

WHAT'S ON

South
Cambridgeshire



April to July
2018

South Cambridgeshire What's On

Cambourne and Melbourn and surrounding area

 = Sessions run by Health  = Bookable courses for parents

Monday				
Let's Get Physical 10.00am to 11.00am	Weekly	Encouraging children and parents to be active together with music, songs, parachute play, ball games and other lively activities.	[£]	Main Hall in Cambourne Old Blue School
Midwives Clinic 1.00pm to 4.00pm	Weekly	Hinchingbrooke Midwives by appointment		Cambourne Child and Family Centre
Baby Group 1.30pm to 3.00pm	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff		Cambourne Child and Family Centre
Midwife Clinic 9.20am to 4.00pm	Weekly	Rose team, from Rosie Maternity Hospital , Booked clinic appointments ante-natal & Post-natal and discharge	[B]	Bassingbourn Centre
Baby Group 10.00am to 11.30am	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff		Bassingbourn Centre

Tuesday				
Incredible years (for families with children with ADHD) 10.00am to 12.00pm	Weekly	Delivered in partnership with health colleagues from CPFT	[B]	Cambourne Old Blue School
Confidence and Self esteem course 10am to 12pm	Weekly	Delivered in partnership with illuminate	[B]	Cambourne Old Blue School
Stay and Play 10am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Caldecote School
Child Health Clinic 9.30am to 10.30am	Monthly	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Bassingbourn Centre

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

Keep up with the Children (English) 10.00am to 12.00pm	May 2018	Run by Comberton adult education. Contact 01954 284672 for further information	[C]	Cambourne Child and Family Centre
Raising Teens 6.30pm to 8.30pm	April 2018	Contact 01954 286012 to book a place	[C]	Cambourne Village College

Wednesday				
Stay and Play 10am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Cambourne Old Blue School
Multiple Births Group 10am to 11.30am	1 st and 3 rd Wednes day of month	Meet local Parents who have twins/triplets. This is also an opportunity to play with your Children in a safe, friendly environment.		Cambourne Child and Family Centre
New Beginnings 1.30pm to 3.00pm	Every other month for 2 weeks	Two week course for new parents		Cambourne Child and Family Centre
Baby Massage 1.30pm to 3.00pm	5 week course following on from above	This is a five week course promoting bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months	[£]	Cambourne Child and Family Centre
Midwives Clinic 9.30am to 12pm	Weekly	Hinchingbrooke Midwives by appointment		Cambourne Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Bassingbourn Centre
Midwives Clinic 9.30am to 1.00pm	Weekly	Rose team, from Rosie Maternity Hospital , Booked clinic appointments ante-natal & Post-natal and discharge		Melbourn Child and Family Zone
Raising Children 9.30am to 11.30am	Start date TBC		[C]	Cambourne Village College
Child Health Clinic 9.30am to 11am	Weekly	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Melbourn Health Clinic

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

Thursday				
International Group 10am to 11.30am	Weekly	An opportunity to meet other families from different backgrounds and cultures		Cambourne Old Blue School
Baby Clinic 10am to 11.30am	Weekly	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Cambourne Library
Toy Library and Play Along Session 1pm to 2.30pm	Weekly	Choose from a range of toys to extend your child's learning and help them have fun. This is a new group run by volunteers with a chance to borrow toys for children 0-5 years and children can play alongside	[£]	Main Hall in Cambourne Old Blue School
Clothes Swap 1pm to 2.30pm	1 st and 3 rd Thursdays of Month	Bring clean good condition 0-8 years clothing that you would like to swap. You will be awarded points for each item, which can then be exchanged for clothes at the swap sessions		Cambourne Old Blue School
Incredible Years 12.45pm to 2.45pm with crèche	14 week programme	Contact 01954 284672 for further information	[C]	Bassingbourn Centre
Midwives Clinic 10.00am to 11.30am	Weekly	Rose team, from Rosie Maternity Hospital , Booked clinic appointments ante-natal & Post-natal and discharge	[R]	Cambourne Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Melbourn Child and Family Zone
Baby Massage Contact us for more details	5 week course	This is a five week course promoting bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months	[£] [C]	Melbourn Child and Family Zone SG8 6DB Or Bassingbourn Centre SG8 5NP
New Beginnings Contact us for more details	Every other month	Two week course for new parents	[C]	Melbourn Child and Family Zone SG8 6DB Or Bassingbourn Centre SG8 5NP

