



## SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**February 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...

**Booking is essential for all our sessions and spaces are limited.**

**Please call 01954 284 672 or email [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk).**

### Charging

Some groups have a charge of £2 per family, per session, please pay in cash on the day.

**Families on a low income will be eligible for free entry.**

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.

## Addresses

### Cambourne Child and Family Centre

Sackville House  
Sackville Way  
Cambourne  
CB23 6HL

### Linton Cathodeon Community Hub

Horseheath Road  
Linton  
CB21 4LU

### Melbourn Child and Family Zone

Mortlock Street  
Melbourn  
SG8 6DB

### Northstowe Child and Family Zone

The Community Room  
Pathfinder School  
Northstowe  
CB24 1AA

### 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

B = Booking Required

£ = Charge

<b>Monday</b>				
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Melbourn Child and Family Zone
<b>Orchard Park Seedlings</b> 10.00 – 11.30	Weekly	Come along and join us for fun and games, singing, story time and much more... This free group runs weekly and is led by local families. Please call 01223 728 118 or 01223 729 081 for more information.		Orchard Park Community Centre
<b>Multiple Birth Group</b> 10.30 – Midday	13 and 27 February	Stay and play session for parents and carers of twins, triplets or more! To book, please email, phone, or message us on Facebook.	B £	Waterbeach Child and Family Zone
<b>Self-Weigh</b> 12.30 – 2.30pm	20 February	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email, phone, or message us on Facebook.	B	Melbourn Child and Family Zone
<b>Self-Weigh</b> 10.00 – 12.30pm	20 February	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email, phone, or message us on Facebook.	B	Waterbeach Child and Family Zone
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 349 314.	B	Sawston Child and Family Zone
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

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Tuesday				
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Northstowe, Old Library, Community Wing CB24 1AA
<b>Gamlingay Rhyme &amp; Craft Time</b> 10.00 – 11.00am	07 21 and 28 February	Rhyme and craft session for children from 18 months. Support your child's speech, language, and communication through the sharing of stories, rhymes and craft activities To book, please email, phone, or message us on Facebook.	B £	Gamlingay Eco Hub SG19 3JR
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	For babies up to 1 year. Meet other parents and access support and advice from the Child and Family Centre team. To book, please email, phone, or message us on Facebook.	B £	Sawston Child and Family Zone
<b>Baby Group – Five to Thrive</b> 1.00 – 2.30pm	Weekly (5 week course starting 07 February)	For babies up to 1 year. Within our usual baby group, we will be offering a five week parenting programme aimed at parents of new babies, to support and enable them to use everyday opportunities to give their baby's brain all it needs to grow well. To book, please email, phone, or message us on Facebook.	B	Northstowe, Old Library, Community Wing CB24 1AA
<b>Story Session – The Tiger Who Came to Tea</b> 2.15 – 2.45pm	14 February	For families with children 18 months up to 5years. Join us at the library for a story and activity session to share and enjoy the wonderful story The Tiger Who Came To Tea.	B	Cottenham Library
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Melbourn Child and Family Zone
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 596 212.	B	Waterbeach Child and Family Zone

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Wednesday				
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	For mobile babies aged around 9 -18 months, focusing on activities that encourage physical development. To book, please email, phone, or message us on Facebook.	B £	Sawston Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Cambourne Child and Family Centre
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Waterbeach Child and Family Zone
<b>Clothes Swap</b> 1.00 – 2.00pm	08 February	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 or donate (maximum number we can accept at one session is 20 items). 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.		Waterbeach Child and Family Zone
<b>Young Parents Group</b> 1.00 – 2.30pm	Weekly	A play session designed for young parents aged 25 and under with children aged 0-5 years. To book, please email, phone, or message us on Facebook.	B	Melbourn Child and Family Zone
<b>Self-Weigh</b> 1.00 – 3.00pm	15 February	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email, phone, or message us on Facebook.	B	Sawston Child and Family Zone
<b>Bookstart Storytime Session</b> 9.30 am	01 08 and 22 February	For families with children 18 months up to 5years. Join us at the library for a story and activity session to share and enjoy wonderful stories. Chat and access support from centre staff	B	Cambourne Library
<b>Great Shelford Pop In and Chat</b> 1.30 – 2.30pm	08 February	An opportunity for parents of children with additional needs including SEND to meet and chat. Children of all ages welcome. A Child and Family Centre Worker will attend for parents to ask any questions and for signposting. To book, please email, phone, or message us on Facebook.	B	Great Shelford Library
<b>Introducing Family Foods</b> 1.30 – 2.30pm	15 February	Open to any parent/carer who has a baby around 6 months old and are thinking about how to start introducing solids or have started and have questions about how to progress. To book, please email, phone, or message us on Facebook.	B	Virtual

