



## SOUTH CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**MAY 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 the 1st May 2026 Child and Family Centre groups will be free of charge for all families to attend



B = Booking Required

£ = There is a charge for this session

## Things you need to know...

### Charging

Good news – from the 1st May 2026 Child and Family Centre groups will be free of charge for all families to attend

Booking is essential for some sessions and spaces are limited.

Please call 01954 284 672 or email [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)

### 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](http://www.cambridgeshire.gov.uk) (search Privacy Notice)

### Addresses

<b>Cambourne Child and Family Centre</b>	Sackville House, Sackville Way, Cambourne, CB23 6HL
<b>Cambourne Blue School</b>	Eastgate, Great Cambourne, CB23 6DZ
<b>Linton Cathodeon Centre</b>	Horseheath Road, Linton, CB21 4LU
<b>Melbourn Child and Family Zone</b>	Mortlock Street, Melbourn, SG8 6DB
<b>Northstowe Child and Family Zone</b>	The Unity Centre, Pathfinder Way, Northstowe, CB24 1FD
<b>Sawston Child and Family Zone</b>	Sawston Community Hub, New Road, Sawston, CB22 3BP
<b>Waterbeach Child and Family Zone</b>	High Street, Waterbeach, CB25 9JU

**If you would like to be kept up to date about our activities by email, please ask to join our mailing list**

In May we will be thinking about ....

**Maternal Mental Health Awareness Week**

**Deaf Awareness Week**

**Mental Health Awareness Week**



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

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**Monday***No groups on the 4<sup>th</sup> or 25<sup>th</sup> May*

<b>Mini Movers</b> 10.00 – 11.30am	Weekly	Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Linton Cathodeon Centre
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	<b>NEW VENUE</b> Play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development. Learn about your child's development and enjoy time together. Self-weigh facilities available. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Northstowe Child and Family Zone, The Unity Centre
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	Weekly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>Wiggle and Giggle Baby Group</b> 10.00 – 11.30am	Weekly	Come and join our Wiggle & Giggle Baby Group for parents with children aged 0 to 2 years. This is a musical session where we will explore songs and rhymes through music and movement. To book, please email us, phone us on 01954 284 672 or message on Facebook.	B	Waterbeach Child and Family Zone
<b>Multiple Births</b> 1.00 – 2.30pm	11 May	Monthly stay and play session for parents and carers of twins, triplets or more! Suitable from birth to 5 years, meet other parents and access support. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>SEND Peer Support Drop In</b> 1.00 – 2.30pm	18 May	An opportunity to meet other parents with children with emerging or diagnosed needs, share knowledge, information, ideas and network. Hosted by the Child & Family Centre. Children under 5 years welcome. To book, please email us, phone us on 01954 284 672, or message us through Facebook.		Cambourne Child and Family Centre

**Tuesday**

<b>Baby Group</b> 10.00 – 11.30am & 1.00 – 2.30pm	Weekly	Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For babies up to 1 year. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Sawston Child and Family Zone
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## Tuesday continued

<b>Stay and Play: 50 Things.</b> 10.00 – 11.30am	Weekly	<b><u>NEW VENUE</u></b> A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Northstowe Child and Family Zone, The Unity Centre
<b>International Group</b> 10.00 – 11.30am	Weekly	Stay and play session for parents and children aged 0-5. Specifically welcoming families from diverse international backgrounds, supporting those seeking connections with other international families in a welcoming and inclusive environment. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>Sensory Babies</b> 1.00 – 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>Baby Group</b> 1.00 – 2.30pm	Weekly	<b><u>NEW VENUE</u></b> Meet other parents and parents-to-be and access support and advice from the Child and Family Centre team. For babies up to 1 year. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Northstowe Child and Family Zone, the Unity Centre
<b>Child &amp; Family Centre Advice Drop In</b> 1.00 – 2.30pm	Weekly	Come along and chat to one of our experienced Child & Family Centre Workers who can offer advice on positive parenting strategies, managing children's behaviour, routines & boundaries, childcare and much more.		Cambourne Child and Family Centre
<b>Self-Weigh</b> 1.00 – 2.30pm	Weekly	<b><u>NEW VENUE</u></b> Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Northstowe Child and Family Zone, The Unity Centre

## INTRODUCTION TO FAMILY FOODS WORKSHOP

A workshop to find out more about how to introduce your baby to your family foods.

