



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

August 2025

Welcome to our Child & Family Centres.

We aim to provide families of all abilities, identities and cultures with the support and information they need and to ensure our centres and zones are friendly and welcoming places for all. There is a small charge for some groups, but please let us know if payment may be difficult.

Things you need to know...

Charging

Some groups have a charge of £2 per family, per session, although families on a low income will be eligible for free entry. Please pay in cash on the day.

Charges for childminders - £2 per childminder and own family plus £1 for any minded child or £1 per childminder if not bringing own family members plus £1 for any minded child.

Privacy Notice

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 (search Privacy Notice)

Booking

Booking is essential for some session and spaces are limited.

Please call 01223 728118 or email childandfamilycentre.city@cambridgeshire.gov.uk or message us on Facebook

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.

Have Your Say about
Cambridgeshire Child and Family
Centre Services



In August we will be thinking about

1st - 7th August : World Breastfeeding Week
and



6th August : National Play Day



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



Monday


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|---|--------|--|--------|--|
| 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. <i>11 August - Join us for activities based on #1 – Getting to know You, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | North Cambridge Child and Family Centre |
| Mini Movers 10am – 11.30am  | Weekly | For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>11 August - Join us for activities based on #20 – Mini Artists, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | Fawcett Child and Family Zone |
| Mini Explorers 10.30am – 12pm | Weekly | Outdoor sessions at Bramblefields Nature Reserve for all ages. Please bring a snack and dress for the weather! <i>04 August – Shark in the Park at Green End Road Rec (CB4 1RS)</i> <i>11 August – The Tiger who came to Tea</i> <i>18 August – 'If Only' story bag session</i> To book, please call, 01223 728118 or email us. | B £ | Meet at Chesterton Child and Family Centre |
| 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 <i>For local CB5 families only due to space restriction.</i> 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. | R | The Fields Child and Family Centre |

Tuesday

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|---|----------------|--|--------|---|
| Tiniest Rainbows 9.45am – 10.30am | 19 & 26 August | Come and enjoy songs and rhymes in a sensory environment with your little one's age 0-12 months. To book, please call, 01223 728118 or email us. | B £ | North Cambridge Child and Family Centre |
| Clothing Swap 10.30am – 11.30am | 19 & 26 August | 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. <i>We are not taking any donations at the moment.</i> No booking required. | | North Cambridge Child and Family Centre |
| Stay and Play 10am – 11.30am | Weekly | Stay and Play session for children aged 0 – 5 years. <i>12 August - Join us for activities based on #20- Mini Artists, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | Fawcett Child and Family Zone |

B = Booking Required, R = Invite Only, £ = Charge applies

Tuesday continued


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|---|------------------------|--|--------|--|
| Toy Library 9.30am - 11.30am | Monthly – 12 August | Come along and play with our wide selection of toys, which you can borrow for up to a month for 50p. Contact us for more information. No booking required. | | Brown's Field Youth and Community Centre, Green End Road, CB4 1RU |
| Tiniest Feet 10.30am – 12pm  | 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. <i>16 August - Join us for activities based on #8 – Bubbles, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | Chesterton Cambridge Child and Family Centre |
| Tiniest Feet Pop-Up 10am – 11.30am | 26 August | 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. To book, please call, 01223 728118 or email us. | B £ | The Fields Child and Family Centre |
| Messy Play & Soft Play Pop-Up 1pm – 4pm | 19 August | Join us for a play session for children under 5 with soft play and messy play activities. To book, please call, 01223 728118 or email us. | B £ | The Fields Child and Family Centre |
| Sing a Rainbow 1.30pm – 2.45pm | 19 August | Sing, sign, 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> To book, please call, 01223 728118 or email us. | B £ | Chesterton Child and Family Centre |
| Sing a Rainbow Pop-Up 1.30pm – 2.45pm | 26 August | Sing, sign, 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> To book, please call, 01223 728118 or email us. | B £ | The Fields Child and Family Centre |

Wednesday


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|--|-----------|--|--------|---|
| Mini Movers 9am – 11am  | Weekly | For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>13 August - Join us for activities based on #1 – Getting to know you, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | North Cambridge Child and Family Centre |
| Wellbeing Walk 10am – 11.30am | 27 August | Outdoor sessions at The Pulley Park for all ages. Please dress for the weather! Please bring a picnic to enjoy on the green space. Meet us at the entrance of Arbury Community Centre, and walk to Pulley Park. To book, please call, 01223 728118 or email us. | B | Meet at Arbury Community Centre (North Cambridge Child and Family Centre) |

B = Booking Required, R = Invite Only, £ = Charge applies

Wednesday continued



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| Sensory Babies 10am – 11.30am | 20 August | 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. To book, please call, 01223 728118 or email us. | B £ | Fawcett Child and Family Zone |
| Introducing Family Foods 1pm – 2pm | 20 August | A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months. To book, please call, 01223 728118 or email us. | B | Fawcett Child and Family Zone |
| Stay and Play 1.30pm – 3pm | 6 & 20 August | Stay and Play session for children aged 0 – 5 years. To book please call, 01223 728118 or email us. | B £ | Chesterton Child and Family Centre |
| Tiniest Feet 2pm – 3.30pm  | 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. <i>13 August - Join us for activities based on #1 – Getting to know You, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | North Cambridge Child and Family Centre |

