



WHAT'S ON?

South Cambridgeshire

4th September to 18th December 2019

Activity details may change so please follow us on facebook or check with your local Child and Family Centre for latest information.

www.cambridgeshire.gov.uk/child-and-family-centres



Cambridgeshire
County Council



Cambourne Child and Family Centre

Let's Get Physical Mondays 10.00am to 11.00am	Weekly	Encouraging children and parents to be active together with music, songs, parachute play, ball games and other lively activities.	[£]	Old Blue School, Cambourne
Introducing Family Foods Workshop Mondays 10.00am to 11.30am	Workshop	2nd September 16th December Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your baby's developmental journey Booking essential Please call 0300 029 5050	[B]	Cambourne Child and Family Centre
Baby Group Mondays 1.30pm to 3.00pm	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff	[£]	Cambourne Child and Family Centre
Speech and Language Drop-In Tuesdays 9.30am to 11.30am	Monthly	Second Tuesday of each month Parents can take their pre-school children to a drop-in to talk about the child's speech, language and communication and any concerns they may have with a speech and language therapist or assistant.		Monkfield Medical Practice, Cambourne
Bumps, Babies and Buddies (Parents under 25) Tuesdays 10.30am to 12.00pm	Weekly	An exciting NEW group for parents under 25 and their babies/ children. You are welcome to come along from the start of pregnancy until your child goes to school. There will be an opportunity to play with your child, enjoy arts and crafts, chat time, socialising. FREE of charge		Cambourne Child and Family Centre
Multiple Births Group Wednesdays 10.00am to 11.30am	1 st and 3 rd week of each month	Parent led group where you can meet local Parents who have twins or multiple births. This is also an opportunity to play with your Children in a safe, friendly environment.		Cambourne Child and Family Centre
Stay and Play Wednesdays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Old Blue School, Cambourne

International Group Thursdays 10.00am to 11.30am	Weekly	An opportunity to meet other families from different backgrounds and cultures whilst enjoying play and activities with your children. Please bring healthy snack to share. Please note that as International Group will now be supported by the Child & Family Centre there will now be a charge of £2 per family to bring this in line with our other groups.	[£]	Old Blue School, Cambourne
Baby Massage Thursdays 1.00pm to 2.30pm	Course	4 week course starting 26th September Learn techniques to promote bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months £20 charge per family Booking essential Please call 01954 284672	[£] [B]	Cambourne Child and Family Centre
Post-Natal Group Thursdays 1.00pm to 2.30pm	Course	4 week course starting 21st November Is this your first baby? Are you new to the area? Is there a big gap since you had your other children? Meet other families, learn who we are and what we do, sign up for our courses. Topics covered also include: Play & Communication, Safety, and Common Ailments. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Cambourne Child and Family Centre
Toy Library and Play Along Session Thursdays 1.00pm to 2.30pm	Weekly	Choose from a range of toys to extend your child's learning and help them have fun. Group run by volunteers with a chance to borrow toys for children 0-5 years and children can play. 50p charge per family	[£]	Old Blue School, Cambourne
Clothes Swap Thursdays 1.00pm to 2.30pm	1 st week of each month	Bring clean good condition 0-8 years clothing that you would like to swap. You will be awarded points for each item, which can then be exchanged for clothes at the swap sessions		Old Blue School, Cambourne
Paediatric First Aid Thursday 6.00pm to 8.00pm	Workshop	14th November Course covers basic Paediatric First Aid. Topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Cambourne Child and Family Centre

<i>...Cambourne Child and Family Centre continued</i>				
Breastfeeding Support Fridays 10.00am to 11.30am	Weekly	These drop-in support sessions may be professionally or volunteer. They offer practical support with your concerns or questions about breastfeeding, and a chance to meet other mums.		Cambourne Child and Family Centre
Additional Needs Group (Busy Bees) Fridays 10.30am to Midday	Weekly	For children with additional needs. Referral only.	[R]	Old Blue School, Cambourne
Downs Syndrome Support Group Saturdays 9.30am to 12.00pm	1 st week of each month	For families with children 0-16 with Downs Syndrome		Cambourne Child and Family Centre
Dads Play Saturdays 10.00am to 11.30am	3 rd week of each month	For dads and Children up to 8 years old	[£]	Old Blue School, Cambourne
Cambourne Outreach				
Music and Movement Fridays 10.00am to 11.00am	Weekly	Join us for music and movement suitable for under 5's. These sessions are energetic and fun, combining music and dance to get their bodies moving.	[£]	Gamlingay EcoHub

