



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**December 2024**

**Welcome to our Child & 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...

#### 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](http://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](mailto: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.**

## **Festive Period 23<sup>rd</sup> Dec 2024 – 3<sup>rd</sup> Jan 2025**

**If over the festive period, you require support or would just like to get out of the house  
East Cambs Child & Family Centres will be open on the following dates:**

**23rd December Soham and Ely Child and Family Centres 9am-4pm**

**24th December Ely Child and Family Centre only 9am – 2.30pm**

**27th December Soham Child and Family Centre only 9am – 3pm**

**30th December Soham Child and Family Centre only 9am- 3pm**

**31st December Ely Child and Family Centre only 9am – 2.30pm**

**2nd January 2025 Littleport Child and Family Centre only 9am- 3pm**

**3rd January 2025 Soham Child and Family Centre only 9am – 3pm**

**Monday 6th January 2025 all centres open as usual 9am- 4pm**

**All our other centres will be closed during this period.**

Monday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	2, 9, 16 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon	23 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon	30 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 10 - 11.30am	2,9 & 16 December	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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 10 - 11.30am	2,9 & 16 December	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>B</b> <b>£</b>	Ely Child and Family Centre
<b>Breast and infant feeding drop-in group for babies up to 16 weeks,</b>  (Babies over 16 weeks please email to book.) 1.30 – 3.00pm	2, 9, 16 & 23 December	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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Ely Child and Family Centre
<b>Multiple Birth Group</b> 1-2.30pm	9 December	Stay and play session for parents and carers of twins, triplets or more!  Suitable for under 5s.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

£ = Charge B = Booking Required R = Referral Only


Monday continued				
<b>Wicken Fen Boardwalk</b> 1:30 - 2:30pm	9 December	Join us for some outside fun in the Educational Area, and seasonal crafts. Dress appropriately for the weather.  Suitable for mobile children aged 2+. Please note that there is open water and nettles in the area. It is important to ensure that your children are supervised at all times.  Please call 01353 612770 to book.	<b>B</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).
<b>Sensory SEND Group</b> 1-2.30pm	16 December	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
<b>Mini Movers</b> 1 - 2.30pm	16 December	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Breast and infant feeding drop-in group for babies up to 16 weeks,</b>  (Babies over 16 weeks please email to book.) 1.30 – 3.00pm	30 December	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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Ely Child and Family Centre

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Monday Continued				
<b>Buggy Walk</b> 1.30- 2.30pm  	23 & 30 December	Join us for a Buggy Walk around Ely Country Park.  Suitable for babies and toddlers in carriers, prams and buggies.  #12 Brrrr – Join us for a chilly, winters walk, looking out for signs of the change in seasons. Links to 50 Things to do before you are five.  Please call 01353 612770 to book.	<b>B</b>	Ely Country Park

Tuesday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	3, 10 & 17 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon	24 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham and Ely Child and Family Centres
<b>Self-Weigh Drop in</b> 9am-12noon	31 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre
<b>Breast and infant feeding drop-in group for babies up to 16 weeks,</b> (Babies over 16 weeks please email to book.) 1.30 - 3pm	3, 10 & 17 December	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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Littleport Child and Family Centre
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9.00 - 11am	3, 10 & 17 December	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre

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Tuesday continued				
<b>Drop-in Weighing Clinic</b> 1.00-3.00pm	3 & 17 December	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
<b>Drop-in Weighing Clinic</b> 1.00-3.00pm	10 December	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
<b>Drop-in Weighing Clinic</b> 12.00-2.00pm	24 December	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
<b>Drop-in Weighing Clinic</b> 12.00-2.00pm	31 December	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
<b>Stay and Play</b> 10 - 11:30am  	3, 10 & 17 December	Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities. Themes this month are: <ul style="list-style-type: none"> <li>• <i>'Gingerbread Man'</i> by Marc Alperin. #10 Sharing Books. Links to 50 Things to do before you are five.</li> <li>• <i>'Polar Express'</i> by Chris Van Allsburg</li> <li>• <i>'Dear Santa'</i> by Rod Campbell. #25 Creative Junk – Come and help Santa by wrapping his gifts, choosing which sized box we could use for each gift. Links to 50 Things to do before you are five.</li> </ul> No need to book in advance.	£	Burwell Sports Centre


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Tuesday continued				
<b>Baby Group Sensory Babies Drop-in</b> 10 - 11.30am	10 & 17 December	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 & Family Centre
<b>Pop Up – Jingle Bells</b> 10 - 11.30am	17 December	Join us for some creative, festive fun. Includes a rhyme time with all our favourite Christmas songs and opportunities to make our own instruments.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	B £	Ely Child and Family Centre


Wednesday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	4, 11 & 18 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and infant feeding drop-in group for babies up to 16 weeks,</b> (Babies over 16 weeks please email to book.) 10 – 11.30am	4, 11, & 18 December	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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Soham Child and Family Centre
<b>Mini Movers</b> 1.00 - 2.30pm	4 December	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

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Wednesday continued				
<b>Pop up Story and Song Time</b> 1:00 - 2:30pm	4 December	Join us for some creative, festive fun. Includes a rhyme time with all our favourite books.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Pop Up - Santas Workshop</b> 10.00 - 11.30am  	11 December	Join us for some festive fun. # 4 Make Your Mark - Creating some of your own Christmas crafts and decorations. Links to 50 Things to do before you are five.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Priory Woods</b> 10.00-11.00am	18 December	Join us for a fun session in nature, to explore the story, <i>'We're Going on an Elf Chase'</i> by Martha Mumford.  Please call 01353 612770 to book.	<b>B</b>	Priory Wood Burwell

