



Rainbow Baby Club

Another year has passed with our weekly meetings in the Village Institute. As ever we are grateful for the support of Longstanton Parish Council.

We meet every Thursday morning and have extended the time by half an hour to allow more flexibility to accommodate nap times etc. Babies are brought to the group by their Mums, Dads carers or grandparents. This time we had our first great grandma join us at the group! People have the chance to make connections with other local people. The parents come from different backgrounds but all are adjusting to life with a new baby.

We aim to provide a supportive and inclusive environment – as the babies grow up and carers return to work it means that the composition of the group changes quite frequently. It is an informal group where people are encouraged to share ideas and stories. There's a coffee or tea and a biscuit for those who'd like refreshments and we always finish with some singing.

Occasional visitors come to the group to offer taster sessions in things like sing and sign or baby massage. Parents sometimes pass on clothes to those with younger babies. Facebook users in the group can now communicate via a closed Facebook group that has been set up. Adults in the group are invited to a night out (usually at the Black Bull) to give chance to focus on themselves instead of the babies (easier said than done!) I also hold an annual picnic for families involved with Baby Club which is a chance for other family members to meet our regular Thursday group. Every few months we organise a night out – usually to the Black Bull so it's not too far to go.