Melbourn Child and Family Zone				
Introducing Family Foods Workshop Monday 10.00am to 11.30am	Workshop	23rd September 25th November Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your baby's developmental journey. Booking essential Please call 0300 029 5050	[B]	Melbourn Community Health Centre
Baby Group Tuesdays 10.00am to 11.30am	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff	[£]	Melbourn Child and Family Zone
Fun for Ones Wednesdays 10.00am to 11.30am	Weekly	A group specifically for crawlers to 24 months. Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff.	[£]	Melbourn Child and Family Zone

Stay and Play Thursdays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Melbourn Child and Family Zone
Baby Massage Thursdays 1.00pm to 2.30pm	Course	4 week course starting 26th September Learn techniques to promote bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months £20 charge per family Booking essential Please call 01954 284672	[£] [B]	Melbourn Child and Family Zone
Paediatric First Aid Thursday 6.00pm to 8.00pm	Workshop	17th October Course covers basic Paediatric First Aid. Topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Melbourn Child and Family Zone
Multiple Births Group Fridays 9.30am to 11.30am	Weekly	Parent led group where you can meet local Parents who have twins or multiple births. This is also an opportunity to play with your Children in a safe, friendly environment.		Melbourn Child and Family Zone
Melbourn Outreach				
Barracks Stay and Play Wednesdays 10.00am to 11.30am	Weekly	For residents of Bassingbourn Barracks only Stay and Play session specifically for Bassingbourn Barracks families Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff		Family Room, Bassingbourn Barracks
Stay and Play Fridays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Bassingbourn Preschool
PTO...				



Search for:
South Cambridgeshire Child and Family Centres

Northstowe Child and Family Zone				
Stay and Play Mondays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Northstowe Community Wing
Baby Group Mondays 1.00pm to 2.30pm	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn to 18 months). This is also a chance to meet new friends and access support from Centre staff	[£]	Northstowe Community Wing
Music and Movement Thursdays 2.00pm to 3.00pm	Weekly	Join us for music and movement suitable for under 5's. These sessions are energetic and fun, combining music and dance to get their bodies moving.	[£]	Northstowe Community Wing
Rising Stars Saturdays 10.00am to 12.00pm	4 th week of each month	A group for families who have a child with diagnosed or undiagnosed additional needs aged 0 to 11 years. The whole family is welcome!		Northstowe Community Wing
Northstowe Outreach				
Introducing Family Foods Workshop Wednesdays 1.30pm to 3.00pm	Workshop	2nd October 4th December Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your babys developmental journey. Booking essential Please call 0300 029 5050	[B]	Bar Hill Tesco (Community Room)

Sawston Child and Family Zone				
Stay and Play Mondays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Sawston Child and Family Zone
Additional Needs Group (Little Stars) Mondays 1.00pm to 2.30pm	Weekly	For children with additional needs. Referral only.	[R]	Sawston Child and Family Zone
Stay and Play Wednesdays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Sawston Child and Family Zone

