



**CAMBRIDGE CITY  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

February 2025

**Welcome to our Child & Family Centres.**

We aim to provide families of all abilities, identities and cultures with the support and information they need and to ensure our centres and zones are friendly and welcoming places for all. 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.

### 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)

### Booking

Booking is essential for some session and space are limited.



Please call 01223 728118 or email [childandfamilycentre.city@cambridgeshire.gov.uk](mailto:childandfamilycentre.city@cambridgeshire.gov.uk) or message us on Facebook

If you would like to be kept up to date about our activities by email, please ask to join our mailing list to receive the What's On each month

## Have Your Say about Cambridgeshire Child and Family Centre Services



## Monday

<b>Tiniest Feet</b> 10am - 11.30am  	Weekly	<b>For parents-to-be and parents with pre-walking babies.</b>  Meet other parents and access support and advice from the Child and Family Centre team, including baby self-weigh facilities.  <i>24 February – ‘Adult-Child interactions’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #1 – Get to know you.</i>  To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
<b>Mini Movers</b> 10.30am – 12pm  	Weekly	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development.  <i>03 February – Gruffalo Nature Session</i> <i>10 February – Playing with Nature</i> <i>17 February – Looking at Nature</i> <i>24 February – ‘Environmental Prints’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #2 – Where Am I?</i>	B £	Chesterton Child and Family Centre
<b>Mondays Together</b> 10am - 12.30pm (children up to 4yrs) 1pm – 3pm (up to 1 year old)	Weekly	Group run by Kings Hedges Family Support Project <i>For local CB5 families only due to space restriction.</i> Please feel free to drop in. If it is your first time attending, you are welcome to call our project manager for a chat or to gain further information in 07809 727222.	R	The Fields Child and Family Centre
<b>Rhyme Time @ Clay Farm Centre</b> Toddler Rhyme 10am - 10.30am Baby Rhyme Time 11am - 11.30am	Weekly (Term Time Only)	No booking required, 15 spaces available, allocated on a first come, first served basis. Library and café open 9.30am to 12pm.  <i>25 February – ‘Nursery Rhymes’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #6 – Rhyme Time.</i>		Clay Farm Centre
<b>Pathway to Parenting</b> 3pm – 5pm	Weekly 3, 10 & 17 February	An antenatal programme, for first time mums to be and your partner. Preparing for birth and beyond. Sessions cover labour, delivering baby care, and role of professionals you meet along the way.  To find out more, speak to your midwife or Child and Family Centre.	B	North Cambridge Child and Family Centre


## Tuesday

<b>Clothing Bank</b> 9.30am – 11.30am	Weekly 11 & 25 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.  If you do not have anything to exchange yet, please still come along and you can choose up to ten items on your first visit to get you started.  <i>We are not taking any donations at the moment.</i> No booking required.		North Cambridge Child and Family Centre
<b>Stay and Play</b> 9am – 11am  	Weekly	Stay and Play session for children aged 0 – 5 years. <i>25 February – ‘Mark Making and Early Writings’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #4 – Make your Mark.</i>  To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone


B = Booking Required, R = Invite Only, £ = Charge applies



## Tuesday continued


<b>Toy Library</b> 9.30am - 11.30am	Monthly – 11 February	Come along and play with our big selection of toys, which you can borrow for up to a month for 50p. Contact us for more information. No booking required.		Brown's Field Youth and Community Centre, Green End Road, CB4 1RU
<b>Story Sack session</b> 10am – 11am	18 February	Come and join us at our story sac session This month's story will be the hungry caterpillar.		North Cambridge Child and Family Centre
<b>Teddington</b> 10am – 11.30am	04 February	Also exploring bookbags from the Child and Family Centre.		Storey's Field Centre, Eddington Avenue, CB3 1AA
<b>Tiniest Feet</b> 10.30am – 12pm  	Weekly	<b>For parents-to-be and parents with pre-walking babies.</b> Meet other parents and access support and advice from the Child and Family Centre team.  <i>25 February – 'Adult-Child interactions' as part of our Festival of Stories celebrations. Looking at 50 things to do before you're 5, #1 – Get to know you.</i>  To book, please call, 01223 728118 or email us.	B £	Chesterton Cambridge Child and Family Centre
<b>Sing a Rainbow</b> 1.30pm – 2.45pm	11, 18 & 25 February	Sing, sign, dance and play to children's songs and rhymes. Fun with instruments, puppets, parachute, singing, signing and dance whilst supporting musicality, language, and motor skills.  <i>1.30pm – 2pm – Free play and catch-up time with assorted instruments.</i> <i>2pm – 2.45pm – Circle Time.</i>  To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre
<b>Little Cubs (Young Mums group)</b> 1pm – 2.30pm	4, 11, 18 & 25 February	Come along to our special group for young mums, to socialise and interact with other mums. Let your children explore and play with a range of toys, while gathering advice from professionals with advice including budgeting, benefits, and milestones.  To register your interest, please call 01223 728118 or email us.	B	North Cambridge Child and Family Centre

