



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

June 2025

Welcome to our Child & Family Centres.

We aim to provide families of all abilities, identities and cultures with the support and information they need and to ensure our centres and zones are friendly and welcoming places for all.

There is a small charge for some groups but please let us know if payment may be difficult.

Things you need to know...

Charges

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 of the activity.

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.

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).

Booking

Booking is essential for some of our sessions and spaces are limited.

Please call 01353 612770 or email childandfamilycentre.east@cambridgeshire.gov.uk or send us a message on Facebook.

Soham Child and Family Centre

Weatheralls School
Pratt Street
Soham CB7 5BH

Ely Child and Family Centre

Spring Meadow Infant and Nursery School
High Barns
Ely CB7 4RB

Littleport Child and Family Centre

Littleport Community Primary School
Parsons Lane
Littleport CB6 1JT

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

In June we will be thinking about

Gypsy, Roma and Traveller History Month

and

Volunteers Week (2nd - 8th June)

Infant Mental Health Week (9th - 15th June)

If you would like to celebrate something important to you with other people who use our services please let us know.



Who is
holding
the baby?



VOLUNTEERS'
WEEK

Monday				
Self-Weigh Drop in 9am to 12pm & 1pm to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Baby Group Sensory Babies 10am to 11.30am	Weekly	Fun filled sensory sessions which help children to develop and improve their motor skills, co-ordination and concentration. Parents-to-be welcome. Includes self-weigh facilities. Suitable for pre-mobile babies. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Baby Group Sensory Babies 10am to 11.30am	Weekly	Fun filled sensory sessions which help children to develop and improve their motor skills, co-ordination and concentration. Parents-to-be welcome. Includes self-weigh facilities. Suitable for pre-mobile babies. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Breast and infant feeding drop-in group for babies up to 16 weeks 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information or to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre
Five to Thrive 1pm to 2.30pm 	Weekly	Join us for a fun 5-week programme looking at the five building blocks that create and maintain healthy brain function in babies and young children. Suitable for those with children up to the age of 12 months. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

Monday continued				
Nature Hunt and Play 1pm to 2.30pm	2 June	Join us for a stay and play session where we will explore Littleport's local wildlife. Featuring a nature hunt and play in our centre. Suitable for mobile children up to 5 years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Wellbeing Buggy Walk 1.30pm to 2.30pm 	23 June	Join us for a wellbeing buggy walk around Ely Country Park linking to #34 Woodlands Wondering - 50 things to do before you're five. Suitable for babies and toddlers in carriers, prams and buggies. Please call 01353 612770 to book.	B	Ely Pocket Park Meeting point – Sainsbury's entrance to Ely Country Park at 1.15pm.

Tuesday				
Acorn Project Tea, Toast & Chat Drop-In 8.30am to 11.30am	Weekly	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
Self-Weigh Drop in 9am to 12pm & 1pm to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and play session suitable for children aged 0 to 5 years. Themes this month are: <ul style="list-style-type: none"> Dinosaur Stomp - For Dinosaur Day #15 Dressing up – Linking to 50 things to do before you're five Us and our Homes – For <i>Gypsy, Roma Traveller Month</i> Summer games - To celebrate the start of Wimbledon. <p>Please call 01353 612770 to book.</p>	B £	Littleport Child and Family Centre
Health Visitor Drop-in clinic 1pm to 3pm	3, 17 June	An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags. No booking required.		Ely Child and Family Centre
Breast and infant feeding drop-in group for babies up to 16 weeks 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre

Tuesday continued				
Home-Start Parent and Infant Support Group 1.30pm to 3pm	Weekly	An informal, wellbeing focussed, support group for parents and their infants (up to 12 months), led by the friendly team at Home-Start Cambridgeshire. Parents of infants across East Cambridgeshire are welcome. Prior registration is required for this group and can be arranged via email using: office@homestartcambridgeshire.co.uk		Littleport Child and Family Centre
Introduction to Family Foods Workshop 1.30pm to 2.30pm	10 June	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months. Please call 01353 612770 to book	B	Ely Child and Family Centre
Health Visitor Drop-in clinic 1pm to 3pm	10, 24 June	An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags. No booking required.		Soham Child and Family Centre
Bookstart 1pm to 2.30pm	3, 17 June	Join us for an introduction to Bookstart, where you will learn how to interact using books and rhymes to encourage; speech, language and understanding. Suitable for children aged 18months +	B	Soham Child and Family Centre
Messy Play - Let's Explore Colour 1.30 to 3pm	24 June	Join us for a fun and messy play session. Explore using all 5 senses while we celebrate National Pink Day . Suitable for children 6 months to 5 years. Dress for mess! Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Wednesday				
Self-Weigh Drop in 9am to 12pm & 1pm to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Drop in Baby Group Sensory Babies 10am to 11am	Weekly	In response to your feedback, we have improved access to our much-loved Baby Sensory session. No need to book, just come along and join us. Suitable for babies who are pre-mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Parents-to-be also welcome.	£	Littleport Child and Family Centre
Priory Woods - International Picnic Day 10am to 11am 	18 June	Join us for a fun nature session. Bring a picnic along to enjoy at the end of the session in celebration of International Picnic Day . Linking to #30 Yummy Picnic from the 50 things to do before you're five. Dress appropriately for the weather. Suitable for all ages. Please call 01353 612770 to book.	B	Priory Woods Burwell
Little Learners 10am to 12pm	11, 25 June	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Breast and infant feeding drop-in group for babies up to 16 weeks 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre

