baby Group</b> 1.00 – 2.30pm</p>	Weekly	<p>Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Sawston Child and Family Zone
<p><b>Baby Group</b> 1.00 – 2.30pm</p>	Weekly	<p>Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Northstowe Child and Family Zone
<p><b>Self-Weigh</b> 1.00 – 2.30pm</p>	Weekly	<p>Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.</p>		Northstowe Child and Family Zone


## Wednesday

<p><b>Stay and Play</b> 10.00 – 11.30am</p> 	Weekly	<p>Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're Five app. Includes self-weigh facilities. <b>Spooktacular Stay and Play on the 30 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Sawston Child and Family Zone
<p><b>Stay and Play</b> 10.00 – 11.30am</p>	Weekly	<p>Stay and Play session for children from 0-5 years. Includes self-weigh facilities. <b>Spooktacular Stay and Play on the 30 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Waterbeach Child and Family Zone

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Wednesday continued				
<b>Sensory Babies</b> 10.00 – 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
<b>Young Parents Group</b> 1.00– 2.30pm	Weekly	Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Self-weigh facilities available. Come along and learn how to look after your children's teeth and collect a free toothcare kit! To book, please email, phone us on 01954 284 672, or message through Facebook.	B	Melbourn Child and Family Zone
<b>Introducing Family Foods</b> 1.30 – 2.30pm	9 October	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 email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre

Thursday				
<b>Stay and Play</b> 10.00 – 11.30am 	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. Activities based on the 50 Things to do before you're five app. <b>Spooktacular Stay and Play on the 31 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
<b>Mini Movers</b> 10.00 – 11.30am	Weekly <i>(no session 31 October)</i>	A play session designed for mobile babies aged around 9 to 18 months focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. <b>Spooktacular Stay and Play on the 31 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
<b>Clothes Bank with Coffee and Chat</b> 10.00 - Midday	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 10 items on your first visit to get you started. Booking not required.		Blue School, Cambourne
<b>Cambourne Breastfeeding Friends</b> 12.30 – 2.30pm	Weekly	We are a friendly breastfeeding support group. Please drop in for information, support, refreshments and to meet other new parents. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre

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Thursday continued				
<b>Self-Weigh</b> 1.00 – 2.30pm	10 October	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone
<b>Baby Group</b> 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
<b>Baby Group</b> 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. <b>Five to Thrive sessions 3, 10, 17 and 24 October</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
<b>Paediatric First Aid Session</b> 6.00 – 7.30pm	17 October	Covering basic Paediatric First Aid. Topics covered are, Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. 1 hour course with 30 minutes Q&A Booking essential - please email us, phone us on 01954 284 672, or message us through Facebook. <b>£10 per person attending</b>	B £	Melbourn Child and Family Zone

Friday				
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. Activities based on the 50 Things to do before you're five app. <b>Spooktacular Stay and Play on the 1 November</b> To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Blue School, Cambourne
<b>Sensory Babies</b> 1.00 – 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
<b>Self- Weigh</b> 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Cambourne Child and Family Centre
<b>Self- Weigh</b> 1.00 – 2.30pm	18 October	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone

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<p><b>50 Things Friday</b></p> 	<p>Weekly</p>	<p>'50 Things to do before you're five' seeks to help every child reach important health, learning, and wellbeing milestones.'</p> <p>We will be sharing activity ideas from the 50 Things to Do app you can use in your everyday routine with your children.</p> <p>The ideas are very simple and require low or no cost.</p>	<p>Facebook</p>
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<p><b>Saturday</b></p>				
<p><b>Dads' Group</b> 10.00 – 11.30am</p>	<p>12 October</p>	<p>A Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	<p>B £</p>	<p>Cambourne Child and Family Centre</p>



**We would love to hear your feedback and thoughts about Child and Family Centres**

Scan the QR code to complete a short survey  
Thank you – we really appreciate your input