**Wednesday 13th May**  
**1:30 - 2:30pm**

**Cambourne Library**  
Sackville House, Cambourne  
CB23 6HL

**Contact us to book** on 01954 284 672, via Facebook, or email [childandfamilycentre.south@cambridgeshire.gov.uk](mailto:childandfamilycentre.south@cambridgeshire.gov.uk)



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Wednesday				
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're Five app. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Sawston Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Waterbeach Child and Family Zone
<b>Story with Tori</b> 10.00 – 10.45am	Weekly	Join us in Cambourne's newly refurbished library for a weekly storytime session led by our Child and Family Centre Worker Tori. Suitable for children aged 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Library
<b>Introducing Family Foods</b> 1.30 – 2.30pm	13 May	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 email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Library
<b>Mindful Mums with CPSL Mind</b> 1.00 – 2.30	06 May	Supporting Mums with children up to 2 years of age, the groups focus on Mum's sharing wellbeing skills and keeping connected for friendship and support. No booking required. For more information please email <a href="mailto:perinatalservices@cpslmind.org.uk">perinatalservices@cpslmind.org.uk</a>		Cambourne Library
<b>Young Parents Group</b> 1.00– 2.30pm	Weekly	Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Self-weigh facilities available. To book, please email, phone us on 01954 284 672, or message through Facebook.	B	Cambourne Child and Family Centre
<b>Sawston Buggy Walk</b> 1.00 – 2.30pm	6 May	Promoting May Maternal Mental Health Week, we invite you to join us for a nature scavenger hunt, on a wellness wander. Suitable for those bringing toddlers and babies in carriers and buggies. Please bring a snack and a picnic blanket. Meet at 1pm outside the Sawston Child and Family Zone.	B	Sawston Child and Family Zone
<b>Self Weigh</b> 1.00 – 2.30pm	20 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone
<b>Self- Weigh</b> 1.00 – 2.30pm	13 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone
<b>Ready, Steady School Stay &amp; Play</b> 10.00 – 11.30am	Weekly	<b><u>NEW GROUP &amp; VENUE</u></b> A Stay and Play session with a focus on school readiness for children over the age of 2.5 years. Come along and learn how to support your child to be school ready through our interactive sessions which focus on literacy, maths and independent skills needed to reach a good level of development by the end of the reception year. To book, please email, phone us on 01954 284 672, or message through Facebook.		Northstowe Child and Family Zone, The Unity Centre

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Thursday				
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. Includes self-weigh facilities. Activities based on the 50 Things to do before you're five app. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Melbourn Child and Family Zone
<b>Ready, Steady, School. Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay & Play style group with a focus on school readiness for children over the age of 2.5 years. Come along and learn how to support your child to be school ready through our fun and interactive sessions which focus on literacy, maths and the independent skills needed to reach good levels of development by the end of the reception year.	B	Waterbeach Child and Family Zone
<b>Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Linton Cathodeon Centre
<b>The Toy Library</b> 10.00 - Midday	14 May 28 May	The Toy Library is run by volunteers with support of the Child and Family Centre. Come along and see what toys are available for you to borrow for your children under 5.		Blue School, Cambourne
<b>Clothes Bank</b> 10.00 – 11.30	07 May 21 May	An opportunity to get free clothes for your children. Just turn up and pick what you need! P3 charity offer housing and financial advice at the session on the 1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays of each month.		Blue School, Cambourne
<b>Cambourne Breastfeeding Friends</b> 12.30 – 2.30pm	Weekly	We are a friendly breastfeeding support group. Please drop in for information, support, refreshments and to meet other new parents. Supported by the Cambridge Breastfeeding Alliance.		Cambourne Child and Family Centre
<b>Self-Weigh</b> 1.00 – 2.30pm	28 May	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone
<b>Baby Group</b> 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For babies up to 1 year. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Melbourn Child and Family Zone
<b>Baby Group</b> 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For babies up to 1 year. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Linton Cathodeon Centre
<b>Baby Group</b> 1.00– 2.30pm	Weekly	Meet other parents and parents-to-be. Access support and advice from the Child and Family Centre team. For babies up to 1 year. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Waterbeach Child and Family Zone

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## Thursday continued

<b>Little Explorers</b> 1.30– 2.30pm	Weekly	Play and explore the outdoors with a weekly woodland wander and fun engaging activities for children up to 5 years of age. We will meet whatever the weather - Please come prepared for the conditions on the day (suncream/waterproof clothing/hat) To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Oaks Wood Car Park, Cambourne CB23 5DQ
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## Friday




<b>Stay and Play</b> 10.00 – 11.30am	Weekly	A Stay and Play session for children from 0-5 years. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>Mini Movers</b> 10.00 – 11.30am	Weekly	Weekly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Sawston Child and Family Zone
<b>Sensory Babies</b> 1.00 – 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
<b>Sawston Young Parents Group</b> 1.00 – 2.30pm	Weekly	Come along and meet our friendly team at Sawston Child & Family Centre, this is a Stay & Play group for parents under the age of 25 to play and have fun with your baby/children. We are hosting a welcome event where you can meet other young parents and let us know what you want from the group.	B	Sawston Child and Family Zone
<b>Self- Weigh</b> 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Cambourne Child and Family Centre

