



HUNTINGDONSHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

January 2024

Welcome to our Child & Family Centres.

We aim to make sure families have access to the services, support and information they need in a welcoming place.

There is a small charge for some groups, but please let us know if payment may be difficult.



Things you need to know...

Charging

Some groups have a charge of £2 per family per session although families on a low income will be eligible for free entry.

Charges for childminders - £2 per childminder and own family plus £1 for any minded child or £1 per childminder if not bringing own family members plus £1 for any minded child.

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

St Neots Child and Family Centre, Eaton Socon Site, Bushmead Road, Eaton Socon, St Neots PE19 8BT	St Neots Child and Family Centre, Eynesbury Site Winhills Primary Academy, Off Duck Lane, St. Neots PE19 2DX
Sawtry Child and Family Zone at Sawtry Community Centre, Green End Road, Sawtry PE28 5UX	Ramsey Child and Family Zone at Ramsey Library, 25 Great Whyte, Ramsey PE26 1HG
Huntingdon Child and Family Centre, Huntingdon Youth, Child & Family Centre Site, Sallowbush Road, Huntingdon PE29 7AF	Huntingdon Child and Family Centre, Huntingdon Nursery School Site, Ambury Road, Huntingdon PE29 1AD
St Ives Child and Family Zone at Broad Leas Centre, St Ives PE27 5QB	

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

B = Booking Required

£ = There is a charge for this session

Monday				
Messy Play 9.30am to 10.30am	8, 15, 22, 29 Jan	A fun messy play session for children aged 6 months to 2 years. To book a space please call 01480 375216.	B £	Huntingdon Nursery School Site Ambury Road Huntingdon PE29 1AD
Tiniest Feet 10am to 11.30am	8, 15, 22, 29 Jan	Fun filled sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Suitable for babies up to 1 year, with parents-to-be welcome too. To book a space please call 01480 372700.	B £	Eynesbury Child and Family Centre
Tiniest Feet 10am to 11.30am	8, 15, 22, 29 Jan	Fun filled sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Suitable for babies up to 1 year, with parents-to-be welcome too. To book a space please call 01480 372700.	B £	Sawtry Child and Family Zone
Crawlers to Walkers 10am to 11.30am	8, 15, 22, 29 Jan	A stay and play session for crawlers or early walkers, who are ready to explore the world around them. Suitable for mobile babies aged 1 to 2 years. To book a space please call 01480 372700.	B £	St Ives Child and Family Zone
Self-Weigh 11.30am to 1.30pm	8, 15, 22, 29 Jan	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		Huntingdon Youth, Child and Family Centre

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Monday continued				
Self-Weigh 12 noon to 1.15pm	8, 15, 22, 29 Jan	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		Eynesbury Child and Family Centre
English for Adults 1pm to 3pm	8, 15, 22, 29 Jan	Join our fun, friendly and relaxed English for Adults course in collaboration with Cambridgeshire Skills. Free crèche spaces are available for the course (no crèche for welcome session). To book a space please call 01480 375216.	B	Huntingdon Nursery School Site Ambury Road Huntingdon PE29 1AD
Sensory SEND group 1.30pm to 3pm	22 Jan	A play session designed for pre-school children with emerging or diagnosed additional needs and disabilities. Sensory-rich resources and activities to encourage development. A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome. To book a space please call 01480 372700.	B	Huntingdon Youth, Child and Family Centre
Pop In and Play 1.30pm to 2.30pm	8, 15 Jan	Pop in and play with toys and chat with others. Child and Family Centre staff available for advice and signposting. Clothes bank and self-weigh also available. For families with children, up to 5 years old.		Eynesbury Child and Family Centre

