



SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

June 2022

Welcome to our Child & Family Centres. Our aim is to support you and your family as your children grow.

We are following all COVID guidelines, and you will be required to pre-book in advance. We ask that all staff and volunteers adhere to the latest Covid-19 guidance.

Charges apply for groups as indicated. Concessions still apply.

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.

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

Northstowe Community Wing
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

Monday				
Mini Movers 10am to 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 £	Melbourn Child and Family Zone
Multiple Birth Group 9.30am to 11.00am	Bi-weekly 13 June 27 June	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
Self-Weigh 12.30pm to 2.30pm	27 June	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
Self-Weigh 10am to 12.30pm	6 June	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
Self-Weigh 9.30am to 2.30pm	13 June	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
Self-Weigh 9.30am to 12.30pm	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
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

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Tuesday				
Stay and Play 10am to 11.30am	7 June 14 June	Stay and play session for children from around 10 months or walking. To book, please email, phone, or message us on Facebook.	B £	Northstowe Community Wing
Baby Group 10am to 11.30am	Weekly	For parents of pre-mobile babies. 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 £	Waterbeach Child and Family Zone
Pop up Story Time and Activity 1pm to 2.00pm	7 June	Join us at the library to share and enjoy a wonderful story, Handa's surprise! Activities and a chance to look around the library as well. To book, please email, phone, or message us on Facebook.		Cambourne Library Sackville House Cambourne
Pop Up Play 1pm to 2.00pm	14 June	A chance for an afternoon 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
Baby Group 1pm to 2.30pm	Weekly	For parents of pre-mobile babies. 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
Baby Group 1pm to 2.30pm	7 June 14 June	For parents of pre-mobile babies. 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 £	Northstowe Community Wing
Self-Weigh 1pm to 2.30pm	28 June	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 £	Northstowe Community Wing
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

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Wednesday

Mini Movers 10am to 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
Stay and Play 10am to 11.30am	Monthly drop-in 8 June	For residents of Bassingbourn Barracks Stay and play session for children aged 10 months plus. To book, please email, phone, or message us on Facebook.	B £	Bassingbourn Barracks
Stay and Play 10am to 11.30am	Weekly	Stay and play session for children aged 10 months plus. To book, please email, phone, or message us on Facebook.	B £	Waterbeach Child and Family Zone
Pop in and Chat 1.30pm to 3.00pm	Monthly 8 June	An opportunity for parents of SEND children 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 Woollards Lane, Great Shelford, Cambridge CB22 5LZ
Young Parents Group 1.00pm to 2.30pm	Weekly	A play session designed for young parents under the age of 25 with children aged 0-4 years. To book, please email, phone, or message us on Facebook.	B	Melbourn Child and Family Zone
Introducing Family Foods (Virtual) 10.00 to 11.00am	22 June	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.	B	Virtual

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Thursday				
Baby Group 10am to 11.30am	Weekly Not 2 June	For parents of pre-mobile babies. 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
Baby Group 1pm to 2.30pm	Weekly Not 2 June	For parents of pre-mobile babies. 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
Baby Group 1pm to 2.30pm	Weekly Not 2 June	For parents of pre-mobile babies. 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
Stay and Play 10am to 11.30am	Weekly Not 2 June	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
Stay and Play 10am to 11.30am	Weekly Not 2 June	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
Mini Movers 10am to 11.30am	Weekly Not 2 June	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 £	Waterbeach Child and Family Zone
Self-Weigh 12.30pm to 2.30pm	30 June	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
Self- Weigh 12.30pm to 2.30pm	Weekly Not 2 June	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
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 10am to 11.30am	Weekly Not 3 June	Stay and play session for children aged 10 months plus. To book, please email, phone, or message us on Facebook.	B £	The Blue School Cambourne
Stay and Play 10am to 11.30am	Weekly Not 3 June	Stay and play session for children aged 10 months plus. To book, please email, phone, or message us on Facebook.	B £	Sawston Child and Family Zone
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 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

Dads’ Group 10am to 11.30am	11 June	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 £	The Blue School Cambourne
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Virtual Workshops June 2022

Toddler Outbursts workshop

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

15 June

10.30 to 11.30am

(Please call Oasis Child & Family Centre on 01945 428664 to book)

Bedtime Routines workshop

A virtual workshop exploring ways to establish good bedtime routines for children aged 2 to 8 years.

29 June

10.30 to 11.30am

(Please call Oasis Child & Family Centre on 01945 428664 to book)



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



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

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

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)

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Our Opening Times

Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
<i>Monday, 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>
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
<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



Follow us on Instagram
[@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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