



**SOUTH CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

DECEMBER 2023

Welcome to our Child & Family Centres.

We aim to make sure families have access to the services, support and information they need in a welcoming place.

There is a small charge for some groups but please let us know if payment may be difficult.



Things you need to know...

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.

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.

Booking is essential for some sessions and spaces are limited.

Please call 01954 284 672 or email ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Privacy Notice

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)

Addresses

Cambourne Child and Family Centre

Sackville House
Sackville Way
Cambourne
CB23 6HL

Linton Cathodeon Centre

Horseheath Road
Linton
CB21 4LU
(*Outreach Venue*)

Melbourn Child and Family Zone

Mortlock Street
Melbourn
SG8 6DB

Northstowe Child and Family Zone

1 The Green
Pathfinder Way
Northstowe
CB24 1FD

Sawston Child and Family Zone

Sawston Community Hub
New Road
Sawston
CB22 3BP

Waterbeach Child and Family Zone

High Street
Waterbeach
CB25 9JU

The Blue School


Eastgate
Great Cambourne
CB23 6DZ
(*Outreach Venue*)

If you would like to be kept up to date about our activities by email, please ask to join our mailing list

B = Booking Required

£ = There is a charge for this session

Monday

<p>Stay and Play: 50 Things. 10.00 – 11.30am</p> 	Weekly	<p>A festive Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're Five app. Includes self-weigh facilities.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Melbourn Child and Family Zone
<p>Sensory SEND Group 10.30 – 11.30am</p>	Weekly	<p>A play session designed for pre-school children with emerging or diagnosed additional needs and disabilities. Sensory-rich resources and activities to encourage development. A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome. Includes self-weigh facilities.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B	Cambourne Child and Family Centre
<p>Self-Weigh 10.00 – 12.30pm</p>	04 and 18 December	<p>Self-weigh for babies and children up to the age of 5.</p> <p>No booking required.</p>		Waterbeach Child and Family Zone
<p>Multiple Birth Group 10.30 – Midday</p>	11 December	<p>Stay and play session for parents and carers of twins, triplets or more! Includes self-weigh facilities.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Waterbeach Child and Family Zone
<p>Chatter Tots 1.00 – 2.30pm</p>	Weekly	<p>Group for 2yrs+ focusing on speech, language, and communication. Come along and enjoy festive activities and songs based around a Chattersack. Includes self-weigh facilities.</p> <p>To book, please email us, phone us on 01954 284 672, or message us through Facebook.</p>	B £	Cambourne Child and Family Centre


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Monday continued

Mini Movers 1.00 – 2.30pm	Weekly	For mobile babies aged around 9 to 18 months, focusing on activities that encourage physical development. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 349 314.	B	Sawston Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

Tuesday

Stay and Play: 50 Things. 10.00 – 11.30am 	Weekly	A festive Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
Baby Group 1.00 – 2.30pm	Weekly 09, 16, 23,30	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Sawston Child and Family Zone
Baby Group 1.00 – 2.30pm	Weekly	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone

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Tuesday continued

Self-Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children up to the age of 5. No need to book.		Northstowe Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

Wednesday

Mini Movers 10.00 – 11.30am	Weekly no session 27 December	For mobile babies aged around 9 to 18 months, focusing on activities that encourage physical development. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Sawston Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly no session 27 December	A festive Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly no session 27 December	A festive Stay and Play session for children from 0-5 years. Group for residents of Bassingbourn Barracks only. No need to book.		Bassingbourn Barracks
Sensory Babies 10.00 – 11.30am	Weekly no session 27 December	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre

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Wednesday continued

Young Parents Group 1.00– 2.30pm	Weekly no session 27 December	Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Melbourn Child and Family Zone
Clothes Bank 1.30 – 2.30pm	13 December	An opportunity to exchange your child's clothes. Please bring any 0-5 children's clothes in good, clean condition that you would like to swap. If you do not have anything to exchange yet, please still come along and you can choose up to 10 items on your first visit to get you started. Booking not required.		Blue School, Cambourne
Introducing Family Foods 1.30 – 2.30pm	13 December	A workshop to find out more about how to introduce your baby to your family foods. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Sawston Child & Family Zone

Thursday

Baby Group 10.00 – 11.30am	Weekly no session 28 December	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
Stay and Play 10.00 – 11.30am 	Weekly no session 28 December	A festive Stay and Play session for children from 0-5 years. Includes self-weigh facilities. Activities based on the 50 Things to do before you're five app. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone

