



**SOUTH CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

JULY 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



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)

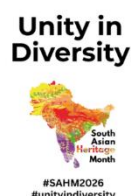
Addresses

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**

In July we will be thinking about

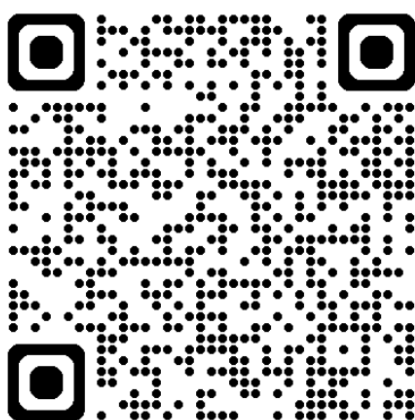
South Asian Heritage Month



**South Asian Heritage month is a nationally observed
programme bringing communities, institutions and individuals
together to explore, celebrate and deepen understanding of
South Asian heritage across the UK and beyond**

South Cambridgeshire Child and Family Centres New Booking QR Code

Scan Me



QR code
live from
22 June

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

Cambridgeshire
**Child and Family
Centres**

Monday				
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	Linton Cathodeon Centre 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	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 no session 27 July	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: 
Multiple Births 1.00 – 2.30pm	13 July	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: 

Monday continued

Introducing Family Foods 1.30 – 2.30pm	13 July	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	Northstowe Child and Family Zone Please book your place using the QR code below: 
SEND Peer Support Drop In 1.00 – 2.30pm	20 July	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

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	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: 7th – Shark in the Park 14th – Under the Sea 21st – A Day at The Beach 28th – Hot Air Balloons	B	Northstowe Child and Family Zone Please book your place using the QR code below: 
International Group 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.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 

Tuesday continued				
Cambourne Teddy Bears Picnic 12.00 – 1.30pm 	14 July	Come and join us for a Teddy Bears Picnic, please bring your own picnic/lunch and your favourite teddy bear.	B	Cambourne Cricket Pavillion Park, CB23 6DZ (behind the Blue School) Please book your place using the QR code below: 
Selective Eating Online Workshop 12.00– 1.15pm 	7 July	Delivered by Beezee Families Nutritionists, this workshop will provide an overview of the different factors that can contribute to selective eating in children and will provide simple, manageable strategies that can support positive mealtime experiences. Selective Eating Workshop - Delivered by Beezee Families	B	Online workshop Please book your place using the Beezee QR code or link below: 
Sensory Babies 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. 14 July will be a Baby Dance session. Sensory Babies are getting active, come and join us for a boogie in this physical session where we will enjoy dancing and moving to music.	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	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: 1 st – Sharing Books 8 th – Growing Cress 15 th – Bubbles! 22 nd – Mini Artists/ Natural Art 29 th – Musical Instruments	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 session 29 July</i>	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: 1 st – Healthy Eating 8 th – Creative Junk 15 th – Bubbles! 22 nd – Looking for Animals 29 th – Wheels on the Bus	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	<u>ADDITIONAL STAY & PLAY SESSION</u> 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: 8 th – Shark in the Park 15 th – Under the Sea 22 nd – A Day at The Beach 29 th – Hot Air Balloons	B	Northstowe Child and 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 8 July</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 0-5 years.	B	Cambourne Library Please book your place using the QR code below: 
Story with Tori (Children aged 0 to 18 months) 11.00 – 11.45am	Weekly <i>no group 8 July</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: 

B = Booking Required

Wednesday continued

Mindful Mums with CPSL Mind 1.00 – 2.30pm	1 July	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 perinataalservices@cpslmind.org.uk		Cambourne Library
Young Parents Group 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.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Self- Weigh 1.00 – 2.30pm	15 July	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Waterbeach Child and Family Zone
Self- Weigh 1.00 – 2.30pm	15 July	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Sawston 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. 50 Things themes for this month are: 2nd – Sharing Books 9th – Growing Little People (Plants and Things) 16th – Mini Artists 23rd – Postie 30th – Wonderful Waiting Games	B	Melbourn 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	Waterbeach Child and Family Zone Please book your place using the QR code below: 

Thursday continued

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. 50 Things themes for this month are: 2nd – Sharing Books 9th – Growing Cress 16th – Bubbles! 30th – Musical Instruments	B	Linton Cathodeon Centre Please book your place using the QR code below: 
The Toy Library 10.00 - Midday	9 July 23 July	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
Clothes Bank 10.30 – 12 noon	2 July 16 July	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 st & 3 rd Thursdays of each month.		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	23 July	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Melbourn Child and Family Zone
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	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. 16 July will be a Buggy Walk starting from the centre. Linton baby group will be heading out for a buggy walk to promote physical exercise and well-being.	B	Linton Cathodeon Centre Please book your place using the QR code below: 