Speech and Language Drop-In Wednesdays 12.30pm to 2.30pm	Monthly	11th September 9th October 13th November Bring your pre-school children to a drop-in to talk about the child's speech, language and communication and any concerns they may have with a speech and language therapist or assistant.		Sawston Health Centre
Introducing Family Foods Workshop Wednesdays 1.00pm to 2.30pm	Workshop	16th October 4th December Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your baby's developmental journey. Booking essential Please call 0300 029 5050	[B]	Sawston Child and Family Zone
Baby Group Thursdays 10.00am to 11.30am	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff	[£]	Sawston Child and Family Zone
Baby Massage Thursdays 1.00pm to 2.30pm	Course	4 week course starting 26th September Learn techniques to promote bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months £20 charge per family Booking essential Please call 01954 284672	[£] [B]	Sawston Child and Family Zone
Paediatric First Aid Thursday 6.00pm to 8.00pm	Workshop	28th November Course covers basic Paediatric First Aid. Topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Sawston Child and Family Zone
Sawston Outreach				
Story and Rhyme Time Mondays 3.45pm to 4.15pm	Weekly	Starts 16th September Join us for these engaging sessions that are an ideal opportunity to enjoy stories, rhymes and songs with your child whilst meeting other parents and children aged 8 and under		Fulbourn Library
Stay and Play Tuesdays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Linton Cathodeon Centre
PTO...				

...Sawston Outreach continued				
Baby Group Tuesdays 1.00pm to 2.30pm	Weekly	Starting 10th September A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff	[£]	Linton Cathodeon Centre
Introducing Family Foods Workshop Wednesdays 1.00pm to 2.30pm	Workshop	18th September 20th November Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your babys developmental journey. Booking essential Please call 0300 029 5050	[B]	Linton Cathodeon Centre
Baby Massage Thursdays 1.00pm to 2.30pm	Course	4 week course starting 7th November Learn techniques to promote bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months £20 charge per family Booking essential Please call 01954 284672	[£] [B]	Linton Cathodeon Centre
Paediatric First Aid Saturday 9.00am to 11.00am	Workshop	28th September Course covers basic Paediatric First Aid. Topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Linton Cathodeon Centre

Waterbeach Child and Family Zone				
Baby Group Mondays 1.00pm to 2.30pm	Weekly	A welcoming environment to help parents relax and enjoy their baby (newborn until baby is mobile). This is also a chance to meet new friends and access support from Centre staff	[£]	Waterbeach Child and Family Zone
Introducing Family Foods Workshop Tuesdays 10.00am to 11.30am	Workshop	3rd September 5th November Workshop designed to support you in introducing your baby to family meal times and provide you with information about how eating is part of your babys developmental journey. Booking essential Please call 0300 029 5050	[B]	Waterbeach Child and Family Zone

Stay and Play Wednesdays 10.00am to 11.30am	Weekly	Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff	[£]	Waterbeach Child and Family Zone
Baby Massage Wednesdays 1.00pm to 2.30pm	Course	4 week course starting 6th November Learn techniques to promote bonding, stimulation and relaxation. For babies aged 6 weeks to 5 months £20 charge per family Booking essential Please call 01954 284672	[£] [B]	Waterbeach Child and Family Zone
Paediatric First Aid Wednesday 6.00pm to 8.00pm	Workshop	30th October Crèche available Course covers basic Paediatric First Aid. Topics covered are; Child CPR, recovery positions, how to deal with a child who is choking, minor injuries and illnesses. £10 charge per family Booking essential Please call 01954 284672	[£] [B]	Waterbeach Child and Family Zone
Waterbeach Outreach				
Music and Movement Mondays 2.00pm to 3.00pm	Weekly	Starts 9th September An active music and movement session for under 5s -these sessions are energetic and fun, combining music, dance and storytelling to get little bodies moving!	[£]	Cottenham Community Centre
Maple Court Stay and Play Tuesdays 1.30pm to 2.30pm	Weekly	For residents of Maple Court only Stay and Play session specifically for Maple Court families Enjoy time together with your child whilst accessing a range of toys, crafts and activities. This is also a chance for you to meet new friends and access support from Centre staff		Maple Court, Waterbeach
<i>PTO for information about Parenting Courses, Workshops and Health Clinics...</i>				



Search for:
South Cambridgeshire Child and Family Centres

Parenting Courses and Workshops

Booking is essential for all of our Parenting Courses and Workshops.

Please call **01954 284672** or email **ChildAndFamilyCentre.South@cambridgeshire.gov.uk** unless otherwise stated.

