



**WISBECH
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, 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 volunteers adhere to the latest Covid-19 guidance.

Charges apply for groups as indicated. Concessions still apply.



Things you need to know...

Due to a high demand, we will be offering two sessions per family /per week. This will enable more families to engage with our Centres as we continue to follow the Covid room capacity guidelines.

Please Note... Booking for sessions will be taken after 9.30 am each day.

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 **Wisbech Child and Family Centre**

or email childandfamilycentre.fenland@cambridgeshire.gov.uk

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.

Charging

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

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.

Location Addresses

Oasis Child & Family Centre
St Michaels Avenue
Wisbech
PE13 3NR

Wisbech South Child & Family Centre
Elizabeth Terrace
Wisbech
PE13 2AQ

Monday				
Messy Play Toddlers 10am to 11am	6, 13, 20, 27 June	Toddler messy play fun, suitable for children 1 years and older. Dress for mess. To book, please call 01945 481150.	B £	Wisbech South Child & Family Centre
Sensory Babies 10.30am to 11.30am 1pm to 2pm	6, 13, 20, 27 June	Fun filled sensory sessions for pre-mobile children, which help children to develop and improve their motor skills, co-ordination and concentration. Please only 1 parent or carer per child. To book, please call 01945 428664.	B £	Oasis Child & Family Centre
Self-weigh 9.30am to 11.30am	6, 13, 20, 27 June	Self-weigh for babies and children up to the age of 5 Appointments must be booked prior to coming. To book, please call 01945 481150.	B	Wisbech South Child and Family Centre
Happy Hands 1.45pm to 2.45pm (please note new time)	6, 13, 20, 27 June	Come along and join us for a Stay & Play session with a different theme each week. To book, please call 01945 428664.	B £	Gorefield Community Hall & Sports Pavilion Wolf Lane Gorefield Wisbech PE13 4NE

Tuesday				
Stepping Stones 10.00am to 12pm	Continuing in June.	10 week Stepping Stones course, aiming to make parenting children with additional needs easier. To book, please call 01945 428664	B	Queen Mary Centre Queens Road Wisbech PE13 2PE

B = Booking Required £ = Charge R = Referral only

<p>Wellbeing Group 10.30am to 12pm</p>	<p>Continuing 7, 14, 21, 28 June.</p>	<p>This is a 7 week programme, starting in May and continuing in June.</p> <p>To give parents the tools to manage their emotional well-being and mental health; so, they can both enjoy and meet the demands of caring for a baby and support their transition into parenthood.</p> <p>If you feel you would benefit from the programme, please contact the Oasis Child & Family Centre 01945 428664 to book your space.</p>	<p>B</p>	<p>Oasis Child and Family Centre</p>
<p>The Prince & Princess' Royal Stay & Play 10am to 11am 1.30pm to 2.30pm</p>	<p>31 May</p>	<p>Calling all Princes and Princesses, we request your Royal presence to help us celebrate the Queens Platinum Jubilee in style. Join us at the water tray for a High Tea Party and make crowns fit for a King or Queen! Fancy dress and smart wear is completely encouraged but not compulsory.</p> <p>A stay and play session aimed at under 5's with play and crafts.</p> <p>Two sessions available. Bookings open Tuesday 24th May, please call Oasis Child and Family Centre on 01945 428664.</p>	<p>B £</p>	<p>Oasis Child and Family Centre</p>
<p>Stay and Play 11.30am to 12.30pm</p>	<p>7, 14, 21, 28 June</p>	<p>Stay and Play for children aged from around 10 months or walking.</p>	<p>B £</p>	<p>Queen Mary Centre Queens Road Wisbech PE13 2PE</p>

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		To book, please call 01945 481150.		
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Wednesday				
Salvation Army Busy Bees Toddler Group 9.30am to 11.00am	1, 8, 15, 22, 29 June	Salvation Army led stay and play session for children under 5.	£	The Salvation Army Hall John Thompson Road Wisbech PE13 2NF
Sensory Babies 10.30am to 11.30am	8, 15, 22, 29 June	Fun filled sensory sessions for pre-mobile children, which help children to develop and improve their motor skills, co-ordination and concentration. Please only 1 parent or carer per child. To book, please call 01945 481150.	B £	Wisbech South Child & Family Centre
Baby Weigh Clinic 10am to 2pm	1, 8, 15, 22, 29 June	Health session with Health Visitors. Appointments must be booked with the health visiting team. Tel 0300 029 50 50	B	Oasis Child & Family Centre
Virtual Toddler Outbursts Workshop 10.30am to 11.30am	15 June	A virtual session looking at why your toddler has outbursts and ways to manage them.	B	Please call Oasis Child & Family Centre on 01945 428664 to book
Virtual Bedtime Routine workshop 10.30am to 11.30am	29 June	A virtual workshop exploring ways to establish good bedtime routines for children aged 2-8 yrs.	B	Please call Oasis Child & Family Centre on 01945 428664 to book
Stay and Play 10am to 12pm	8, 15, 22, 29 June	Come and join us for stay and play at the Spinney Playground.	£ B	Spinney Playground Waterlees Road Wisbech PE13 3HB
The Royal Messy Play 10am to 11am 1.30pm to 2.30pm	1 June	Royal themed Toddler messy play fun, suitable for children 1 years and older. Dress for a royal mess. Two sessions available. Bookings open Wednesday	£ B	Oasis Child & Family Centre