## Wednesday





<b>Mini Movers</b> 9am – 11am  	Weekly	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development.  <i>20 February – 'Physical' as part of our Festival of Stories celebrations. Looking at 50 things to do before you're 5, #24 – Hop, Skip and Jump.</i>  To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
<b>Sensory Babies</b> 10am – 11.30am	19 February	Fun-filled sensory sessions for babies who are pre-mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination, and concentration.  To book, please call, 01223 728118 or email us.	B £	Fawcett Child and Family Zone

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## Wednesday continued

<b>Introducing Family Foods</b> 1pm – 2pm	12 February	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months.  To book, please call, 01223 728118 or email us.	B	Fawcett Child and Family Zone
<b>Stay and Play</b> 1.30pm – 3pm  	Weekly	Stay and Play session for children aged 0 – 5 years.  <i>19 February – ‘Sharing Books’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #22 – My Secret Treasures.</i>  <i>26 February, 1.30pm - 2.30pm Marion Leeper Storytime session, as part of our Festival of Stories celebrations.</i>  To book please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

## Thursday

<b>Stay and Play</b> 10am – 12pm  	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years.  <i>27 February – join us for activities base on #31 – Boing!, of the 50 Things to do before you’re 5 app. To find out more log into the app.</i>  To book, please call, 01223 728118 or email us.	B £	Bewick Bridge Child and Family Zone
<b>Story Time</b> 10.30am - 11.15am  	Weekly	Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years.  <i>20 February – join us for activities base on #6 – Rhyme Time, of the 50 Things to do before you’re 5 app. To find out more log into the app.</i>  No booking required.		Arbury Court Library
<b>Sensory Stay and Play</b> 1.30pm – 3pm  	Weekly	A Sensory Stay and Play session for children aged 0 – 5 years.  <i>20 February – ‘Physical’ as part of our Festival of Stories celebrations. Looking at 50 things to do before you’re 5, #24 – Hop, Skip and Jump.</i>  To book, please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre
<b>Storytime</b> 3.30pm - 4.30pm	Weekly	Stories and rhymes with Child and Family Centre staff. For ages 18 months plus.  No booking required.		Milton Road Library
<b>Storytime</b> 3.30pm - 4.30pm  	Weekly	Stories and rhymes with Child and Family Centre staff. For ages 18 months plus.  <i>20 February – join us for activities base on #6 – Rhyme Time, of the 50 Things to do before you’re 5 app. To find out more log into the app.</i>  No booking required.		Milton Road Library
<b>Paediatric First Aid</b> 10am - 11.30am	20 February	Paediatric First Aid session for parents of babies under 12 months old. £10 per person, concessions apply.  To book, call 01223 728118 or email us.		North Cambridge Child and Family Centre

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Friday				
<b>50 Things Friday</b> Posted at 10am	Weekly	50 Things to Do to help every child reach important health, learning and wellbeing milestones/ we will be sharing activities ideas from the <i>50 Things to Do</i> app, you can use in your everyday routine with your children. The ideas are simple and are low or no cost.		Posted on Facebook
<b>Stay and Play</b> 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>21 February – ‘Sharing Books’ as part of our Festival of Stories celebrations. Looking at 50things to do before you’re 5, #10 – Sharing Books.</i> To book, please call, 01223 728118 or email us.	B £	The Fields Child and Family Centre
<b>Clothing Bank</b> 10am – 11.30am	Weekly	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 ten items on your first visit to get you started.  <i>We are not taking any donations at the moment.</i>  No booking required.		The Fields Child and Family Centre
<b>Storytime and activity</b> 2pm - 3pm	14 February	Come and enjoy the Story of ‘ Guess How Much I Love You’ with fun activities with your children up to age 4 years.  No booking required.		East Barnwell Library

