



## HUNTINGDONSHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**March 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. Please pay in cash on the day.

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.

### Booking

Booking is essential for some sessions and spaces are limited. Please call the numbers advertised below or contact us by email [ChildAndFamilyCentre.Hunts@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.Hunts@cambridgeshire.gov.uk) or on Facebook.

### Privacy Notice

The Child and Family Centre holds information about the families and individuals we support for the purposes of monitoring, evaluation and future planning of the Child and Family Centre's services as part of Cambridgeshire County Council.

The information will be held in accordance with the General Data Protection Regulation (GDPR). Further information is available on the Cambridgeshire County Council's website [www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk) (search Privacy Notice).

## Addresses

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

<b>Monday</b>				
<b>Messy Play</b> 9.30am to 10.30am	Weekly	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
<b>Tiniest Feet</b> 10am to 11.30am	Weekly	Fun filled 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 for babies over 6 weeks.  To book a space please call 01480 372700.	B £	Eynesbury Child and Family Centre
<b>Tiniest Feet</b> 10am to 11.30am	Weekly	Fun filled 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 for babies over 6 weeks.  To book a space please call 01480 372700.	B £	Sawtry Child and Family Zone
<b>Crawlers to Walkers</b> 10am to 11.30am	Weekly	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

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Monday continued				
<b>Me, You and Baby Too</b> 10am to 11.30am	11, 18 March	Having a baby can be an exciting time, but it's also one of the biggest changes you and your partner are likely to go through. Me, You and Baby Too can help you navigate these changes and keep moving forward together. The programme is delivered over two sessions which are free of charge.  To book a space please call 01480 372700.	B	Eaton Socon Child and Family Centre
<b>Self-Weigh</b> 11.30am to 1.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.  No booking required.		Huntingdon Youth, Child and Family Centre
<b>Self-Weigh</b> 12 noon to 1.15pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.  No booking required.		Eynesbury Child and Family Centre
<b>Music Tots</b> 1pm to 2.30pm	Weekly	A session full of music, singing and free play. Suitable for children aged 1 to 5 years.  To book a space please call 01480 372700.	B £	Little Paxton Village Hall High Street Little Paxton St Neots PE19 6EY
<b>Sensory SEND group</b> 1.30pm to 3pm	25 March	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. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B	Huntingdon Youth, Child and Family Centre

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<b>Monday continued</b>				
<b>English for Adults</b> 1pm to 3pm	Weekly	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
<b>Pop In and Play</b> 1.30pm to 2.30pm	Weekly	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.		Eynesbury Child and Family Centre


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<b>Tuesday</b>				
<b>Maths for Adults</b> 9am to 11am	Weekly	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
<b>Music Tots</b> 9.45am to 10.45am	Weekly	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
<b>Stay and Play Little Bears</b> 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
<b>Storytime</b> 10am to 11am	Weekly	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
<b>Self-Weigh</b> 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

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Tuesday continued				
<b>Drop In Clothes Bank</b> 10am to 12 noon	12 March	Is your child in need of some clothes? Come along to our clothes bank and take the items you need.		Ramsey Child and Family Zone
<b>Pop Up Sensory SEND group</b> 10am to 11.30am	19 March	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. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B	Eaton Socon Child and Family Centre
<b>Tiniest Feet</b> 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. Parents-to-be welcome. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B £	Ramsey Child and Family Zone
<b>Stay and Play: 50 Things</b> 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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Tuesday continued				
<b>Stay and Play: 50 Things</b> 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
<b>Storyplay</b> 1.30pm to 2.30pm	12 March	A multi-generational story session. Suitable for children aged 2 to 5 with younger siblings welcome.  To book a space please call 01480 372700.	B £	Eden Place Extra Care Housing Langley Court St Ives PE27 5SF

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<b>Wednesday</b>				
<b>Stay and Play</b> 9.15am to 10.45am	6, 13, 20 March	A stay and play session suitable for children aged 0 to 5 years.  To book a space please call 01480 375216.	B £	Christian Centre Nene Road Huntingdon PE29 1RE
<b>Drop In Clothes Bank</b> 9.30am to 11.30am	13 March	Is your child in need of some clothes? Come along to our clothes bank and take the items you need.		St Ives Child and Family Zone
<b>Pop Up Multiple Births</b> 10am to 11.30am	27 March	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
<b>Stay and Play</b> 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
<b>Sensory Babies</b> 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. Parents-to-be welcome. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B £	Huntingdon Youth, Child and Family Centre

