



Rainbow Baby Club

This group has now been running for 15 years in the Village Institute in Longstanton. I am grateful for the support of Longstanton Parish Council.

It meets almost every Thursday throughout the year for babies and their carers – mainly Mums, but some Dads come and grandparents too. The group is very informal and I try to make it as welcoming as possible – life can change dramatically after the arrival of a new baby. Not everybody has family nearby and sometimes it can be really lonely.

The aim of the group is to allow people the opportunity to meet and support one another. Most weeks we just meet and chat – enjoy a coffee or tea and biscuit. People share information on other groups and I let people know about other activities going on in the village. We always finish with some singing.

I invite visitors to come each term to do taster sessions. We have recently had baby yoga, baby massage and sing & sign. Parents sometimes pass on clothes to those with younger babies. I also hold an annual picnic for families involved with Baby Club. Every few months we organise a night out – usually to the Black Bull so it's not too far to go. We now have a closed Facebook group which is useful for those who come on Thursdays to find out what's happening