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Monday continued

New Baby Group 1.30pm to 3pm	22, 29 Jan	Sessions for very new parents. Tips for managing your own emotional well-being and learning how to care for yourself and your new baby. Time afterwards to have a hot drink and look in our clothes bank. Suitable for parents of babies under 3 months. No booking required.	Eynesbury Child and Family Centre
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Tuesday				
Maths for Adults 9am to 11am	9, 16, 23, 30 Jan	Join our fun, friendly and relaxed Maths for Adults course. In collaboration with Cambridgeshire Skills. Free crèche spaces are available. To book a space please call 01480 375216.	B	Huntingdon Nursery School Site Ambury Road Huntingdon PE29 1AD
Music Tots 9.45am to 10.45am	9, 16, 23, 30 Jan	A fun session full of music, singing and free play in partnership with the Salvation Army. Suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	Salvation Army Centre 1 Field Terrace Farcet PE7 3DA
Brampton Parents and Tots 9.45am to 11.15am	9, 23 Jan	A stay and play session for families to meet other parents and access support and advice from the Child and Family Centre team. Suitable for children aged 0 to 2 years. Run in partnership with Brampton Hub. To book a space please call 01480 372700.	B	Montague House Care Home Keeling Lane, Brampton PE28 4BS
Stay and Play Little Bears 10am to 11.30am	Weekly	An all-round stay and play session with messy play, small world play, construction, and crafts. Suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	Judith's Field Pavilion London Road Godmanchester PE29 2WB
Storytime 10am to 11am	9, 16, 23, 30 Jan	Join us for a fun and interactive Storytime session in the library. Suitable for children aged 0 to 5 years. No booking required.		Coneygear Centre Buttsgrove Way Huntingdon PE29 1PE

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Tuesday continued				
Self-Weigh 10am to 12noon	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		Ramsey Child and Family Zone
Tiniest Feet 12.30pm to 2pm	Weekly	Fun filled sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Suitable for babies up to 1 year, with parents-to-be welcome too. To book a space please call 01480 372700.	B £	Ramsey Child and Family Zone
Pop Up Multiple Births Group 2pm to 3.30pm	9 Jan	A stay and play session for families with twins, triplets or more. Suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	St Ives Child and Family Zone
Stay and Play: 50 Things 1pm to 2.30pm 	Weekly	A stay and play session for children aged 0 to 5 years. Activities based on the 50 Things to Do Before You're Five app. To book a space please call 01480 372700.	B £	Eaton Socon Child and Family Centre
Stay and Play: 50 Things 1.30pm to 3pm 	Weekly	A stay and play session for children aged 0 to 5 years. Activities based on the 50 Things to Do Before You're Five app. To book a space please call 01480 372700.	B £	Huntingdon Youth, Child and Family Centre

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Wednesday				
Stay and Play 10am to 11.30am	Weekly	A stay and play session suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	Bargroves Centre Cromwell Road St Neots PE19 2EY
Sensory Babies 10am to 11.30am	Weekly	Fun filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Suitable for babies up to 1 year, with parents-to-be welcome too. To book a space please call 01480 372700.	B £	Huntingdon Youth, Child and Family Centre
Booktrust Storytime and Craft Club 10.30am to 11.30am	10, 17, 24, 31 Jan	Come and listen to a story then join in with a simple themed craft activity. Suitable for children aged 1 to 5 years. 10 Jan - Are You A Monster? written and illustrated by Guiherme Karsten (Happy Yak) 17 Jan – I Am Happy written by Michael Rosen and illustrated by Robert Starling (Walker Books) 24 Jan – Just Breathe, Bear written by Christianne Jones and illustrated by Oriol Vidal (Curious Fox) 31 Jan – The Perfect Present written and illustrated by Petr Horacek (Otter Barry Books)		Huntingdon Library 1 Princes Street Huntingdon PE29 3PA
Self-Weigh 12pm to 2pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		Sawtry Child and Family Zone
Tiniest Feet 12.30pm to 2pm	Weekly	Fun filled sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and	B £	St Ives Child and Family Zone

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Wednesday continued				
Somersham Pop Up Play 1pm to 2pm	10, 17, 24, 31 Jan	Pop up stay and play sessions with a different fun theme every week. Suitable for children aged 0 to 5 years. 10 Jan – Happy New Year 17 Jan – Let's Explore Transport 24 Jan – Stay and Play 31 Jan – Chinese New Year To book a space please call 01480 372700.	B £	Somersham Victory Hall Parkhall Road Somersham PE28 3HE
Young Parent Peep 1.15pm to 2.45pm	31 Jan	A fun and relaxed group for young parents aged under 25 to meet other young parents and socialise with your children. To book a space please call Amanda on 07858 160052 or Sam on 07858 160039.	B £	Huntingdon Nursery School Site Ambury Road Huntingdon PE29 1AD

