



What's on

Huntingdon and St Ives and surrounding area

December 2018 to February 2019

Activities, events and groups for children and families aged 0-19 across Huntingdon, St Ives and surrounding villages

Centre closure dates – Wednesday 12 December 12noon onwards,
Tuesday 25 December 2018 to Wednesday 2 January 2019 and
Monday 18 February to Friday 22 February 2019

Please find details of venues at the end of the activity listings on page 12

Event and activity details may change, please see Facebook/Website for latest information



www.facebook.com/huntingdonshirechildandfamilycentres/

www.cambridgeshire.gov.uk/child-and-family-centres

Huntingdon and St Ives What's On

Huntingdon and surrounding area

 = Sessions run by Health  = Bookable courses for parents

Monday				
Introducing Solids 9.30am to 11.00am	10 December	Health led session	[B]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Paediatric First Aid 9.30am to 11.30am	21 January	Learn basic first aid skills.	[B] [£]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Dreamers Café 10am to 12.30pm	Weekly	Run by Voiceability for young adults with SEN		Huntingdon Child and Family Centre at Huntingdon Youth Centre
Peep 10.00am to 11.30am	14, 21, 28 January, 4 and 11 February	For children 1 to 2 years	[B]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Stay & Play 1.00pm to 2.30pm	Weekly	For children aged 0-5 years		37 Park Lane, Brampton
Baby PEEP 1.00pm to 2.30pm	14, 21, 28 January, 4 and 11 February	For babies aged 0 to 12 months	[B]	Christian Centre, Nene Road. Contact Amanda on 07928647262 to book
Terrific 2's 10.00am to 11.30am	14, 21, 28 January, 4 and 11 February	A five week course learning about children's behaviours.	[B]	Medway Centre
Fusion Senior 7.00pm to 8.45pm	Weekly Term time only	Open access youth group ages school years 9-13. Parent consent required before attending.		Huntingdon Child and Family Centre at Huntingdon Youth Centre contact Angie Linton, fusion.coordinator@gmail.com

[£] Charge [B] Booking [C] Course [R] Invite/Referral

For activity and address details please see back of the booklet

Tuesday				
Moorplay 9am to 11am	4, 11, 18 December, 8, 15, 22, 29 January, 5, 12 and 26 February	For children aged 0 to 5 years	[£]	Christian Centre, Nene Rd
Family Learning Adult English Course 9.15am to 11.15am	15, 22, 29 January, 5, 12 and 26 February	English Adult Learning Course Free crèche available	[B] [C]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Rainbow Toddler Group 9.30am to 11.30am (Term time only)	Weekly	A range of toys and activities with a different craft session every week.		Huntingdon Community Church
Childminders Group 9.15am to 11.15am	4, 18 December, 15, 29 January, 5 and 19 February	Childminders only		Brampton Community Centre
Tesco Pop Up Christmas 1.00pm to 3.00pm	4 December	For all children under five years		Tesco Community Room, Huntingdon
Ante-Natal PEEP	On demand	Join us for relaxed informal sessions, where you can meet other expectant parents	[B]	Cornerstone Pregnancy Advice Centre, Huntingdon Amanda 07928647262
Fusion Gateway 6.00pm to 8.30pm	Weekly Term time only	For young people with additional needs, aged 12-25 years		Huntingdon Child and Family Centre at Huntingdon Youth Centre contact Angie Linton, Fusion Co-ordinator, fusion.coordinator@gmail .com

Wednesday				
Bumps and Babies 12.15pm to 1.45pm	Weekly	For parents-to-be, and mums and dads with babies up to one year.		Queen Elizabeth Hall, Godmanchester
Littlefoot 9.00am to 11.30am	Weekly	A wide range of toys, crafts and activities including refreshments for families with children 0-5 years.	[£]	Godmanchester Baptist Church

