



What's On

Cambridge City

December 2021

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

For any queries or bookings, 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

Charges

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.

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.

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
Virtual Rhyme Time Posted at 10am	13 & 27 December	Join us on our Facebook page (Cambridge City Child and Family Centre) for rhyme time sessions.		Facebook
Virtual Story Time Posted at 10am	6 & 20 December	Join us on our Facebook page (Cambridge City Child and Family Centre) for story time sessions.		Facebook
Baby Group 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. To book please call or email us. No session 27 December 2021	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 (Term Time Only)	Please book via Eventbrite – search 'clay farm centre – rhyme time'. Rhyme time is free.	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. To book please call or email us. No session 27 December 2021	B £	Chesterton Child and Family Centre
Self-Weigh 12.30pm - 3.30pm	Weekly	Self-weigh for babies and children over 6 weeks old. To book please call or email us. No session 27 December 2021.	B	The Fields Child and Family Centre
Mondays Together 10am - 12.30pm (children up to 3 years old) 1pm - 3pm (up to 1 year old)	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. No sessions 20 and 27 December 2021	R	The Fields Child and Family Centre
Perinatal Wellbeing 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 or email us to register your interest. No session 27 December 2021.	B	North Cambridge Child and Family Centre
Youth Support Drop In 1.30pm - 4pm	Weekly	For ages 11-19 years. No session 27 December 2021.		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. To book please call or email us. No session 28 December 2021.	B	North Cambridge Child and Family Centre
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. No sessions 21 and 28 December 2021	B £	Fawcett Child and Family Zone
Baby Group 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. To book please call or email us. No session 28 December 2021.	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. To book please call or email us. No session 28 December 2021.	B £	The Fields Child and Family Centre

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
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. No sessions 22 and 29 December 2021.	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. To book please call or email us. No sessions 22 and 29 December 2021.	B	Location disclosed on booking Chesterton
Baby Group 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. To book please call or email us. No session 29 December 2021.	B £	The Fields Child and Family Centre
Pop-Up Festive Fun Session 1: 10am – 11am Session 2: 2pm – 3pm Session 3: 2pm – 3pm	22 December 2021	Come and join us for a fun Christmas Craft & Festive fun session. For ages 2 – 5 years. To book please call or email us.	B £	The Fields Child and Family Centre
Pop-Up Festive Fun Session 1: 10am – 11am Session 2: 12pm – 1pm Session 3: 2pm – 3pm	22 December 2021	Come and join us for a fun Christmas Craft & Festive fun session. For ages 2 – 5 years. To book please call or email us.	B £	Chesterton Child and Family Centre
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

B = Booking Required, R = Invite Only

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
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. No session 30 December 2021	B £	Chesterton Cambridge Child and Family Centre
Mini Movers 10.00am - 11.15am	Weekly	*New* For mobile babies aged around 1 to 2 years, focusing on activities that encourage physical development. To book please call or email us. No sessions 23 and 30 December 2021	B £	Cherry Hinton Baptist Church Family Centre
Stay and Play 1pm - 2.30pm	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. No session 30 December 2021	B £	North Cambridge Child and Family Centre
Stay and Play For babies and toddlers 1pm - 2.30pm	Weekly	*New* Come along to our Stay and Play where you can explore toys and games and meet other parents in our community. Suitable for babies and children up to 5 years. To book please call or email us. No sessions 23 and 30 December 2021	B £	Cherry Hinton Baptist Church Family Centre
Stay and Play Festive 10am - 11am	23 December 2021	Come and join us for a festive Stay and Play session. For ages 2 – 5 years. To book please call or email us.	B £	North Cambridge Child and Family Centre
Twins Group 2pm - 3.30pm	2 & 16 December 2021	A parent-led group for parents of twins, triplets and more. To book please call or email us.	B	Chesterton Child and Family Centre
Seek and Find	Up from 16 December	Why not head outdoors to be a super sleuth and find all 10 of our posters placed around the community. The theme and list of each poster can be found on our social media pages.		Locations announced each week on our Social Media pages.

Friday				
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 (afternoon only)	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
Virtual 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	Stay and Play session for children aged 10 months plus. To book please call or email us. No sessions 24 and 31 December 2021.	B £	The Fields Child and Family Centre

Saturday				
Grove Swimming 10am - 11am (session 1) 11am - 12pm (session 2)	Weekly - term time only	Open swim. £3 per Adult, £1.50 per Child, Concessions are available, please ask Centre Staff for details. Booking required, please call 01223 729058 Maximum of 2 children per adult. Please pay by cash on the day.	B	Grove Community Primary School

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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).

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

Opening Times

North Cambridge Child and Family Centre, Campkin Road, Cambridge. CB4 2LD	The Fields Child and Family Centre, Galfrid Road, Cambridge. CB5 8ND
Monday- Friday 9am to 4pm closed 12.30pm - 1pm for lunch	Monday - Friday 9am to 4pm
Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge. CB4 1TF	Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington. CB2 9FS
Monday - Friday 9am to 4pm closed 12pm – 12.30pm for lunch	Tuesday, Wednesday, and Thursday 9am to 4pm
Cherry Hinton Baptist Church Family Centre, Fisher's Lane, Cherry Hinton. CB1 9HR	
Thursdays 9am to 3pm	

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	

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



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

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