



What's On

Cambridge City

May 2021

Welcome to our Child & Family Centres. Our aim is to support you and your family as your children grow, especially through these challenging times.

We are following all COVID guidelines and you will be required to pre-book in advance. Face coverings will be required in our buildings.

For any queries please call us on 01223 728118

www.cambridgeshire.gov.uk/child-and-family-centres



Things you need to know...

Booking is essential for all of our sessions and spaces are limited.

Please call 01223 728118 or email childandfamilycentre.city@cambridgeshire.gov.uk

Virtual Groups are delivered using Microsoft Teams.

Booking deadline 1pm the day before group as spaces are limited.

Joining instructions and invite will be sent via email.

Sign up via message on Facebook **Cambridge City Child and Family Centre**

or email childandfamilycentre.city@cambridgeshire.gov.uk

Please Note...

Due to the current situation some groups may have been suspended or re-instated since this was developed. Please check our Facebook page or call us for more up to date information

Addresses

North Cambridge Child and Family Centre

The Centre
Campkin Road
CB4 2LD

The Fields Child and Family Centre

Galfrid Road
CB5 8ND

Chesterton Child and Family Centre

Shirley Community Primary School,
Nuffield Road
CB4 1TF



Test and Trace

The new NHS Test and Trace app is the simplest way to help protect those we love.

The quicker you know, the faster you can alert and protect your loved ones.

Download the app onto your device now.

B = Booking Required, R = Invite Only

Monday				
Midwife Clinic – Emerald Team	Weekly	By appointment only. Emerald team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Midwife Clinic – Luna Team	Weekly	By appointment only. Luna team looks after women and families registered at Petersfield Medical Practice, York Street Medical Practice and East Barnwell Health Centre. To make an appointment, please call 01223 348943.	B	The Fields Child and Family Centre
Rhyme Time Posted at 10am	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for rhyme time sessions.		Facebook
Little Explorers 10am – 11am	Weekly	Join us for fun outdoor activities for children under 5. Dress for the weather. In extreme weather conditions we will get in touch if the sessions are cancelled. Buggies welcome. Booking required, please call 01223 728118	B	Location disclosed on booking South city
Tiniest Feet 10am - 11.30am	Weekly 2 nd week – Sensory play 4 th week – Messy play	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. Booking required. Please call 01223 728118.	B	North Cambridge Child and Family Centre

Tuesday				
Midwife Clinic – Emerald Team	Weekly	By appointment only. Emerald team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Tiniest Feet 10am – 11.30am	Weekly 3 rd week – sensory play 4 th week – messy play	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. Booking required. Please call 01223 728118.	B	Chesterton Cambridge Child and Family Centre

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Tuesdays continued				
Parent Feedback Workshop 10am – 11.30am	Tuesday 25 th May 2021	Tell Us! We'd love to hear from you about what you'd like to see happening in our Centres going forward. We're offering a series of face to face and virtual sessions to give you the opportunity to tell us what you need. Refreshments provided for face to face sessions and children welcome. Suitable for a parents of children aged 0-19yrs. Booking required, please call 01223 728118	B	The Fields Child and Family Centre
Tasty Tuesdays Posted at 1.00pm	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for some simple cooking ideas.		Facebook
Virtual Parent Feedback Workshop 7.30pm – 8.30pm	Tuesday 18 th May 2021	Tell Us! We'd love to hear from you about what you'd like to see happening in our Centres going forward. We're offering a series of face to face and virtual sessions to give you the opportunity to tell us what you need. Refreshments provided for face to face sessions and children welcome. Suitable for a parents of children aged 0-19yrs. Booking required, please call 01223 728118	B	Microsoft Teams Joining instructions and invitation will be sent by email.

Wednesday				
Midwife Clinic – Emerald Team	Weekly	By appointment only. Emerald team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Midwife Clinic – Luna Team	Weekly	By appointment only. Luna team looks after women and families registered at Petersfield Medical Practice, York Street Medical Practice and East Barnwell Health Centre. To make an appointment, please call 01223 348943.	B	The Fields Child and Family Centre
Tiniest Feet 10.30am - 12pm	Weekly 2 nd week – messy play 4 th week – sensory play	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. Booking required. Please call 01223 728118.	B	The Fields Child and Family Centre

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Thursday				
Midwife Clinic – Emerald Team	Weekly	By appointment only. Emerald team looks after women and families registered at Arbury Road Surgery & Red House Surgery. To make an appointment, please call 01223 586787.	B	North Cambridge Child and Family Centre
Story Time Posted at 10am	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for story time sessions.		Facebook
Stay and Play 10am – 11.30am	Weekly	Come along to our Stay and Play where you can explore toys and games and meet other parents and toddlers in our community. For children aged 10 months plus. Booking required, please call 01223 728118.	B	Chesterton Cambridge Child and Family Centre
Parent Feedback Workshop 10am – 11.30am	Thursday 27 th May	Tell Us! We'd love to hear from you about what you'd like to see happening in our Centres going forward. We're offering a series of face to face and virtual sessions to give you the opportunity to tell us what you need. Refreshments provided for face to face sessions and children welcome. Suitable for a parents of children aged 0-19yrs. Booking require, please call 01223 728118	B	North Cambridge Child and Family Centre
Tiniest Feet 10.30am – 12pm	Weekly 2 nd week – messy play 4 th week – sensory play	For parents and pre-mobile babies. Meet other parents and access support and advice from the Child and Family Centre team. Booking required. Please call 01223 728118.	B	The Fields Child and Family Centre
Little Explorers 10am – 11am	Weekly	Join us for fun outdoor activities for children under 5. Dress for the weather. In extreme weather conditions we will get in touch if the sessions are cancelled. Buggies welcome. Booking required, please call 01223 728118	B	Location disclosed on booking North City
Stay and Play 1pm – 2.30pm	Weekly	Come along to our Stay and Play where you can explore toys and games and meet other parents and toddlers in our community. For children aged 10 months plus. Booking required, please call 01223 728118.	B	North Cambridge Child and Family Centre