[£] Charge [B] Booking [C] Course [R] Invite/Referral

For activity and address details please see back of the booklet

Art and Crafts Sessions 9.15am to 11.15am	30 January and 27 February	For adults only Crèche provision available	[B]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Family Learning Adult Maths Course 1pm to 3pm	16, 23, 30 January, 6, 13 and 27 February	Adult's course. Crèche provision available	[B] [C]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Family Learning 9.15am to 11.15am	16, 23, 30 January, 6, 13 and 27 February	Please contact Christine Ball for details on 01480 375013	[B]	Huntingdon Primary School
Funky Monkeys 5.00pm to 7.00pm (Term time only)	5, 12, 19 December 16, 23, 30 January, 6, 13 and 27 February	Open access youth group ages 8-11yrs Parent consent required before attending.		Huntingdon Child and Family Centre at Huntingdon Youth Centre contact Angie Linton, Fusion Co-ordinator, fusion.coordinator@gmail. com
Fusion Juniors 7.30pm to 9.00pm (Term time only)	5, 12, 19 December 16, 23, 30 January, 6, 13 and 27 February	Open access youth group ages school years 7-8. Parent consent required before attending.		Huntingdon Child and Family Centre at Huntingdon Youth Centre contact Angie Linton, Fusion Co-ordinator, fusion.coordinator@gmail. com
Ante-Natal PEEP	On demand	Join us for relaxed informal sessions, where you can meet other expectant parents	[B]	Cornerstone Pregnancy Advice Centre, Huntingdon Amanda 07928647262

Thursday				
Child Health Clinic 9.30am to 12pm	Weekly	Health clinic, NHS led		Oak Tree Centre, Huntingdon
Fantastic Foxes 10am to 11.30am (Term Time only)	6, 13, 20 December, 10, 17, 27, 31 January, 7, 14 and 28 February	For children aged 0 to 5 with additional needs	[R]	Oak Tree Centre, Huntingdon
Introducing Solids 9.30am to 11.00am	17 January, 28 February	Health led session	[B]	Huntingdon Child and Family Centre at Huntingdon Nursery School

Peep 10.00am to 11.30am	6 and 13 December	For children 1 to 2 years	[B]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Young Parent Group 10.30am to 12pm	6, 13, 20 December, 10, 17, 27, 31 January, 7, 14 and 28 February	A friendly group aimed at young parents (up to 25 years). For children aged 0 to 5		Huntingdon Child and Family Centre at Huntingdon Nursery School
PEEP (2 to 4 years) 1.15pm to 2.45pm	17, 27, 31 January, 7, 14 and 28 February	For children aged 2 to 4 years and their parents/carers Crèche provision available. Call 01480 375216 to book	[B] [C]	Huntingdon Child and Family Centre at Huntingdon Nursery School
Parent Support Drop-in 1.15pm to 2.45pm	Weekly - Term time only	Run by district Family Workers for support and advice		Huntingdon Child and Family Centre at Huntingdon Youth Centre
Here: Now 5pm to 8pm	Weekly	Mental Health and Wellbeing drop-in for 11 to 19 year olds		Huntingdon Child and Family Centre at Huntingdon Youth Centre
Story and Rhyme time 1.15pm to 2.30pm	17, 24, 31 January, 7, 14 and 28 February	Sharing books and rhymes with your child 0-5 years		Christian Centre, Nene Road

Friday				
Moorplay 9am to 11am	Weekly - Term time only	For children aged 0 to 5	[£]	Christian Centre, Nene Rd
SOC Group (Support, Offload and Chat) 9am to 11am	Weekly - Term time only	Run by parents - supporting other parents with children with SEN		Huntingdon Child and Family Centre at Huntingdon Youth Centre
Bumps and Babes 1.30pm to 3.00pm	Weekly	For parents-to-be, and mums and dads with babies up to one year.		Huntingdon Child and Family Centre at Huntingdon Nursery School
SEND Parent & Carer support group 9.15am to 10.30am	14 Dec	Run by parents - supporting other parents with children with SEN		Alconbury C of E Primary School
Triple P Teen 9.30am to 11.30am	25 January, 1, 8, 15 February	For parents of children 10 years and over	[B]	Huntingdon Youth Centre
Nurtur 10.15am to 11.45am	Weekly	Breastfeeding support		Saxongate Centre

Sunday				
Young Carers Group 9.30am to 1pm	2 December 6 January and 3 February	Run by Carers Trust	[R]	Huntingdon Child and Family Centre at Huntingdon Youth Centre

St Ives and surrounding area



= Sessions run by Health



= Bookable courses for parents

Monday				
Stepping Stones 9.15am to 11.15am	7, 14, 21, 28 January, 4, 11 and 25 February	A nine week course, limited crèche spaces available.	[B] [C] [R]	Broadleas
Wyton Weekly Fun 10am to 11.30am	Weekly	Active play session for Families and Carers with children aged 0 to 5 years. Children's snack included.		12 Cornwall Road, Wyton on the Hill
Monday Meerkats 1.00pm to 2.30pm	Weekly	Early learning skills	[R]	Sensory Room, Bridge Church, 2 Burrell Road, St Ives PE27 3LE Contact Debbie Hellary 07917587939
Child Health Clinic 2pm to 3.30pm	Weekly	Health clinic, NHS led		St Ives Clinic, Ramsey Road