Thursday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	5, 12 & 19 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Pop Up – Salt Dough</b> 1 - 2.30pm	5 December	Join us for some a fun session creating salt dough decorations.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Stay &amp; Play</b> 10.30 - 11.30am  	5, 12 & 19 December	Stay and play for all children aged up to 5 years. With bouncy castle! Themes this month are: <ul style="list-style-type: none"> <li>• 'Gingerbread Man' by Marc Alperin. #10 Sharing Books. Links to 50 Things to do before you are five.</li> <li>• Christmas Jumper Day</li> <li>• Snowman</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Leisure Centre
<b>Stay &amp; Play</b> 1 - 2.30pm  	12 & 19 December	Stay and play session for children from approx. 10 months to 5 years. Themes this month are: <ul style="list-style-type: none"> <li>• Christmas Jumper Day</li> <li>• Christmas Stocking</li> <li>• Decorations</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Friday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	6, 13 & 20 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon	27 December	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centre
<b>Pop Up – Winter Wonderland</b> 10 - 11.30am  	6 December	Join us for a fun and magical session!  All ages welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Mini Movers</b> 10 - 11.30am	6 December	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Baby Nursery Rhymes</b> 1 - 2.30pm	6 December	Join us for a fun 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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 1 - 2.30pm	6, 13 & 20 December	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>B</b> <b>£</b>	Ely Child and Family Centre

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Friday continued				
<b>Bookstart Party</b> 1 - 2.30pm	13 December	Join us for a fun party that will include singing, educational play, storytelling and much more.  Suitable for over 1's  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Christmas Storytelling</b> 1 – 2.30pm	20 December	Join us for a fun session that will include singing, educational play, storytelling and much more.  Suitable for over 1's  Please call 01353 612770 to book	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>50 Things Friday</b>  	Weekly	'50 Things to Do seeks to help every child reach important health, learning, and wellbeing milestones'.  We will be sharing activity ideas 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.		Virtual on Facebook

## Our Opening Times

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

## Contact Us

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


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Cambridgeshire Child and Family Centres


Scan the QR code to follow us on Instagram

@childandfamilycentres.east


Scan the QR code to find us on Facebook

@East Cambs Child and Family Centres

<b>Are you concerned about the safety of a child?</b>	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
<b>Breastfeeding Support</b>	Information on support available locally can be found by visiting: <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a>
<b>Support for Young People</b>	<b>Keep Your Head:</b> 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. <a href="http://www.keep-your-head.com">www.keep-your-head.com</a>





**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 8th, 15th, and 29th of  
January  
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

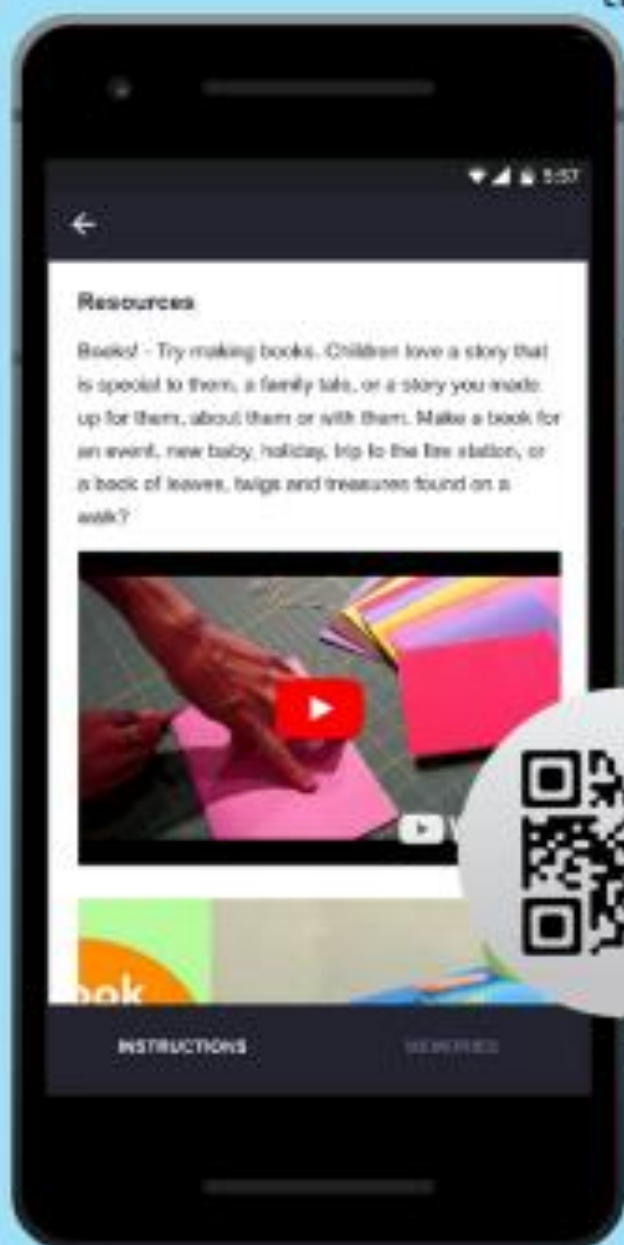
50  
things to do

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..

Download on the  
**App Store**

GET IT ON  
**Google Play**



## Festive Period 23rd Dec 2024 – 3rd Jan 2025

If over the festive period you require support or would just like to get out of the house East Cambs Child & Family Centres will be open on the following dates:

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2nd January 2025 Littleport Child and Family Centre only 9am- 3pm  
3rd January 2025 Soham Child and Family Centre only 9am – 3pm  
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Christmas