



What's On

Cambridge City

November 2021

Welcome to our Child & Family Centres.
Our aim is to support you and your family as your children grow.

For any queries, please call us on 01223 728118

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



Things you need to know...

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 to be cancelled at short notice.

Please check our Facebook page or call us for more up to date information.

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).

| 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 | 1 st , 15 th & 29 th November | Join us on our Facebook page (Cambridge City Child and Family Centre) for rhyme time sessions. | | Facebook |
| Story Time Posted at 10am | 8 th & 22 nd November | Join us on our Facebook page (Cambridge City Child and Family Centre) for story time sessions. | | Facebook |
| 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 |
| Rhyme Time @ Clay Farm Centre Toddler Rhyme Time: 10am – 10.30am Baby Rhyme Time: 11am – 11.30am | Weekly | Please book via Eventbrite – search ‘clay farm centre – rhyme time’. Rhyme time is free and runs term time only. | B | Clay Farm Centre |
| Mini Movers 10.30am – 11.45am | Weekly 3 rd week – Sensory play | For mobile babies aged around 1 to 2 years, focusing on activities that encourage physical development. Booking required, please call 01223 728118. | B £ | Chesterton Child and Family Centre |
| Self-Weigh 12.30pm – 3.30pm | Weekly | Self-weigh for babies and children over 6 weeks old. Booking required, please call 01223 728118. | B | The Fields Child and Family Centre |
| Mondays Together 12.30pm – 3.30pm (for children ages 0-3, including non-walking babies) | Weekly | Group run by Kings Hedges Family Support Project. <i>For local CB5 families only due to space restriction.</i> Invite only. Booked through KHFSF Family Support Works, by calling Marie on 07951 955371 or Karen on 07541 933831. | R | The Fields Child and Family Centre |
| Perinatal Mental Health Group 1pm – 2.30pm | Weekly | Are you a mum-to-be or have a child under the age of 6 months and would like to learn more about maintaining good mental health as you take on the role of being a parent? The course will run for 6 - 10 weeks. Please call 01223 728118 to register your interest. | B | North Cambridge Child and Family Centre |
| Youth Support Drop In 1.30pm – 4pm | Weekly | For ages 11-19 years | | 3 rd Floor Central Library |

B = Booking Required, R = Invite Only

| 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 |
| Self-Weigh 9.30am – 12.30pm | Weekly | Self-weigh for babies and children over 6 weeks old. Booking required, please call 01223 728118. | B | North Cambridge Child and Family Centre |
| 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 £ | Fawcett Child and Family Zone |
| 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 |
| Mini Movers 10.00am – 11.15am | Weekly | For mobile babies aged around 1 to 2 years, focusing on activities that encourage physical development. 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 |

| Wednesday | | | | |
|--|--|--|--------|---|
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| 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 |
| Wednesdays Together 12.30pm – 3.30pm | Weekly | Group run by Kings Hedges Family Support Project. <i>For local CB4 families only due to space restrictions.</i> Invite only. Booked through KHFSF Family Support Works, by calling Marie on 07951 955371 or Karen on 07541 933831. | R | North Cambridge 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 Chesterton |
| Tiniest Feet 10.00am – 11.30am | 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 |
| Wellbeing Group 1pm – 2.30pm | Weekly | A 6–10-week programme to give parents and carers the tools to manage their emotional well-being and mental health, enjoy and meet the demands of caring for a baby, and support the transition into parenthood. This is a closed group, invite only. If you feel you would benefit from the programme, please contact the Child & Family Centre on 01223 728118. | B | Fawcett Child and Family Zone |

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| Wednesday continued | | | | |
|--|--------|--|---|----------------------|
| Bookstart Storytime 1.30pm – 2pm | Weekly | For children aged 0 to 5 years. Come and sing rhymes, listen to a featured book and take away activities to do at home. Booking required, please book via Eventbrite, search 'Storytime at Arbury court' | B | Arbury Court Library |

| Thursday | | | | |
|--|--|--|--------|--|
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| 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 |
| Tiniest Feet 10.00am – 11.30am | Weekly | 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 £ | Fawcett Child and Family Zone |
| Stay and Play 1pm – 2.30pm | Weekly – no session 11 th November | 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 |
| Twins Group 2pm – 3.30pm | 4 th & 18 th November | A parent-led group for parents of twins, triplets and more. Booking required, please call 01223 728118. | B | Chesterton Child and Family Centre |

| 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 (Previously ABC held at Christ The Redeemer) 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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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 of the activity.

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.



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

Cambridgeshire Child and Family Centre Virtual Workshops November 2021

Bedtime Routine workshop

4th November 10-11am (call Oasis Child and Family Centre to book on 01945 428664)

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

Understanding Toddler Outbursts workshop

11th November 10-11am (call Oasis Child and Family Centre to book on 01945 428664)

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

Positive Toileting workshop

18th November 10 – 11.30am (call Oasis Child and Family Centre to book on 01945 428664)

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

4th November 10-11am (please call Hunts Child & Family Centre 01480 372700; option 1 to book)

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

How Babies Learn to Talk workshop

11th November 10-11am (please call 01480 372700 option 1 or 01480 358340 to book)

Find out how babies learn to talk and how parents can promote speech and language development. Suitable for parents with children aged 0 – 18 months.

Opening Times

| | |
|---|---|
| North Cambridge Child and Family Centre | The Fields Child and Family Centre |
| <i>Monday- Friday 9am to 4pm closed 12.30pm – 1pm for lunch (by appointment only)</i> | <i>Monday - Friday 9am to 4pm (by appointment only)</i> |
| Chesterton Child and Family Centre | Fawcett Child and Family Zone |
| <i>Monday - Friday 9am to 4pm closed 12pm – 12.30pm for lunch (by appointment only)</i> | <i>Tuesday, Wednesday, and Thursday 9am – 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 | Fawcett Child and Family Zone 01223 728118 |
| Email us: childandfamilycentre.city@cambridgeshire.gov.uk | |



Find us on Facebook!

'Like' our page to stay updated
Cambridge City Child and Family Centre



Find us on YouTube

Cambridgeshire Child and Family Centres



Follow us on Instagram

@cambcitychildandfamilycentre

If you would like to be kept up to date about our activities by email, please ask to join our mailing list to receive the What's On each month

Why not visit our website for more details –

<http://www.cambridgeshire.gov.uk/child-and-family-centres>

Breastfeeding Support

Information on support available locally can be found by visiting:

www.facebook.com/CambridgeshireInfantFeeding

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.

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