



# What's on

## South Cambridgeshire

July 2021

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. Face coverings will be required in our buildings.

For any queries please call us on 01954 284 672

[www.cambridgeshire.gov.uk/child-and-family-centres](http://www.cambridgeshire.gov.uk/child-and-family-centres)



## Things you need to know...

**Booking is essential** for all of our sessions and spaces are limited.

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

**Virtual Groups** are delivered using Microsoft Teams.

Booking deadline 12 midday the day before group as spaces are limited.

Joining instructions and invite will be sent via email.

Sign up via message on Facebook **SouthCambsAndFamilyCentre/**

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

### **Please Note...**

Due to the current situation some groups may have been suspended or re-instated since this was developed. Please check our Facebook page or call us for more up to date information

## 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



## Test and Trace

The new NHS Test and Trace app is the simplest way to help protect those we love.

The quicker you know, the faster you can alert and protect your loved ones.

Download the app onto your device now.

B = Booking Required

Monday				
<b>Self-Weigh</b> 10am to 2.30pm	12 July	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email or message us on Facebook.	B	Sawston Child and Family Zone
<b>Self-Weigh</b> 10-12.30 pm	12 July	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email or message us on Facebook.	B	Waterbeach Child and Family Zone
<b>Baby Group</b> 1pm to 2pm	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook	B	Waterbeach Child and Family Zone
<b>Little Explorers Music and Movement</b> 1pm to 2pm	12 July	Join us as we enjoy action songs, instruments and parachute play together to get your bodies moving! For children age 12 months to 5 years but smaller siblings welcome to come along. To book, please email or message us on Facebook	B	Melbourn  Details of where to meet will be given upon booking
<b>Stay and Play</b> 10am to 11am	Weekly starting 19 July	Stay and play session for children from around 10 months or walking, older siblings welcome in the school holidays. To book, please email or message us on Facebook.	B	Blue School Cambourne
<b>Little Explorers Handa's Surprise</b> 1pm to 2pm	12 July	Come and see what surprise Handa and her animal friends find in an interactive session with Child and Family centre staff outside.	B	Sawston  Details of where to meet will be given upon booking
<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> 10am to 11am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email or message us on Facebook.	B	Northstowe Community Wing
<b>Stay and Play</b> 10am to 11am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email or message us on Facebook.	B	Cambourne Child and Family Centre

B = Booking Required

<b>Baby Group</b> 1pm to 2pm	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook.	B	Northstowe Community Wing
<b>Bookstart Virtual group</b> 1pm to 2pm	Weekly for 4 weeks starting 22 June	A 4-week course for you to explore books, reading and communication with your children. For ages 12-36 months. To book, please email or message us on Facebook.	B	Virtual  Joining instructions and invitations will be sent by email.
<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

<b>Wednesday</b>				
<b>Baby Group</b> 10am to 11am <b>and</b> 1pm to 2pm	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook.	B	Cambourne Child and Family Centre
<b>Bassingbourn Barracks Stay and Play</b> 10am to 11 am	Weekly	<b>For families on Bassingbourn Barracks.</b> Stay and play session for children from around 10 months or walking. To book, please email or message us on Facebook.	B	Bassingbourn Barracks
<b>Baby Group</b> 10am to 11am	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook.	B	Sawston Child and Family Centre Zone
<b>Stay and Play</b> 10am to 11 am	Weekly	Stay and play session for children aged 10 months plus. To book, please email or message us on Facebook.	B	Waterbeach Child and Family Zone
<b>Messy Play pop up</b> 1.30pm to 2.30pm	14 July	Messy play suitable for all pre-school children. Dress for mess. To book, please email or message us on Facebook.	B	Sawston Child and Family Zone
<b>Little Explorers Music and movement</b> 1.30pm to 2.30pm	7 July	Join us as we enjoy action songs, instruments and parachute play together to get your bodies moving! For children age 12 months to 5 years but smaller siblings welcome to come along. To book, please email or message us on Facebook	B	Linton  Details of where to meet will be given upon booking

