



CAMBRIDGE CITY CHILD AND FAMILY CENTRE

WHAT'S ON

January 2022

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. We ask that all staff and visitors adhere to current Covid-19 government guidance around mask-wearing.

Charges apply for groups as indicated. Concessions still apply.



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 Story Time Posted at 10am	3 rd , 17 th & 31 st January 2021	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.	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. From 10 th January. 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.	B £	Chesterton Child and Family Centre
Self-Weigh 12.30pm - 3.30pm	Weekly – from 10 th January	Self-weigh for babies and children over 6 weeks old. To book please call or email us.	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 – From 10 th January	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
Youth Support Drop In 1.30pm - 4pm	Weekly – From 10 th January	For ages 11-19 years.		3 rd Floor Central Library

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.	B	North Cambridge Child and Family Centre
Stay and Play 10am - 11.30am	Weekly. Starts 11 th January 2022	Stay and Play session for children aged 10 months plus. To book please call or email us.	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.	B £	Chesterton Cambridge Child and Family Centre

B = Booking Required, R = Invite Only

Tuesday continued				
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.	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.	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.	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.	B £	The Fields Child and Family Centre

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.	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.	B £	Cherry Hinton Baptist Church Family Centre
New Parents Wellbeing Group 10am – 11am	Weekly – Start 13 th January 2022	Are you a parent-to-be or have recently welcomed a baby? Why not come along to our wellbeing sessions, where you can learn tips and tricks, and speak with other new parents about wellbeing in those first few months. Babies welcome! Please call or email us to register your interest.	B	North Cambridge Child and 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.	B £	North Cambridge Child and Family Centre
Stay and Play For babies and toddlers 1pm - 2.30pm	Weekly	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.	B £	Cherry Hinton Baptist Church Family Centre

B = Booking Required, R = Invite Only

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
Five to Thrive Friday Posted on our Facebook Page and YouTube Channel each Friday	Weekly	'The things you do every day that help your child's growing brain' Over the coming weeks we'll be sharing activity ideas to help you use <i>Five to Thrive</i> in your everyday routine with your baby. Lots of the ideas are very simple, mostly no special equipment needed and can be recreated using items you probably already have around the house!		Virtual
Friday Feels Posted at 10am on Facebook	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		Virtual
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.	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



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)

B = Booking Required, R = Invite Only

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

**New
Venue!**



Cambridgeshire **Child and Family Centres**

Mini Movers
Thursdays,
10am - 11.15am
*for mobile babies
aged around 1 to 2
years.*

*£2 per family, concessions may
apply*

**Cherry Hinton
Baptist
Church
Family
Centre**

Stay & Play
Thursdays,
1pm - 2.30pm
*suitable for babies
and children up to 5
years.*

*£2 per family, concessions may
apply*

Booking
essential for
both
sessions...

Please call
us on
01223 728118

Or email us
to secure a
space!

 @cambcitychildandfamilycentre

 facebook.com/cambridgeshirechildandfamilycentre

 childandfamilycentre.city@cambridgeshire.gov.uk

 Cambridgeshire Child and Family Centres - YouTube

 01223 728118

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 <i>closed 12.30pm - 1pm for lunch</i>	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 <i>closed 12pm – 12.30pm for lunch</i>	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