



SOUTH CAMBRIDGESHIRE FAMILY HUB NETWORK

WHAT'S ON

NOVEMBER 2026

Welcome to South Cambridgeshire's Family Hub network.

We aim to provide families of all abilities, identities and cultures with the support and information they need to help them give children the best start in life. We aim to ensure our hubs and network sites are friendly and welcoming places for all.

There is no charge for our services.

Cambridgeshire County Council | BEST START IN LIFE | FAMILY HUBS | NHS

B = Booking Required

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

Cambridgeshire Best Start Family Hubs hold information about the families and individuals supported for the purposes of monitoring, evaluation and future planning of Cambridgeshire County Council and Best Start Local Network services. 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

Best Start Family Hub - Cambourne	Sackville House, Sackville Way, Cambourne, CB23 6HL
Cambourne Blue School	Eastgate, Great Cambourne, CB23 6DZ
Best Start Outreach Site - Linton	Cathodeon Centre, Horseheath Road, Linton, CB21 4LU
Best Start Network Site - Melbourn	Mortlock Street, Melbourn, SG8 6DB
Best Start Network Site - Northstowe	The Unity Centre, Pathfinder Way, Northstowe, CB24 1FD
Best Start Network Site - Sawston	Sawston Community Hub, New Road, Sawston, CB22 3BP
Best Start Network Site - Waterbeach	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 November we will be thinking about ….

Anti-bullying week 16-20 Nov / Baby Week 14-20 Nov
"Movember" Men's Health Awareness Month



If you would like to celebrate something important to you with other people who use our services please let us know.

B = Booking Required



Baby Week, celebrated across the UK from 14th - 20th November, brings together services to promote the best start in life. Scan the QR code to book your place on our Baby Week themed sessions.

Baby Bookstart session at Northstowe Baby Group
Tuesday 17th November
1-2.30pm

Big Baby Sorytime at Sawston Baby Group
Tuesday 17th November
10-11.30am and 1-2.30pm

Baby rave at Cambourne Sensory Babies
Tuesday 17th November
1-2.30pm

Dress up as a book charcter at Story with Tori - Cambourne
Wednesday 18th November
10-10.45am / 11-11.45am

Sensory umbrella making at Waterbeach Baby Group
Thursday 19th November
1-2.30pm

Baby Bookstart session at Melbourn Baby Group
Thursday 19th November
1-2.30pm

Make sensory bottles at Linton Baby Group
Thursday 19th November
1-2.30pm

Soft play at Cambourne Sensory Babies
Friday 20th November
1-2.30pm

Cambridgeshire County Council

BEST START IN LIFE | FAMILY HUBS

B = Booking Required

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	Best Start Outreach Site - Linton **Please book your place using the QR code on page 1**
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	Best Start Network Site - Northstowe **Please book your place using the QR code on page 1**
Mini Movers 10.00 – 11.30am	Weekly **No session 9th Nov**	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	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
Wiggle and Giggle Baby Group 10.00 – 11.30am	Weekly	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	Best Start Network Site - Waterbeach **Please book your place using the QR code on page 1**
Wiggle and Giggle Baby Group 1.30 – 2.30pm	Weekly	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 under 1 year.	B	Best Start Network Site - Northstowe **Please book your place using the QR code on page 1**
SEND Peer Support Drop In 1.00 – 2.30pm	16 November	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.		Best Start Family Hub - Cambourne
Growing Together SEND Parenting Workshop – Changing problem behaviour into positive behaviour 1.00 – 3.00pm	2 November	Challenging behaviours can be stressful for the whole family. This seminar helps parents understand why behaviours happen and explores positive ways to encourage cooperation, communication, and appropriate behaviour. Learn practical strategies to support your child while promoting new skills and positive habits. **Children and babies cannot attend this event**.	B	Best Start Family Hub - Cambourne **Please book your place using the QR code below:**

B = Booking Required

Monday continued				
Clothes Bank 1.00 – 2.30pm	23 November	An opportunity to get free clothes for your children. Just turn up and pick what you need!		Best Start Family Hub - Cambourne

Tuesday				
Baby Group 10.00 – 11.30am and 1.00– 2.00pm	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. On 17th November we will be celebrating Baby Week with a big baby story time.	B	Best Start Network Site - Sawston **Please book your place using the QR code on page 1**
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: 3rd Nov – See the stars 10th Nov – Make your mark 17th Nov – Making music 4th Nov – Postie	B	Best Start Network Site - Northstowe **Please book your place using the QR code on page 1**
Music and Movement 10.00 – 11.00am	Weekly	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	Best Start Network Site - Melbourn **Please book your place using the QR code on page 1**
International Group 10.00 – 11.30am	Weekly **No session 10th Nov**	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	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
Self-Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Best Start Network Site - Northstowe
Sensory Babies 1.00– 2.00pm	Weekly **No session 10th Nov**	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. On 17th November we will be celebrating Baby Week by having a baby rave.	B	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**

