



**SOUTH CAMBRIDGESHIRE
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.

Child and Family Centre groups are free of charge for all families to attend



**FAMILY
HUBS**



Things you need to know...

Booking

Booking is essential for some 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:

[South Cambridgeshire Child and Family Centres -
Booking by Bookwhen](#)



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)

Addresses

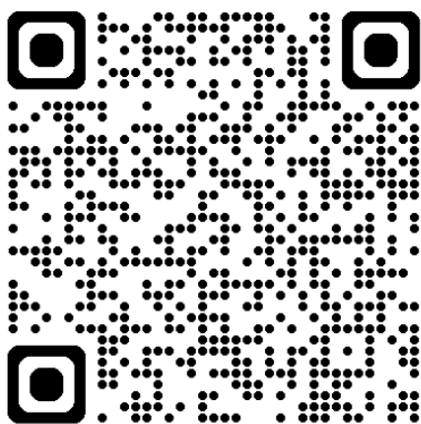
Cambourne Child and Family Centre	Sackville House, Sackville Way, Cambourne, CB23 6HL
Cambourne Blue School	Eastgate, Great Cambourne, CB23 6DZ
Linton Cathodeon Centre	Horseheath Road, Linton, CB21 4LU
Melbourn Child and Family Zone	Mortlock Street, Melbourn, SG8 6DB
Northstowe Child and Family Zone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



South Cambridgeshire Child and Family Centres New Booking QR Code

Scan Me



Scan the QR code to
access our new Bookwhen
page to book on to our
sessions.

Sessions are bookable 14
days in advance.

Please speak to a
member of staff if you
need any support



Monday				
Mini Movers 10.00 – 11.30am	Weekly <i>no sessions on 21 September</i>	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.	B	Linton Cathodeon Centre Please book your place using the QR code below: 
Mini Movers 10.00 – 11.30am	Weekly <i>no sessions on 21 September</i>	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.	B	Northstowe Child and Family Zone Please book your place using the QR code below: 
Mini Movers 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. Self-weigh facilities available.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Wiggle and Giggle Baby Group 10.00 – 11.30am	Weekly <i>no sessions on 7 or 14 September</i>	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.	B	Waterbeach Child and Family Zone Please book your place using the QR code below: 
Clothes Bank 1.00 – 2.30pm	7 September	An opportunity to get free clothes for your children. Just turn up and pick what you need!		Cambourne Child and Family Centre
SEND Peer Support Drop In 1.00 – 2.30pm	21 September	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.		Cambourne Child and Family Centre

Monday continued

Multiple Births 1.00 – 2.30pm	14 September	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.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Developing Bedtime Routines 12.30 – 2.30pm	28 September	Parenting Made Easier Workshops provide practical advice and positive parenting tips to help parents and carers support children aged 0-12 through everyday challenges. Making bedtimes calmer and less stressful. Bedtime can be challenging. Join this discussion group to learn simple strategies for creating a calm, consistent bedtime routine, reducing bedtime battles, and helping your child develop healthy sleep habits. Suitable for parents of children up to 12 years of age, children cannot attend the workshops.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 

Tuesday

Baby Group 10.00 – 11.30am and 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.	B	Sawston Child and Family Zone Please book your place using the QR code below: 
Stay and Play: 50 Things. 10.00 – 11.30am 	Weekly <i>no session 15 or 22 September</i>	A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. 50 Things themes for this month are: 1 st Sept – Mini Beasts 8 th Sept – Creative Junk 29 th Sept – Mini Artists	B	Northstowe Child and Family Zone Please book your place using the QR code below: 

Tuesday continued

Music and Movement 10.00 – 11.00am	Weekly <i>Starting 22 Sept</i>	Join us for a fun-filled session of music, singing, dancing and parachute play. A great opportunity for little ones to learn, play and make new friends in a welcoming environment. For children aged 1-4 years.	B	Melbourn Child and Family Zone Please book your place using the QR code below: 
International Group 10.00 – 11.30am	Weekly <i>no group 15 September</i>	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.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Sensory Babies 1.00 – 2.30pm	Weekly <i>no group 15 September</i>	Fun-filled sensory sessions for pre-mobile babies 0-6 months , which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Self-Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Northstowe Child and Family Zone
Baby Group 1.00 – 2.30pm	Weekly <i>no group 15 September</i>	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.	B	Northstowe Child and Family Zone Please book your place using the QR code below: 