Tuesday				
Childminders drop in 9.15 to 11.15am (term time only)	Weekly	For childminders only.		St Ives Child and Family Zone
Child Health Clinic 10am to 11am	22 January and 26 February	Health clinic, NHS led		Cornwall Road, Wyton
Post-natal Depression Support Group 10.30am to 12.30pm (Term time only)	Weekly	For mums who have been diagnosed with post-natal depression. Referral via Health Visitor	[R]	St Ives Child and Family Zone

Wednesday				
Young Parents Group 10.00am to 11.30am	Weekly	For parents aged 25 and under		St Ives Child and Family Zone
Messy Play 1.00pm to 2.30pm	Weekly	Messy and creative activities for children age 0-5	[£]	St Ives Child and Family Zone
Young Carers 3.30pm to 5pm	12 December, 9, 23 January and 6 February	Run by Carers Trust	[R]	St Ives Child and Family Zone
Breastfeeding Clinic 9.30am to 1.30pm	Weekly	NHS led, appointments only	[R]	St Ives Child and Family Zone

Thursday				
Wyton Messy play 1pm to 2.30pm	Weekly	Messy and creative activities for children age 0-5	[£]	12 Cornwall Road, Wyton on the Hill
Bumps and Babes 10.00am to 11.30am	Weekly	For parents-to-be, and mums and dads with babies up to one year.		St Ives Child and Family Zone
Bookstart 11.30am to 12.30am	17, 24, 31 January and 7 February	Bookstart course to encourage reading with your child and enabling reading to become an enjoyable habit. This will include craft activities covering the EYFS. Refreshments provided.	[R]	St. Ives Library
Child Health Clinic 10.30am to 12.00pm	Weekly	Health clinic, NHS led		St Ives Clinic, Ramsey Road

Friday				
Sensory Play 10am to 11.30am	Weekly	For families of children with diagnosed and undiagnosed additional needs and families wanting a little more support with their child's development.	[R]	Sensory Room, Bridge Church, 2 Burrell Road, St Ives PE27 3LE Contact Debbie Hellary 07917 587939

Saturday				
Satur-Dads 10.00am to 12noon	8 December, 12 January, 9 February	Stay and play group for all male carers of children 0-5 years	[£]	St Ives Child and Family Zone

Description of Activities

Stay and Play Groups

These groups will have a variety of different themes from week to week, and help your child to learn through play. They are a fun way for you to learn about your child's development, enjoy time together and meet other parents. Some will provide a chance for you and your child to take part in physical exercise, learning balance, co-ordination and mobility. Others will be focussed on creativity or imaginative play. Each activity will indicate what age range it is targeted at.

You can also talk to us if you are worried about your child's development. The activities are based on the Early Years Foundation Stage (EYFS).

Health

Child Health Clinics

Well baby weighing clinics run by Health Visitors. Sometimes referred to as Well Baby clinics.

Breastfeeding Support

These drop-in support sessions may be professional led, or volunteer led. They offer practical support with any concerns or questions you have around breastfeeding, and the chance to meet other mums.

Parents can also access the Start 4 Life website which has free hints, tips and videos on giving your baby the best start in life. There is also a live chatbox which parents can use to get support on breastfeeding 24/7 <https://www.nhs.uk/start4life/>

There will also be a range of other health provision in our child and family centres such as speech and language support, and sessions on one off topics including weaning and introducing solids.

Additional Needs or Special Educational Needs or Disabilities (SEND) Support

Each centre will run a variety of these sessions and the names of the session will vary. Some will be parent-led others run by or supported by professionals from Health or Child and Family Centres.

Support for Parents

PEEP (Peers Early Education Partnership) group sessions

The PEEP programme focuses on how to make the most of the learning opportunities in everyday life at home – listening, talking, playing, singing and sharing books every day. PEEP supports parents and carers in their role as the first educators of their children.

Young Parent Groups

We provide opportunities for young parents to meet and network with other young parents, whilst enjoying a stay and play session for their children. We provide fun activities including messy play, music sessions and snack time for parents aged 25 years and under.

Family Worker Drop-ins

An opportunity for families to ask for information, advice and support on any issue affecting their family life. These will take place in a range of venues, including Centres, zones, Community buildings and schools.

Courses and Learning

The following parenting programmes run on a regular basis, if dates are not shown in this particular leaflet, please ask centres for information on the next available course.

Raising Children

For mums and dads of children aged up to 12 years. 10 weeks of two-hour sessions. The course is suitable for all parents: from those who just want to learn more about their child's development, to the parent who needs a bit more support in understanding their child's behaviour. The course covers emotional and social development, attachments, coping with stress, social learning theory, cognitive theory, behavioural development, identity, self-esteem, and speech and language.

