




April to July

**2018
2019**

Cambridge City

 = Sessions run by Health

 = Bookable courses for parents

Monday				
Midwife Clinic 9.30am to 4pm	Weekly	Appointment only	[R]	The Fields Child and Family Centre
Midwife Clinic 9.20am to 11.20am	Daily	Appointment only, call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Story and Rhyme Time 10am to 10.45am	Weekly	Ages 0 to 5	[£]	Clay Farm Centre
Stay and Play 10am to 11.45am	Weekly	Ages 0 to 5 Church and community volunteer led with Child and Family Centre worker visiting monthly		The Centre at St Paul's
Tiny Tots 10.15am to 11.30am	Weekly	Parent led stay and play		Chesterton Child and Family Centre
Under 25's Young Parents Group 10.30am to 12pm	Weekly	Young Parents Group		North Cambridge Child and Family Centre
Mondays Together 10am to 12.30pm	Weekly	Group runs by Kings Hedges Family Support Project (KHFSP) for under 3's		The Fields Child and Family Centre
Orchard Park Seedlings 10am to 11.30am	Weekly	Parent led stay and play		Orchard Park Community Centre
Bookstart / Clothes Swap / Cookbags / Toy Library Hire 11.30am to 1pm	Weekly	0 to 5 years		The Fields Child and Family Centre
Well Baby Clinic 1pm to 2.30pm	Weekly	Ages 0 to 5 Drop-in		Fawcett Primary School
Child Health Clinic 1.30pm to 3pm	Weekly	Weighing and health clinic with health visitors		North Cambridge Child and Family Centre
Mondays Together 1pm to 3pm	Weekly	Group runs by Kings Hedges Family Support Project (KHFSP) For non-walking babies		The Fields Child and Family Centre
Youth Support Drop In 1.30pm to 4.30pm	Weekly	Ages 11 to 16		3 rd Floor Central Library
Time Together 1pm to 2.30pm	Weekly	SEND (invite only)	[R]	Chesterton Child and Family Centre

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Tuesday				
Midwife Clinic 9.20am to 11.20am	Daily	Appointment only, call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Childminder Group 9.30am to 11.30am	Weekly	For childminders, nannies, au pairs, and the children they look after	[£]	East Barnwell Community Centre
Raising Toddlers with Crèche 9.30am to 11.30am	5 th June to 10 th July	Parent course for parents of toddlers	[C]	Chesterton Child and Family Centre
Camsight 10am to 11.30am	2 nd and 4 th Tuesday	Support group for families with children who have visual impairment	[R]	North Cambridge Child and Family Centre
Labelling Course AM	17 th April	Parenting course	[C]	North Cambridge Child and Family Centre
Messy Play 10am to 11.30am	Weekly	Ages 0-5 years	[£]	Fawcett Primary School
Health Visitor Clinic 1pm to 2.30pm	Weekly	Drop-in		The Fields Child and Family Centre
Ducklings 1pm to 2.30pm	Weekly	For families of children with additional needs Ages 0 to 5 years	[R]	The Fields Child and Family Centre
Smoke Free Pregnancy and Beyond 12.45pm to 2.45pm	Weekly	Stop smoking advice clinic	[R]	North Cambridge Child and Family Centre
Health Visitor Clinic 9.30am to 11.00am	Weekly	Drop-in		The Fields Child and Family Centre
Free Baby and Toddler Swim 1pm to 3pm	Weekly	Ages 0 to 5 years	[£]	Abbey Swimming Pool

Wednesday				
Midwife Clinic 9.20am to 11.20am	Daily	Call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Rhyme Time 2pm to 2.30pm	Weekly	Rhyme time is volunteer organised with support from Cambridgeshire Libraries. Ages 0 to 5 years		Cherry Hinton Library
Breastfeeding Information and Support 10am to 12pm	Weekly	Breastfeeding support group		Chesterton Child and Family Centre

