



CAMBRIDGE CITY
FAMILY HUB NETWORK

WHAT'S ON

November 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 netowrks sites are friendly and welcoming places for all.

There is no charge for our services.

Cambridgeshire County Council

BEST START IN LIFE | FAMILY HUBS

NHS

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 November we will be thinking about ….

Anti-bullying week 16-20 Nov / Baby Week 14-20 Nov

"Movember" Men's Health Awareness Month







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.

B = Booking Required, R = Invite Only

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! *02 November – Remember, Remember the fifth of November* *09 November – Puppets & Poppy planting to commemorate Remembrance Day on Wednesday 11 November* *16 November – Celebrating Baby Week* *23 November - #7 – Making Music of the 50 things app* *30 November – Signs of Winter at Bramblefields (please meet at* Best Start Family Network Site - Chesterton*)*	B	Best Start 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. *09 November - Join us for activities based on #26 – Splish, Splash, Splosh, of the 50 Things to do before you're 5 app. To find out more log into the app.* *16 November – during our Chat, Play and Read session, children and families will enjoy sensory play, treasure baskets, peek-a-boo and outdoor activities, supporting communication, curiosity and learning through play.*	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 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
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.

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Tuesday				
Tiniest Rainbows 9.45am – 10.30am	10, 17 & 24 November	Come and enjoy songs and rhymes in a sensory environment with your little one's age 0-12 months. *17 November – Over to you! Share your special songs and rhymes*	B	Best Start Family Hub - Cambridge 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. *10 November - 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.*	B	Best Start Network Site - Fawcett Please book your place using the QR code on page 2.
Toy Library 10am – 12pm	Monthly - 10 November	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	**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. *10 November - Join us for activities based on #26 – Splish, Splash, Splosh, of the 50 Things to do before you're 5 app. To find out more log into the app.* *17 November - during our Chat, Play and Read session, children and families will enjoy sensory play, treasure baskets, peek-a-boo and outdoor activities, supporting communication, curiosity and learning through play.*	B	Best Start Network Site - Chesterton Please book your place using the QR code on page 2.
Sing a Rainbow 1.30pm – 3pm	10, 17 & 24 November	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. *1.30pm – 2pm – Free play and catch-up time with assorted instruments.* *2pm – 2.45pm – Circle Time.* *17 November – Over to you! share your special songs and rhymes.*	B	Best Start Network Site - Chesterton Please book your place using the QR code on page 2.

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Wednesday				
Wobblers to Walkers 10am – 11.30am	Weekly *No session*	For mobile babies up to 3 years old, focusing on activities that encourage physical development. *04 November - Join us for activities based on #7 – Making Music, of the 50 Things to do before you're 5 app. To find out more log into the app.* *18 November – Baby week 2026 'The Very Hungry Caterpillar' - A colourful story session, helping families chat, play and read together.*	B	Best Start Family Hub – Cambridge Please book your place using the QR code on page 2.
Sensory Babies 10am – 11.30am	25 November	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 Network Site - Fawcett Please book your place using the QR code on page 2.
La Leche Breastfeeding Drop In 10am – 12pm	11 November	Breastfeeding support and guidance from Le Leche No booking required		Best Start Network Site – The Fields
Rhymetime 10.30am – 11.15am	11 November	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	25 November	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 *Stickman by Julia Donaldson.*		Every Space Community Hub, Third Floor, Central Library, 7 Lion Yard, CB2 3QD
Growing Together: SEND Parenting Workshop – Positive Parenting for children with a disability 12.30pm – 2.30pm	04 November	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 Hub – Cambridge Please book your place using the QR code below:

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Wednesday continued				
Growing Together: SEND Parenting Workshop – Helping your child reach their potential 12.30pm – 2.30pm	11 November	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 Hub – Cambridge Please book your place using the QR code below:
Growing Together: SEND Parenting Workshop – Changing problem behaviour into positive behaviour 12.30pm – 2.30pm	18 November	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 Hub – Cambridge Please book your place using the QR code below:
Peer SEND Support Group 1pm – 2.30pm	11 November	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
Introducing Family Foods 1pm – 2pm	18 November	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months.		Best Start Network Site - Chesterton Please book your place using the QR code on page 2.
Stay and Play 1.30pm – 3pm	Weekly	Stay and Play session for children aged 0 – 5 years. *18 November – Over to you! Let's share your favourite story!*	B	Best Start Network Site - Chesterton Please book your place using the QR code on page 2.
Managing toddler tantrums Workshop 7pm – 8pm	04 November	A practical workshop on Managing toddler tantrums. 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. *05 November- Firework stories* *19 November – Chat, Read and Play with Me – stories and rhymes all about babies to highlight Baby Week, 14-20 November 2026.*		Arbury Court Library

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Thursday continued				
Stay and Play 10am – 11.30am	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years. *12 November - Join us for activities based on #42- The rough and the smooth, of the 50 Things to do before you're 5 app. To find out more log into the app.*	B	Best Start Network Site – Bewick Bridge 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. *05 November - Join us for activities based on #7 – Making music of the 50 Things to do before you're 5 app. To find out more log into the app.* *19 November – Baby week 2026 'The Very Hungry Caterpillar' - A colourful story session, helping families chat, play and read together.*	B	Best Start Network Site - Fawcett Please book your place using the QR code on page 2.
Stay and Play 1.30pm – 3pm	Weekly	A Stay and Play session for children aged 0 – 5 years *12 November – Join us for activities based on #38 – Show and Tell, of the 50 Things to do before you're 5 app. To find out more log into the app.*	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. *05 November – Fireworks stories* *12 November – Alison Giles from the Whipple Science Museum will be bringing knowledge and activities all about Mirrors and Kaleidoscopes.*		Milton Road Library
Managing toddler tantrums Workshop 8pm – 9pm	12 November	A practical workshop on managing toddler tantrums. For parents/carers of toddlers over the age of 1.	B	Online – Teams Please book your place using the QR code on page 2.

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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
Stay and Play 10am - 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. *06 November – Join us for activities based on #7 – Making Music, of the 50 Things to do before you're 5 app. To find out more log into the app.*	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	28 November	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.
Baby Week Launch event 10am – 4pm	14 November	A fun-filled day for babies, parents, carers and families, featuring: Story sessions Baby Sing and Sign Baby Storytime Baby Signing Baby Rave Meet local services and partners including Libraries, Family Hubs, Health Visiting, Family Information Service, Fitzwilliam Museum and more. Plus, take part in Baby Week Bingo for a chance to win a hamper of goodies! Come along, have fun and discover the support, activities and opportunities available for families with babies across Cambridgeshire. Booking not required. *Suitable for babies up to 2 years old, siblings up to age 4 welcome.*		Best Start Network Site – The Fields

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Baby Week 2026 Launch Event Cambridgeshire

Best Start Family Hub Network site - Fields
Galfrid Road, Cambridge, CB5 8ND
Saturday 14 November, 10:00 - 16:00

We have some wonderful activities planned throughout the day, including;

- Baby Sing and Sign
- Baby Storytime
- Story with Tori

And back by popular demand... BABY RAVE at 15:00.

NO NEED TO BOOK JUST COME ALONG

Meet the following representatives from:

- Healthy Child Service
- Family Hubs
- Fitzwilliam Museum
- Family Information Service
- Maternity Voices
- Libraries
- 50 things to do

Plus, come and play Baby Week Bingo for the chance to win a Hamper of goodies.

Scan the QR code for a full list of events during baby week in Cambridgeshire.

Cambridge City Family Hub Network Online Booking System



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

https://bookwhen.com/cambscityfhs

Sessions are bookable 14 days in advance.

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

Scan the QR code to book

BEST START IN LIFE | FAMILY HUBS

	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.
50 Things to do Before You're 5	**'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 *50 Things to Do* 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 *Five to Thrive* in your everyday routine with your baby. The ideas are very simple and can be recreated using items you already have around the house!

Breastfeeding Support	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
Midwifery clinics – by appointment only	Emerald Team – 01223 586787 Eden Team – 01223 739376
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.
Support for young people	**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

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Opening Times

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

Get in Touch

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

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Follow us on Instagram!

Subscribe to us on YouTube!

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