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Wednesday continued				
<b>New Baby Group</b> 10am to 11.30am	13, 20 March	Two free 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 look in our clothes bank. Suitable for parents of babies under 3 months.  No booking required.		St Ives Child and Family Zone
<b>Self-Weigh</b> 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
<b>Tiniest Feet</b> 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. Parents-to-be welcome. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B £	St Ives Child and Family Zone
<b>Somersham Pop Up Play</b> 1pm to 2pm	Weekly	Pop up stay and play sessions with a different theme every time. Suitable for children aged 0 to 5 years.  <b>6 March</b> – Mother’s Day <b>13 March</b> – St Patrick’s Day <b>20 March</b> – Easter <b>27 March</b> - Easter  To book a space please call 01480 372700.	B £	Somersham Victory Hall Parkhall Road Somersham PE28 3HE

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Wednesday continued				
<b>Young Parent Peep</b> 1.15pm to 2.45pm	27 March	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
<b>Sensory Babies</b> 1.30pm to 3pm	Weekly	Fun filled sensory sessions for pre-mobile babies, which help to develop and improve their motor skills, co-ordination, and concentration. Parents-to-be welcome. Includes self-weigh facilities for babies over 6 weeks.  <b>27 March</b> – 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
<b>Stay and Play</b> 1.45pm to 3pm	Weekly	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
<b>Pathway to Parenting</b> 3pm to 5pm	6, 13, 20, 27 March	Pathway to Parenting is a face-to-face interactive programme, covering lots of topics to help you prepare for birth and parenthood. Suitable for parents from 20 weeks gestation.  To book a space please call 01480 372700.	B	Huntingdon Youth, Child and Family Centre

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Thursday				
<b>Peep Group</b> 9.30am to 11am	Weekly	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
<b>Introducing Family Foods</b> 9.45am to 10.45am		A workshop to find out more about how to introduce your baby to your family foods.  <b>7 March</b> – Ramsey Child and Family Zone <b>14 March</b> – Huntingdon Youth, Child and Family Centre <b>21 March</b> – Eaton Socon Child and Family Centre  To book a space please call 01480 372700.	B	Various locations, please see description
<b>Drop In Clothes Bank</b> 10am to 12 noon	14 March	Is your child in need of some clothes? Come along to our clothes bank and take the items you need.		Huntingdon Youth, Child and Family Centre
<b>Self-Weigh</b> 10.30am to 12.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.  No booking required.		St Ives Child and Family Zone
<b>Little Explorers</b> 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

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Thursday continued				
<b>Five to Thrive</b> 10am to 11am	14, 21, 28 March	A three-week programme aimed at parents of new babies. Come and learn about how to use everyday opportunities to give your baby's brain, all it needs to grow well. Suitable for parents/carers with a baby aged up to 4 months.  To book a space please call 01480 372700.	B	Ramsey Child and Family Zone
<b>Stay and Play</b> 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
<b>Sensory SEND group</b> 10am to 11.30am	21 March	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. Includes self-weigh facilities for babies over 6 weeks.  To book a space please call 01480 372700.	B	Brightfields Centre St Mary's Street Farcet PE7 3AR
<b>Pop Up Stay and Play</b> 10am to 11.30am	7 March	A stay and play session suitable for children aged 0 to 5 years.  To book a space please call 01480 372700.	B £	Brightfields Centre St Mary's Street Farcet PE7 3AR

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Thursday continued				
<b>Peep Group</b> 1pm to 2.30pm	Weekly	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
<b>Drop In Antenatal Session for Teenage Parents</b> 1.30pm to 3pm	21, 28 March	A friendly, informal session run by our local Teenage Pregnancy Midwife, Nikki, with an opportunity to chat about your journey as young parents. Suitable to expectant parents under 20 years.		Ramsey Child and Family Zone