Friday				
Cambourne Breastfeeding Support 10.00am to 11.30am	Weekly	Drop in to our breastfeeding Support; you'll find a relaxed and friendly environment that gives an opportunity to meet other breastfeeding mums and share your experiences		Cambourne Child and Family Centre
Busy Bees Additional Needs group 1.00pm to 2.00pm	Weekly	For Children with additional needs referral from Early support	[R]	Cambourne Old Blue School

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

Parent Craft 2.30pm to 4.30pm	Every other month for 2 weeks	Preparation for birth For expectant parents		Cambourne Child and Family Centre
Stay and Play 10.00am to 2.00pm	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Gamlingay Eco Hub
Multiple Births Group (parent-run group) 10am to 11.30am	Weekly	For families with twins and more	[£]	Bassingbourn Centre
Midwives Clinic 9.30am to 12pm	Weekly	Rose team, from Rosie Maternity Hospital , Booked clinic appointments ante-natal & Post-natal and discharge		Melbourn Child and Family Zone

Saturday				
Dads Play 10am to 11.30am	Monthly	For dads and Children up to 5 years old	[£]	Cambourne Child and Family Centre
Downs Syndrome Support Group 9am to 12pm	Monthly	For families with children 0-16 with Downs Syndrome		Caldecote School

Sawston and Linton and surrounding areas

 = Sessions run by Health  = Bookable courses for parents

Monday				
Midwife Clinic 9am to 11am	Weekly	By appointment only	[B]	Linton Cathodeon Centre
Stay and Play 10.00am to 11.30am	Weekly	Ages 0 to 5	[£]	Sawston Child and Family Zone
Additional Needs Group 12.30pm to 2.30pm	Weekly	For parents with children with additional needs	[R]	Sawston Child and Family Zone

Tuesday				
Midwife Clinic 9am to 12pm	Weekly	By appointment only	[B]	Sawston Child and Family Zone
Baby Group 10am to 11.30am	Weekly	For under 1s	[£]	Linton Cathodeon Centre
Well Baby Clinic 11am to 12pm	Weekly	Drop-in		Sawston Health Centre
Speech and Language Drop-In 1pm to 2.30pm	Monthly	Drop-in		Sawston Health Centre

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

Baby Massage 1.15pm to 2.30pm	5 week course, dates TBC	For non-mobile babies from 6 weeks	[B] [£] [C]	Linton Cathodeon Centre
Storytime 2pm to 2.30pm	Weekly	Ages 0 to 5 Delivered by Library Staff		Sawston Library

Wednesday				
PEEP 10am to 11.30am	Starts 4 April for 8 weeks		[B] [C]	Sawston Child and Family Centre Zone
Storytime 10am to 10.30am	Weekly	Delivered by Library staff		Sawston Library
Baby Massage 1.15pm to 2.30pm	Weekly	For non-mobile babies from 6 weeks	[C] [B] [£]	Sawston Child and Family Zone
Introducing Solids Workshop 1pm to 2.30pm	Monthly	Alternates between Linton and Sawston		Linton Cathodeon Centre Sawston Child and Family Zone

Thursday				
Under 25's Group 10am to 11.30am	Weekly	For parents aged 25 and under and their children ages 0 to 5		Linton Cathodeon Centre
New Beginnings 10am to 11.30am	Weekly	For under 1s	[£]	Sawston Child and Family Zone
Messy Play 1pm to 2.30pm	Weekly	Ages 0 to 5	[£]	Sawston Child and Family Zone

Friday				
Stay and Play 10.00am to 11.30am	Weekly	Ages 0 to 5	[£]	Linton Cathodeon Centre
Fulbourn Friends 10.15am to 11.45am	Weekly	Ages 0 to 24 months	[£]	Fulbourn Centre
Postnatal Group 1.15pm to 2.45pm	Starts 13 April for 4 weeks	For parents of babies aged 0-6months	[B] [C]	Linton Cathodeon Centre
Baby Clinic 2.00pm to 3.00pm	Weekly	Drop-in		Linton Health Centre

Saturday				
Dad's Play 10.00am to 12noon	7 April 5 May		[£]	Linton Cathodeon Centre
First Aid 9.00am to 11.00am	14 April 12 May		[B] [£]	Linton Cathodeon Centre

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

Waterbeach and Northstowe and surrounding area

 = Sessions run by Health  = Bookable courses for parents

Monday				
Midwife Clinic 9.30am to 4pm	Weekly	Ivy team, from Rosie Maternity Hospital Booked clinic appointments ante-natal and post-natal and discharge		Waterbeach Child and Family Zone
Little Learners 9.30am to 11.30am	Weekly	Universal drop in for 0 to 5years and their carers	[£]	Bar Hill Primary School

