



**SOUTH CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**APRIL 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](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

<b>Cambourne Child and Family Centre</b>	Sackville House, Sackville Way, Cambourne, CB23 6HL
<b>Cambourne Blue School</b>	Eastgate, Great Cambourne, CB23 6DZ
<b>Linton Cathodeon Centre</b>	Horseheath Road, Linton, CB21 4LU
<b>Melbourn Child and Family Zone</b>	Mortlock Street, Melbourn, SG8 6DB
<b>Northstowe Child and Family Zone</b>	The Cabin, 1 The Green, Pathfinder Way, Northstowe, CB24 1FD
<b>Sawston Child and Family Zone</b>	Sawston Community Hub, New Road, Sawston, CB22 3BP
<b>Waterbeach Child and Family Zone</b>	High Street, Waterbeach, CB25 9JU

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

**In April we will be thinking about ....**

**World Health Day (7th April)  
and  
National Autism Awareness Month**

**If you would like to celebrate something important to you  
with other people who use our services please let us know.**




B = Booking Required

£ = There is a charge for this session

## Monday

(there will be **NO** sessions on the **21<sup>st</sup> April**)

<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>07 April will be a Going on a Bear Hunt session</b>	B £	Northstowe Child and Family Zone
<b><u>NEW VENUE</u></b> <b>Multiple Births</b> 10.00 – 11.30	07 April	Twice monthly stay and play session for parents and carers of twins, triplets or more! Suitable from birth to 5 years, meet other parents and access support. To book, please email us, phone us on 01954 284 672, or message us through Facebook.		Cambourne Child and Family Centre
<b><u>NEW</u></b> <b>Mini Movers</b> 10.00 – 11.30	14 and 28 April	Twice monthly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development 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> 10.00 – 12.30pm	07 and 21 April	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach 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 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

<b>Baby Group</b> 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

<p><b>Stay and Play: 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook. <b>08 April</b> will be a <b>Going on a Bear Hunt</b> session</p>	B £	Northstowe 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook. <b>09 and 16 April</b> will be <b>Easter Themed</b> sessions</p>	B £	Sawston Child and Family Zone
<p><b>Sensory Babies</b> 10.00 – 11.30am</p>	Weekly	<p>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.</p>	B £	Cambourne Child and Family Centre
<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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Waterbeach Child and Family Zone
<p><b>Easter Egg Hunt</b> 11.30 – 12.30pm</p> 	16 April	<p>A fun filled outdoor session with an egg hunt! 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>Environmental Walk</b> 1.00– 2.30pm 	09 April	Join us for a walk around the village with a focus on environmental print. Looking out for words, letters, signwriting and understanding its meaning. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Waterbeach Child and Family Zone
<b>Young Parents Group</b> 1.00– 2.30pm	Weekly (no session 23 April)	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

<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. To book, please email us, phone us on 01954 284 672, or message us through Facebook. <b>10 and 17 April will be Easter Themed sessions</b>	B £	Melbourn Child and Family Zone
<b>Mini Movers</b> 10.00 – 11.30am 	Weekly	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>17 April will be Easter Themed including an Egg Hunt</b>	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. To book, please email us, phone us on 01954 284 672, or message us through Facebook. <b>10 and 17 April will be Easter Themed sessions</b>	B £	Linton Cathodeon Centre
<b>Clothes Bank with Coffee and Chat</b> 10.00 - Midday	10 and 24 April	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 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of each month. 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
<b>Self-Weigh</b> 1.00 – 2.30pm	10 April	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone

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## Thursday continued


<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. 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. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone

## Friday

(there will be **NO** sessions on the **18<sup>th</sup> April**)




<b>Stay and Play</b> 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>11 April will be Easter Themed including an Egg Hunt</b>	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	11 April	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone

## Saturday

<b>Dads' Group</b> 10.00 – 11.30am 	12 April	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>Easter Themed session</b>	B £	Cambourne Child and Family Centre
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 <p><b>Bookstart</b> BookTrust</p>	<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>'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><b>Five to Thrive Friday</b> 'The things you do every day that help your child's growing brain'. Each Friday we will be sharing activity ideas on Facebook 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>

<p><b>We would love to hear your feedback and thoughts about Child and Family Centres</b></p> <p>Scan the QR code to complete a short survey Thank you – we really appreciate your input</p>	<div style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> <p>Have Your Say about Cambridgeshire Child and Family Centre Services</p>  </div>
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# MINI MOVERS

is coming to Cambourne!

Cambridgeshire  
**Child and Family  
Centres**

Twice monthly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development

**Starts  
14th  
April**

**2nd and 4th Monday  
every month**

**Cambourne Child & Family Centre  
Sackville House  
Cambourne CB23 6HL**

**Contact us to book!**

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

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# MULTIPLE BIRTH GROUP

New Location!

Twice monthly stay and play session for parents and carers of twins, triplets or more!

Suitable from birth to 5 years, meet other parents and access support.



Contact us to book

Starts  
7th April  
2025

Cambourne Child & Family Centre  
Sackville House  
CB23 6HL

1st and 3rd Monday  
of every month  
10:00-11:30am

[ChildandFamilyCentre.South@Cambridgeshire.gov.uk](mailto:ChildandFamilyCentre.South@Cambridgeshire.gov.uk)

Or call 01954 284672



Cambridgeshire  
County Council



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# A positive start for babies and parents



**Are you a parent-to-be or new parent with a baby up to 12 months of age?**

This course, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development.

- Learn ways to cope with frequent crying
- Set up good sleep habits
- Read your baby's cues
- Look after yourself
- Adapt to changes in family life, and more

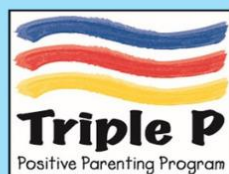
It's easier with positive parenting strategies!  
Partners and supportive others are welcome.

**Group sessions: May 7th, 14th, 21st, 28th  
and June 25th - 12:30 - 2:30pm**

**Phone consultations: June 4th, 11th, 18th**

**Sawston Child &  
Family Zone**

Sawston Community Hub  
New Road CB22 3BP



[www.triplep-parenting.net](http://www.triplep-parenting.net)

B = Booking Required

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# NORTHSTOWE BABY GROUP



Cambridgeshire  
**Child and Family  
Centres**



**1:00 - 2:30pm  
Every Tuesday**

**The Cabin  
1 The Green  
Pathfinder Way  
CB24 1FD**

Meet other parents and  
access support

Suitable for pre-mobile  
babies

Self weigh facilities  
available to babies over 6  
weeks of age.



**NORTHSTOWE CHILD AND FAMILY ZONE, THE CABIN, 1 THE GREEN  
CALL US 01954 284 672 / FB MESSAGE US OR EMAIL US  
CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK**

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## Our Opening Times

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

## 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	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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