



**CAMBRIDGE CITY
CHILD AND FAMILY CENTRE**

WHAT'S ON

September 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. Good news – from 01 May 2026, Child and Family Centre groups will be free of charge for all families to attend.

Things you need to know...

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 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>



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 <i>No session: 28 September</i>	Outdoor sessions in our local area, for all ages. Please bring a snack and dress for the weather! <i>07 September – #25 – Creative Junk, of the 50 Things to do before you're 5 app, at Bramblefields.</i> <i>14 September – Handa's Surprise for National Inclusion week</i> <i>21 September – Signs of Autumn at Bramblefields</i>	B	Chesterton Child and Family Centre Please book your place using the QR code below: 
Tiniest Feet 10am – 11.30am	Weekly <i>No session – 28 September</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>07 September - 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	North Cambridge Child and Family Centre Please book your place using the QR code below: 
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.		The Fields Child and Family Centre
Rhyme Time @ Clay Farm Centre Toddler: 10am - 10.30am Baby: 11am - 11.30am	Weekly (Term Time Only) from 07 September	No booking required. Library and café open 9.30am to 12pm.		Clay Farm Centre
Developing Bedtime Routines 12.30pm – 2.30pm	07 September	Learn how to establish consistent bedtime routines that support healthy sleep habits. Children cannot attend the workshops.	B	Chesterton Child and Family Centre Please book your place using the QR code below: 
Cooperating with instructions 12.30pm – 2.30pm	14 September	Learn practical strategies to encourage your child to listen, cooperate and follow instructions. Children cannot attend the workshops.	B	Chesterton Child and Family Centre Please book your place using the QR code below: 

Monday continued				
Being a positive parent 12.30pm – 2.30pm	21 September	Build confidence, encourage positive behaviour and strengthen your relationship with your child. Children cannot attend the workshops.	B	Chesterton Child and Family Centre Please book your place using the QR code below: 
Expressing feelings without aggression 12.30pm – 2.30pm	28 September	Support your child to express emotions whilst developing positive coping skills. Children cannot attend the workshops.	B	Chesterton Child and Family Centre Please book your place using the QR code below: 
Stay and Play 4pm – 5.30pm	Weekly <i>No session – 28 September</i>	A twilight Stay and Play session for children aged 0 – 10 years.	B	North Cambridge Child and Family Centre Please book your place using the QR code below: 
Toddler Bedtime workshop 7pm – 8pm	21 September	A practical workshop on developing a good bedtime routine for your toddler. For parents/carers of toddlers over the age of 1.	B	Online – Teams Please book your place using the QR code below: 
Toddler Bedtime workshop 8pm – 9pm	07 September	A practical workshop on developing a good bedtime routine for your toddler. For parents/carers of toddlers over the age of 1.	B	Online – Teams Please book your place using the QR code below: 

Tuesday				
Developing Bedtime Routines 9.45am – 11.45am	08 September	Learn how to establish consistent bedtime routines that support healthy sleep habits. Children cannot attend the workshops.	B	The Fields Child and Family Centre Please book your place using the QR code below: 
Cooperating with instructions 9.45am – 11.45am	15 September	Learn practical strategies to encourage your child to listen, cooperate and follow instructions. Children cannot attend the workshops.	B	The Fields Child and Family Centre Please book your place using the QR code below: 
Being a positive parent 9.45am – 11.45am	22 September	Build confidence, encourage positive behaviour, and strengthen your relationship with your child. Children cannot attend the workshops.	B	The Fields Child and Family Centre Please book your place using the QR code below: 
Expressing feelings without aggression 9.45am – 11.45am	29 September	Support your child to express emotions whilst developing positive coping skills. Children cannot attend the workshops.	B	The Fields Child and Family Centre Please book your place using the QR code below: 
Tiniest Rainbows 9.45am – 10.30am	08, 15, 22 September	Come and enjoy songs and rhymes in a sensory environment with your little one's age 0-12 months.	B	North Cambridge Child and Family Centre Please book your place using the QR code below: 
Stay and Play 10am – 11.30am	Weekly	Stay and Play session for children aged 0 – 5 years. <i>15 September - Join us for activities based on #9 – Mini Beasts and Bug Hunting, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Fawcett Child and Family Zone Please book your place using the QR code below: 

B = Booking Required, R = Invite Only

Tuesday continued

Toy Library 10am – 12pm	Monthly - 08 September	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. <i>08 September - 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 Chesterton Child and Family Centre Please book your place using the QR code below: 
Sing a Rainbow 1.30pm – 3pm	08, 15, 22 September	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 Chesterton Child and Family Centre Please book your place using the QR code below: 