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Thursday continued				
Stay and Play 10.00 – 11.30am	Weekly no session 28 December	A festive Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly no session 28 December	A festive Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Cambourne Breastfeeding Friends 12.30 – 2.30pm	Weekly no session 28 December	We are a friendly breastfeeding support group. Please drop in for information, support, refreshments and to meet other new parents. Includes self-weigh facilities. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre
Self-Weigh 12.30 – 2.30pm	07 December	Self-weigh for babies and children up to the age of 5. No need to book.		Melbourn Child and Family Zone
Baby Group 1.00– 2.30pm	Weekly no session 28 December	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
Baby Group 1.00– 2.30pm	Weekly no session 28 December	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Midwife Clinic	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Cambourne Child and Family Centre

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Friday




Stay and Play 10.00 – 11.30am	Weekly no session 22 or 29 December	A festive Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Blue School, Cambourne
Stay and Play 10.00 – 11.30am	Weekly no session 22 or 29 December	A festive Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Sawston Child and Family Zone
Self- Weigh 12.30 – 2.30pm	Weekly no session 22 or 29 December	Self-weigh for babies and children up to the age of 5. No need to book.		Cambourne Child and Family Centre
Self- Weigh 1.00 – 2.30pm	15 December	Self-weigh for babies and children up to the age of 5. No need to book.		Sawston Child and Family Zone
50 Things Friday 	Weekly	'50 Things to Do seeks to help every child reach important health, learning, and wellbeing milestones.' We will be sharing activity ideas from the <i>50 Things to do before you're five</i> app you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.		Facebook

Saturday

Dads' Group 10.00 – 11.30am	09 December	A festive Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
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	<p>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 36 months old.</p> <p>If you would like further information, or a Bookstart pack, please email ChildAndFamilyCentre.South@cambridgeshire.gov.uk</p>
	<p>'50 Things to do before you're five' seeks to help every child reach important health, learning, and wellbeing milestones.'</p> <p>We will be sharing activity ideas from the <i>50 Things to Do app</i> you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.</p>
	<p>Five to Thrive 'The things you do every day that help your child's growing brain'. We will be sharing activity ideas to help you use <i>Five to Thrive</i> in your everyday routine with your baby. The ideas are very simple and can be recreated using items you probably already have around the house!</p>
<p>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p>Are you concerned about the safety of a child?</p>	<p>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.</p>
<p>Support for Young People</p>	<p>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</p>

Have Your Say about
Cambridgeshire Child and Family
Centre Services



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DADS' GROUP

Christmas crafts

A festive story

Songs

Cambridgeshire
**Child and Family
Centres**

Cambourne Child &
Family Centre
Sackville House
CB23 6HL

9th December

10.00-11.30am

Contact us to book

- A group for all male carers of under 5's
- Focusing on activities that encourage physical development
- Enjoy time together
- Meet other parents

CALL US 01954 284 672 / FB MESSAGE US OR EMAIL US
CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK



Contact
us to
Book

INTRODUCTION TO FAMILY FOODS WORKSHOP

A workshop to find out more about
how to introduce your baby to your
family foods.

Wednesday 13th December
1.30-2.30pm

Sawston Child and Family Centre

Sawston Community Hub

New Road , CB22 3BP

01945 284 672

childandfamilycentre.south@cambridgeshire.gov.uk



Our Opening Times



All centres will be closed between Christmas and New year.



Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
<i>Tuesday to Friday 9.00am to 3.00pm</i>	<i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	<i>Tuesday 9.30am to 2.30pm</i>
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
<i>Tuesday, Wednesday and Friday 9.00am to 3.00pm</i>	<i>Monday, Wednesday and Thursday 9.00am to 3.00pm</i>	

Contact Us

Get In Touch	
Cambourne Child and Family Centre 01954 284 672	Melbourn Child and Family Zone 01954 284 672
Northstowe Child and Family Zone 01954 284 672	Sawston Child and Family Zone 01954 284 672
South Cambs District Early Help Team 01954 286 012	Waterbeach Child and Family Zone 01954 284 672
Email us: ChildAndFamilyCentre.South@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.	



Follow us on Instagram
[@childandfamilycentre.south](https://www.instagram.com/childandfamilycentre.south)



Find us on YouTube
Cambridgeshire Child
and Family Centres



'Like' our page
South Cambs Child
and Family Centres



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