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Friday				
<b>Self-Weigh</b> 9.30am to 12noon	1, 8, 15, 22 March	Self-weigh for babies and children aged 6 weeks up to 5 years.  No booking required.		Eaton Socon Child and Family Centre
<b>Four to Explore</b> 10am to 11.30am	1, 8, 15, 22 March	Different play themes each month for exploring health, nature, and the working world around us. Suitable for children aged 0 to 5 years.  <b>1 March</b> – Colours and Shapes <b>8 March</b> – Mother’s Day <b>15 March</b> – St Patrick’s Day <b>22 March</b> – Easter  To book a space please call 01480 372700.	B £	Sawtry Child and Family Zone
<b>Breastfeeding Drop-in</b> 10am to 11.30am	1, 8, 15, 22 March	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
<b>Four to Explore</b> 10am to 11.30am	1, 8, 15, 22 March	Four different play themes each month for exploring health, nature, and the working world around us. Suitable for children aged 0 to 5 years.  <b>1 March</b> - Let’s Get Creative <b>8 March</b> – Storyplay <b>15 March</b> – Let’s Get Physical <b>22 March</b> – Little Builders  To book a space please call 01480 372700.	B £	Huntingdon Youth, Child and Family Centre

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Friday continued				
<b>Pop Up Little Builders</b> 10am to 11am	22 March	A stay and play session all about construction. Suitable for children aged 2 to 5 years.  To book a space please call 01480 372700.	B £	Eaton Socon Child and Family Centre
<b>Drop In Clothes Bank</b> 12.30pm to 2.30pm	15 March	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
<b>Five to Thrive Friday</b>  	Weekly	'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:    

Saturday				
<b>Something on a Saturday</b> 10am to 11.30am	30 March	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](http://www.oneplusone.org.uk/parents)  
or scan the QR code

 **oneplusone**

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	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact <a href="mailto:childandfamilycentre.hunts@cambridgeshire.gov.uk">childandfamilycentre.hunts@cambridgeshire.gov.uk</a> for a chat with one of our staff.</p>
	<p>50 Things To Do Before You're Five seeks to help every child reach important health, learning, and wellbeing milestones.'</p> <p>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 require low or no cost. Download the free 50 Things To Do Before You're Five app for a menu of exciting activities for families with young children.</p>
	<p><b>Five to Thrive</b>  '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><b>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting:  <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<p><b>Are you concerned about the safety of a child?</b></p>	<p>If a child is at risk of harm, or you are concerned about the safety of a child, please call the Contact Centre on 0345 045 5203 between 8am and 6pm, Monday to Friday. If it is outside office hours or at the weekend, call the First Response and Emergency Duty Team on 01733 234724, or the police on 999.</p>
<p><b>Support for Young People</b></p>	<p><b>Keep Your Head:</b> A new young people's mental health website for young people and their parents/carers living in Peterborough and Cambridgeshire. The site is universally accessible and is a central point for finding good quality local and national information on keeping well, self-help, and support services covering a range of issues.  <a href="http://www.keep-your-head.com">www.keep-your-head.com</a></p>



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## Our Opening Times

<b>Eaton Socon Site</b>	<b>Eynesbury Site</b>	
<i>Tuesday, Wednesday, and Friday 9.30am to 2.30pm Thursday 9.30am to 1pm</i>	<i>Monday 9.30am to 2.30pm</i>	
<b>Sawtry Zone</b>	<b>Ramsey Zone</b>	
<i>Monday 9.30am to 2pm Wednesday 12pm to 2.30pm Friday 9.30am to 2pm</i>	<i>Tuesday 10am to 2pm Thursday 10am to 1pm</i>	
<b>Huntingdon Nursery Site</b>	<b>Huntingdon Youth Centre Site</b>	<b>St Ives Zone</b>
<i>Monday to Friday 10am to 3pm (by appointment only)</i>	<i>Monday, Tuesday, Wednesday, Friday 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: <a href="mailto:childandfamilycentre.hunts@cambridgeshire.gov.uk">childandfamilycentre.hunts@cambridgeshire.gov.uk</a>	



Follow us on Instagram -  
@childandfamilycentres.hunts



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



Find us on YouTube -  
Cambridgeshire Child  
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