Stepping Stones Tuesdays 9.30am to 12.00pm	Parenting Course	9 week course starting 1st October Crèche available Offering parents/carers of children aged 2 to 12 years a supportive, informal environment in which to gain information, knowledge and skills around parenting issues. This programme has a particular focus on children with additional needs/disabilities. Booking essential Please call 01954 286012 or email DistrictEarlyHelpTeam.SouthCams@cambridgeshire.gov.uk	[B]	Old Blue School, Cambourne
Raising Teens Wednesdays 6.30pm to 8.30pm	Parenting Course	10 week course starts 25th September No Crèche Offering parents of children aged 11 to 18 years a supportive, informal environment, in which to gain knowledge and skills around parenting and understanding the different behaviours of your young person. Booking essential Please call 01954 286012 or email DistrictEarlyHelpTeam.SouthCams@cambridgeshire.gov.uk	[B]	Sawston Village College
Raising Children Fridays 10.00am to Midday	Parenting Course	10 week course starts 27th September Crèche available Offering parents of children aged 2 to 12 years a supportive, informal environment, in which to gain information, knowledge and skills around parenting issues. Booking essential	[B]	Waterbeach Child and Family Zone
Toileting Readiness Session Wednesday 10.00am to 11.30am	Workshop	25th May Join the School Nursing Team for hints and tips about potty training. Parents and children can attend together in a relaxed environment at this FREE session. Booking essential	[B]	Cambourne Child and Family Centre

Why won't my child listen to me? Wednesday 1.00pm to 2.30pm	Workshop	2nd October Crèche available Suitable for parents of children aged 3 years to 8 years Learn about why your children don't always listen to you. Learn some strategies which will help to support your child to listen more. Booking essential	[B]	Waterbeach Child and Family Zone
Bedtime Routines Wednesday 1.00pm to 2.30pm	Workshop	16th October Crèche available Suitable for parents of children aged 2 years to 5 years Does your child have problems sleeping? Would you like tips for creating healthy sleep habits and peaceful bedtime routines? If so book onto our FREE workshop Booking essential	[B]	Old Blue School, Cambourne
Toddler Tantrums Wednesday 1.00pm to 2.30pm	Workshop	6th November Limited Crèche available Suitable for parents of children aged 18 months to 4 years Do you wonder why your toddler tantrums? Would you like some support in how to manage tantrums? Why not come along to our FREE workshop for parents who have children aged 18 months to 4 years. Booking essential	[B]	Melbourn Child and Family Zone
Sibling Rivalry Wednesday 1.00pm to 2.30pm	Workshop	27th November Crèche available For parents with children aged from 2 years to 11 years. Have you had enough of your children squabbling or jealousy? If so book on our free Workshop to learn about the underlying reasons behind sibling squabbles and effective strategies to help you manage this behaviour. Booking essential	[B]	Sawston Child and Family Zone
Basic English (Speaking and Listening) Tuesdays 9.45am to 11.45am	Adult Education Course	10 week course starts 1st October Crèche available Come and join us for this 10 week beginner's English course which will help to build your confidence with basic speaking and listening skills. For more information please call 01954 284 672	[B]	Old Blue School, Cambourne
PTO...				

...Parenting Courses continued				
Keeping Up With the Children (English) Tuesdays 9.45am to 11.45am	Adult Education Course	10 week course starts 1st October Crèche available Join us for our free 10 week course where you can learn to support your child's literacy skills, try lots of ways to make learning fun and also develop your own English skills.	[B]	Old Blue School, Cambourne
Functional Skills (English) Tuesdays 12.30pm to 2.45pm	Adult Education Course	12 week course starts 17th September Crèche available Would you like to improve your English Skills, then why not enrol on our FREE course? This English course will help with everyday situations and the world of work.	[B]	Old Blue School, Cambourne
Functional Skills (Maths) Tuesdays 12.30pm to 2.45pm	Adult Education Course	12 week course starts 17th September Crèche available Would you like to improve your Basic Maths, then why not enrol on our FREE course? This Maths course will help with everyday situations and the world of work.	[B]	Old Blue School, Cambourne