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	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested please contact <a href="mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk">ChildAndFamilyCentre.South@cambridgeshire.gov.uk</a> for a chat with one of our staff.</p>
	<p><b>'50 Things to do before you're five'</b> seeks to help every child reach important health, learning, and wellbeing milestones.'</p> <p>We will be sharing activity ideas from the <i>50 Things to Do app</i> you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.</p>
	<p><b>Five to Thrive</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!</p>
<p><b>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting:  <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<p><b>Are you concerned about the safety of a child?</b></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><b>Support for Young People</b></p>	<p><b>Keep Your Head:</b> 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.  <a href="http://www.keep-your-head.com">www.keep-your-head.com</a></p>

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# SPOOKTACULAR STAY AND PLAYS

WEEK  
STARTING  
28 OCTOBER  
-  
MESSAGE  
TO BOOK

Cambridgeshire  
**Child and Family  
Centres**

Spooktacular themed Stay and Play sessions for children aged 0 to 5 years. Activities based on the 50 Things to do before you're five app but with a spooktacular twist.

Monday 28 October	Melbourn	10.00 to 11.30
Tuesday 29 October	Northstowe	10.00 to 11.30
Wednesday 30 October	Sawston and Waterbeach	10.00 to 11.30
Thursday 31 October	Melbourn and Linton	10.00 to 11.30
Friday 1 November	Cambourne	10.00 to 11.30

CALL US 01954 284 672 / FB MESSAGE US OR EMAIL US  
CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK



Free

# COURSES FOR PARENTS

Resolving parental conflict



It's not unusual to have disagreements in a relationship, but when they spill out into family life, they can be emotionally damaging to children.

Family Hubs are offering free courses for Cambridgeshire and Peterborough parents who are experiencing relationship conflict and want to improve their communication with each other.

- **Improve the communication with your partner to support your children**  
*Friday 4 October, 12-1pm & Friday 11 October 12-1pm*

To sign up to a course visit <https://forms.office.com/e/J2sVr8V9km>

- **Improve the communication with your ex-partner to support your children**  
*Wednesday 16 October 6:30 -7:30pm & Wednesday 23 October 6:30 -7:30pm*

To sign up to a course visit <https://forms.office.com/e/J2sVr8V9km>

# Paediatric First Aid Course

**Thursday 17th  
October 2024**  
6.00 to 7.30pm

**Melbourn Child  
and Family Zone**  
Mortlock Street  
Melbourn, SG8 6DB



Covering basic Paediatric First Aid. Topics covered are, Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. 1 hour course, 30 minute Q&A.

## **BOOKING ESSENTIAL**

Please call **01954 284 672**

or email **[ChildAndFamilyCentre.South@Cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@Cambridgeshire.gov.uk)**



**Fee: £10 per person  
(payable in advance)**

## Our Opening Times

<b>Cambourne Child and Family Centre</b> <i>Monday to Friday 9.00am to 4.00pm</i>	<b>Melbourn Child and Family Zone</b> <i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	<b>Northstowe Child and Family Zone</b> <i>Tuesday 9.30am to 2.30pm</i>
<b>Sawston Child and Family Zone</b> <i>Tuesday, Wednesday and Friday 9.00am to 3.00pm</i>	<b>Waterbeach Child and Family Zone</b> <i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	

## Contact Us

### Get In Touch

**Phone us:** 01954 284 672

**Email us:** [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)

### Midwife Clinics- by appointment only

Ivy team (Waterbeach area) 01223 596 212

Rose team (Melbourn area) 01223 349 316

Sienna team (Linton area) 01223 349 314

Trinity team (Northstowe area) 01223 348 943

**Health Visiting team:** 0300 029 50 50

If you would like to be kept up to date about our activities by email, please ask to join our mailing list.



Follow us on Instagram  
[@childandfamilycentre.south](https://www.instagram.com/childandfamilycentre.south)



Find us on YouTube  
Cambridgeshire Child and Family Centres



'Like' our page  
South Cambs Child and Family Centres



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