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Thursdays continued				
Virtual Parent Feedback Workshop 7.30pm – 8.30pm	Thursday 27 th May 2021	Tell Us! We'd love to hear from you about what you'd like to see happening in our Centres going forward. We're offering a series of face to face and virtual sessions to give you the opportunity to tell us what you need. Refreshments provided for face to face sessions and children welcome. Suitable for a parents of children aged 0-19yrs. Booking require, please call 01223 728118	B	Microsoft Teams Joining instructions and invitation will be sent by email.

Friday				
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Friday Feels Posted at 10am	Weekly	Join us on our Facebook page (Cambridge City Child and Family Centre) for activities, advice and sign posting for young people aged 11-19.		Facebook
Stay and Play 10am – 11.30am	Weekly	Come along to our Stay and Play where you can explore toys and games and meet other parents and toddlers in our community. For children aged 10 months plus. Booking required, please call 01223 728118.	B	The Fields Child and Family Centre

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We are continuing to offer our Bookstart Corner Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 30 months old.

If you would like further information, or a Bookstart pack, Please contact our Bookstart Lead for Cambridge City, Sally McGivern on sally.mcgivern@cambridgeshire.gov.uk

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).

Opening Times

North Cambridge Child and Family Centre	The Fields Child and Family Centre	Chesterton Child and Family Centre
<i>Monday, Tuesday, Wednesday, Thursday and Friday 9am to 4pm (by appointment only)</i>	<i>Monday, Thursday and Friday 9am to 4pm (by appointment only)</i>	<i>Tuesday and Thursday 9am to 4pm (by appointment only)</i>

Contact Us

Get In Touch

North Cambridge Child and Family Centre
01223 728118

The Fields Child and Family Centre
01223 728118

Chesterton Child and Family Centre
01223 728118

Email us: childandfamilycentre.city@cambridgeshire.gov.uk



Follow us on Instagram

[@cambcitychildandfamilycentre](https://www.instagram.com/cambcitychildandfamilycentre)



Find us on Facebook!

'Like' our page to stay updated

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Cambridgeshire Child and Family Centres

Virtual Workshops May 2021

Understanding Toddler Outbursts workshop

5 May 1-2pm (please call Hunts Child & Family Centre 01480 372700; option 1 to book)

11 May 10.30-11.30am (please call Wisbech Child & Family Centre 01945 428664 to book)

12 May 10-11.30am (please call South Cambs Child & Family Centre 01954 284672 to book)

A virtual session looking at why your toddler has outbursts and ways to manage them.

Positive Toileting workshop

18 May 10.30-11.30am (please call Wisbech Child & Family Centre 01945 428664 to book)

19 May 1-2pm (please call South Cambs Child & Family Centre 01954 284672 to book)

20 May 10.30-11.30am (please call Cambridge City Child and Family Centre 01223 728118 to book)

A workshop designed to take the stress out of toilet training and give parents and carers imaginative tips and practical advice to try at home.

Bedtime Routine workshop

20 May 7.30-8.30pm (please call South Cambs Child & Family Centre 01954 284672 to book)

25 May 10-11.30am (please call Wisbech Child & Family Centre 01945 428664 to book)

Virtual sessions exploring ways to establish good bedtime routines for children aged 2-5.

Encouraging Your Child's Speech workshop

17 May 10-11am (please call South Cambs Child & Family Centre 01954 284672 to book)

A workshop to discuss how to support your child to develop their talking and listening skills. Suitable for those with children aged 2-5.

Finding Childcare workshop

26 May 7-8pm (please call South Cambs Child & Family Centre 01954 284672 to book)

Are you looking for childcare? Maybe you are returning to work and would like to know the options available? Are you entitled to funding? A virtual workshop to find out more.

How Babies Learn to Talk

26 May 10-11am (please call Hunts Child & Family Centre 01480 372700; option 1 to book)

A workshop designed to look at how babies learn to talk and how parents can promote speech and language development. Suitable for parents with children aged 0 to 18 months.

Are you concerned about the safety of a child?

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.

Breastfeeding Support

Information on support available locally can be found by visiting:

www.facebook.com/CambridgeshireInfantFeeding

Support for Young People

Cambridgeshire residents can access a wide range of online information and support via the following websites:

Youthoria: A website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams.

www.youthoria.org

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

