



SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

MAY 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

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)

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

(no groups on 6th or 27th May)

<p>Stay and Play: 50 Things. 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Melbourn Child and Family Zone
<p>Sensory SEND Group 10.30 – 11.30am</p>	20 May	<p>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. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B	Cambourne Child and Family Centre
<p>New Parent Postnatal Group 1.30 – 3.00pm</p>	Weekly	<p>New Parent Postnatal Group – for all new parents, with a baby under 6 months, whether it's your first baby or not.</p> <p>For parents as you adjust to those early weeks and months with a new baby. Run by our Family Hub Key Worker and supported by health professionals, MIND charity and Optimum Health & Fitness for Women. A rolling programme for you to attend weekly or as one-off sessions with topics on parenting and opportunity to focus on your own health. Coffee, self-weigh and clothes swap shop available.</p> <p>13 May: Join us to discuss why babies cry and what strategies we can use which may help. We'll think about ways you can look after yourself during this phase.</p> <p>20 May: Informal coffee and chat session with self-weigh and clothes swap shop available, 1:1 advice</p> <p>Mums and Dads are both welcome.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B	Sawston Child and Family Zone
<p>Introducing Family Foods 10.00 – 11.00am</p>	20 May	<p>A workshop to find out more about how to introduce your baby to your family foods. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B	Northstowe Child and Family Zone
<p>Self-Weigh 10.00 – 12.30pm</p>	20 May	<p>Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.</p>		Waterbeach Child and Family Zone

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Monday continued (no groups on 6 th or 27 th May)				
Multiple Birth Group 10.30 – Midday	13 May	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
Chatter Tots 1.00 – 2.30pm	Weekly	Group for 2yrs+ focusing on speech, language, and communication. Come along and enjoy activities and songs based around a Chattersack. 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
Coffee and Chat 1.30 – 3.00pm	13 May	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.		Waterbeach Child and Family Zone
Paediatric First Aid Course 6.00 – 7.30pm	13 May	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. £10 per person (payable in advance) Booking essential. please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 349 314.	B	Sawston Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

Tuesday				
Stay and Play: 50 Things. 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
Baby Group 1.00 – 2.30pm	Weekly	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.	B £	Sawston Child and Family Zone


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Tuesday continued

Story and Craft 2.15 – 2.45	28 May	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.	B	Cottenham Library
Baby Group 1.00 – 2.30pm	Weekly	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.	B £	Northstowe Child and Family Zone
Self-Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Northstowe Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

Wednesday

Stay and Play 10.00 – 11.30am 	Weekly	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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Sawston Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly	Stay and Play session for children from 0-5 years. 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
Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. No need to book. Term time only. Group for residents of Basingbourn Barracks only.		Basingbourn Barracks
Sensory Babies 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

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Wednesday continued

<p>New Parent Postnatal Group</p> <p>01, 08 and 22 May 1.30 – 3.00pm</p> <p>15 and 29 May 4.00 – 5.00pm</p>	<p>Weekly</p>	<p>New Parent Postnatal Group – for all new parents, with a baby under 6 months, whether it's your first baby or not.</p> <p>For parents as you adjust to those early weeks and months with a new baby. Run by our Family Hub Key Worker and supported by health professionals, MIND charity and Optimum Health & Fitness for Women. A rolling programme for you to attend weekly or as one-off sessions with topics on parenting and opportunity to focus on your own health. Coffee, self-weigh and clothes swap shop available.</p> <p>01 May (1.30 – 3.00pm) We discuss your own physical body changes. We'll be thinking about your own postnatal bodies, how they have changed and how you can be looking after them with Nikki from Optimum Health & Fitness for women</p> <p>08 May (1.30 – 3.00pm) Informal coffee and chat session, self-weigh and clothes swap shop available, 1:1 advice</p> <p>15 May (4.00 – 5.00pm) Discuss your child's development. Why is it important to play with our babies and what can we do?</p> <p>22 May (1.30 – 3.00pm) Informal coffee and chat session, self-weigh and clothes swap shop available, 1:1 advice</p> <p>29 May (4.00 – 5.00pm) Join us as we discuss the topic of returning to work. What options of childcare are there and how can you choose? What should you be thinking about in preparation</p> <p>Mums and Dads are both welcome.</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>
<p>Tiny Tooth 1.00 – 2.00pm</p>	<p>22 May</p>	<p>A session designed for parents and children under 2 years of age. Come along and learn how to look after your children's teeth, and collect a free toothcare kit!</p>	<p>B</p>	<p>Blue School, Cambourne</p>
<p>Young Parents Group 1.00– 2.30pm</p>	<p>Weekly</p>	<p>Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Self-weigh facilities available. To book, please email, phone us on 01954 284 672, or message through Facebook.</p>	<p>B</p>	<p>Melbourn Child and Family Zone</p>
<p>Clothes Bank 1.30 – 2.30pm</p>	<p>15 May</p>	<p>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.</p> <p>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.</p>		<p>Blue School, Cambourne</p>