Thursday

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|---|-----------|--|--------|--|
| Parachute in the Park Pop-up 10am – 11.30am | 07 August | Outdoor sessions at Cherry Hinton Rec, for all ages. Please bring a snack and dress for the weather! To book, please call, 01223 728118 or email us. | B | Meet at the entrance to the park, on Cherry Hinton High Street |
| 50 Things, Making Connections Pop-up 10am – 11.30am | 14 August | Outdoor sessions at Cherry Hinton Rec, for all ages. Please bring a snack and dress for the weather! To book, please call, 01223 728118 or email us. | B | Meet at the entrance to the park, on Cherry Hinton High Street |
| Little Sports Day Pop-up 10am – 11.30am | 21 August | Outdoor sessions at Cherry Hinton Rec, for all ages. Please bring a snack and dress for the weather! To book, please call, 01223 728118 or email us. | B | Meet at the entrance to the park, on Cherry Hinton High Street |
| Birds in the Park Pop-up 10am – 11.30am | 28 August | Outdoor sessions at Cherry Hinton Rec, for all ages. Please bring a snack and dress for the weather! To book, please call, 01223 728118 or email us. | B | Meet at the entrance to the park, on Cherry Hinton High Street |
| Stay and Play 10am – 11.30am | 07 August | Stay and Play session for children aged 0 – 5 years. To book please call, 01223 728118 or email us. | B £ | Chesterton Child and Family Centre |
| Story Time 10.30am - 11.15am | Weekly | Stories and rhymes with Child and Family Centre and Library staff. For ages 18 months to 5 years. No booking required. | | Arbury Court Library |
| Stay and Play 1.30pm – 3pm  | Weekly | A Stay and Play session for children aged 0 – 5 years. <i>14 August - Join us for activities based on #1 – Getting to know you, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | North Cambridge Child and Family Centre |
| Storytime 3.30pm - 4.30pm | Weekly | Stories and rhymes with Child and Family Centre staff. For ages 18 months plus. No booking required. | | Milton Road Library |

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Friday

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| 50 Things Friday Posted at 10am  | Weekly | 50 Things to Do to help every child reach important health, learning and wellbeing milestones/ we will be sharing activities ideas from the <i>50 Things to Do</i> app, you can use in your everyday routine with your children. The ideas are simple and are low or no cost. | | Posted on Facebook |
| Stay and Play 10am - 11.30am  | Weekly | Stay and Play session for children aged 0 – 5 years. <i>08 August - Join us for activities based on #29 – Pitter Patter, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> To book, please call, 01223 728118 or email us. | B £ | The Fields Child and Family Centre |
| 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. <i>We are not taking any donations at the moment.</i> No booking required. | | The Fields Child and Family Centre |
| Green End Road Rec Pop-Up 10am – 11.30am | 08 August | Outdoor sessions at Green End Road Rec for all ages. Please bring a snack and dress for the weather! To book, please call, 01223 728118 or email us. | | Meet at Chesterton Child and Family Centre |
| Sensory Babies 10am – 11.30am | 22 August | 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. To book, please call, 01223 728118 or email us. | B £ | Chesterton Child and Family Centre |
| Rhymetime 11.15am – 12pm | 29 August | Join us for a selection of 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. Children must be accompanied by an adult at all times. No booking required. | | Cherry Hinton Library |

Saturday

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| Something on a Saturday 9.30am – 11.30am | 23 August | Special themed Stay and play session for parents who are unable to attend weekday groups with children. Suitable for children from birth to 10 years. Theme for August – Ready, Steady, Cook! To book, please call or email us. | B £ | North Cambridge Child and Family Centre |
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|  | <p>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.</p> |
| <p><i>50 Things to do Before You're 5</i></p>  | <p>'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.</p> |
|  | <p>Five to Thrive</p> <p>'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!</p> |
| <p><i>Breastfeeding Support</i></p> | <p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p> |
| <p><i>Midwifery clinics – by appointment only</i></p> | <p>Emerald Team – 01223 586787 Eden Team – 01223 739376</p> |
| <p><i>Are you concerned about the safety of a child?</i></p> | <p>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.</p> |
| <p><i>Support for young people</i></p> | <p>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.</p> <p>www.keep-your-head.com</p> |

Opening Times

B = Booking Required, R = Invite Only, £ = Charge applies

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| North Cambridge Child and Family Centre, Campkin Road, Cambridge, CB4 2LD | The Fields Child and Family Centre, Galfrid Road, Cambridge, CB5 8ND |
| Monday: 10am – 4pm Tuesday: 9am – 2.30pm Wednesday: 10am – 1pm Thursday: 10am – 4pm Friday: 10am – 2.30pm | Monday – Friday 9am – 4pm |
| Chesterton Child and Family Centre, Shirley Community Primary School, Nuffield Road, Cambridge, CB4 1TF | Fawcett Child and Family Zone, Fawcett Primary School, Alpha Terrace, Trumpington, CB2 9FS |
| Monday: 10am – 4pm Tuesday: 1pm – 4pm Wednesday: 1pm – 4pm Thursday: 10am – 12.30pm | Tuesdays 9am – 12pm |
| Bewick Bridge Child and Family Zone, Bewick Bridge Community Primary School, Fulbourn Old Drift, CB1 9ND | |
| Thursdays 9am – 1.30pm | |

| Get in Touch | |
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| North Cambridge Child and Family Centre 01223 728118 | The Fields Child and Family Centre 01223 728118 |
| Chesterton Child and Family Centre 01223 728118 | Fawcett Child and Family Zone 01223 728118 |



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