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Wednesday continued				
Sensory Babies 1.30pm to 3pm		Fun filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination, and concentration. Suitable for babies up to 1 year, with parents-to-be welcome too. 31 Jan – Baby Music Tots Rhymes and songs with instruments, pom poms, scarves and parachutes, followed by toys in the sensory room. To book a space please call 01480 372700.	B £	Eaton Socon Child and Family Centre
Stay and Play 1.45pm to 3pm	10, 17, 24, 31 Jan	A stay and play session suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B	Wyton Primary School Cambridge Square Wyton on the Hill PE28 2JB
Pathway to Parenting 3pm to 5pm	10, 17, 24, 31 Jan	A four-week antenatal programme for first time mums-to-be and your partner. Preparing you for birth and beyond. Sessions cover labour, delivering, baby care and role of professionals you meet along the way. To book a space please call 01480 372700.	B	Huntingdon Youth, Child and Family Centre

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Thursday				
Peep Group 9.30am to 11am	11, 18, 25 Jan	A fun interactive session which supports parents and children to learn together through singing, games and crafts. Suitable for children aged 1 to 2 years. To book a space please call 01480 375216.	B £	Christian Centre Nene Road Huntingdon PE29 1RE
Introducing Family Foods 9.45am to 10.45am		A workshop to find out more about how to introduce your baby to your family foods. 11 Jan – Huntingdon Youth, Child and Family Centre 18 Jan – Eaton Socon Child and Family Centre 25 Jan – Ramsey Child and Family Zone To book a space please call 01480 372700.	B	Various locations, please see description
Self-Weigh 10am to 12noon	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		St Ives Child and Family Zone
Little Explorers 10am to 11.30am	Weekly	A stay and play session for children to have fun exploring the world about them. Suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	Eaton Socon Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	A stay and play session suitable for children aged 0 to 5 years. To book a space please call 01480 372700.	B £	St Ives Child and Family Zone

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Thursday continued				
Sensory SEND group 10am to 11.30am	25 Jan	A play session designed for pre-school children with emerging or diagnosed additional needs and disabilities. Sensory-rich resources and activities to encourage development. A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome. To book a space please call 01480 372700.	B	Brightfields Centre St Mary's Street Farcet PE7 3AR
Pop Up Happy New Year 10am to 11.30am	18 Jan	A themed stay and play session suitable for children aged 0 to 5 years. book a space please call 01480 372700.	B £	Brightfields Centre St Mary's Street Farcet PE7 3AR
Booktrust Storytime and Craft Club 10.30am to 11.30am	11, 18, 25 Jan	Come and listen to a story then join in with a simple themed craft activity. Suitable for children aged 1 to 5 years. 11 Jan - Are You A Monster? written and illustrated by Guiherme Karsten (Happy Yak) 18 Jan – I Am Happy written by Michael Rosen and illustrated by Robert Starling (Walker Books) 25 Jan – Just Breathe, Bear written by Christianne Jones and illustrated by Oriol Vidal (Curious Fox)		Ramsey Library 25 Great Whyte Ramsey PE26 1HG

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Thursday continued				
Peep Group 1pm to 2.30pm	11, 18, 25 Jan	A fun interactive session which supports parents and children to learn together through singing, games and crafts. Suitable for babies from birth to 1 year. To book a space please call 01480 375216.	B £	Christian Centre Nene Road Huntingdon PE29 1RE
Drop In Antenatal Session for Teenage Parents 1.30pm to 3pm	18, 25 Jan	A friendly, informal session run by our local Teenage Pregnancy Midwife, Nikki, with an opportunity to chat about preparing for your journey as young parents. Suitable for expectant parents under 20 years.		Ramsey Child and Family Zone




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Friday				
Self-Weigh 9.30am to 12noon	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No booking required.		Eaton Socon Child and Family Centre
Four to Explore 10am to 11.30am	Weekly	Different play themes each month for exploring health, nature, and the working world around us. Suitable for children aged 0 to 5 years. 5 Jan – Happy New Year 12 Jan – Winter 19 Jan – Let’s Explore Books 26 Jan – Chinese New Year To book a space please call 01480 372700.	B £	Sawtry Child and Family Zone
Breastfeeding Drop-in 10am to 11.30am	Weekly	A breastfeeding drop-in, delivered by the Infant Feeding Team, for pregnant and breastfeeding families, offering advice and support around feeding.		Eaton Socon Child and Family Centre
Four to Explore 10am to 11.30am	Weekly	Four different play themes each month for exploring health, nature, and the working world around us. Suitable for children aged 0 to 5 years. 5 Jan - Storyplay 12 Jan – Let’s Get Physical 19 Jan – Little Builders 26 Jan – Let’s Get Creative To book a space please call 01480 372700.	B £	Huntingdon Youth, Child and Family Centre

