



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

March 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,
Charges apply for groups as indicated. Concessions still apply.

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 look 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 look 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	Weekly	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 Sensory – 14 th & 21 st March Messy Play – 28 th March	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. <i>Festival of stories session on 14th March 2022.</i> <i>Sharing stories with babies.</i>	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. <i>Festival of stories session on 14th March 2022.</i>	B	Clay Farm Centre
Mini Movers 10.30am - 11.45am	Weekly Sensory play – 14 th & 21 st March Messy play – 28 th March	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. To book please call or email us. <i>Festival of stories session on 14th March 2022.</i> <i>Sharing stories.</i>	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.	B	The Fields Child and Family Centre

B = Booking Required, R = Invite Only

Mondays continued				
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.	R	The Fields Child and Family Centre
Youth Support Drop In 1.30pm - 4pm	Weekly	For ages 11-19 years.		3 rd Floor Central Library

Tuesday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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	Stay and Play session for children aged 10 months plus. To book please call or email us. Festival of stories session on 15th March 2022. Story and craft activities.	B £	Fawcett Child and Family Zone
Baby Group Tiniest Feet 10am - 11.30am	Weekly Sensory play – 8 th & 15 th March Messy play -22 nd March	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. Festival of stories session on 15th March 2022. Sharing stories with babies.	B £	Chesterton Cambridge Child and Family Centre
Bunny Hop Trails 10.30am – 11.30am	8 th March 2022	Come and join us as we look for the story bunnies who are hiding somewhere on our interactive, illustrated Bunny Hop Trail at Edgecombe. This is an outdoor activity, so please come dressed for the weather.	B	Edgecombe Flats Green space

Wednesday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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
Baby Group Tiniest Feet 10.00am – 11.30am	Weekly sensory play – 9 th & 16 th March Messy Play – 23 rd March	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. Festival of stories session on 16th March 2022. Sharing stories with babies.	B £	The Fields Child and Family Centre
Young Parents Group 10.00am – 11.30am	Weekly	Starting 9th March. A group to give you the opportunity to play with your child and meet other similar aged parents, through a variety of fun activities and each week new topics to discuss. Please call or email us to register your interest.	B	North Cambridge Child and Family Centre

B = Booking Required, R = Invite Only

Wednesday continued				
Fitzwilliam Museum Family Workshop 10am – 11am	2 nd , 9 th , 16 th , 23 rd & 30 th March 2022	To tie in with the Festival of Stories, the Fitzwilliam Museum is running a series of 5 workshops focusing on how and what children learn from sharing picture books. Invite only. Ages 2-5.	R	Fitzwilliam Museum
Sticks and Stories 10.20am – 11.30am	3 rd March 2022	Marion Leeper, Cambridge Storyteller is joining us for World Book Day, and bringing her travelling show, Sticks, Stones and Stories. Join us and have lots of fun with rhymes, games, simple stories and natural objects. This is an outdoor session, so please dress for the weather and be aware that we may have to cancel last minute. Please call 01223 728118 to register your interest.	B	Meet at North Cambridge 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. <i>Festival of stories session on 3rd & 17th March 2022. Story and craft activities.</i>	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. <i>Festival of stories session on 3rd & 17th March 2022. Sharing stories.</i>	B £	Cherry Hinton Baptist Church Family Centre
New Parents Wellbeing Group 10am – 11am	Weekly	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
Bunny Hop Trails 10.30am – 11.30am	8 th March 2022	Come and join us as we look for the story bunnies who are hiding somewhere on our interactive, illustrated Bunny Hop Trail at Bramblefields. This is an outdoor activity, so please come dressed for the weather.	B	Bramblefields green space
Stay and Play 1pm - 2.30pm	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. <i>Festival of stories session on 3rd & 10th March 2022.</i>	B £	North Cambridge Child and Family Centre
Baby Group Tiniest Feet 1pm - 2.30pm	Weekly Sensory play – 3 rd , 10 th & 17 th March Messy Play – 24 th March	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 £	Cherry Hinton Baptist Church Family Centre

Friday				
Midwife Clinic Emerald Team	Weekly	By appointment only. Emerald team look 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 look 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

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Friday Continued				
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 10am - 11.30am	Weekly	Stay and Play session for children aged 10 months plus. To book please call or email us. <i>Festival of stories session on 11th & 18th March 2022.</i> <i>Story and craft activities.</i>	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

Cambridgeshire Child and Family Centres Virtual Workshops March 2022

Positive Toileting

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.

17th March 2022, 10am – 11am

(please call Hunts Child & Family Centre 01480 372700; option 1 to book)

23rd March 2022, 1pm – 2pm

(please call Cambridge City Child & Family Centre 01223 728118 to book)

Understanding Toddler Outbursts

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

2nd March 2022, 1pm – 2pm

(please call South Cambs Child & Family Centre 01954 284672 to book)

11th March 2022, 1pm – 2pm

(please call Hunts Child & Family Centre 01480 372700; option 1 to book)

Bedtime Routines Workshop

Virtual sessions exploring ways to establish good bedtime routines for children aged 2 – 8 years

2nd March 2022, 7.30pm – 8.30pm

23rd March, 1pm – 2pm

(please call South Cambs Child & Family Centre 01954 284672 to book)

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Talking Together in Cambridgeshire will be holding a Festival of Stories from World Book Day on 3rd March 2022 through to World Storytelling Day on 20th March 2022. Talking Together will be working with partners including community groups and other services to bring the magic of stories to families of children aged 0 – 5 years. The Festival will shine a light on how stories can be used in fun and interactive ways to bring a twinkle of excitement to the everyday. It will also highlight how stories can help young children feel safe and connected to others, and help them better understand the world we live in.



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>

Other organisations

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:

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	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	Tuesdays 10am to 12pm
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