WHAT’S ON

Summer Programme 2017

Linton Children’s Centre
Sawston Children’s Centre

Week Commencing 24th July: Centres Closed (apart from clinics/solids workshop)
Week Commencing 31st July: Centres Open
Week Commencing 7th August: Centres Open
Week Commencing 14th August: Centres Open
Week Commencing 21st August: Centres Closed (apart from midwife clinics)
Week Commencing 28th August: Centres Closed (apart from midwife clinics)

FULL PROGRAMME FOR THE AUTUMN TERM WILL BE AVAILABLE MID AUGUST

www.cambridgeshirechildrenscentres.org.uk
**Linton Centre**

**Monday**

**Midwife clinic**
9am to 11am
24 July; 7 Aug; 21 Aug
By appointment [R]
*Linton Children’s Centre*

**Wednesday**

**Doodle Dots**
10am start (invite only)
9 Aug - Outing to Coleridge Water Park
For parents aged 25 and under and their children

**Introducing Solids Workshop**
1pm to 2.30pm
16 Aug
For parents/carers - a workshop to provide you with information and tips to start weaning your baby
*Linton Children’s Centre*

**Thursday**

**Doodle Dots**
10am start (invite only)
17 Aug - Outing to Linton Zoo
For parents aged 25 and under and their children

**Thursday (Cont.)**

**New Beginnings**
1.15pm to 2.45pm
3 Aug; 10 Aug, 17 Aug
For Babies 0-1 years [£]
*Linton Children’s Centre*

**Breastfeeding guidance**
1.15pm to 2.45pm
17 Aug
During New Beginnings group a NCT breastfeeding counsellor will be available for advice
*Linton Children’s Centre*

**Friday**

**Stay and Play**
10am to 11.30am
4 Aug; 11 Aug; 18 Aug
For children aged 0 to 5 years [£]
*Linton Children’s Centre*

**Baby clinic**
2pm to 3pm
Weekly
*Linton Medical Centre*

Listings (pg 2-3) Further details (pg 4-6) Contact details (pg 7)
[£] charge applies  [B] Booking  [R] Invite/referral
Monday

Stay and Play
10am to 11.30am
31 July; 7 Aug; 14 Aug
For children aged 0 to 5 years [£]
Sawston Children’s Centre

Little Stars
1.15pm to 2.45pm
31 July; 7 Aug; 14 Aug (invite only)
For children under 5 with additional needs, and family [R]
Sawston Children’s Centre

Introducing Solids Workshop
1pm to 2.30pm
26 July
For parents/carers - a workshop to provide you with information and tips to start weaning your baby
Sawston Children’s Centre

Tuesday

Midwife clinic
9am to 1pm
Weekly
For expectant and new parents
[B] [R]
Sawston Children’s Centre

Baby clinic
11am to 12pm
Weekly
Sawston Medical Centre

Storytime at Sawston Library
10am to 10.30am
2nd Wednesday of the month
Sawston Library

Thursday

Friday Fun group
10am start (invite only)
17 Aug - Outing to Linton Zoo
For parents aged 25 and under and their children
New Beginnings
10am to 11.30am
3 Aug; 10 Aug; 17 Aug
For babies aged 0 to 1 years [£]
Sawston Children’s Centre

NCT breastfeeding guidance
10am to 11.30am
10 Aug
During New Beginnings group a NCT breastfeeding counsellor will be available for advice

Wednesday

Friday Fun group
10am start (invite only)
9 Aug - Outing to Coleridge Water Park
For parents aged 25 and under and their children

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Activity details

Learning and development

Stay and play sessions
A variety of play based activities, and themes that change weekly. They are a great way for you to learn about your child’s development and enjoy time with your child, and meet other parents. The activities are based on the Early Years Foundation Stage (EYFS). Cost – 1 voucher (£2)

Additional needs support groups

Little Stars
For mums, dads and carers with a child who has been diagnosed with a special educational need or disability. We can provide support and help you to find information, or other services. You can also meet other parents and their children and enjoy time with your child. The support and activities will support the development of your child, through the Early Years Foundation Stage Framework. No cost.

New Beginnings
A drop in session for new parents/carers to get together - a great way to meet other new parents. Linton group also includes a more ‘baby sensory’ focus. Cost 1 voucher (£2)

Friday Fun/ Doodle Dots - Under 25s
A group for parents under 25. Drop in for activities such as; messy play, craft, cooking courses and to meet other parents of a similar age. No cost.

Health and development

Breastfeeding guidance
Lots of mums find breastfeeding difficult to start with, but getting help and advice can make it easier.

As well as other mums to talk to, there will be a NCT practitioner who can support you with any concerns or questions you have around breastfeeding. No cost.

Antenatal and postnatal clinic
Find out how you and your baby are getting on and talk to your midwife and ask questions. These clinics may be more convenient to you than your local health centre.

Please book appointments with your midwife.
Support and wider community

Baby Toddler Groups
Should you wish to speak to one of our Family Workers for advice or guidance, but are unable to attend a group at the Children’s Centre, we are able to meet with you instead at your local baby & toddler community group. Please phone to arrange an appointment.

Notices

Children’s Centre vouchers
You may be entitled to free vouchers to attend charged for activities and groups if you are in receipt of:

- Income support
- Income based Job Seekers Allowance
- Child Tax Credit (provided you’re not also entitled to Working Tax Credit and have an annual income of no more than £16,190
- Guaranteed element of State Pension Credit
- Support under part VI of the Immigration and Asylum Act 1999

Free childcare for 2 year olds
Your 2 year old might be eligible for free childcare and early learning.
This could help them learn lots of new skills: speaking and listening, playing and exploring, learning numbers, making new friends and lots more. You’ll save money, be able to work, train or just have some time for yourself or to spend with your other children. Please ask at your local centre for more information, or see Cambridgeshire.gov.uk for information and to check your eligibility.
Whether you have a baby, toddler or teenager, being a parent is a huge responsibility, and most parents say they need help at some time with bringing up their children.

Supporting families

We aim to make it easier for parents to both ask for, and get, support when they need it.

There is information on parenting, education, childcare, Children’s Centres, money and benefits, social care, fostering and work and training on our website. You can apply for school places and free school meals or search for services and support in our directory.

www.cambridgeshire.gov.uk/families
Contact Us

Our office hours, as listed below, are when there will be someone available in the office to answer your queries, or give advice. Activities often run outside of these times.

If we are unable to answer your phone call, please leave a message and someone will call you back as soon as possible.

Please feel free to contact either centre – staff work across both centres, and so can answer queries about activities and events at both Sawston & Linton children’s centres.

**Sawston Children’s Centre**

**Tel: 01223 706373**

Office open: 9.30am to 12.30pm (Mon to Thurs)

The Bellbird Primary School,
Link Road, Sawston, Cambs,
CB22 3GB

**Email:** S&Lchildrenscentres@cambridgeshire.gov.uk

**Linton Children’s Centre**

**Tel: 01223 893594**

Office open: 9.30-12.30 Thursdays only

(contact Sawston centre at other times)

The Cathodeon Centre, Horseheath Road, Linton,
Cambs, CB21 4LU

**Email:** S&Lchildrenscentres@cambridgeshire.gov.uk