B = Booking Required

Tuesday continued				
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	Best Start Network Site - Northstowe



B = Booking Required

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. Themes for this month are: 4th Nov – Fireworks arts and craft 11th Nov – Remembrance Day arts and craft 18th Nov – Salt dough decorations 25th Nov – Playing with sand & everyday objects	B	Best Start Network Site - Sawston **Please book your place using the QR code on page 1**
Stay and Play 10.00 – 11.30am	Weekly	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: 4th Nov – Whee Bang Whizz 11th Nov – Happy History 18th Nov – Boing 25th Nov – Make your mark	B	Best Start Network Site - Waterbeach **Please book your place using the QR code on page 1**
Mindful Mums with CPSL Mind 1.00 – 2.30pm	11 November	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 perinatalservices@cpslmind.org.uk		Cambourne Library
Triple P Discussion Group – Developing Bedtime Routines 6.30 – 8.30pm	11 November	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. **Children and babies cannot attend this event.**	B	Herons' Preschool Building 2 (former Barracks site off Denny End Road) Waterbeach CB25 9PA
Stay and Play: 50 Things. 10.00 – 11.30am	Weekly **No session 11th Nov**	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: 4th Nov – See the stars 11th Nov – Make your mark 18th Nov – Making music 25th Nov – Postie	B	Best Start Network Site - Northstowe **Please book your place using the QR code on page 1**

B = Booking Required

Wednesday continued				
Introducing Family Foods 1.00 – 2.00pm	18 November	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	Best Start Network Site - Sawston **Please book your place using the QR code on page 1**
Story with Tori (Children aged 0 to 4 years) 10.00 – 10.45am	Weekly **No session 11th Nov**	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 on page 1**
Story with Tori (Children aged 0 to 12 months) 11.00 – 11.45am	Weekly **No session 11th Nov**	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 on page 1**
Triple P Discussion Group – Going Out 12.30 – 2.30pm	4 November	This friendly discussion group explores practical ways to prepare children for outings, encourage positive behaviour, and manage difficulties with confidence. Learn simple strategies to make trips out more enjoyable and successful for the whole family. Ideal for parents who want to feel more confident when out and about with their child. **Children and babies cannot attend this event.**	B	Best Start Network Site - Sawston **Please book your place using the QR code below:**
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. **11th November will take place at Best Start Network Site – Melbourn SG8 6DB**	B	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
Self- Weigh	18 November	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Best Start Network Site - Waterbeach

B = Booking Required

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: 5th Nov – Hocus Pocus 12th Nov – Dance 19th Nov – Rhyme time 26th Nov – Home from home	B	Best Start Network Site – Melbourn **Please book your place using the QR code on page 1**
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	Best Start Network Site -Waterbeach **Please book your place using the QR code on page 1**
Stay and Play 10.00 – 11.30am	Weekly **No session 26th Nov**	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. Themes for this month are: 5th Nov – Firework arts and craft 12th Nov – Remembrance Day arts and craft 19th Nov – Salt dough decorations	B	Best Start Outreach Site - Linton **Please book your place using the QR code on page 1**
Cambourne Breastfeeding Friends 12.30 – 2.30pm	Weekly **No Session 12th Nov**	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.		Best Start Family Hub - Cambourne
Self-Weigh 1.00 – 2.30pm	26 November	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Best Start Network Site – Melbourn
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. On 19th November we will be celebrating Baby Week with a Baby Bookstart session.	B	Best Start Network Site - Melbourn **Please book your place using the QR code on page 1**
Baby Group 1.00– 2.30pm	Weekly **No session 26th Nov**	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. On 19th November we will be celebrating Baby Week by making sensory bottles.	B	Best Start Outreach Site – Linton **Please book your place using the QR code on page 1**

B = Booking Required

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. On 19th November we will be celebrating Baby Week by making sensory umbrellas.	B	Best Start Network Site - Waterbeach **Please book your place using the QR code on page 1**
Little Explorers 1.00– 2.00pm	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: 5th Nov – Make your mark 12th Nov – Sharing books 19th Nov – Mini artists 26th Nov – Little people park keeper	B	Oaks Wood Car Park, Cambourne, CB23 5DQ **Please book your place using the QR code on page 1**