Midwife and Child Health Clinics				
Midwife Clinic Mondays 9.00am to 11.00am	Fortnightly	Sienna team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 314	[B]	Linton, Cathodeon Centre
Midwife Clinic Mondays 9.00am to 4.00pm	Weekly	Ivy team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 596 212	[B]	Waterbeach Child and Family Zone
Midwife Clinic Mondays 9.30am to 4.00pm	Weekly	Rose team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 316	[B]	Melbourn Child and Family Zone
Midwife Clinic Mondays 1.30pm to 4.30pm	Weekly	Hinchingsbrooke Hospital midwives Booking appointments only Please call 01954 284 672	[B]	Cambourne Child and Family Centre
Midwife Clinic Tuesdays 9.00am to 12.00pm	Weekly	Sienna team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 314	[B]	Sawston Child and Family Zone
Midwife Clinic Tuesdays 9.30am to 12.00pm	Weekly	Rose team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 316	[B]	Melbourn Child and Family Zone

Child Health Clinic Tuesdays 10.00am to 11.30am	2 nd week of each month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Waterbeach Child and Family Zone
Child Health Clinic Tuesdays 11.00am to 12.30pm	1 st and 3 rd week of each month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Sawston Health Centre
Child Health Clinic Tuesdays 1.00pm to 2.00pm	3 rd week of each month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Bar Hill Village Hall
Child Health Clinic Wednesdays 9.30am to 11.00am	Weekly	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Melbourn Community Health Centre
Midwife Clinic Wednesdays 1.30pm to 4.30pm	Weekly	Hinchingbrooke Hospital midwives Booking appointments only Please call 01954 284 672	[B]	Cambourne Child and Family Centre
Midwife Clinic Thursdays 9.30am to 1.00pm	Weekly	Rose team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 316	[B]	Cambourne Child and Family Centre
Child Health Clinic Thursdays 10.00am to 11.30am	1 st and 3 rd week of each month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Cambourne Child and Family Centre
Self Weigh (No HV) Thursdays 10.00am to 11.30am	2 nd and 4 th week of each month	Drop in session where you can self-weigh your baby and get support from Child and Family Centre staff.		Cambourne Child and Family Centre
Child Health Clinic Thursdays 2.00pm to 3.00pm	2 nd week of each month	Drop in session, run by Health Visitors, for baby weighing, measuring and advice on health issues or concerns		Linton Health Centre
Midwife Clinic Fridays 9.30am to 1.00pm	Weekly	Rose team (Rosie Maternity Hospital) Pre-booked ante-natal, post-natal and discharge appointments. Please call 01223 349 316	[B]	Melbourn Child and Family Zone
Parent Craft Fridays 2.30pm to 4.30pm	Course	Two week course for expectant parents to prepare for birth. Hinchingbrooke midwife patients only. Please call 01954 284 672	[B]	Cambourne Child and Family Centre

Volunteer with us
Speak to us today



MEET NEW FRIENDS

LEARN NEW SKILLS

BE PART OF A TEAM

GIVE SOMETHING BACK

**Are you interested
in volunteering?**

For more information please call **01954 284672** or email
ChildAndFamilyCentre.South@cambridgeshire.gov.uk

Opportunities to...

- > Assist in groups
- > Admin tasks
- > Local research
- > Help at events
- > Resource sorting/ cleaning
- > Leafleting



www.cambridgeshire.gov.uk/child-and-family-centres



Charging for Groups

Lots of our groups now have a charge to attend, if having to pay for a group would stop you attending please talk to us, families on low income may be eligible to attend free of charge.

Volunteering Opportunities

We are recruiting volunteers; so if you are interested in working with children, could support groups, or offer admin support, please call the South Cambridgeshire District Team on 01954 286012.

Courses and Learning

The following parenting programmes run on a regular basis, if dates are not shown in this particular leaflet, please ask centres for information on the next available course.

