



SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

MAY 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.

Booking is essential for some sessions and spaces are limited.

Please call 01954 284 672 or email ChildAndFamilyCentre.South@cambridgeshire.gov.uk

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 (search Privacy Notice)

Addresses

Cambourne Child and Family Centre	Sackville House, Sackville Way, Cambourne, CB23 6HL
Cambourne Blue School	Eastgate, Great Cambourne, CB23 6DZ
Linton Cathodeon Centre	Horseheath Road, Linton, CB21 4LU
Melbourn Child and Family Zone	Mortlock Street, Melbourn, SG8 6DB
Northstowe Child and Family Zone	The Cabin, 1 The Green, Pathfinder Way, Northstowe, CB24 1FD
Sawston Child and Family Zone	Sawston Community Hub, New Road, Sawston, CB22 3BP
Waterbeach Child and Family Zone	High Street, Waterbeach, CB25 9JU

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

In May we will be thinking about
Maternal Mental Health Awareness Week
(5th - 11th May)

Mental Health Awareness Week (12th - 18th May)

Cultural Diversity Day (21st May)

If you would like to celebrate something important to you with other people who use our services please let us know.



B = Booking Required

£ = There is a charge for this session

Monday

(all centres closed on 5th and 26th May due to Bank Holiday)

Mini Movers 10.00 – 11.30am	12 and 19 May	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Mini Movers 10.00 – 11.30am	12 and 19 May	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Self-weigh facilities available. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
NEW VENUE Multiple Births 10.00 – 11.30am	19 May	Twice monthly stay and play session for parents and carers of twins, triplets or more! Suitable from birth to 5 years, meet other parents and access support. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
NEW Mini Movers 10.00 – 11.30am	12 May	Twice monthly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
Self-Weigh 10.00 – 12.30pm	19 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone
Chatter Tots 1.00 – 2.30pm	12 and 19 May	Group for 2yrs+ focusing on speech, language and communication. Also suitable for children with emerging or diagnosed SEND needs. First session of each month will be Bookstart focused. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre

Tuesday

Baby Group 10.00 – 11.30am	Weekly	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Sawston Child and Family Zone
Stay and Play: 50 Things. 10.00 – 11.30am	Weekly	A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone

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Tuesday continued

Picnic at The Hub 12.30 – 2.00pm	6 May	Come and join us for a picnic at the cabin to celebrate maternal mental health week, please bring a picnic and blanket. We hope to be able to sit outside so please bring a hat and sun cream. For 0 to 2 year olds. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
Baby Group 1.00 – 2.30pm	Weekly	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Northstowe Child and Family Zone
Self-Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Northstowe Child and Family Zone

Wednesday

Stay and Play 10.00 – 11.30am 	Weekly	Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're Five app. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook. May will be our Bookstart month	B £	Sawston Child and Family Zone
Sensory Babies 10.00 – 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
Stay and Play 10.00 – 11.30am	14, 21, 28 May	Stay and Play session for children from 0-5 years. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
VE Day Anniversary Tea Party 10.00 – 11.30am 	7 May	We are going to mark the 80th anniversary of VE Day with a special tea party at our Waterbeach Child and Family Zone. It's not compulsory, but we would love you to come dressed in red, white and blue! To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Young Parents Group 1.00 – 2.30pm	Weekly	Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Self-weigh facilities available. To book, please email, phone us on 01954 284 672, or message through Facebook.	B	Blue School, Cambourne

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Wednesday continued

Environmental Walk 1.00 – 2.30pm 	14 May	Join us for a walk around the village with a focus on environmental print. Looking out for words, letters, signwriting and understanding its meaning. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Introducing Family Foods 1.30 – 2.30pm	14 May	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 email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre

Thursday

Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. Activities based on the 50 Things to do before you're five app. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
Mini Movers 10.00 – 11.30am	Weekly	A play session designed for mobile babies aged around 9 to 18 months focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone
Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Clothes Bank with Coffee and Chat 10.00 - Midday	8 and 22 May	An opportunity to get free clothes for your children. Just turn up and pick what you need! Or just come along for a coffee and a chat to access support and advice. P3 charity offer housing and financial advice at the session on the 1 st & 3 rd Thursdays of each month. Booking not required.		Blue School, Cambourne
Wellbeing Walk and Picnic 11.00am - 1.00pm	8 May	Join us for a walk and picnic by Waterbeach Lakes Promoting May Maternal Mental Health Week Suitable for those bringing toddlers and babies in carriers and buggies. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Meet at the Community Room (by Herons Preschool, Waterbeach)
Cambourne Breastfeeding Friends 12.30 – 2.30pm	Weekly	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
Self-Weigh 1.00 – 2.30pm	8 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone

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Thursday continued

Baby Group 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Melbourn Child and Family Zone
Baby Group 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Linton Cathodeon Centre
Baby Group 1.00 – 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For pre-mobile babies. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Waterbeach Child and Family Zone

Friday




Stay and Play 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Blue School, Cambourne
Sensory Babies 1.00 – 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Cambourne Child and Family Centre
Self- Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Cambourne Child and Family Centre
Self- Weigh 1.00 – 2.30pm	9 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone

Saturday

Dads' Group 10.00 – 11.30am	10 May	A Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B £	Blue School, Cambourne
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	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested please contact ChildAndFamilyCentre.South@cambridgeshire.gov.uk for a chat with one of our staff.</p>
	<p>'50 Things to do before you're five' seeks to help every child reach important health, learning, and wellbeing milestones.'</p> <p>We will be sharing activity ideas from the <i>50 Things to Do app</i> you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.</p>
	<p>Five to Thrive Friday</p> <p>'The things you do every day that help your child's growing brain'.</p> <p>Each Friday we will be sharing activity ideas on Facebook 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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p>Are you concerned about the safety of a child?</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>Support for Young People</p>	<p>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</p>

<p>We would love to hear your feedback and thoughts about Child and Family Centres</p> <p>Scan the QR code to complete a short survey</p> <p>Thank you – we really appreciate your input</p>	<div data-bbox="735 1467 1160 1883"> <p>Have Your Say about Cambridgeshire Child and Family Centre Services</p>  </div>
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Wellbeing Walk and Picnic

Thursday 8th May

11am - 1pm



Join us for a walk and picnic by Waterbeach Lakes

Promoting May Maternal Mental Health Week



Suitable for those bringing toddlers and babies in carriers and buggies.



Meet at 11am outside the Community Room (by Herons' Pre-School)



Contact us to book a place

ChildAndFamilyCentre.South@
Cambridgeshire.gov.uk
01954 284672



Cambridgeshire
**Child and Family
Centres**

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Paediatric First Aid Course

Friday 6th June
6.30pm to 8.00pm

**Northstowe Child
and Family Zone**
The Cabin, 1 The Green
Pathfinder Way
Northstowe CB24 1FD



Covering basic Paediatric First Aid. Topics covered are, Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. 1 hour course, 30 minute Q&A.

BOOKING ESSENTIAL

Please call **01954 284 672**

or email **ChildAndFamilyCentre.South@Cambridgeshire.gov.uk**



Fee: £10 per person
(payable in advance)

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A positive start for babies and parents



Are you a parent-to-be or new parent with a baby up to 12 months of age?

This course, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development.

- Learn ways to cope with frequent crying
- Set up good sleep habits
- Read your baby's cues
- Look after yourself
- Adapt to changes in family life, and more

It's easier with positive parenting strategies!
Partners and supportive others are welcome.

**Group sessions: May 7th, 14th, 21st, 28th
and June 25th - 12:30 - 2:30pm**

Phone consultations: June 4th, 11th, 18th

**Sawston Child &
Family Zone**

Sawston Community Hub
New Road CB22 3BP



www.triplep-parenting.net

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VE DAY ANNIVERSARY TEA PARTY

We are going to mark the 80th anniversary of VE Day with a special tea party at our Waterbeach Child and Family Zone. It's not compulsory, but we would love you to come dressed in red, white and blue!



Waterbeach Child and Family Zone
High Street, Waterbeach CB25 9JU

Wednesday 7th May 10 - 11:30am



Contact us to book your place:
01954 284672 ChildAndFamilyCentre.South@Cambridgeshire.gov.uk

Our Opening Times

Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
<i>Monday to Friday 9.00am to 4.00pm</i>	<i>Thursday 9.00am to 3.00pm</i>	<i>Tuesday 9.30am to 2.30pm</i>
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
<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

Phone us: 01954 284 672

Email us: ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Midwife Clinics (by appointment only)

Ivy team (Waterbeach area)	01223 596 212	Sienna team (Linton area)	01223 349 314
Rose team (Melbourn area)	01223 349 316	Trinity team (Northstowe area)	01223 348 943

Health Visiting team: 0300 029 50 50

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



Follow us on Instagram
[@childandfamilycentre.south](https://www.instagram.com/childandfamilycentre.south)



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