Incredible Years

For mums and dads of children aged up to six. 12 to 14 weeks of two-hour sessions. The course aims to increase positive and nurturing parenting and improved parent-child relationships. It will provide you with the tools you need to help your child develop emotionally and support you with your effective discipline strategies.

Stepping Stones

A nine week course that will help parents and carers to use positive parenting skills to improve behaviour, support your child's development and help them feel good about themselves, and implement parenting routines and cope with stress.

Raising Teens

For parents of children aged ten and over. Ten weeks of two hour sessions. Raising Teens is a course aimed at parents of teenagers. It will help you to understand why your teen behaves as they do and how you can deal with their emotions and yours. It will also give you effective strategies which work with teenagers including emotional and social development, behavioural development, identity and social development, self-care skills and independence, problem solving, and anger management.

Triple P Parenting Programmes; including Teen Triple P for parents with teenagers

A parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Adult Learning

We provide access to adult learning opportunities and employment support including enabling access to information about employment, education and training and links with Job Centre Plus and local training providers.

We arrange courses for parents in schools and Child and Family Centres which support families with school readiness and to understand the primary curriculum so that they can help their children with homework.

Our learning centres are situated in libraries in Wisbech, March, Central Cambridge, Huntingdon and Ely. Learners can drop in and start learning straight away. We offer qualifications in English, Maths, IT and Employability. We organise job clubs to support searching for work. Almost all the support we offer is free to the learner.

One-Off information sessions

These sessions run on a regular basis, on various topics including those below, if dates are not shown in this particular leaflet, please ask centres for information on the next available course. Courses include sleep, toilet training, managing difficult behaviour, healthy eating, sibling relationships, effective discipline and parenting styles.

Support for Young People

District Early Help teams provide a range of targeted support for young people, usually accessed through the Early Help Assessment process. To find out more about support available locally please contact the Early Help Team on 01480 372700 or 01480 379700.

Cambridgeshire residents can also access a wide range of online information and support via the following websites:-

Youthoria: A website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams. www.youthoria.org

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

CHUMS: Offering children and young people a range of short term, evidence based interventions, including one to one, group work, recreational therapies, as well as offering a robust training package to schools. Self-referrals and referrals from professionals are accepted. The age range is 5 to 18 years in Peterborough and 5 to 25 years in Cambridgeshire (except bereavement support which covers 5 to 19 years). www.chums.uk.com

Charging for Groups

Some groups have a charge to attend, all families will receive a membership card. If having to pay for a group would stop you attending please talk to us. Families on low income may be eligible for free vouchers.

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.

Volunteering Opportunities

We are recruiting volunteers; so if you are interested in working with children, could support groups, or offer admin support, please call the Huntingdonshire District team on 01480 372700 or 01480 379700 or talk to a member of staff at the Child and Family Centre.

Contact Us

Huntingdon and St Ives Child and Family Centre

Opening hours Monday to Friday 9.00am to 5.00pm

Phone number – 01480 372700; option 1

Email address – childandfamilycentre.hunts@cambridgeshire.gov.uk

Huntingdon Child and Family Centre at Huntingdon Nursery School

Opening hours Monday to Friday 8.00am to 4.00pm

Phone number – 01480 375216

Email address childandfamilycentre.hunts@cambridgeshire.gov.uk

Facebook

www.facebook.com/huntingdonshirechildandfamilycentres/

Addresses

Brampton Community Centre, 36 High St, Brampton, Huntingdon PE28 4TH

37 Park Lane, Brampton, PE28 4QD

Christian Centre, Nene Rd, Huntingdon PE29 1RE

Huntingdon Child and Family Centre, Huntingdon Nursery School, Ambury Road, Huntingdon PE29 1AD

Huntingdon Child and Family Centre, Huntingdon Youth Centre, Sallowbush Rd, Huntingdon, PE29 7AF

Medway Centre, Medway Road, Huntingdon PE29 1SF

Oak Tree Centre, 1 Oak Drive, Huntingdon PE29 7HN

Saxongate Community Learning Centre, Bradbury Place, Huntingdon, PE29 3RR

Sensory Room, Bridge Church, 2 Burrell Road, St Ives PE27 3LE

St Ives Child and Family Zone, Broad Leas Centre, St Ives, PE27 5QB

St Ives Clinic, Ramsey Road, St Ives, PE27 5RA

Wyton on the Hill, 12 Cornwall Road, Wyton, Huntingdon, PE28 2ED