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Wednesdays Together 10am to 12.30pm (0-3 years) 1pm to 3pm (babies)	Weekly	Group runs by Kings Hedges Family Support Project (KHFSP)		North Cambridge Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	Play and learning sessions for parents and children	[£]	St Luke's Church
Advice Drop In 10am to 11.30am	Weekly	Seek advice from a Child and Family Centre Family Worker		North Cambridge Child and Family Centre
New Parents Group 12.30pm to 2pm	Weekly	Ages 0 to 1 years	[£]	Peacock Centre
Family Support Group 1pm to 2.30pm	Last Wednesday of the month	For parents and their deaf babies and pre-schoolers. Siblings welcome. Run by the SEND team		Fawcett Primary School
Triple P Teen 1pm to 3pm	2 nd to 23 rd May	Parenting course for parents of teenagers	[C]	Chesterton Child and Family Centre
Midwife Clinic 1.20pm to 3.40pm	Weekly	Appointment only, call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Starting Solids 2pm to 3pm	Last Wednesday of the month	Advice about starting your baby on solid food		Chesterton Child and Family Centre
Toy Library 2pm to 4pm	Monthly	Toy borrowing and soft play £2.50 membership fee, £1 soft play entry	[£]	Brown's Field Youth and Community Centre
Child Health Clinic 2pm to 3.30pm	Weekly	Drop-in		Peacock Centre
Orchard Park Football 4pm to 5pm	Weekly (term time only)	Ages 11 to 17		Orchard Park Astro Turf (near the premier inn)

Thursday				
Antenatal Clinic 9am to 4pm	Weekly	Appointment only	[R]	Fawcett Primary School
Midwife Clinic 9.20am to 11.20am	Daily	Call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Homestart 10am to 11.30am	Weekly (term time)	Invite only support and play group	[R]	Chesterton Child and Family Centre

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Play and Learn 10am to 11.30am	Weekly	PEEP informed structured play session	[R]	North Cambridge Child and Family Centre
Storytime 10.30am to 11.15am 18 months to 5 years	Weekly	Story and rhymes with Child and Family Centre and library staff		Arbury Court Library
Toddler Swimming 11am to 11.30am	Weekly (term time)	Free swimming	[B]	Kings Hedges Learner Pool
Midwife Discharge Clinic 9.15am to 10.45am	Weekly	Appointment only	[R]	The Fields Child and Family Centre
Fun Twos 9.45am to 11.15am	Weekly	Free donated breakfast. Siblings welcome	[R]	Fawcett Primary School
Growing Together 10am to 11.30am	Weekly (term time)	Learning and playing together to grow your confidence as a parent/carer	[R]	The Fields Child and Family Centre
New Parents Group 12pm to 2pm	Weekly	For under 1s	[£]	The Fields Child and Family Centre
Stay and Play 12.30pm to 2.30pm	Weekly	Ages 0 to 5 years	[£]	The Fields Child and Family Centre
Well Baby Clinic 9.30-11am	Weekly	Drop-in		Bewick Bridge Community Wing
Midwife Clinic 1.20pm to 3.40pm	Weekly	Appointment only, call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Youth Support Drop-in 1.30pm to 4.30pm	Weekly	Ages 11 to 19 years Drop-in		3 rd Floor Cambridge Central Library
Bumps to Babies 12.45pm to 2.15pm	Weekly	For pre-walkers	[£]	Chesterton Child and Family Centre
Mini Movers 3pm to 4.15pm	Weekly	Walkers aged 2	[£]	Chesterton Child and Family Centre
Orchard Park Youth Club 5.30pm to 7pm	Weekly (term time)	Ages 11 to 17		Orchard Park Community Centre

Friday				
Midwife Clinic 9.20am to 11.20am	Daily	Appointment only, call 01223 728118 to book	[R]	North Cambridge Child and Family Centre
Midwife Clinic 9.30am to 12.30pm	Weekly	Appointment only	[B]	Bewick Bridge Community Wing
Family Worker Drop-in 10am to 12pm	Weekly	Ages 0 to 19 years		Peacock Centre