Saturday				
<b>Grove Swimming</b> 10am - 11am Session 1 11am - 12pm Session 2	Weekly - term time only	Open swim. £3 per adult, £1.50 per child, Concessions are available, please ask Centre Staff for details. Booking required via the Child & Family Centre. Maximum of 2 children per adult. Please pay by cash on the day.	B	Grove Community Primary School
<b>Something on a Saturday</b> 9am– 12pm	22 February	Special themed Stay and play session for parents who are unable to attend weekday groups with children. Suitable for children from birth to 10 years.  Theme for February – <b>Chinese New Year.</b>  To book, please call or email us.	B £	North Cambridge Child and Family Centre



**Free Healthy Relationship courses for parents**

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner. Courses bookable directly via the QR code.

2025 workshop booking form

**ONLINE:** Improve the communication with your partner to support your children (Arguing Better). Online Via Teams  
Tuesday 4 February and Tuesday 11 February, 6.30pm to 7.30pm

**FACE TO FACE:** Improve the communication with your partner to support your children (Arguing Better).  
Cambourne Soul, Back Ln, Cambourne CB25 6FZ  
Monday 10 February, 1pm to 2.30pm

**FACE TO FACE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Cambourne Soul, Back Ln, Cambourne CB25 6FZ  
Monday 10 February, 6.30pm to 8pm

**FACE TO FACE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Huntingdon Youth Child and Family Centre PE29 7AF  
Wednesday 12 February, 10am to 12noon

**ONLINE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams  
Wednesday 26 February and Wednesday 5 March, 6.30pm to 7.30pm

Although the Arguing Better course is most beneficial when attending as a couple, there's no requirement to both attend.

\*\*Please note these courses are not suitable if there has been any historic or current domestic abuse. If this is your situation and you would like help on where to find domestic abuse support, please contact [rpiclead@cambridgeshire.gov.uk](mailto:rpiclead@cambridgeshire.gov.uk) \*\*




	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact for a chat with one of our staff.</p>
<p><i>50 Things to do Before You're 5</i></p> 	<p>'50 Things to Do Before You're 5' 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</i> app, that you can use in your everyday routine you're your children. The ideas are very simple and require low or no cost. Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.</p>
	<p><b>Five to Thrive</b></p> <p>'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><i>Breastfeeding Support</i></p>	<p>Information on support available locally can be found by visiting: <a href="http://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<p><i>Midwifery clinics – by appointment only</i></p>	<p>Emerald Team – 01223 586787 Eden Team – 01223 739376</p>
<p><i>Are you concerned about the safety of a child?</i></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><i>Support for young people</i></p>	<p><b>Keep Your Head:</b> 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.</p> <p><a href="http://www.keep-your-head.com">www.keep-your-head.com</a></p>

## Opening Times


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<b>North Cambridge Child and Family Centre, Campkin Road, Cambridge, CB4 2LD</b>	<b>The Fields Child and Family Centre, Galfrid Road, Cambridge, CB5 8ND</b>
Monday: 10am – 4pm Tuesday: 9am – 2.30pm Wednesday: 10am – 1pm Thursday: 10am – 4pm Friday: 10am – 2.30pm	Monday – Friday 9am – 4pm
<b>Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge, CB4 1TF</b>	<b>Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington, CB2 9FS</b>
Monday: 10am – 4pm Tuesday: 1pm – 4pm Wednesday: 1pm – 4pm Thursday: 10am – 12.30pm	Tuesdays 9am - 12pm
<b>Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND</b>	
Thursdays 9am - 1.30pm	

Get in Touch	
North Cambridge Child and Family Centre 01223 728118	The Fields Child and Family Centre 01223 728118
Chesterton Child and Family Centre 01223 728118	Fawcett Child and Family Zone 01223 728118



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