Raising Children is for mums and dads of children aged up to 12 years. 10 weeks of two-hour sessions. The course is suitable for all parents: from those who just want to learn more about their child's development, to the parent who needs a bit more support in understanding their child's behaviour. The course covers emotional and social development, attachments, coping with stress, social learning theory, cognitive theory, behavioural development, identity, self-esteem, and speech and language.

Raising Teens is for parents of children aged ten and over. Ten weeks of two hour sessions aimed at parents of teenagers. It will help you to understand why your teen behaves as they do and how you can deal with their emotions and yours. It will also give you effective strategies which work with teenagers including emotional and social development, behavioural development, identity and social development, self-care skills and independence, problem solving, and anger management.

Stepping Stones is a parenting course for parents or care-givers who have behavioural concerns about their child with special educational needs. Suitable for parents and carers of children aged 2 to 12 years old who have special educational needs. There are six weeks of 2.5 hours sessions with three weeks of 30 minute phone calls.

Adult Learning

We provide access to adult learning opportunities and employment support including enabling access to information about employment, education and training and links with Job Centre Plus and local training providers. We arrange courses for parents in schools and Child and Family Centres which support families with school readiness and to understand the primary curriculum so that they can help their children with homework. Our learning centres are situated in libraries in Wisbech, March, Central Cambridge, Huntingdon and Ely. Learners can drop in and start learning straight away. We offer qualifications in English, Maths, IT and Employability. We organise job clubs to support searching for work. Almost all the support we offer is free to the learner.

Support for Young People

District Early Help teams provide a range of targeted support for young people, usually accessed through the Early Help Assessment process. To find out about support available contact the Early Help Team on 01954 286012.

Useful Websites

Youthoria is website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams. www.youthoria.org

Keep Your Head is 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

CHUMS offers children and young people a range of short term, evidence based interventions, including one to one, group work, recreational therapies, as well as offering a robust training package to schools. Self-referrals and referrals from professionals are accepted. The age range is 5 to 18 years in Peterborough and 5 to 25 years in Cambridgeshire (except bereavement support which covers 5 to 19 years). www.chums.uk.com

Contact Us

Cambourne Child and Family Centre

Phone: **01954 284672**

Email: **ChildAndFamilyCentre.South@cambridgeshire.gov.uk**

South Cambridgeshire District Team

Phone: **01954 286012**

Email: **DistrictEarlyHelpTeam.SouthCambs@cambridgeshire.gov.uk**

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**.

Addresses

Bar Hill Tesco (Community Room), Viking Way, Bar Hill, Cambridge CB23 8EL

Bar Hill Village Hall, The Spinney, Bar Hill, Cambridge CB23 8SU

Bassingbourn Preschool, Brook Lane, Bassingbourn, SG8 5NP

Cambourne Child and Family Centre, Sackville House, Sackville Way, Great Cambourne, CB23 6HL

Cambourne Old Blue School, Eastgate, Cambourne CB23 6DZ

Cambourne Village College, Sheepfold Lane, Cambourne, CB23 6FR

Cottenham Community Centre, 250A High Street, Cottenham, CB24 8RZ

Fulbourn Library, Haggis Gap, Fulbourn, Cambridge CB21 5HD

Gamlingay Eco Hub, Stocks Lane, Gamlingay, SG19 3JR

Linton Cathodeon Centre, Horseheath Road, Linton, Cambridge, CB21 4LU

Linton Health Centre, Coles Lane, Linton, Cambs CB21 4JS

Melbourn Child and Family Zone, Mortlock Street, Melbourn SG8 6DB

Melbourn Community Health Centre, 35 Orchard Road, Melbourn SG8 6HH

Monkfield Medical Centre, Sackville House, Sackville Way, Cambourne, CB23 6HL

Northstowe Community Wing, Pathfinder School, Longstanton, CB24 1AA

Sawston Child and Family Zone, The Bellbird Primary School, Link Road, Sawston, CB22 3GB

Sawston Health Centre, London Road, Sawston CB22 3HU

Sawston Village College, New Road, Sawston CB22 3BP

Waterbeach Child and Family Zone, High Street, Waterbeach, Cambridge CB25 9JU



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