



**CAMBRIDGE CITY
FAMILY HUB NETWORK**

WHAT'S ON

October 2026



Welcome to our Cambridge City Family Hub Network
We aim to provide families of all abilities, identities and cultures with the support and information they need to help them give children the best start in life. We aim to ensure our hubs and networks sites are friendly and welcoming places for all.
There is no charge for our services.

Things you need to know...

Privacy Notice

The Family Hub Network holds information about the families and individuals we support for the purposes of monitoring, evaluation and future planning of the Family Hub Network'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)

Booking

Booking is essential for our sessions and spaces are limited. All booking is done on our online booking system which you can access via the link or QR code below:

<https://bookwhen.com/cambscityfhs>



In October we will be thinking about

**Black History Month:
1 - 31 October**



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

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.

Monday				
Mini Explorers 10am – 11.30am 	Weekly	Outdoor sessions in our local area, for all ages. Please bring a snack and dress for the weather! <i>05 October – Mindfulness session at Bramblefields (please meet at Best Start Family Network Site - Chesterton)</i> <i>12 October – Black History Month Celebration</i> <i>19 October – Potions!</i> <i>26 October – Outdoor sports session at Green end road park (please meet at Best Start Family Network Site - Chesterton)</i>	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.
Tiniest Feet 10am – 11.30am	Weekly	For parents-to-be and parents with pre-walking babies. Meet other parents and access support and advice from the Family Hub Network team. <i>05 October - Join us for activities based on #4 – Make your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> <i>19 October – Sensory session.</i>	B	Best Start Family Hub - Cambridge Please book your place using the QR code on page 2.
Mondays Together 10am - 12.30pm (children up to 4yrs) 1pm – 3pm (up to 1 year old)	Weekly	Group run by Kings Hedges Family Support Project. 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.		Best Start Family Network Site – The Fields
Rhyme Time @ Clay Farm Centre Toddler: 10am - 10.30am Baby: 11am - 11.30am	Weekly (Term Time Only)	No booking required. Library and café open 9.30am to 12pm.		Clay Farm Centre
Developing mealtime routines 12.30pm – 2.30pm	05 October	Learn practical strategies for developing positive mealtime routines, helping children enjoy family meals and making mealtimes calmer and more enjoyable for everyone. Children cannot attend the workshops.	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.
Managing Outings 12.30pm – 2.30pm	12 October	Learn practical strategies for making outings easier and more enjoyable, helping children manage expectations, follow routines and behave positively when out and about. Children cannot attend the workshops.	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.

Monday continued				
Stay and Play 4pm – 5.30pm	Weekly	A twilight Stay and Play session for children aged 0 – 10 years.	B	Best Start Family Hub - Cambridge Please book your place using the QR code on page 2.

Tuesday				
Developing mealtime routines 9.45am – 11.45am	06 October	Learn practical strategies for developing positive mealtime routines, helping children enjoy family meals and making mealtimes calmer and more enjoyable for everyone. Children cannot attend the workshops.	B	Best Start Family Network Site – The Fields Please book your place using the QR code on page 2.
Managing Outings 9.45am – 11.45am	13 October	Learn practical strategies for making outings easier and more enjoyable, helping children manage expectations, follow routines and behave positively when out and about. Children cannot attend the workshops.	B	Best Start Family Network Site – The Fields Please book your place using the QR code on page 2.
Tiniest Rainbows 9.45am – 10.30am	13 & 27 October	Come and enjoy songs and rhymes in a sensory environment with your little one's age 0-12 months.	B	Best Start Family Hub - Cambridge Please book your place using the QR code on page 2.
Stay and Play 10am – 11.30am	Weekly <i>No session – 20 October</i>	Stay and Play session for children aged 0 – 5 years. <i>13 October - Join us for activities based on #10 – Sharing Books, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site - Fawcett Please book your place using the QR code on page 2.
Toy Library 10am – 12pm	Monthly - 13 October	Come along and play with our wide selection of toys, which you can borrow for up to a month. Contact us for more information.		Brown's Field Youth and Community Centre, Green End Road, CB4 1RU
Tiniest Feet 10am – 11.30am 	Weekly <i>No session – 20 October</i>	For parents-to-be and parents with pre-walking babies. Meet other parents and access support and advice from the Child and Family Centre team. <i>14 October - Join us for activities based on #4 – Make your Mark, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.

