



**WISBECH
CHILD AND FAMILY CENTRE**

WHAT'S ON

January 2024

Welcome to our Child and 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 01945 481150, 01945 428664 or email
childandfamilycentre.fenland@cambridgeshire.gov.uk

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 (search Privacy Notice).

Location Addresses

Oasis Child & Family Centre
St Michaels Avenue
Wisbech
PE13 3NR

Wisbech South Child & Family Centre
Elizabeth Terrace
Wisbech
PE13 2AQ

If you would like to be kept up to date about our activities by email,
please ask to join our mailing list.

Monday				
Sensory Movers 10.30am to 12pm	8, 15, 22, 29 January	A fun filled sensory session for children aged 6 to 18 months, who are sitting independently and not yet walking. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Sensory Babies 10am to 11.30am & 1.30pm to 3pm	8, 15, 22, 29 January	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. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Messy Play Pop Up 10.30am to 11.30am	15, 29 January	Bringing you a fun pop-up messy play session, suitable for crawlers and walkers. Dress for mess. To book, please call 01945 481150.	B £	Gorefield Community Hall & Pavilion Wolf Lane, Gorefield, PE13 4NE
Messy Play Pop Up 10.30am to 11.30am	8, 22 January	Bringing you a fun pop-up messy play session, suitable for crawlers and walkers. Dress for mess. To book, please call 01945 481150.	B £	Wisbech South Child and Family Centre
Sensory SEND Group 1.30pm to 3pm	15 January	A play session designed for 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. To book, please call 01945 481150.	B	Wisbech South Child and Family Centre

B = Booking Required £ = Charge R = Referral only

Tuesday				
Soft Play Fun 1.30pm to 2.30pm	9, 16, 23, 30 January	Bring your child along to enjoy a soft play session at the Child and Family Centre. Suitable for children aged 0 to 5 years. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Queen Mary Centre Pop Up Play 1pm to 2pm	9, 23 January	A pop-up stay and play session for children aged 0 to 5 years. To book, please call 01945 481150.	B £	Queen Mary Centre Queens Road Wisbech PE13 2PE
Stepping Stones 9.30am to 11.30am	Starting 9 January	Stepping Stones aims to make parenting children with additional needs easier. This is an 8-week course with refreshments included.	B	Oasis Child and Family Centre
Introducing Family Foods 1.30pm to 2.30pm	23 January	A workshop to find out more about how to introduce your baby to your family foods. To book, please call 01945 428664.	B	Oasis Child and Family Centre
Young Parents Ready, Steady, Slow Cook 12.30pm to 2.30pm	Starting 30 January	A 3-week course for parents aged 24 and under, where you will learn skills to help you plan, budget, and prepare delicious and healthy meals for you and your family. You will be given a slow cooker to take home with you and once you have completed the course is yours to keep. For more information, please contact 01945 428664	R B	Oasis Child and Family Centre


Wednesday				
Crawlers to Walkers 9.30am to 11am	3, 10, 17, 24, 31 January	A stay and play session for crawlers or early walkers, who are ready to explore the world around them. Suitable for mobile children aged up to 2 years. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Essential Baby Weigh Clinic 10am to 12pm	3, 10, 17, 24, 31 January	Health session with a Health Visitor. Appointments must be booked with the health visiting team. Please call 0300 029 50 50	B	Oasis Child and Family Centre
Drop in Weighing Clinic 12pm to 2pm	3, 10, 17, 24, 31 January	An opportunity to come along, see the health visitors and get your baby weighed. No need to book.		Oasis Child and Family Centre
Baby Play and Self Weigh 12pm to 2pm	3, 10, 17, 24, 31 January	Running in the room next door to the 'Drop in Weighing Clinic'. Self-weigh available if you do not need to see a health visitor. No need to book.		Oasis Child and Family Centre
Stay and Play: 50 Things 10am to 11.30am 	3, 10, 17, 24, 31 January	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, please call 01945 481150.	B £	Wisbech South Child and Family Centre
Library Sessions 1.30pm to 2.30pm	10, 17, 24, 31 January	Storytime and themed craft sessions for 0-5 years.		Wisbech Library Ely Place Wisbech PE13 1EU