Wednesday continued				
Mini Movers 10am to 11.30am	4, 18 June	For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies. approx. 10-18 months. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Drop in Sensory SEND 1pm to 2.30pm	25 June	A play session designed for children with emerging 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. No need to book.		Soham Child and Family Centre
Multiple Birth Group 1pm to 2.30pm	4 June	Stay and play session for parents and carers of twins, triplets or more! Suitable for children 0 to 5 years. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Introduction to Family Foods Workshop 1.30pm to 2.30pm	11 June	A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months. Please call 01353 612770 to book.	B	Soham Child and Family Centre
Pathway to Parenting 2.30pm to 4.30pm	11, 18, 25 June	A three-week antenatal programme for first time mums to be and your partner. Preparing for birth and beyond. Sessions cover feeding, delivering baby care, and role of professionals you meet along the way. To find out more, speak to your midwife or Child and Family Centre. Please call 01353 612770 to book.	B	Littleport Child and Family Centre

Thursday			
Self-Weigh Drop in 9am to 12noon & 1pm to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.	Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and play session suitable for children aged 0 to 5 years. Themes this month are: <ul style="list-style-type: none"> • Dinosaur Stomp - For Dinosaur Day • #15 Dressing up – Linking to 50 things to do before you're five • Us and our Homes – For <i>Gypsy, Roma Traveller Month</i> • Messy Play special – dress for Mess! Please call 01353 612770 to book.	B £ Soham Child and Family Centre
Pop Up - Numbers 1pm to 2.30pm	12 th June	Join us for a fun and educational stay and play session, where we will explore numbers. Suitable up to 5 years. Please call 01353 612770 to book.	B £ Littleport Child and Family Centre

Friday				
Self-Weigh Drop in 9am to 12noon & 1 to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centres
Postpartum Group 9.30am to 12pm	Weekly	Empowering women to focus on themselves and optimally recover after birth. To book please contact 07974853645. emma@revivemovement.co.uk www.revivepostpartum.com	B £	Soham Child and Family Centre
Baby Group Sensory Babies 10am to 11.30am	Weekly	Fun-filled sensory sessions for babies who are pre-mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Parents-to-be also welcome. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Mini Movers 10am to 11.30am	Weekly	For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies. approx. 10-18 months. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Shop it Cook it Workshop 10am to 12pm	Weekly	6 free family cooking sessions. Join us to learn how to cook nutritious dishes together with your child. The session includes stories, games and budget friendly shopping and cooking tips. Please call 01353 612770 to book.	B	Ely Child and Family Centre

Friday continued				
Baby Rhyme Time - You are my Sunshine 1pm to 2.30pm	13 June	Join us for a fun Summer themed session that will include singing, educational play, storytelling and much more. Suitable sessions for babies who are pre-mobile. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Wicken Fen Wander 1.30pm to 2.30pm 	6 June	Join us for a fun outdoor session linking to #9 Mini Beats and Bug Hunts of the 50 things to do before you're 5, where we will be searching for some creepy crawlies of our own! Suitable for children up to 5 years only. Please dress appropriately for the weather. Please call 01353 612770 to book.	B	Meeting point - Wicken Fen car park near the car park ticket machine at 1.15pm. This activity is free of charge but there is a £3.30 charge for the National Trust car park (unless you have National Trust membership).
50 Things to do before you're Five 	Weekly	'50 Things to do before You're Five seeks to help every child reach important health, learning, and wellbeing milestones.' We will be sharing activity ideas throughout our sessions from the 50 Things to Do app you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.		Virtual on Facebook