B = Booking Required

Thursday				
<b>Baby Group</b> 1pm to 2pm	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook.	B	Melbourn Child and Family Zone
<b>Baby Group</b> 10am to 11 am	Weekly	<b>For parents of pre-mobile babies.</b> Meet other parents and access support and advice from the Child and Family Centre team. To book, please email or message us on Facebook.	B	Linton Cathodeon Centre
<b>Self- Weigh</b> 10am to 2.30pm	Weekly	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email or message us on Facebook.	B	Cambourne Child and Family Centre
<b>Self-Weigh</b> 12.30pm to 2.30pm	15 July	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email or message us on Facebook.	B	Waterbeach Child and Family Zone
<b>Self- Weigh</b> 9.30 am to 12.00 midday	15 July	Self-weigh for babies and children up to the age of 5. By appointment only. To book, please email or message us on Facebook.	B	Melbourn Child and Family Zone
<b>Stay and Play</b> 1pm to 2 pm	Weekly	Stay and play session for children from around 10 months or walking. To book, please email or message us on Facebook.	B	Linton Cathodeon Centre
<b>Stay and Play</b> 10am to 11am	Weekly	Stay and play session for children from around 10 months or walking. To book, please email or message us on Facebook.	B	Melbourn Child and Family Zone
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call 01223 348 981	B	Cambourne Child and Family Centre
<b>Messy Play pop up</b> 10-11am	15 July	Messy play suitable for all pre-school children. Dress for mess. To book, please email or message us on Facebook.	B	Northstowe Community Wing
<b>Little Explorers Handa's Surprise.</b> 10am to 11 am	8 July	Come and see what surprise Handa and her animal friends find in an interactive session with Child and Family centre staff outside.	B	Waterbeach Child and Family Zone

B = Booking Required

Friday				
<b>Stay and Play</b> 10am to 11 am	Weekly from 14 May	Stay and play session for children aged 10 months plus. To book, please email or message us on Facebook.	B	Sawston Child and Family Zone
<b>Messy Play Pop up</b> 10am to 11am	24 July	Messy play suitable for all pre-school children. Dress for mess. To book, please email or message us on Facebook.	B	Cambourne 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 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 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).*

# Cambridgeshire Child and Family Centre

## Virtual Workshops July 2021

### **Transitions workshop (Primary to Secondary School)**

**7 July 7pm-8pm OR 15 July 1.30pm-2.30pm**

(please call South Cambs Child & Family Centre 01954 284672 to book)

A workshop outlining ideas for supporting your child with the transition from primary to secondary school, looking at resources available to help and how and when to request support from the Early Help team.

### **How Babies Learn to Talk Virtual Workshop**

**13 July 10.30 to 11.30am**

(please call Hunts Child & Family Centre 01480 372700; option 1 to book)

Find out how babies learn to talk and how parents can promote speech and language development. Suitable for parents with children aged 0 – 18 months.

### **Transitions workshop (Pre-school to Primary School)**

**7 July 1.30 to 2.30pm**

(please call South Cambs Child & Family Centre 01954 284672 to book)

A workshop outlining ideas for supporting your child with the transition from pre-school to reception years, looking at resources available to help and how and when to request support from the Early Help team.

### **Transitions workshop (Pre-school to Primary School)**

**12 July 1.30 to 2.30pm**

(please call Cambridge City Child & Family Centre 01223 728118 to book)

A workshop outlining ideas for supporting your child with the transition from pre-school to reception years, looking at resources available to help and how and when to request support from the Early Help team.

### **The Link Between Communication and Behaviour workshop**

**22 July 10 to 11am**

(please call Cambridge City Child & Family Centre 01223 728118 to book)

A workshop exploring the link between communication and behaviour in the early years.

# 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>Wednesday, Thursday, 9am to 3pm (by appointment only)</i>	<i>Thursday 9am to 3pm (by appointment only)</i>	<i>Tuesday 12.30pm to 3.00pm (by appointment only)</i>
<b>Sawston Child and Family Centre</b>	<b>Waterbeach Child and Family Zone</b>	
<i>Monday, Wednesday and Friday 9am to 3.00pm (by appointment only)</i>	<i>Tuesday, Wednesday 9am to 3pm (by appointment only)</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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[@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.



## 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](http://www.facebook.com/CambridgeshireInfantFeeding)

## Support for Young People

Cambridgeshire residents can access a wide range of online information and support via the following websites:

**Youthoria:** A website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams.

[www.youthoria.org](http://www.youthoria.org)

**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)



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