

Child Health Clinic

Have your child weighed and chat to the Health Team.

Fulbourn Friends

Fun session with a variety of activities to encourage learning and development

For 0-18months

Stay and Play

A fun sessions with a variety of tabletop and floor activities for 3s and under

ESOL

A course for parents/ carers of children under 5 where English is an additional language

Midwife Clinic

A chance to see a midwife, and meet other families (Appointments only via your midwife team)

Swim for All

(Abbey Pool)

Free swimming for Under 5s and their carers

Ask staff for details and a voucher

Other courses to support parent in:

Parenting skills

Building resilience

Sewing

Cooking

Healthy eating

Financial & budgeting

English level 1&2

Returning to work

Baby massage

Ask a member of staff for details of the next course

New Parents

For parents with babies up to 6 months, Meet and relax while discussing a wide range of parenting issues.

Please see programme

Activity Programme

Spring 2018

All activities are held at the Children's Centres, unless stated otherwise. Booking (where required) can be done by email, telephone or in person at reception.

Romsey Mill Children's Centre

Hemingford Road, Cambridge, CB1 3BZ

Telephone: **01223 566102** Email: childrenscentre@romseymill.org

Office opening hours: **Monday to Friday 9.30am – 12.30pm Wednesday 9am-4pm**

Cherry Hinton Children's Centre

Community Wing of Bewick Bridge Community Primary School,

Fulbourn Old Drift, Cambridge, CB1 9ND

Telephone: **01223 712082** Email: cherryhintonchildrenscentre@cambridgeshire.gov.uk

Office opening hours: **Monday to Thursday 9.30am – 12.30pm**

Website: www.cambridgeshire.gov.uk/childrenscentres

Facebook: www.facebook.com/romseymillandcherryhintonchildrenscentre

	Monday	Tuesday	Wednesday	Thursday	Friday
	9.30-11.30am	10-11.30am			11.45-12.15
ESOL (at Cherry Hinton)	Stay and Play £2.00 per family/carer	Stay and Play £2.00 per family/carer			Swim For All (at Abbey Pool) Ask staff for a free voucher
	1-2.30pm	1-2.30pm	12.30-2.00		
	Clothes and Book Swap See separate flyer for more info	Clothes and Book Swap See separate flyer for more info	New Parents £2.00 per family/carer		
	1-2.30pm	1-2.30pm	2-3.30		
	Swim For All (at Abbey Pool)	Swim For All (at Abbey Pool)	Child Health Clinic Weekly drop-in		

For Mothers 19 + Under & Fathers 25 + Under The **Romsey Mill Young Parents Programme** offers 1:1 support, antenatal classes, courses & drop in groups. Contact Romsey Mill or Cherry Hinton Children's Centre for more information.

CHERRY HINTON

	Monday	Tuesday	Wednesday	Thursday	Friday
	9.30-11.30am	9.30-11.00	10-11.30		9.30-1.00
ESOL	Child Health Clinic Weekly Baby/Toddler Clinic	Child Health Clinic Weekly Baby/Toddler Clinic	Stay and Play £2.00 per family/carer		Midwife Clinic Appointments available through Sienna Team 01223 349314
	12.30-2.15	1-2.30pm			10.00-11.30
Parenting Course See back page and ask staff for details (crèche required)	Clothes and Book Swap See separate flyer	Clothes and Book Swap See separate flyer			Fulbourn Friends Fulbourn Centre For 0-18 months £2.00 per family/carer
		1-2.30pm			11-45-12.15pm
	Swim For All (at Abbey Pool)	Swim For All (at Abbey Pool)			Swim For All (at Abbey Pool) Ask staff for a free voucher