Tuesday				
Baby Clinic 10am to 11.30am	Twice a month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Waterbeach Child and Family Zone
Baby Clinic 1pm to 2.30pm	Monthly	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Bar Hill Primary School
Baby Clinic 1pm to 2.30pm	Twice a month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Papworth Centre
Twilight Session 3.30pm to 5.30pm	Weekly	Universal drop in for carers and children age 0-8years	[£]	Waterbeach Child and Family Zone

Wednesday				
Little Learners 10am to 12pm	Weekly	Universal drop in for 0-5yrs and their carers	[£]	Waterbeach Child and Family Zone
Bumps to Babies 1pm to 2.30pm	Weekly	Group for parents to be and for parents and carers of children up to 12months old		Waterbeach Child and Family Zone
Bumps to Babies 1pm to 2.30pm	Weekly	Group for parents to be and for parents and carers of children up to 12months old		Bar Hill venue to be confirmed

Thursday				
Little Learners 9.30am to 11.30am	Weekly	Universal drop in for 0-5yrs and their carers	[£]	Papworth Centre
Stay and Play 0-5 year olds (time and start date to be confirmed)	Weekly	Universal drop in for 0-5yrs and their carers	[£]	Community Wing at Pathfinder School, Northstowe, CB24 3DS
Ready Steady Play 10am to 11am	Weekly	A focus on dance as well as fun and play		Cottenham Community Centre

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

Friday				
Cottenham Baby Café 12pm to 2pm	Weekly	A drop-in for all pregnant and new parents who would like breastfeeding support		Cottenham Baptist Church

Saturday				
Rising Stars 10am to 1pm	1 st Saturday of every month	Group for families where one or more children 0-8years have additional needs		Waterbeach Child and Family Zone
Dad's Play 10.30am to 11.30am	1 st Saturday of every month	Dad's, Grandfathers and Uncles are all welcome		Histon Early Years Centre

Coming Soon				
Raising Teens		Parenting programme for parents of teenagers.	[B]	Melbourn Child and Family Zone
Stepping Stones		Parenting course for families with additional needs children	[B]	Bar Hill or Northstowe
Thursday Parenting workshops		Range of topics including Understanding challenging behaviour, Screen time battles and Effective discipline	[B]	Various locations

Contact Us				
<u>Cambourne Child and Family Centre</u> 01954 284672				
<u>South Cambridgeshire District Team</u> Phone number – 01954 286012 Email address – districtearlyhelpteam.southcamb@cambridgeshire.gov.uk				

Addresses

Bar Hill Primary School, Gladeside, Bar Hill, CB23 6DY

Bassingbourn Centre, Brook Road, Bassingbourn, Royston, SG8 5NP

Caldecote School, Highfields road, Caldecote CB23 7NX

Cambourne Child and Family Centre, Sackville House, Sackville Way, Great Cambourne, CB23 6HL

Cambourne Library, Sackville House, Sackville Way, Great Cambourne, CB23 6HL

Cambourne Old Blue School, Eastgate, Cambourne CB23 6DZ

Cambourne Village College, Sheepfold Lane, Cambourne, CB23 6FR

Community Wing at Pathfinder School, Pathfinder Way, Northstowe, CB24 3DS

Cottenham Baptist Church, 156 - 158 High Street, Cottenham CB24 8RX

Cottenham Community Centre, 250A High Street, Cottenham CB24 8RZ

Fulbourn Centre, Home End, Fulbourn, Cambridge CB21 5BS

Gamlingay Eco Hub, Stocks Lane, Gamlingay, SG19 3JR

Histon Early Years Centre, New School Road, Histon CB24 9LL

Linton Cathodeon Centre, Horseheath Road, Linton, Cambridge, CB21 4LU

Linton Health Centre, Coles Lane, Linton, Cambs CB21 4JS

Melbourn Child and Family Zone, Mortlock Street, Melbourn SG8 6DB

Melbourn Health Clinic, Orchard Road, Melbourn SG8 6HH

Papworth Centre, Pendragon Primary School, CB23 3XQ

Sawston Child and Family Zone, The Bellbird Primary School, Link Road, Sawston, CB22 3GB

Sawston Health Centre, London Road, Sawston CB22 3HU

Sawston Library, New Road, Sawston, CB22 3BP

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

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).

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 led, or volunteer led. 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-led others run by or supported by professionals from Health or Child and Family Centres.

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

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

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

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

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

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 01954 286012.

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

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 South Cambridgeshire District Team on 01954 286012.