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Stay and Play 9.15am to 11.15am	Weekly	Ages 0 to 5 years	[£]	Christ the Redeemer
Midwife Clinic 9.30am to 4pm	Weekly	Appointment only	[R]	The Fields Child and Family Centre
Breastfeeding Support 10am to 12pm	Last Friday of the month	La Leche League		Fawcett Primary School
Twins, Triplets and More 10am to 11.30am	3 rd Friday of each month	Parent Led		Chesterton Child and Family Centre
Baby Swim 11.30am to 12pm (under 1's)	Weekly (term time)	Free swimming lessons	[B]	Kings Hedges Learner Pool
Toddler Swim 12pm to 12.30pm (under 3's)	Weekly (term time)	Free swimming lessons	[B]	Kings Hedges Learner Pool
Incredible Years 12.30pm to 2.30pm	20 th April to 20 th July	Parenting programme	[B]	Chesterton Child and Family Centre
Free Baby and Toddler Swim 11.45am to 12.45pm	Weekly	Ages 0 to 5 years		Abbey Swimming Pool
Breastfeeding Information and Support 10am to 12pm	Weekly	Breastfeeding support group		Peacock Centre
Youth Support Drop-in 1.30pm to 4.30pm	Weekly	Ages 11 to 19 years		3 rd Floor Cambridge Central Library
La Leche League 12.45pm to 2.30pm	2 nd Friday of each Month	Breastfeeding meeting and networking		North Cambridge Child and Family Centre
Stay and Play 1pm to 2.30pm	Weekly	Ages 0 to 5 years	[£]	Bewick Bridge Community Wing

Saturday

Grove Swimming 10am to 11am (8 years and under) 11am to 12pm (11 years and under)	Weekly (term time)	Open swim	[£] [B]	The Grove School Swimming Pool
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[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Coming Soon

Teddington, a parent and toddler group for the Eddington community

A Saturday group for dads in the south Cambridge area

ESOL course in the south Cambridge area

Sibling Rivalry course in the north Cambridge area

Understanding Challenging Behaviours course in the south Cambridge area

Contact Us

North Cambridge Child and Family Centre

01223 728118

Chesterton Child and Family Centre

01223 729081

The Fields Child and Family Centre

01223 518333

City District

Phone number – 01223 699410

Email address – Districtearlyhelpteam.cambridgecity@cambridgeshire.gov.uk

Addresses

3rd Floor Central Library, 7 Lion Yard, Cambridge CB2 3QD

Abbey Swimming Pool, Whitehill Road, Cambridge CB5 8NT

Arbury Court Library, 46-47 Arbury Rd, Cambridge CB4 2JQ

Bewick Bridge Community Wing, Fulbourn Old Drift, Cambridge CB1 9ND

Brown's Field Youth and Community Centre, 31A Green End Rd, Cambridge CB4 1RU

Cherry Hinton Library, High Street, Cambridge CB1 9HZ

Chesterton Child and Family Centre, Nuffield Rd, Cambridge CB4 1TF

Christ the Redeemer, Newmarket Road, Cambridge CB5 8RS

Clay Farm Centre, Hobson Square, Trumpington CB2 9FN

East Barnwell Community Centre, Newmarket Road, Cambridge CB5 8RS

Fawcett Primary School, Alpha Terrace, Trumpington CB2 9HT

Kings Hedges Learner Pool, Jedburgh Court, Buchan Street, Cambridge CB4 2XF

Peacock Centre, Brookfields Hospital, 351 Mill Rd, Cambridge CB1 3DF

St Luke's Church, Victoria Road, Cambridge CB4 3DZ

The Centre at St Paul's, Hills Road, Cambridge CB2 1JP

The Fields Child and Family Centre, Galfrid Road, Cambridge CB5 8ND

The Grove School Swimming Pool, Campkin Road, Cambridge CB4 2NB

North Cambridge Child and Family Centre, Arbury Community Centre CB4 2LD

Orchard Park Community Centre, Central Avenue CB4 2EZ

Description of Activities

Stay and Play Groups

These groups will have a variety of different themes from week to week, and help your child to learn through play. They are a fun way for you to learn about your child's development, enjoy time together and meet other parents. Some will provide a chance for you and your child to take part in physical exercise, learning balance, co-ordination and mobility. Others will be focussed on creativity or imaginative play. Each activity will indicate what age range it is targeted at.

You can also talk to us if you are worried about your child's development. The activities are based on the Early Years Foundation Stage (EYFS).

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Health

Midwife Clinics

Clinics run by midwives, offering pre-booked one to one appointments, antenatal appointments and discharge appointments.

Child Health Clinics

Well baby weighing clinics run by Health Visitors. Sometimes referred to as Well Baby clinics.

Breastfeeding Support

These drop-in support sessions may be professional lead, or volunteer lead. They offer practical support with any concerns or questions you have around breastfeeding, and the chance to meet other mums.

Parents can also access the Start 4 Life website which has free hints, tips and videos on giving your baby the best start in life. There is also a chatbot which parents can use to get support on breastfeeding 24/7 <https://www.nhs.uk/start4life/>

There will also be a range of other health provision in our child and family centres such as speech and language support, and sessions on one off topics including weaning and introducing solids.