Wednesday

Stay and Play 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. 50 Things themes for this month are: 2 nd Sept – Explore the cold 9 th Sept – Shout and Shh 16 th Sept – Dressing up 23 rd Sept – Hocus Pocus Potions 30 th Sept – Growing little people	B	Sawston Child and Family Zone Please book your place using the QR code below: 
Stay and Play 10.00 – 11.30am 	Weekly <i>no group</i> 16 September	Stay and Play session for children from 0-5 years. Activities based on the 50 Things to do before you're five app. 50 Things themes for this month are: 2 nd Sept- All about me 9 th Sept Tents/den making 23 rd Sept - Post office week 30 th Sept The Rough & smooth	B	Waterbeach Child and Family Zone Please book your place using the QR code below: 
Stay and Play: 50 Things. 10.00 – 11.30am 	Weekly <i>no group</i> 2 or 16 September	Due to popular demand we are introducing a second Stay & Play session in Northstowe. A Stay and Play session for children aged 0-5. Activities based on the 50 Things to do before you're five app. 50 Things themes for this month are: 9 th Sept – Creative Junk 23 rd Sept – Growing Little People 30 th Sept – Mini Artists	B	Northstowe Child and Family Zone Please book your place using the QR code below: 

Wednesday continued

Introducing Family Foods 1.00 – 2.00pm	16 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	Waterbeach Child & Family Zone Please book your place using the QR code below: 
Story with Tori (Children aged 0 to 4 years) 10.00 – 10.45am	Weekly <i>no group 16 or 30 September</i>	Join us in Cambourne's newly refurbished library for a weekly story time session led by our Child and Family Centre Worker Tori. Suitable for children aged 0-4 years.	B	Cambourne Library Please book your place using the QR code below: 
Story with Tori (Children aged 0 to 12 months) 11.00 – 11.45am	Weekly <i>no group 16 or 30 September</i>	Join us in Cambourne's newly refurbished library for a weekly story time session led by our Child and Family Centre Worker Tori. Suitable for children aged under 1 year.	B	Cambourne Library Please book your place using the QR code below: 
Mindful Mums with CPSL Mind 1.00 – 2.30pm	9 September	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 perinatalervices@cpslmind.org.uk		Cambourne Library
Young Parents Group 1.00– 2.30pm	Weekly <i>no group 2 or 16 September</i>	Stay and Play session for young parents aged 25 and under with children aged 0-5 years. Self-weigh facilities available.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Self- Weigh 1.00 – 2.30pm	16 September	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone

Thursday

Stay and Play 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. 3 rd Sept - Making Music 10 th Sept - Splish, Splash, Splosh 17 th Sept - The rough with the smooth 24 th Sept - Yummy picnic	B	Melbourn Child and Family Zone Please book your place using the QR code below: 
Mini Movers 10.00 – 11.30am 	Weekly <i>no group 17 September</i>	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.	B	Waterbeach Child and Family Zone Please book your place using the QR code below: 
Stay and Play 10.00 – 11.30am 	Weekly <i>no group 17 or 24 September</i>	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. 50 Things themes for this month are: 3 rd Sept – Explore the cold 10 th Sept – Shout and Shh	B	Linton Cathodeon Centre Please book your place using the QR code below: 
The Toy Library 10.00 - Midday	10 and 24 September	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
Cambourne Breastfeeding Friends 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
Self-Weigh 1.00 – 2.30pm	24 September	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone

Thursday continued

Baby Group 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.	B	Melbourn Child and Family Zone Please book your place using the QR code below: 
Baby Group 1.00– 2.30pm	Weekly <i>no group 17 or 24 September</i>	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.	B	Linton Cathodeon Centre Please book your place using the QR code below: 
Baby Group Coffee and Chat 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.	B	Waterbeach Child and Family Zone Please book your place using the QR code below: 
Little Explorers 1.00– 2.00pm 	Weekly <i>no group 17 September</i>	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) 50 Things themes for this month are: 3rd Sept- Mini Artists 10th Sept-Mini beasts & bug hunting 24th Sept-Little people, Park Keeper	B	Oaks Wood Car Park, Cambourne, CB23 5DQ Please book your place using the QR code below: 

Friday

Stay and Play 10.00 – 11.30am 	Weekly	A Stay and Play session for children from 0-5 years. Activities based on the 50 Things to do before you're five app. 50 Things themes for this month are: 4 th Sept- Mini beasts & bug hunting 11 th Sept- Creative Junk 18th Sept- Sharing books 25th Sept- Mini Artists	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Mini Movers 10.00 – 11.30am <i>no session 25 September</i>	Weekly	Weekly play session designed for mobile babies aged around 9 to 18 months. Focusing on activities that encourage physical development	B	Sawston Child and Family Zone Please book your place using the QR code below: 
Sensory Babies 1.00 – 2.30pm	Weekly	Fun-filled sensory sessions for babies, 6-12 months , which help children to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Self- Weigh 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
Self- Weigh 1.00 – 2.30pm	11 September	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston Child and Family Zone

Saturday

Dads' Group 10.00 – 11.30am 	12 September	A Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
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B = Booking Required

	We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact ChildAndFamilyCentre.South@cambridgeshire.gov.uk for a chat with one of our staff.
	'50 Things to do before you're five' 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.
	Five to Thrive Friday '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!
Breastfeeding Support	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
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.
Support for Young People	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



**FAMILY
HUBS**

PARENTING DISCUSSION GROUPS



Parenting Discussion Groups are a series of small-group workshops offering parents and carers practical, flexible strategies for everyday parenting.