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		25 th May, please call Oasis Child and Family Centre on 01945 428664.		
First Steps Storytime and Craft Club 1.30pm to 2.30pm	8, 15, 22, 29 June	Storytime and themed craft sessions for 0-5 years.		Wisbech Library Ely Place Wisbech PE13 1EU
Pathway to Parenting 5pm to 7pm	1, 8, 15, 22 June	A four-week antenatal programme for first time mums to be and your partner. Preparing you for birth and beyond. Sessions cover labour, delivering, baby care and role of professionals you meet along the way. To book, please call 01945 428664.	B	Oasis Child & Family Centre

Thursday				
Murrow Baby Stay and Play 9.15am to 10.15am	9, 16, 23, 30 June	Join us for our new baby stay and play session. To book, please call 01945 482664.	B £	Murrow Pre School Murrow Bank Murrow Wisbech PE13 4HD
Murrow Self-weigh 10.30am to 11.30am	9 June	Self-weigh for babies and children up to the age of 5. Appointments must be booked prior to coming. Please call 01945 428664	B	Murrow Pre School Murrow Bank Murrow Wisbech PE13 4HD
Little Learners 9.30am to 10.30am	9, 16, 23, 30 June	Specialist group run by the Early Support Team for children with SEND.	R	Oasis Child and Family Centre
Little Explorers' Fun 10.30am to 11.30am	9, 16, 23, 30 June	Stay and Play for children aged from around 10 months or walking. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Virtual Bedtime Story (posted 6pm)	9 June	Snuggle down and join us for a bedtime story read by a member of the Child and Family Centre team.		Facebook

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Virtual Let's Get Creative (posted 1pm)	23 June	Join us for a 'make and do' session and see what you can create. The session will be pre-recorded and uploaded to Facebook at 1pm.		Facebook
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Friday				
Social Babies 9.30am to 11am	10, 17, 24 June	Warm friendly sociable atmosphere for parents and baby, including a rhyme time and opportunity to self-weigh your baby. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Messy Play Toddlers 10am to 11am	10, 17, 24 June	Toddler messy play fun, suitable for children 1 years and older. Dress for mess. To book, please call 01945 481150.	B £	Wisbech South Child & Family Centre
Self-weigh 12pm to 2pm	10, 17, 24 June	Self-weigh for babies and children up to the age of 5. Appointments must be booked prior to coming. Please call 01945 428664	B	Oasis Child and Family Centre
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

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Saturday				
Something on a Saturday 10.30am to 11.30am	11 June	Fun activities for all the family. Under 7's (and their siblings) welcome. To book, please call 01945 428664.	B £	Oasis Child and Family Centre



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, contact us on Tel 01945 428664 or email us at:

childandfamilycentre.fenland@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

Opening Times

Oasis Child and Family Centre	Wisbech South Child and Family Centre
<i>Monday, Tuesday, Wednesday, Thursday and Friday</i> <i>9am to 4pm</i> <i>Booking for sessions will be taken after 9.30 am each day.</i>	<i>Monday, Tuesday, Wednesday, Thursday and Friday</i> <i>9am to 4pm</i> <i>Booking for sessions will be taken after 9.30 am each day.</i>

Contact Us

Get in Touch	
Oasis Child and Family Centre 01945 428664	Wisbech South Child and Family Centre 01945 481150
Email us: childandfamilycentre.fenland@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

@wcfc_fenland



Find us on YouTube

**Cambridgeshire Child
and Family Centres**



Find us on Facebook!

**'Like' our page to stay updated
Wisbech Child and Family Centres**

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.

Breastfeeding Support

Information on support available locally can be found by visiting:

www.facebook.com/CambridgeshireInfantFeeding

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

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



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Pathway to Parenting

Pathway to parenting is a free fun and interactive four week programme, covering labour, delivery, baby care, and the role of the professionals you will meet along the way.

You and your partner will pick up information, practical skills and advice, from midwives, health visitors and Child and Family Centre staff.

JUNE (Weds) 1, 8, 15, 22

JULY (Weds) 6, 13, 20, 27

5pm to 7pm

These sessions are held at:

Oasis Child & Family Centre, St Michaels Ave,
Wisbech, PE13 3NR

To Book, call Oasis Child & Family Centre:

01945 428664

Delivered in partnership with Norfolk's Pathway to Parenting Team