Tuesday continued

Sing a Rainbow 1.30pm – 3pm	13 & 27 October	Sing, 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>	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.
---------------------------------------	--------------------	---	---	--

Wednesday

Wobblers to Walkers 10am – 11.30am 	Weekly No session – 21 October	For mobile babies up to 3 years old, focusing on activities that encourage physical development. <i>14 October - Join us for activities based on #11 – Making connections, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Hub – Cambridge Please book your place using the QR code on page 2.
Sensory Babies 10am – 11.30am	14 October	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.	B	Best Start Family Network Site - Fawcett Please book your place using the QR code on page 2.
La Leche Breastfeeding Drop In 10am – 12pm	14 October	Breastfeeding support and guidance from Le Leche No booking required		Best Start Family Network Site – The Fields
Rhymetime 10.30am – 11.15am	14 October	Join us for a selection of animal themed songs and rhymes. No need to know the words or even the tune, just bring along your children and have fun! Aimed at infants from birth to 18 months, but everyone is welcome.		Cherry Hinton Library
Bookstart Stay and Play 10.30am – 11.30am	28 October	Join us for a fun Storytime Stay and Play session at Central Library for children aged 0– 5. Enjoy stories and playful activities that support early learning, with a friendly space for parents and carers too. This month's story is <i>We're going on a Bear Hunt</i> .		Every Space Community Hub, Third Floor, Central Library, 7 Lion Yard, CB2 3QD
Peer SEND Support Group 1pm – 2.30pm	14 October	An opportunity to meet other parents with children with emerging or diagnosed needs, share knowledge, information, ideas and network. Hosted by the Family Network Hub. Children under 5 years welcome.		Best Start Family Hub – Cambridge
Stay and Play 1.30pm – 3pm 	Weekly No session – 21 October	Stay and Play session for children aged 0 – 5 years. <i>14 October - Join us for activities based on #9 – Mini Beast bug hunt, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site - Chesterton Please book your place using the QR code on page 2.

B = Booking Required, R = Invite Only

Wednesday continued

Toddler Potty Training Workshop 7pm – 8pm	07 October	A practical workshop on potty training your toddler. For parents/carers of toddlers over the age of 1.	B	Online – Teams Please book your place using the QR code on page 2.
---	------------	--	---	---

Thursday

Story Time 10.30am - 11.15am	Weekly	Stories, rhymes and Toys, with Child and Family Centre and Library staff. For ages 0 to 5 years. <i>29 October – Room on the Broom.</i>		Arbury Court Library
Stay and Play 10am – 11.30am 	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years. <i>15 October - Join us for activities based on #48 Natural Art, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site – Bewick Bridge Please book your place using the QR code on page 2.
Pop-up Stay and Play 10am – 11.30am	29 October	Stay and Play session for children aged 0 – 5 years.	B	Best Start Family Network Site – The Fields Please book your place using the QR code on page 2.
Wobblers to Walkers 10am – 11.30am 	Weekly	For mobile babies up to 3 years old, focusing on activities that encourage physical development. <i>22 October - Join us for activities based on #11 – Making Connections of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site - Fawcett Please book your place using the QR code on page 2.
Growing Together: SEND Parenting Workshop – Positive Parenting for children with a disability 12.30pm – 2.30pm	08 October	An informal seminar-style session focused on positive parenting for children with a disability. For any parents of children aged up to 12 years with a special education need (diagnosed or not) Children cannot attend the workshops.	B	Best Start Family Network Site – Fawcett Please book your place using the QR code below: 

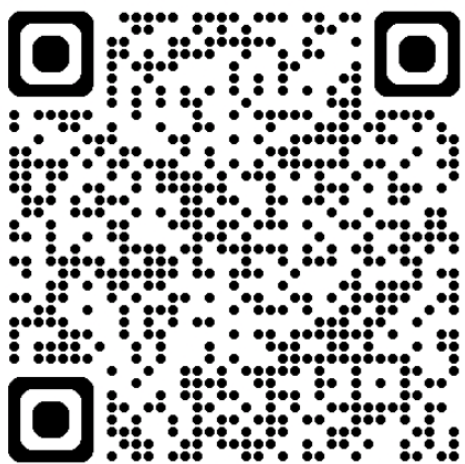
Thursday continued				
Growing Together: SEND Parenting Workshop – Helping your child reach their potential 12.30pm – 2.30pm	15 October	An informal seminar-style session focused on helping your child reach their potential. For any parents of children aged up to 12 years with a special education need (diagnosed or not) Children cannot attend the workshops.	B	Best Start Family Network Site – Fawcett Please book your place using the QR code below: 
Growing Together: SEND Parenting Workshop – Changing problem behaviour into positive behaviour 12.30pm – 2.30pm	22 October	An informal seminar-style session focused on changing problem behaviour into positive behaviour. For any parents of children aged up to 12 years with a special education need (diagnosed or not) Children cannot attend the workshops.	B	Best Start Family Network Site - Fawcett Please book your place using the QR code below: 
Stay and Play 1.30pm – 3pm 	Weekly	A Stay and Play session for children aged 0 – 5 years <i>08 October – Join us for activities based on #13 –Home from Home, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> <i>15 October – Join us for activities based on #37 –Postie, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> <i>29 October – Spooky session</i>	B	Best Start Family Hub – Cambridge Please book your place using the QR code on page 2.
Storytime 3.30pm - 4.30pm	Weekly	Stories, rhymes and crafts with Child and Family Centre staff. For ages 18 months plus. <i>08 October – Alison Giles from the Whipple Science Museum will be bringing knowledge and activities all about Microscopes.</i> <i>29 October – Room on the Broom.</i>		Milton Road Library
Toddler Potty Training Workshop 8pm – 9pm	08 October	A practical workshop on potty training your toddler. For parents/carers of toddlers over the age of 1.	B	Online – Teams Please book your place using the QR code on page 2.