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Friday continued				
Pop Up Tiger Who Came to Tea Stay and Play 10am to 11am	26 Jan	A themed stay and play session suitable for children aged 2 to 5 years with younger siblings welcome. To book a space please call 01480 372700.	B £	Eaton Socon Child and Family Centre
Drop In Clothes Bank 1pm to 3pm	5 Jan	Is your child in need of some clothes? Come along to our clothes bank and take the items you need.		Eaton Socon Child and Family Centre
Eden Place Storycraft 1.30pm to 2.30pm	26 Jan	A multi-generational story and craft session based on classic books. Suitable for children aged 2 to 5 years with younger siblings welcome. To book a space please call 01480 372700.	B £	Eden Place Extra Care Housing Langley Court St Ives PE27 5SF
Five to Thrive Friday 		‘The things you do every day that help your child’s growing brain’. We will be sharing activity ideas to help you use Five to Thrive in your everyday routine with your baby. The ideas are very simple and can be recreated using items you probably already have around the house!		Facebook post:  

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Saturday				
Something on a Saturday 10am to 11.30am	27 Jan	A stay and play session for families who are unable to attend weekday groups. Suitable for children aged 0 to 8 years. To book a space please call 01480 372700.	B £	St Ives Child and Family Zone

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FREE
resources
on debt and
relationships

Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.






Register at this address
www.oneplusone.org.uk/parents
or scan the QR code

 **oneplusone**

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	<p>We are continuing to offer our Bookstart Corner Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 36 months old. If you would like further information, or a Bookstart pack, please email ChildAndFamilyCentre.Hunts@cambridgeshire.gov.uk</p>
	<p>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 50 Things To Do Before You're Five app you can use in your everyday routine with your children. The ideas are very simple and are low or no cost. Download the free 50 Things To Do Before You're Five app for a menu of exciting activities.</p>
	<p>Five to Thrive: 'The things you do every day that help your child's growing brain'. We will be sharing activity ideas to help you use <i>Five to Thrive</i> in your everyday routine with your baby. The ideas are very simple and can be recreated using items you probably already have around the house!</p>
<p>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p>Are you concerned about the safety of a child?</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>Support for Young People</p>	<p>Keep Your Head: A 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</p>
<p>Keep up to date</p>	<p>If you would like to be kept up to date about our activities by email, please ask to join our mailing list.</p>



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Our Opening Times

Eaton Socon Site	Eynesbury Site	
<i>Tuesday, Wednesday, and Friday 9.30am to 2.30pm Thursday 9.30am to 1pm</i>	<i>Monday 9.30am to 2.30pm</i>	
Sawtry Zone	Ramsey Zone	
<i>Monday 9.30am to 2pm Wednesday 12pm to 2.30pm Thursday 9.30am to 1pm Friday 9.30am to 2pm</i>	<i>Tuesday 10am to 2pm Thursday 10am to 1pm</i>	
Huntingdon Nursery Site	Huntingdon Youth Centre Site	St Ives Zone
<i>Monday to Friday 10am to 3pm (by appointment only)</i>	<i>Monday, Tuesday, Wednesday 9.30am to 2.30pm Thursday 9.30am to 1pm</i>	<i>Monday, Tuesday, Wednesday 9.30am to 2.30pm Thursday 9.30am to 1pm</i>

Contact Us

Get In Touch	
St Neots Child and Family Centre Eaton Socon Site 01480 372700	St Neots Child and Family Centre Eynesbury Site 01480 372700
Sawtry Child and Family Zone 01480 372700	Ramsey Child and Family Zone 01480 372700
Huntingdon Child and Family Centre Huntingdon Nursery Site 01480 375216	Huntingdon Child and Family Centre Huntingdon Youth Child and Family Centre Site 01480 372700
St Ives Child and Family Zone 01480 372700	
Email us: childandfamilycentre.hunts@cambridgeshire.gov.uk	



Follow us on Instagram -
@childandfamilycentres.hunts



'Like' our Facebook page -
Huntingdonshire Child
and Family Centres



Find us on YouTube -
Cambridgeshire Child
and Family Centres



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