Additional Needs or Special Educational Needs or Disabilities (SEND) Support

Each centre will run a variety of these sessions and the names of the session will vary. Some will be parent-lead others run by or supported by professionals from Health or Child and Family Centres.

Support for Parents

PEEP (Peers Early Education Partnership) group sessions

The PEEP programme focuses on how to make the most of the learning opportunities in everyday life at home – listening, talking, playing, singing and sharing books every day. PEEP supports parents and carers in their role as the first educators of their children.

Young Parent Groups

We provide opportunities for young parents to meet and network with other young parents, whilst enjoying a stay and play session for their children. We provide fun activities including messy play, music sessions and snack time for parents aged 25 years and under.

New Beginnings Groups

Weekly sessions that offer a chance to meet other parents and carers. Each session has a different theme including Home Safety & Play and Communication.

Family Worker Drop-ins

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

An opportunity for families to ask for information, advice and support on any issue affecting their family life. These will take place in a range of venues, including Centres, zones, Community buildings and schools.

Courses and Learning

The following parenting programmes run on a regular basis, if dates are not shown in this particular leaflet, please ask centres for information on the next available course.

Raising Children

For mums and dads of children aged up to 12 years. 10 weeks of two-hour sessions. The course is suitable for all parents: from those who just want to learn more about their child's development, to the parent who needs a bit more support in understanding their child's behaviour. The course covers emotional and social development, attachments, coping with stress, social learning theory, cognitive theory, behavioural development, identity, self-esteem, and speech and language.

Incredible Years

For mums and dads of children aged up to six. 12 to 14 weeks of two-hour sessions. The course aims to increase positive and nurturing parenting and improved parent-child relationships. It will provide you with the tools you need to help your child develop emotionally and support you with your effective discipline strategies.

Stepping Stones

A nine week course that will help parents and carers to use positive parenting skills to improve behaviour, support your child's development and help them feel good about themselves, and implement parenting routines and cope with stress.

Raising Teens

For parents of children aged ten and over. Ten weeks of two hour sessions. Raising Teens is a course aimed at parents of teenagers. It will help you to understand why your teen behaves as they do and how you can deal with their emotions and yours. It will also give you effective strategies which work with teenagers including emotional and social development, behavioural development, identity and social development, self-care skills and independence, problem solving, and anger management.

Triple P Parenting Programmes; including Teen Triple P for parents with teenagers

A parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Adult Learning

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

We provide access to adult learning opportunities and employment support including enabling access to information about employment, education and training and links with Job Centre Plus and local training providers.

We arrange courses for parents in schools and Child and Family Centres which support families with school readiness and to understand the primary curriculum so that they can help their children with homework.

Our learning centres are situated in libraries in Wisbech, March, Central Cambridge, Huntingdon and Ely. Learners can drop in and start learning straight away. We offer qualifications in English, Maths, IT and Employability. We organise job clubs to support searching for work. Almost all the support we offer is free to the learner.

One-Off information sessions

These sessions run on a regular basis, on various topics including those below, if dates are not shown in this particular leaflet, please ask centres for information on the next available course. Courses include sleep, toilet training, managing difficult behaviour, healthy eating, sibling relationships, effective discipline and parenting styles.

Support for Young People

District Early Help teams provide a range of targeted support for young people, usually accessed through the Early Help Assessment process. To find out more about support available locally please contact the Early Help Team on 01223 699410.

Cambridgeshire residents can also 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

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

CHUMS: Offering children and young people a range of short term, evidence based interventions, including one to one, group work, recreational therapies, as well as offering a robust training package to schools. Self-referrals and referrals from professionals are accepted. The age range is 5 to 18 years in Peterborough and 5 to 25 years in Cambridgeshire (except bereavement support which covers 5 to 19 years). www.chums.uk.com

[£] Charge [B] Booking [C] Course [R] Invite/Referral **For activity and address details please see back of the booklet**

Charging for Groups

Some groups have a charge to attend, you will need to purchase Child and Family Centre vouchers [£]. If having to pay for a group would stop you attending please talk to us. Families on low income may be eligible for free vouchers.

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.

Volunteering Opportunities

We are recruiting volunteers; so if you are interested in working with children, could support groups, or offer admin support, please call the Cambridge City District team on 01223 699410.