



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

January 2026

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

Have Your Say about
Cambridgeshire Child and Family
Centre Services



In January we will be thinking about

Lunar New Year


National Year of Reading - from 5 January 2026

As the National Year of Reading kicks off, we are here to help you embed reading for pleasure into your core language, practice and leadership priorities through a flexible programme of tools, resources, activities and events.




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				
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>12 January - Join us for activities based on #6 – Rhyme Time 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 Explorers 10.30am - 12.00pm	Weekly	A stay and play style session alternating between messy and sensory weekly, for children under 5 years old. <i>05 January – Sensory</i> <i>12 January – Messy</i> <i>19 January – Sensory</i> <i>26 January – #25 Creative Junk of the 50 Things to do before you're 5 app.</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
Rhyme Time @ Clay Farm Centre Toddler 10am - 10.30am Baby 11am - 11.30am	Weekly – from 12 January 2026 (Term Time Only)	No booking required. Library and café open 9.30am to 12pm.		Clay Farm Centre
Stay and Play 4pm – 6pm	Weekly	A twilight Stay and Play session for children aged 0 – 10 years. To book please call, 01223 728118 or email us.	B £	North Cambridge Child and Family Centre



Tuesday				
Tiniest Rainbows 9.45am – 10.30am	13, 20 & 27 January	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	13, 20 & 27 January	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, still come along and choose up to ten items on your first visit. 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>13 January - Join us for activities based on #14 – See the Stars, 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				
Toy Library 9.30am - 11.30am	Monthly - 13 January	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>13 January - Join us for activities based on #6 – Rhyme Time 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 Child and Family Centre
La Leche Breastfeeding Drop In 12.45 – 2.15pm	13 January	Breastfeeding support and guidance from Le Leche No booking required.		Fawcett Child and Family Zone
Sing a Rainbow 1.30pm – 3pm	13, 20 & 27 January	Sing, 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> To book, please call, 01223 728118 or email us.	B £	Chesterton Child and Family Centre

Wednesday				
Mini Movers 10am – 11.30am 	Weekly	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>21 January - 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 £	North Cambridge Child and Family Centre
Rhymetime 10.30am – 11.15am	14 January	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. No booking required.		Cherry Hinton Library
Bookstart Stay and Play 10.30am – 11.15am	28 January	Join us for a fun and engaging <i>Storytime Stay and Play</i> session at Central Library! For children aged 0 to 5 years, these sessions combine the magic of stories with playful activities to support early learning and development. It's a great opportunity for little ones to explore, play, and make new friends—while parents and carers enjoy a welcoming space too. No booking required.		Every Space Community Hub, Third Floor, Central Library, 7 Lion Yard, CB2 3QD
La Leche Breastfeeding Drop In 12.45 – 2.15pm	21 January	Breastfeeding support and guidance from Le Leche No booking required.		The Fields Child and Family Centre

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Introducing Family Foods 1pm – 2pm	21 January	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	Chesterton Child and Family Centre
Wednesday continued				
Stay and Play 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>21 January - 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> 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>14 January - Join us for activities based on #6 – Rhyme Time 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
Sensory Babies 10am – 11.30am	21 January	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

Thursday				
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. <i>Storytime Prize, 08 January – 05 February. Come and listen to 5 newly published books that we think are perfect for enjoying with children aged 0-5! We'll be reading one of these books a week and families can vote for their favourites. More details each week on Facebook.</i> No booking required.		Arbury Court Library
Stay and Play 10am – 12pm	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years. <i>15 January - 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> To book, please call, 01223 728118 or email us.	B £	Bewick Bridge Child and Family Zone
Mini Movers 10am – 11.30am	Weekly	For mobile babies aged between 1 to 2 years, focusing on activities that encourage physical development. <i>22 January - 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
Stay and Play 1.30pm – 3pm 	Weekly	A Stay and Play session for children aged 0 – 5 years <i>22 January - 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> 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.		Milton Road Library

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		<p><i>Storytime Prize, 08 January – 05 February. Come and listen to 5 newly published books that we think are perfect for enjoying with children aged 0-5! We'll be reading one of these books a week and families can vote for their favourites. More details each week on Facebook.</i></p> <p>No booking required.</p>		
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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. <i>16 January - Join us for activities based on #3 – Treasure Time, 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. No booking required.		The Fields Child and Family Centre
Sensory Babies 10am – 11.30am	16 January	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

Saturday

Something on a Saturday 9.30am – 11.30am	24 January	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. To book, please call or email us.	B £	North Cambridge Child and Family Centre
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

	<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.</p> <p>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.</p> <p>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. www.keep-your-head.com</p>

Opening Times

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

Get in Touch	
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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