



SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

FEBRUARY 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	03 and 17 February	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	10 and 24 February	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

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
Festival of Stories: Story Session 2.00 – 2.30	26 February	Join storyteller Marion Leeper for half an hour of songs and stories as we grow and cook the Enormous Turnip, and meet the animals who help pull it up: a chance for babies and toddlers to have fun exploring and playing alongside their adults.	B	Cambourne Child and Family Centre

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
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. Tiny Tooth session on 26 th February 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	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
Introducing Family Foods 1.30 – 2.30pm	19 February	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

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Thursday

<p>Stay and Play 10.00 – 11.30am</p> 	Weekly	<p>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.</p>	B £	Melbourn Child and Family Zone
<p>Mini Movers 10.00 – 11.30am</p>	Weekly (no group 20 February)	<p>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.</p>	B £	Waterbeach Child and Family Zone
<p>Stay and Play 10.00 – 11.30am</p>	Weekly	<p>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.</p>	B £	Linton Cathodeon Centre
<p>Clothes Bank with Coffee and Chat 10.00 - Midday</p>	Weekly	<p>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 1st & 3rd Thursdays of each month. Booking not required.</p>		Blue School, Cambourne
<p>Cambourne Breastfeeding Friends 12.30 – 2.30pm</p>	Weekly	<p>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.</p>		Cambourne Child and Family Centre
<p>Self-Weigh 1.00 – 2.30pm</p>	13 February	<p>Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.</p>		Melbourn Child and Family Zone
<p>Baby Group 1.00– 2.30pm</p>	Weekly	<p>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.</p>	B £	Melbourn Child and Family Zone
<p>Baby Group 1.00– 2.30pm</p>	Weekly	<p>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.</p>	B £	Linton Cathodeon Centre
<p>Baby Group 1.00 – 2.30pm</p>	Weekly (no group 20 February)	<p>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.</p>	B £	Waterbeach Child and Family Zone

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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
Sensory Babies 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
Self- Weigh 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
Self- Weigh 1.00 – 2.30pm	21 February	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	08 February	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 '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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Talking Together in Cambridgeshire's Festival of Stories

Wednesday, 19 February 2025 to Wednesday, 26 February 2025

Parents are their child's first and most important teachers. You can bring a sparkle of magic to your child's day and help boost their development by sharing stories about the things you have done together.



Discover how you can make a big difference to your child's development.
Visit the Festival of Stories website for tips and resources

www.bit.ly/Festivalofstories



**early years childcare and
school readiness service**



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Free Healthy Relationship courses for parents

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner. Courses bookable directly via the QR code.

2025 workshop booking form



ONLINE: Improve the communication with your partner to support your children (Arguing Better). Online Via Teams
Tuesday 4 February and Tuesday 11 February, 6.30pm to 7.30pm

FACE TO FACE: Improve the communication with your partner to support your children (Arguing Better).
Cambourne Soul, Back Ln, Cambourne CB23 6FZ
Monday 10 February, 1pm to 2.30pm

FACE TO FACE: Improve the communication with your ex-partner to support your children (Getting it Right for Children). Cambourne Soul, Back Ln, Cambourne CB23 6FZ
Monday 10 February, 6.30pm to 8pm

FACE TO FACE: Improve the communication with your ex-partner to support your children (Getting it Right for Children). Huntingdon Youth Child and Family Centre PE29 7AF
Wednesday 12 February, 10am to 12noon

ONLINE: Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams
Wednesday 26 February and Wednesday 5 March, 6.30pm to 7.30pm

Although the Arguing Better course is most beneficial when attending as a couple, there's no requirement to both attend.

**Please note these courses are not suitable if there has been any historic or current domestic abuse. If this is your situation and you would like help on where to find domestic abuse support, please contact rplead@cambridgeshire.gov.uk **



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DADS' GROUP

Join us for a
Valentines stay and
play session with
crafts and
activities

Cambridgeshire
**Child and Family
Centres**

Cambourne Child &
Family Centre
Sackville House
CB23 6HL
**Saturday 8th
February
10.00-11.30am**

- A group for all male carers of under 5's
- Focusing on activities that encourage physical development
- Enjoy time together
- Meet other parents

Contact us to book!

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

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Festival of stories

Story Session

Contact
us to
book

Suitable
for 0-2
years

Join storyteller Marion Leeper for half an hour of songs and stories as we grow and cook the Enormous Turnip, and meet the animals who help pull it up: a chance for babies and toddlers to have fun exploring and playing alongside their adults.

 **Tuesday 25th February**

2:00 - 2:30PM

Cambourne Child & Family Centre
Sackville House CB23 6HL



ChildAndFamilyCentre.South@Cambridgeshire.gov.uk
 Cambridgeshire
County Council

01954 284672

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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 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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