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Thursday				
<b>Baby Group</b> 10.00 – 11.30am	Weekly	For babies up to 1 year. Meet other parents and access support and advice from the Child and Family Centre team. To book, please email, phone, or message us on Facebook.	B £	Cambourne Child and Family Centre
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Melbourn Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Waterbeach Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Linton Cathodeon Centre
<b>Self-Weigh</b> 12.30 – 2.30pm	09 February	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email, phone, or message us on Facebook.	B	Waterbeach Child and Family Zone
<b>Self- Weigh</b> 12.30 – 2.30pm	Weekly	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email, phone, or message us on Facebook.	B	Cambourne Child and Family Centre
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	For babies up to 1 year. Meet other parents and access support and advice from the Child and Family Centre team. To book, please email, phone, or message us on Facebook.	B £	Melbourn Child and Family Zone
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	For babies up to 1 year. Meet other parents and access support and advice from the Child and Family Centre team. To book, please email, phone, or message us on Facebook.	B £	Linton Cathodeon Centre
<b>Clothes Swap</b> 1.30 – 2.30pm	16 February	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 or donate (maximum number we can accept at one session is 20 items). 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
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Cambourne Child and Family Centre

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## Friday

<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Blue School, Cambourne
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Sawston Child and Family Zone
<b>Five to Thrive Friday</b> 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 Five to Thrive 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

## Saturday

<b>Dads’ Group</b> 09.30 – 10.30am	11 February	A group for all male carers of under 5’s to come and play (currently just for children aged under 5 yrs.) To book, please email, phone, or message us on Facebook.	B £	Blue School, Cambourne
<b>Working Parent’s Stay and Play Group</b> 11.00 – Midday	11 February	Stay and play session for working parents who are unable to attend weekday groups to bring children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Blue School, Cambourne

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# REGISTER YOUR INTEREST FOR OUR PARENTING COURSES



Scan for  
more info!

## Cambridgeshire **Child and Family Centres**

- Incredible Years course (5-11yrs)
- Group Triple P Teens (Teen to 16yrs)
- Stepping Stones (additional needs up to 12yrs)

For more info on the course content and to register your interest, scan the QR code or contact us on the below email/number.



**CALL US: 01954 284 672**

**EMAIL US:**

**CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK**

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Come and have fun with stories.  
**It's FREE!**

# Stories are Fun!

## Cambourne Library

### 9.30 am on Wednesdays

Join us for our series of BookTrust Prize Storytimes on 11th, 18th, 25th January, 1st, 8th, 22nd February and party session on 1st March.

Listen to a new story each week, collect stickers along the way and take part in a simple craft.

Suitable for pre-school aged children.

To book a space please call 01954 284672, or email [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)



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**Please scan to visit our Facebook page...**

**'Like'** the page to keep up to date with  
South Cambs Child and Family Centres



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.

If you would like further information, or a Bookstart pack, please call 01954 284 672 or email [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)



**Download the free 50 Things To Do Before You're 5 app  
for a menu of exciting activities for families with young children.**

### **Breastfeeding Support**

Information on support available locally can be found by visiting:

[www.facebook.com/CambridgeshireInfantFeeding](http://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 website:

**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](http://www.keep-your-head.com)

*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](http://www.cambridgeshire.gov.uk) (search Privacy Notice)*

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# Our Opening Times

<b>Cambourne Child and Family Centre</b>	<b>Melbourn Child and Family Zone</b>	<b>Northstowe Child and Family Zone</b>
<i>Tuesday, Wednesday, Thursday, 9am to 3pm</i>	<i>Monday 9am – 12.30pm Tuesday 9.30am-12.30pm Thursday 9am to 3pm</i>	<i>Tuesday 9.30am to 3.00pm</i>
<b>Sawston Child and Family Zone</b>	<b>Waterbeach Child and Family Zone</b>	
<i>Monday, Wednesday and Friday 9am to 3.00pm</i>	<i>Tuesday, Wednesday, 9am to 3pm Thursday 9am-12.30pm</i>	

## Contact Us

### Get In Touch

#### Cambourne Child and Family Centre

01954 284 672

#### Northstowe Child and Family Zone

01954 284 672

#### South Cambs District Early Help Team

01954 286 012

#### Melbourn Child and Family Zone

01763 223 460

#### Sawston Child and Family Zone

01954 284 672

#### Waterbeach Child and Family Zone

01223 472 791

**Email us:** [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)



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[@childandfamilycentre.south](https://www.instagram.com/childandfamilycentre.south)



Find us on YouTube  
Cambridgeshire Child and Family Centres



Find us on Facebook!  
‘Like’ our page to stay updated  
South Cambs Child and Family Centres

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

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