Each two-hour session introduces positive parenting principles while recognising children's individual needs, and covers topics such as cooperation, routines, managing behaviour, and emotional expression. Families can attend sessions most relevant to them, with the groups particularly suited to those seeking guidance, reassurance, or new approaches to manageable day-to-day challenges



Developing Bedtime routines

Monday 28th September 2026 12.30 - 2.30pm

Best Start Family Hub Cambourne CB23 6HL

Developing Mealtime routines

Monday 5th October 2026 1.00 - 3.00pm

Best Start Family Hub Cambourne CB23 6HL



Going out

Wednesday 4th November 2026 12.30 - 2.30pm

Sawson Community Hub CB22 3BP

Being a positive parent

Monday 7th December 2026 1.00 - 3.00pm

Best Start Family Hub Cambourne CB23 6HL



These sessions are suitable for parents of children up to 12 years of age.

Children can not attend the workshops.

Booking is essential. Please scan the QR Code above to book

For more information please call 01954 284672



SCAN QR
CODE TO
BOOK!

INTRODUCTION TO FAMILY FOODS WORKSHOPS



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

Wednesday 16th

September

1 - 2pm

Waterbeach
Child & Family Zone
High Street
Waterbeach
CB25 9JU



Wednesday 14th

October

1 - 2pm

Cambourne
Library meeting room
Sackville House
Cambourne
CB23 6HL



Wednesday 18th

November

1 - 2pm

Sawston
Child & Family Zone
Community Hub
New Road
CB22 3BP



childandfamilycentre.south@cambridgeshire.gov.uk



**FAMILY
HUBS**



INCREDIBLE YEARS

PRE SCHOOL

The Incredible Years Pre-School programme supports parents and carers to build warm, positive relationships with their children, creating strong foundations for learning and development. It promotes nurturing and consistent approaches that help children feel secure, confident, and ready to learn.

Delivered over 14 sessions, the programme equips parents and carers with practical skills to encourage social, emotional and language development, use positive and effective behaviour strategies, support children to manage their emotions and build confidence, develop school readiness skills, and work in partnership with early years settings.

Who is it for?

- ✓ Parents of children up to 6 years.
- ✓ Parents need to be able to commit to all 14 sessions.



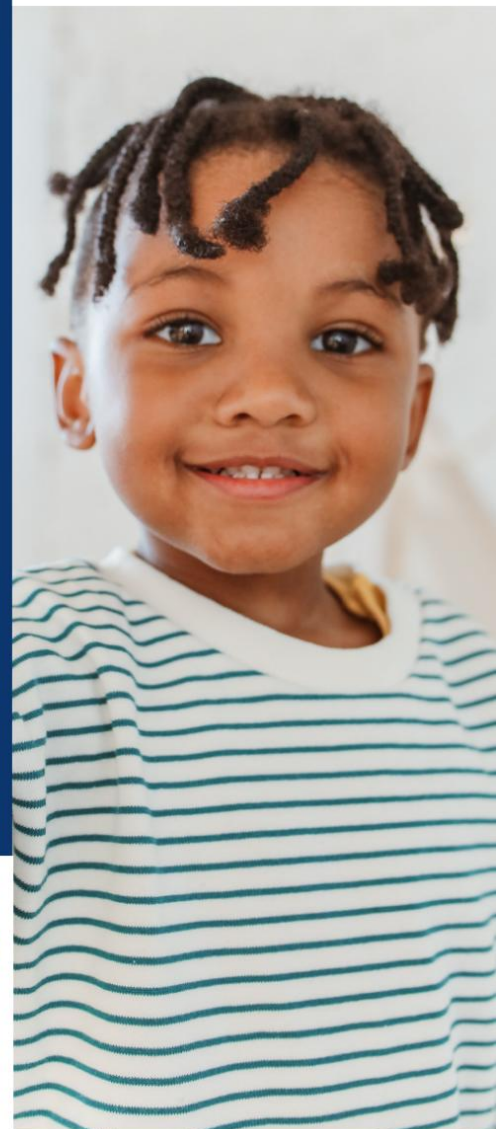
For enquires, please email
ccc.parenting@cambridgeshire.gov.uk



Cambourne Child
and Family Centre
Sackville House
CB23 6HL

1 October- 21 January
2027

12.30 - 3pm



Cambridgeshire
County Council



FAMILY
HUBS

Our Opening Times

Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
<i>Monday to Friday 9.00am to 4.00pm</i>	<i>Tuesday 9.00am to 12pm Thursday 9.00am to 3.00pm</i>	<i>Monday 9.30am to 3pm Tuesday 9.30am to 3pm Wednesday 9.30am to 12.00pm</i>
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
<i>Tuesday, Wednesday and Friday 9.00am to 3.00pm</i>	<i>Monday 9.00am to 12.00pm Wednesday 9.00am to 3.00pm Thursday 9.00am to 3.00pm</i>	

Contact Us

Get In Touch

Phone us: 01954 284 672

Email us: 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)



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[Cambridgeshire Child and Family Centres](#)



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