Wednesday

Wobblers to Walkers 10am – 11.30am 	Weekly	For mobile babies up to 3 years old, focusing on activities that encourage physical development. <i>16 September - Join us for activities based on #32 – Where have I gone? of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B North Cambridge Child and Family Centre Please book your place using the QR code below: 
Sensory Babies 10am – 11.30am	30 September	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 Fawcett Child and Family Zone Please book your place using the QR code below: 
La Leche Breastfeeding Drop In 10am – 12pm	09 September	Breastfeeding support and guidance from Le Leche No booking required	The Fields Child and Family Centre
Rhymetime 10.30am – 11.15am	09 September	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

B = Booking Required, R = Invite Only

Wednesday continued

Bookstart Stay and Play 10.30am – 11.30am	23 September	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>Shark in the Park</i> .		Every Space Community Hub, Third Floor, Central Library, 7 Lion Yard, CB2 3QD
Introducing Family Foods 1pm – 2pm	09 September	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months.	B	Chesterton Child and Family Centre Please book your place using the QR code below: 
Stay and Play 1.30pm – 3pm 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>23 September - 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	Chesterton Child and Family Centre Please book your place using the QR code below: 

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.		Arbury Court Library
Stay and Play 10am – 11.30am 	Weekly (Term Time Only)	Stay and Play session for children aged 0 – 5 years. <i>17 September - Join us for activities based on #5 – Squidgy Sand, of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Bewick Bridge Child and Family Zone Please book your place using the QR code below: 
Wobblers to Walkers 10am – 11.30am 	Weekly	For mobile babies up to 3 years old, focusing on activities that encourage physical development. <i>17 September - Join us for activities based on #32 – Where have I gone? of the 50 Things to do before you're 5 app. To find out more log into the app.</i>	B	Fawcett Child and Family Zone Please book your place using the QR code below: 

Thursday continued

Stay and Play 1.30pm – 3pm 	Weekly	A Stay and Play session for children aged 0 – 5 years <i>10 September – Join us for activities based on #17 – Hocus Pocus, of the 50 Things to do before you're 5 app. To find out more log into the app.</i> <i>17 September – 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>	B North Cambridge Child and Family Centre Please book your place using the QR code below: 
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Friday continued

Storytime 3.30pm - 4.30pm	Weekly	Stories, rhymes and crafts with Child and Family Centre staff. For ages 18 months plus. <i>17 September – Alison Giles from the Whipple Science Museum will be bringing knowledge and activities all about the human body.</i>	Milton Road Library
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.	The Fields Child and Family Centre
Sensory Babies 10am – 11.30am	18 September	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 Chesterton Child and Family Centre Please book your place using the QR code below: 
Stay and Play 10am - 11.30am 	Weekly	Stay and Play session for children aged 0 – 5 years. <i>18 September – 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 The Fields Child and Family Centre 

Saturday continued

Something on a Saturday 9.30am – 11.30am	26 September	Stay and play session for parents who are unable to attend weekday groups with children. Suitable for children from birth to 10 years.	B	North Cambridge Child and Family Centre Please book your place using the QR code below: 
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






P3 Drop ins

P3 Charity provides

- advice and signposting
- benefits advice
- education and employment advice
- and more

come along for a free session, alongside Stay and Play on the following dates:

September

10 Sept, 1pm - 2.30pm
North Cambridge Child and Family Centre

11 Sept 10am - 11.30am
The Fields Child and Family Centre

23 Sept, 1.30pm - 3pm
Chesterton Child and Family Centre

October

08 Oct, 1pm - 2.30pm
North Cambridge Child and Family Centre

09 Oct, 10am - 11.30am
The Fields Child and Family Centre

28 Oct, 1.30pm - 3pm
Chesterton Child and Family Centre

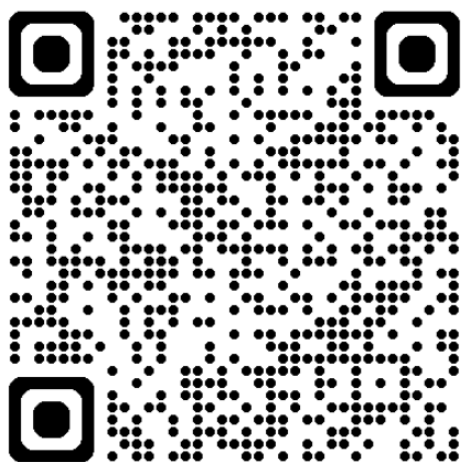
For more information, please contact us:

 01223 728118
 childandfamilycentre.city@cambridgeshire.gov.uk

B = Booking Required, R = Invite Only

Cambridge City Child and Family Centres Online Booking System

Scan Me



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

QR code
live from
24 August

	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

North Cambridge Child and Family Centre, Campkin Road, Cambridge, CB4 2LD	The Fields Child and Family Centre, 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
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	
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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