



## SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**April 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, 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.

## Addresses

### **Cambourne Child and Family Centre**

Sackville House  
Sackville Way  
Cambourne  
CB23 6HL

### **Linton Cathodeon Community Hub**

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

### **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  
(*Outreach Venue*)

**Monday**

<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 – 11.30am	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	24 April	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	17 April	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	3 and 17 April	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

## Tuesday

<b>Stay and Play</b> 10.00 – 11.30am	18 and 25 April (no sessions 4 and 11 April)	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>Baby Group</b> 1.00 – 2.30pm	Weekly	For babies up to 1 year. Meet other parents and parents-to-be 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>Cottenham Story Time</b> 2.00 - 3.00pm	4 April	For families with children 18 months up to 5 years. Join us at the library for a story and activity session to share and enjoy the wonderful story Dear Zoo.	B	Cottenham Library
<b>Easter Egg Hunt &amp; Picnic</b> 11.00 – 12.30pm	4 April	Aimed at 0-5 years, older siblings are welcome to attend. Please come and join us for an Easter Egg hunt, Easter craft and Picnic. Please bring your own picnic.	B	Northstowe Park (opposite the primary school)
<b>Baby Group</b> 1.00 – 2.30pm	18 and 25 April (No Session 4 and 11 April)	For babies up to 1 year. Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. To book, please email, phone, or message us on Facebook.	B £	Northstowe Old Library Community Wing CB24 1AA
<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

## 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
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## Wednesday continued

<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>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>Clothes Swap</b> 10.00 – 11.30pm	19 April	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>Clothes Swap</b> 1.30 – 2.30pm	26 April	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>Self-Weigh</b> 1.00 – 3.00pm	19 April	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	19 and 26 April	For families with children 18 months up to 5 years. 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	Sawston Library
<b>Introducing Family Foods</b> 1.30 – 2.30pm	12 April	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



## Thursday

<b>Baby Group</b> 10.00 – 11.30am	Weekly	For babies up to 1 year. Meet other parents and parents-to-be 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>Cambourne Breastfeeding Friends</b> 12.30 – 2.30pm	Weekly	<b>Starting 20 April</b> We are a friendly breastfeeding support group. Please drop in for information, support, refreshments and to meet other new parents. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	For babies up to 1 year. Meet other parents and parents-to-be 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 parents-to-be 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>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 348 981.	B	Cambourne Child and Family Centre

## 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>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

## Saturday

<b>Dads' Group</b> 09.30 – 10.30am	15 April	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>Something on a Saturday</b> 11.00 – Midday	15 April	Stay and play session for parents who are unable to attend weekday groups with children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Blue School, Cambourne



**Cambourne Breastfeeding Friends** are a friendly breastfeeding support group. Please drop in for support, information, refreshments and to meet other new parents. Supported by the **Cambridge Breastfeeding Alliance**. No booking required, free



Cambridgeshire  
**Child and Family Centres**

# Cambourne Breastfeeding Friends



**Cambourne  
Child and  
Family Centre**

**Starting 20th April**

**Thursdays**

**12.30-2.30pm**

**Weekly**

**Cambridge  
Breastfeeding  
Alliance**





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)



'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!

**Breastfeeding Support**

Information on support available locally can be found by visiting: [www.facebook.com/CambridgeshireInfantFeeding](https://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**

**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)

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

## 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 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>
<b>Sawston Child and Family Zone</b>	<b>Waterbeach Child and Family Zone</b>	
<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**

01763 223 460

**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**

01223 472 791

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



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South Cambs Child  
and Family Centres