Wednesday continued				
Coffee and Chat Drop In 1.30pm to 3pm	3, 10, 17, 24, 31 January	Come in for a cuppa, play with toys and chat with others. Self-weigh facilities and baby clothes bank available.		Wisbech South Child and Family Centre
Pathway to Parenting 5pm to 7pm	3, 10, 17, 24 January	A four-week antenatal programme for first time mums-to-be and your partner. Preparing you for birth and beyond. Sessions cover labour, delivering, baby care and role of professionals you meet along the way. To book, please call 01945 428664.	B	Oasis Child and Family Centre

Thursday

Little Learners 9.30am to 10.30am	4, 11, 18, 25 January	Specialist group run by the Early Support Team for children with SEND. Invite only.	R	Oasis Child and Family Centre
Little Explorers' Fun 10am to 11.30am	18, 25 January	A stay and play session for children aged from around 10 months or walking. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Social Babies 10am to 11.30am	4, 11, 18, 25 January	Meet other parents/parents-to-be and access support and advice from the Child and Family Centre team. Parents-to-be welcome. Includes self-weigh facilities. To book, please call 01945 481150.	B £	Wisbech South Child and Family Centre
Messy Bookworm Pop Up 10.30am to 11.30am	4, 11, 18, 25 January	Join us for a book themed messy play session. Each session will finish with a Storytime. To book, please call 01945 481150.	B £	Tydd St Giles Community Hall, Broad Drove, Tydd St Giles, Wisbech, PE13 5LN
NICU Drop In 12.30pm to 2pm	4 January	A drop in open to families whose babies were on NICU. For babies up to one year. No need to book.	R	Oasis Child and Family Centre

Friday

Five to Thrive Friday 	5, 12, 19, 26 January	<p>‘The things you do every day that help your child’s growing brain’.</p> <p>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>		Facebook
Messy Play Toddlers 10am to 11am	5, 12, 19, 26 January	<p>A fun messy play session, suitable for crawlers and walkers. Dress for mess.</p> <p>To book, please call 01945 481150.</p>	B £	Wisbech South Child and Family Centre
New Baby Group 10am to 11.30am	5, 12, 19, 26 January	<p>A baby play session for new parents and carers with support and advice from our Family Hub Worker. Suitable for children up to 1 years old.</p> <p>To book, please call 01945 428664.</p>	B £	Oasis Child and Family Centre
Crafty Book Club Pop Up 10.15am to 11.45am	5, 12, 19, 26 January	<p>Time to craft in this book themed session! Learn fun ways to support your child's early language development using books, words, and signs they already see in their everyday life. Using Talking Together Cambridgeshire resources.</p> <p>To book, please call 01945 428664.</p>	B £	Oasis Child and Family Centre

Saturday

Something on a Saturday 10am to 11.30am	13 January	A stay and play session for parents who are unable to attend weekday groups. Suitable for children aged 0 to 8 years. To book, please call 01945 428664.	B £	Oasis Child and Family Centre
Dads' Group 10am to 11.30am	20 January	A stay and play session for male parents and carers of children aged 0 to 8 years to come and play. To book, please call 01945 428664.	B £	Oasis Child and Family Centre

Opening Times

Oasis Child and Family Centre	Wisbech South Child and Family Centre
Monday to Friday 9am to 4pm <i>Booking for sessions will be taken after 9am each day.</i>	Monday to Friday 9am to 4pm <i>Booking for sessions will be taken after 9am each day.</i>

Contact Us

Get in Touch	
Oasis Child and Family Centre 01945 428664	Wisbech South Child and Family Centre 01945 481150
Email us: childandfamilycentre.fenland@cambridgeshire.gov.uk	



Follow us on
Instagram

@wcfc_fenland



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Wisbech Child and Family Centres



Find us on YouTube

Cambridgeshire Child and
Family Centres



	<p>We are continuing to offer our Bookstart Corner Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 36 months old.</p> <p>If you would like further information, or a Bookstart pack, please email childandfamilycentre.fenland@cambridgeshire.gov.uk</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 throughout our sessions from the <i>50 Things to Do app</i> you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.</p>
	<p>Five to Thrive 'The things you do every day that help your child's growing brain'.</p> <p>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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<p>Are you concerned about the safety of a child?</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>Support for Young People</p>	<p>Keep Your Head: A 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</p>

Have Your Say about
Cambridgeshire Child and Family
Centre Services





**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
or scan the QR code



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