B = Booking Required

Friday				
Stay and Play 10.00 – 11.30am	Weekly **No session 13th Nov**	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: 6th Nov – Mini Artists 20th Nov – Dressing up 27th Nov – Sharing books	B	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
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	Best Start Network Site - Sawston **Please book your place using the QR code on page 1**
Sensory Babies 1.00– 2.30pm	Weekly **No session 13th Nov**	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. On 20th November we will be celebrating Baby Week with soft play.	B	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
Self- Weigh 1.00 – 2.30pm	Weekly	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Best Start Family Hub - Cambourne
Self- Weigh 1.00 – 2.30pm	13 November	Self-weigh for babies and children aged 6 weeks to 5 years. No booking required.		Best Start Network Site - Sawston

Saturday				
Dads' Group 10.00 – 11.30am	14 November	A Stay and Play session for all male carers of under 8's to come and play. Includes self-weigh facilities.	B	Best Start Family Hub - Cambourne **Please book your place using the QR code on page 1**
Baby Week Launch Event 10.00am – 4.00pm	14 November	A fun-filled day for babies, parents, carers and families, featuring: Story sessions, Baby Sing and Sign, Baby Storytime, Baby Signing, Baby Rave Meet local services and partners including Libraries, Family Hubs, Health Visiting, Family Information Service, Fitzwilliam Museum and more. Plus, take part in Baby Week Bingo for a chance to win a hamper of goodies! Come along, have fun and discover the support, activities and opportunities available for families with babies across Cambridgeshire. Booking not required.		Best Start Family Network Site – The Fields 9 Galfrid Road Cambridge CB5 8ND

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 *50 Things to Do app* 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 *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!
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

B = Booking Required

DEVELOPING BEDTIME ROUTINES

Workshop

BEST START IN LIFE | FAMILY HUBS

Triple P
Positive Parenting Program



Parenting discussion groups 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.

Please scan QR code to book.
Children can not attend these workshops and a creche facility is not available.



Herons' Preschool Waterbeach Building 2 (former Barracks site off Denny End Road) CB25 9PA

Wednesday 11th November 2026
6.30 – 8.30 PM

Contact Us
01954 284 672

B = Booking Required

GROWING TOGETHER: SEND *Workshop*

BEST START IN LIFE | FAMILY HUBS

Triple P
Positive Parenting Program

Changing problem behaviour into positive behaviour



Friendly, practical workshops for parents and carers of children with a disability or additional needs aged up to 12 years. Each seminar provides simple, evidence-based strategies to support your child's development, build positive behaviour, and strengthen family relationships.

Challenging behaviours can be stressful for the whole family. This seminar helps parents understand why behaviours happen and explores positive ways to encourage cooperation, communication, and appropriate behaviour. Learn practical strategies to support your child while promoting new skills and positive habits.



To book please scan QR code above
Children can not attend these workshops and a creche facility is not available.

BEST START FAMILY HUB
CAMBOURNE, CB23 6HL

Monday 2nd November 2026
1 – 3 PM

Contact Us
01954 284 672

B = Booking Required

SEND Peer Support Drop-in

BEST START IN LIFE | FAMILY HUBS

An opportunity to meet other parents with children with emerging or diagnosed needs, share knowledge, information, ideas and network. Hosted by the Best Start Family Hub with visits from the Early Years SEND team throughout the year.

No need to book
Children under 5 years welcome.



Once Monthly Session



Children under 5 years welcome.



Monday 16th November
1.00 - 2.30pm

Best Start Family Hub - Cambourne
Sackville House, Sackville Way
Cambourne CB23 6HL

Cambridgeshire County Council

FamilyHubs.SouthCambs@cambridgeshire.gov.uk

B = Booking Required

Our Opening Times

Best Start Family Hub - Cambourne	Best Start Network Site – Melbourn	Best Start Network Site – Northstowe
Monday to Friday *9.00am to 4.00pm*	*Tuesday 9.00am to 12pm* *Thursday 9.00am to 3.00pm*	*Monday 9.30am to 3pm* *Tuesday 9.30am to 3pm* *Wednesday 9.30am to 12.00pm*
Best Start Network Site – Sawston	**Best Start Network Site – Waterbeach**	**Best Start Outreach Site – Linton**
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*	*Monday 9.00am to 12.00pm* *Thursday 9.00am to 3.00pm*

Contact Us

Get In Touch

Phone us: 01954 284 672
Email us: FamilyHubs.SouthCambs@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
@south_cambs_family_hub_network

Find us on YouTube
Cambridgeshire Family Hubs

'Like' our page
South Cambs Best Start Family Hub

B = Booking Required