Saturday				
Something on a Saturday - Dad's Group 10am to 11.30am	21 June	Our NEW Saturday session! A fun stay and play session this month for dads and male carers to celebrate <i>Father's Day</i> . Suitable for children up to 8 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<i>Monday to Friday</i> 9am to 4pm	<i>Monday to Friday</i> 9am to 4pm	<i>Monday to Friday</i> 9am to 4pm

Contact Us

Get In Touch	
Ely Child and Family Centre 01353 612770	Littleport Child and Family Centre 01353 612770
Soham Child and Family Centre 01353 612770	Targeted Support Team East Cambs 01353 612800
Email us: childandfamilycentre.east@cambridgeshire.gov.uk	
Midwife Clinic- (Nova team): Ely Child and Family Centre & Littleport Child and Family Centre By appointment only. To make an appointment please call the central booking line on 01223 586790.	
Midwife Clinic- (Lilac team): Soham Child and Family Centre By appointment only. To make an appointment please call the central booking line on 01223 348981.	





Scan the QR code to subscribe to our YouTube channel:
Cambridgeshire Child and Family Centres





Scan the QR code to follow us on Instagram
[@childandfamilycentres.east](https://www.instagram.com/childandfamilycentres.east)





Scan the QR code to find us on Facebook
[@East Cambs Child and Family Centres](https://www.facebook.com/EastCambsChildandFamilyCentres)

	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact childandfamilycentre.fenland@cambridgeshire.gov.uk for a chat with one of our staff.</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





PATHWAY TO PARENTING

East Cambridgeshire Child and Family Centre



Pathway to Parenting is a face-to-face interactive programme covering lots of topics to help you prepare for birth and parenthood



3 sessions on
Wednesday the 11th, 18th and 25th of
June

2.30 - 4.30pm

Littleport Child and Family Centre



If you would like to attend, please
contact us on 01353 612 770

Parents can attend from 20 weeks
gestation



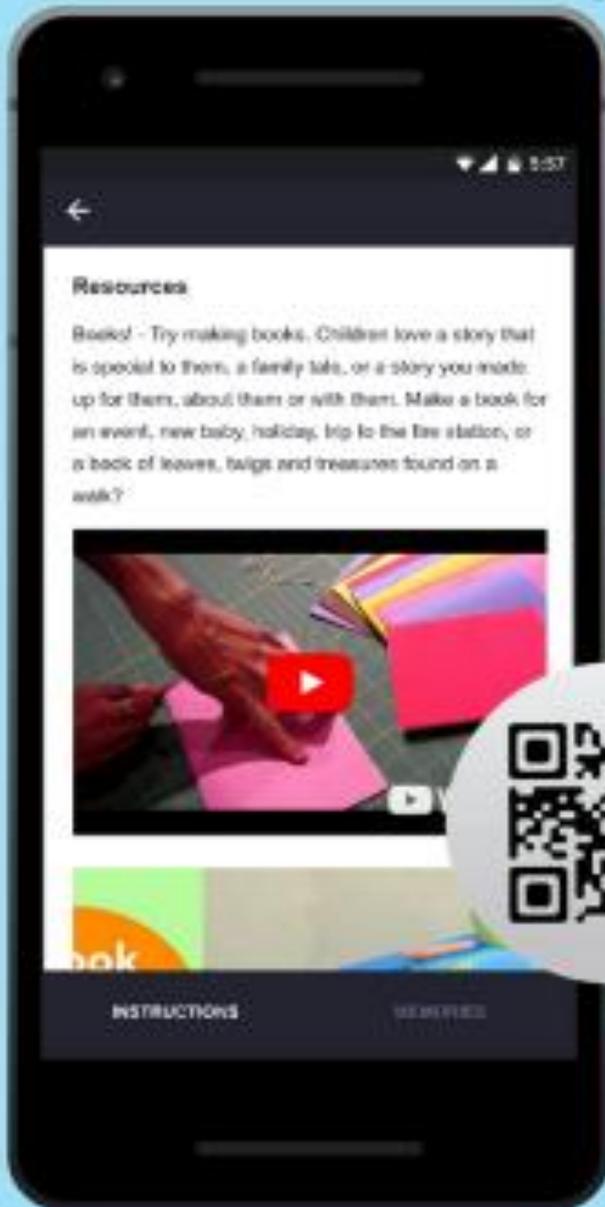
Cambridgeshire
County Council

50 things to do before you're five™

Cambridgeshire Child and Family Centres

Download THE MOBILE APP

50 Things To Do Before You're Five gives you 50 activities that parents and carers can support their children to try out and repeat. Download the mobile app from Apple AppStore or Google PlayStore...



Scan the QR code with your smartphone to take you to the 50 Things To Do Before You're Five app..

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