Friday				
Five to Thrive Friday Posted at 10am	Weekly	The things you do every day that help your child's growing brain'. We will be sharing activity ideas to help you use Five to Thrive 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.		Posted on Facebook
Clothing Bank 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.		Best Start Family Network Site – The Fields
Sensory Babies 10am – 11.30am	30 October	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.	B	Best Start Family Network Site – Chesterton Please book your place using the QR code on page 2.
Stay and Play 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>16 October – Join us for activities based on #15 – Dressing Up, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Best Start Family Network Site – The Fields Please book your place using the QR code on page 2.

Saturday				
Something on a Saturday 9.30am – 11.30am	31 October	Stay and play session for parents who are unable to attend weekday groups with children. Suitable for children from birth to 10 years.	B	Best Start Family Hub – Cambridge Please book your place using the QR code on page 2.
Grove Swimming Session 1: 10am - 11am Session 2: 11am – 12pm	Weekly - term time only	Open swim. £3 per adult, £1.50 per child, Concessions are available, ask Centre Staff for details. Booking required via the Child & Family Centre. Maximum of 2 children per adult. Pay by cash on day.	B	Grove Community Primary School

Cambridge City Family Hub Network Online Booking System

Scan Me



Scan the
QR code
to book

Scan the QR code or use
the link below to access
our Bookwhen page to
book on to our sessions.

[https://bookwhen.com/
cambscityfhs](https://bookwhen.com/cambscityfhs)

Sessions are bookable
14 days in advance.

Please speak to a
member of staff if you
need any support



PARENTING DISCUSSION GROUPS

Parenting Discussion Groups are a series of small-group workshops offering parents and carers practical, flexible strategies for everyday parenting.

Each two-hour session introduces positive parenting principles while recognising children's individual needs, and covers topics such as cooperation, routines, managing behaviour, and emotional expression. Families can attend sessions most relevant to them, with the groups particularly suited to those seeking guidance, reassurance, or new approaches to manageable day-to-day challenges



Developing mealtime routines

Monday 05 October, 12.30pm - 2.30pm

Best Start Family Network Site - Chesterton, CB4 1TF

Managing Outings

Monday 12 October, 12.30pm - 2.30pm

Best Start Family Network Site - Chesterton, CB4 1TF



Developing mealtime routines

Tuesday 06 October, 9.45am - 11.45am

Best Start Family Network Site - The Fields, CB5 8ND

Managing Outings

Tuesday 13 October, 9.45am - 11.45am

Best Start Family Network Site - The Fields, CB5 8ND



These sessions are suitable for parents of children up to 12 years of age.

Children can not attend the workshops.

Booking is essential. Please scan the QR Code above to book

For more information please call 01223 728118

	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.
<i>50 Things to do Before You're 5</i> 	'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.
	Five to Thrive '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 already have around the house!
<i>Breastfeeding Support</i>	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
<i>Midwifery clinics – by appointment only</i>	Emerald Team – 01223 586787 Eden Team – 01223 739376
<i>Are you concerned about the safety of a child?</i>	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.
<i>Support for young people</i>	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

Opening Times

Best Start Family Hub - Cambridge, Campkin Road, Cambridge, CB4 2LD <i>Monday: 9.30am - 2.30pm</i> <i>Tuesday: 9.30am - 2.30pm</i> <i>Wednesday: 9.30am - 4pm</i> <i>Thursday: 9.30am - 2.30pm</i> <i>Friday: 9.30am - 2.30pm</i>	Best Start Family Network Site – The Fields, Galfrid Road, Cambridge, CB5 8ND <i>Monday – Friday</i> <i>9am - 4pm</i>
Best Start Family Network Site - Chesterton, Shirley Community Primary School, Nuffield Road, Cambridge, CB4 1TF <i>Monday: 9.30am - 4pm</i> <i>Tuesday: 1pm - 4pm</i> <i>Wednesday: 9.30pm - 4pm</i>	Best Start Family Network Site - Fawcett, Fawcett Primary School, Alpha Terrace, Trumpington, CB2 9FS <i>Tuesdays & Thursday</i> <i>9am - 12pm</i>
Best Start Family Network Site – Bewick Bridge, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND <i>Thursdays</i> <i>9am - 1.30pm</i>	

Get in Touch
Cambridge City Family Hub Network 01223 728118 Familyhubs.cambridge@cambridgeshire.gov.uk

Like our page on Facebook!



Follow us on Instagram!



Subscribe to us on YouTube!

