



SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

JANUARY 2025

Welcome to our Child & Family Centres

We aim to provide families of all abilities, identities and cultures with the support and information they need and to ensure our centres and zones are friendly and welcoming places for all

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				
Mini Movers 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
Mini Movers 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
Self-Weigh 10.00 – 12.30pm	06 and 20 January	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone
Multiple Birth Group 10.30 – Midday	13 and 27 January	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. Also suitable for children with emerging or diagnosed SEND needs. 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
Introducing Family Foods 1.30 – 2.30pm	27 January	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	Northstowe 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 10.00 – 11.30am	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

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

Wednesday

Stay and Play 10.00 – 11.30am 	Weekly (no group 01 or 15 January)	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 (no group 01 or 15 January)	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
Sensory Babies 10.00 – 11.30am	Weekly (no group 01 or 15 January)	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
Young Parents Group 1.00– 2.30pm	Weekly (no group 01 or 15 January)	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.	B	Blue School, Cambourne

Thursday

Stay and Play 10.00 – 11.30am 	Weekly (no group 02 January)	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
Mini Movers 10.00 – 11.30am	Weekly (no group 02 January)	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

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Thursday continued

Stay and Play 10.00 – 11.30am	Weekly (no group 02 January)	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 £	Linton Cathodeon Centre
Clothes Bank with Coffee and Chat 10.00 - Midday	Weekly (no group 02 January)	An opportunity to get free clothes for your children. Just turn up and pick what you need! Or just come along for a coffee and a chat to access support and advice. P3 charity offer housing and financial advice at the session on the 1 st & 3 rd Thursdays of each month. Booking not required.		Blue School, Cambourne
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. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre
Self-Weigh 1.00 – 2.30pm	09 January	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 (no group 02 January)	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
Baby Group 1.00– 2.30pm	Weekly (no group 02 January)	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. 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 (no group 02 January)	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 £	Waterbeach Child and Family Zone


Friday

Stay and Play 10.00 – 11.30am	Weekly (no group 03 January)	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
Sensory Babies 1.00 – 2.30pm	Weekly (no group 03 January)	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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Friday continued

Self- Weigh 1.00 – 2.30pm	Weekly (no group 03 January)	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	10 January	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone
5 to Thrive Friday 	Weekly	‘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!		Facebook

Saturday

Dads’ Group 10.00 – 11.30am	11 January	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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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

Have Your Say about
 Cambridgeshire Child and Family
 Centre Services



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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</p> <p>'The things you do every day that help your child's growing brain'.</p> <p>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>

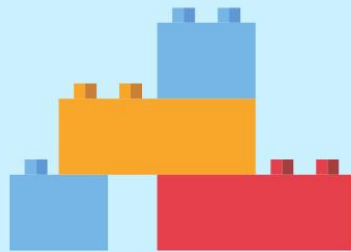
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YOUNG PARENTS GROUP

A play session designed for young parents aged
25 and under with children 0-5 years



Contact
us to
book



New
venue!



Every
Wednesday
1:00 - 2:30pm

The Blue School
Eastgate
Great Cambourne
CB23 6DZ

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



Cambridgeshire
County Council

SUPPORTING YOUR ANXIOUS CHILD



Cambridgeshire
**Child and Family
Centres**

SUITABLE FOR PARENTS OF PRIMARY
AGED CHILDREN

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.

WEDNESDAY:

START DATE: 15/01/2025

END DATE: 5/2/2025

 TIME:

1PM - 3PM

WATERBEACH CHILD AND FAMILY CENTRE

CALL TO BOOK 01954 284672
SCAN QR CODE FOR MORE INFO



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 4.00pm</i>	<i>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

Phone us: 01954 284 672

Email us: ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Midwife Clinics (by appointment only)

Ivy team (Waterbeach area)	01223 596 212	Sienna team (Linton area)	01223 349 314
Rose team (Melbourn area)	01223 349 316	Trinity team (Northstowe area)	01223 348 943

Health Visiting team: 0300 029 50 50

If you would like to stay 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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