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Thursday (no groups on 16 th May)				
Five to Thrive 10.00 – 12:00	02, 09 and 23 May 6 June	A four-week programme aimed at parents of new babies. Come and learn about how to use everyday opportunities to give your baby's brain, all it needs to grow well. Suitable for parents/carers with a baby aged up to 4 months. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
Stay and Play 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. 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
Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Cambourne Breastfeeding Friends 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. Includes self-weigh facilities. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre
Self-Weigh 12.30 – 2.30pm	09 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone
Baby Group 1.00– 2.30pm	Weekly	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.	B £	Melbourn Child and Family Zone
Baby Group 1.00– 2.30pm	Weekly	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.	B £	Linton Cathodeon Centre
Baby Group 1.00 – 2.30pm	Weekly	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.	B £	Waterbeach Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Cambourne Child and Family Centre

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Friday				
Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Blue School, Cambourne
Self- Weigh 12.30 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Cambourne Child and Family Centre
Self- Weigh 1.00 – 2.30pm	17 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone
50 Things Friday 	Weekly	'50 Things to do before you're five' seeks to help every child reach important health, learning, and wellbeing milestones. 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.		Facebook

Saturday				
Dads' Group 10.00 – 11.30am	11 May	A Stay and Play session for all male carers of under 8's to come and play. 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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Contact
us to
book

TINY TOOTH

Cambourne Child and Family Centre
The Blue School, Eastgate CB23 6DZ

Wednesday 22nd May 1-2pm

A session designed for parents and children under 2 years of age. Come along and learn how to look after your children's teeth, and collect a free toothcare kit!



01954 284672

ChidAndFamilyCentre.South@Cambridgeshire.gov.uk



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Paediatric First Aid Course

Monday
13th May 2024
6.00 to 7.30pm

**Waterbeach Child
and Family Zone**
High Street
Waterbeach, CB25 9JU



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**



Fee: £10 per person
(payable in advance)

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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 ChildAndFamilyCentre.South@cambridgeshire.gov.uk for a chat with one of our staff.</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 <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>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 <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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p>Are you concerned about the safety of a child?</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>Support for Young People</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>

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Our Opening Times

Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
<i>Monday to Friday 9.00am to 5.00pm</i>	<i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	<i>Tuesday 9.30am to 2.30pm</i>
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
<i>Tuesday, Wednesday and Friday 9.00am to 3.00pm</i>	<i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	

Contact Us

Get In Touch

Cambourne Child and Family Centre
01954 284 672

Melbourn Child and Family Zone
01954 284 672

Northstowe Child and Family Zone
01954 284 672

Sawston Child and Family Zone
01954 284 672

South Cambs District Early Help Team
01954 286 012

Waterbeach Child and Family Zone
01954 284 672

Email us: ChildAndFamilyCentre.South@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.



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



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