Thursday continued

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 1.30– 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) 50 Things themes for this month are: 2nd – Mini Beasts and Bug Hunting 9th – Little people, Park Keeper 16th – Woodland Wandering 23rd – Growing little people plants and things 30th – Mini Artists	B	Oaks Wood Car Park, Cambourne, CB23 5DQ Please book your place using the QR code below: 
Selective Eating Workshop 6.00– 7.15pm 	2 July	Delivered by Beezee Families Nutritionists, this workshop will provide an overview of the different factors that can contribute to selective eating in children and will provide simple, manageable strategies that can support positive mealtime experiences. <u>Selective Eating Workshop - Delivered by Beezee Families</u>	B	Online workshop Please book your place using the Beezee QR code or link 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: 3rd – Creative Junk 10th – Sharing Books 17th – Mini Artists 24th – Growing little people plants and things 31 July will be a Hop, Skip, Jump Sports Day session at Cambourne Cricket Pavillion Park, CB23 6DZ (behind the Blue School). Cambourne Stay and Play are getting active this week, come and join us for an outdoor session to promote physical development and well-being.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
---	--------	--	---	--

B = Booking Required

Friday continued

Mini Movers 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	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 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.	B	Cambourne Child and Family Centre Please book your place using the QR code below: 
Sawston Move and Play 1.00 – 2.00pm 	17 July	Come and join us for an active session to promote physical development and well-being where we will enjoy exploring soft play, parachute play and more.	B	Sawston Child and Family Zone 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

Saturday

Dads' Group 10.00 – 11.30am 	11 July	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: 
---	---------	--	---	--

	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



Beezee FAMILIES

Sign up to our FREE workshop

How to support your child's selective eating

Date: Thursday 2nd July 2026 **Time:** 6pm - 7.15pm

Join our Beezee Families team and parents/carers for a **FREE** selective eating workshop. Led by our nutritionists, you can:

- Discover the reasons behind selective eating
- Join an informal, inclusive and non-judgemental workshop
- Find out top tips for changing habits
- Take away simple, practical strategies for your family

This workshop is suitable for parents/carers who are concerned about their child (4-12 years) and want support.

Secure your FREE spot today

Please click here to access the workshop link

healthyou@cambridgeshire.gov.uk 0300 330 5497

Cambridgeshire County Council
PETERBOROUGH



Beezee FAMILIES

Sign up to our FREE workshop

How to support your child's selective eating

Date: Tuesday 7th July 2026 **Time:** 12pm - 1.15pm

Join our Beezee Families team and parents/carers for a **FREE** selective eating workshop. Led by our nutritionists, you can:

- Discover the reasons behind selective eating
- Join an informal, inclusive and non-judgemental workshop
- Find out top tips for changing habits
- Take away simple, practical strategies for your family

This workshop is suitable for parents/carers who are concerned about their child (4-12 years) and want support.

Secure your FREE spot today

Please click here to access the workshop link

healthyou@cambridgeshire.gov.uk 0300 330 5497

Cambridgeshire County Council
PETERBOROUGH

INTRODUCTION TO FAMILY FOODS WORKSHOP

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

Monday 13 July
1:30 - 2:30pm

Northstowe Child and Family Zone
Unity Centre, Northstowe, CB24 1FD

**Please book your place using our QR code
or this link: [South Cambridgeshire Bookwhen Link](#)**



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.



Please book your place using the QR code or link below:



[South Cambridgeshire Bookwhen Link](#)



Cambridgeshire
**Child and Family
Centres**

Sackville House
Cambourne
CB23 6HL

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





Scan to book

LITTLE EXPLORERS



Play and explore the outdoors with a weekly woodland wander and fun engaging activities for children up to 5 years of age.

2 July	Mini Beasts and Bug Hunting
9 July	Little People, Park Keeper
16 July	Woodland Wandering
23 July	Growing little people plants and things
30 July	Mini Artists

Meet at:
Oaks Wood Carpark
Cambourne CB23 5DQ
Every Thursday
1:30 - 2:30pm

We will meet whatever the weather!

Please come prepared for the weather conditions on the day
(suncream/waterproof clothing/hat)

TO BOOK CALL: 01954 284 672
OR EMAIL: CHILDANDFAMILYCENTRE.SOUTH@
CAMBRIDGESHIRE.GOV.UK

STORY WITH TORI

Cambridgeshire
**Child and Family
Centres**



Scan to book

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.



Every Wednesday
0-4 yrs 10.00 - 10.45am
0-18months 11.00 - 11.45am

Cambourne Library
Sackville House
Cambourne CB23 6HL



Cambridgeshire
County Council



childandfamilycentre.south@cambridgeshire.gov.uk

Our Opening Times

Cambourne Child and Family Centre	Melbourn Child and Family Zone	Northstowe Child and Family Zone
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
Sawston Child and Family Zone	Waterbeach Child and Family Zone	
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

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



Follow us on Instagram
[@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](#)