## Saturday

<b>Dads' Group</b> 10.00 – 11.30am	09 May	A Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities. To book, please email us, phone us on 01954 284 672, or message us through Facebook.	B	Cambourne Child and Family Centre
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 <p><b>Bookstart</b> BookTrust</p>	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact <a href="mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk">ChildAndFamilyCentre.South@cambridgeshire.gov.uk</a> for a chat with one of our staff.</p>
	<p><b>'50 Things to do before you're five'</b> 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 app</i> you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.</p>
	<p><b>Five to Thrive Friday</b> 'The things you do every day that help your child's growing brain'. Each Friday we will be sharing activity ideas on Facebook 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 probably already have around the house!</p>
<p><b>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting: <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<p><b>Are you concerned about the safety of a child?</b></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><b>Support for Young People</b></p>	<p><b>Keep Your Head:</b> 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. <a href="http://www.keep-your-head.com">www.keep-your-head.com</a></p>

# MULTIPLE BIRTH GROUP

Monthly stay and play session for parents and carers of twins, triplets or more!

Suitable from birth to 5 years, meet other parents and access support.



Cambridgeshire  
**Child and Family Centres**

Sackville House  
Cambourne  
CB23 6HL

**Starts**  
13th April  
2026

Second Monday  
of every month  
1:00pm - 2:30pm



Contact us to book

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# SAWSTON BUGGY WALK



Promoting May Maternal Mental Health Week, we invite you to join us for a nature scavenger hunt, on a wellness wander.

Suitable for those bringing toddlers and babies in carriers and buggies. Please bring a snack and a picnic blanket.

Meet at 1pm outside the Sawston Child and Family Zone.



**Please  
contact  
us to  
book**



**Wednesday  
6th May  
1:00 - 2:30pm**

**Sawston Child & Family zone  
Sawston Community Hub  
New Road CB22 3BP**



**[childandfamilycentre.south@cambridgeshire.gov.uk](mailto:childandfamilycentre.south@cambridgeshire.gov.uk)  
01954 284672**

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# CHILD & FAMILY CENTRE ADVICE DROP-IN

**Come along to get  
advice on:**

- Parenting strategies
- Managing children's behaviour
- Routines & boundaries
- Childcare
- Play ideas



## **Cambourne Family Hub**

**(formally Child & Family Centre  
Sackville House, CB23 6HL)**

**1.00 to 2.30pm  
Every Tuesday**



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# READY STEADY SCHOOL STAY & PLAY

Contact  
us to  
Book



**Every  
Wednesday  
10:00 - 11:30am  
(Starts 22<sup>nd</sup> April)**

Northstowe  
Child & Family Zone  
The Unity Centre  
CB24 1FD

**Every  
Thursday  
10:00 - 11:30am  
(Starts 2<sup>nd</sup> April)**

Waterbeach  
Child & Family Zone  
High Street  
CB25 9JU



A Stay & Play style group with a focus on school readiness for children over the age of 2.5 years. Come along and learn how to support your child to be school ready through our fun and interactive sessions which focus on literacy, maths and the independent skills needed to reach good levels of development by the end of the reception year.



**TO BOOK CALL: 01954 284 672  
OR EMAIL: [CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK](mailto:CHILDANDFAMILYCENTRE.SOUTH@CAMBRIDGESHIRE.GOV.UK)**



## Our Opening Times

<b>Cambourne Child and Family Centre</b>	<b>Melbourn Child and Family Zone</b>	<b>Northstowe Child and Family Zone</b>
Monday to Friday 9.00am to 4.00pm	Monday 9.00am to 3.00pm Thursday 9.00am to 3.00pm	Monday 9.30am to 12.00pm Tuesday 9.30am to 2.30pm Wednesday 9.30am to 12.00pm
<b>Sawston Child and Family Zone</b>	<b>Waterbeach Child and Family Zone</b>	
Tuesday, Wednesday and Friday 9.00am to 3.00pm	Monday 9.00am to 12.00pm Wednesday 9.00am to 3.00pm Thursday 9.00am to 3.00pm	

## Contact Us

### Get In Touch

**Phone us:** 01954 284 672

**Email us:** [ChildAndFamilyCentre.South@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.South@cambridgeshire.gov.uk)

**If you would like to stay up to date about our activities by email, please ask to join our mailing list.**

### Midwife Clinics (by appointment only)

Ivy team (Waterbeach area)	01223 596 212	Sienna team (Linton area)	01223 349 314
Rose team (Melbourn area)	01223 349 316	Trinity team (Northstowe area)	01223 348 943

**Health Visiting team:** 0300 029 50 50



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[@childandfamilycentre.south](https://www.instagram.com/childandfamilycentre.south)



Find us on YouTube  
Cambridgeshire Child  
and Family Centres



'Like' our page  
South Cambs Child  
and Family Centres



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