



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

May 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 May we will be thinking about

Maternal Mental Health Awareness Week

(5th - 11th May)

Mental Health Awareness Week (12th - 18th May)

Cultural Diversity Day (21st May)

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



£ = Charge B = Booking Required R = Referral Only

Monday				
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	12 & 19 May	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 10-11.30am	12 & 19 May	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 £	Soham Child and Family Centre
Baby Group Sensory Babies 10-11.30am	12 & 19 May	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 £	Ely Child and Family Centre
Breast and infant feeding drop-in group for babies up to 16 weeks (Babies over 16 weeks please email to book.) 1.30-3pm	12 & 19 May	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		Ely Child and Family Centre
Baby Rhyme Time 10-11.30am	12 May	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 £	Littleport Child and Family Centre

Monday continued				
Wicken Fen Wanders 1.30-2.30pm	12 May	Join us for an outdoor fun session with activities, including a scavenger hunt. Theme: <i>'Superworm' by J. Donaldson.</i> 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).
Introduction to Family Foods Workshop 1.30-2.30pm	12 May	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	Littleport Child and Family Centre
Ely Buggy Walk 1.30-2.30pm	19 May	Join us for a walk around Ely. Suitable for children up to 5 years old. Please call 01353 612770 to book.	B	Ely Pocket Park Meeting point – Sainsbury's entrance to Ely Country Park at 1.15pm.

Tuesday			
Self-Weigh Drop in 9am-12noon and 1 - 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.
Breast and infant feeding drop-in group for babies up to 16 weeks 1.30-3pm	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 Babies over 16 weeks please email to book.	Littleport Child and Family Centre
Acorn Project Tea, Toast & Chat Drop-In 9-11am	6, 13 & 20 May	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.	Soham Child and Family Centre
Home-Start Parent and Infant Support Group 1.30-3pm	6,13 & 20 May	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
Health visitor drop-in clinic 1-3pm	13 & 27 May	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
Health visitor drop-in clinic 1-3pm	6 & 20 May	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

Tuesday continued				
Stay and Play 10-11.30am 	6, 13 & 20 May	Stay and play, for children up to 5 years old. Themes this month are: <ul style="list-style-type: none"> • Butterfly Art • Rainbow Art- linking to 50 things to do before you're 5, #20 Mini Artists • World Bee Day Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Baby Group Sensory Babies 1-2.30pm	6 May	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. 'Supporting Maternal Mental Health Awareness Week 2025'. Parents-to-be also welcome. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Family Worker-Drop in 1-3.00pm	13 May	A drop-in session for families to have a chat and enjoy a cup of tea/coffee. No need to book.		Soham Child and Family Centre
Family Fun 10 -11.30am	27 May	Animal Crafts stay and play session (older siblings up to 10 years old welcome) Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Baby Rhyme Time 10-11.30am	27 May	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 £	Soham Child and Family Centre

Wednesday				
Self-Weigh Drop in 9am-12noon and 1 - 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.
Breast and infant feeding drop-in group for babies up to 16 weeks (Babies over 16 weeks please email to book.) 10-11.30 am	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
Little Learners 10-11.15am	7, 14 & 21 May	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Multiple Birth Group 1 - 2.30pm	7 May	Stay and play session for parents and carers of twins, triplets or more! Suitable for under 5s. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Drop in - Baby Group Sensory Babies 1-2.30am	28 May	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.	£	Ely Child and Family Centre

Wednesday continued				
Family SEND Drop in 10-11.30am	28 May	<p>A play session designed for children with emerging additional needs and disabilities. Sensory-rich resources and activities to encourage development.</p> <p>A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome.</p> <p>No need to book.</p>		Ely Child and Family Centre
Pathway to Parenting 2.30-4.30pm	7, 14 & 28 May	<p>A three-week antenatal programme for first time mums to be and your partner. Preparing for birth and beyond. Sessions cover labour, delivering baby care, and role of professionals you meet along the way.</p> <p>To find out more, speak to your midwife or Child and Family Centre.</p> <p>Please call 01353 612770 to book.</p>	B	Littleport Child and Family Centre
Drop in - Baby Group Sensory Babies 10-11.30am	28 May	<p>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.</p> <p>Suitable for babies who are pre-mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration.</p> <p>Parents-to-be also welcome.</p>	£	Littleport Child and Family Centre

Thursday				
Self-Weigh Drop in 9am-12noon and 1 - 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 10.00-11.30am 	1, 8, 15 & 22 May	Stay and play, for children up to 5 years old. Themes this month are: <ul style="list-style-type: none"> • Teddy bears' spring picnic • Flower making crafts-linking to 50 things to do before you're 5, #5 Creative junk • Baby animals • Making birds' nests-linking to 50 things to do before you're 5, #48 Natural art. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Dads & Male Carers 1.30-3.00pm	1 May	A Stay and Play for Dads and male carers and their children. Suitable for Under 5's older sibling's welcome. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Family Fun 10 - 11.30am	29 May	Stay and play session 'fun with numbers' (older siblings up to 10 years old welcome) Please call 01353 612770 to book.	B £	Soham Child and Family Centre

Friday				
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centres
Baby Group Sensory Babies 10-11.30am	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
Postpartum Group 10-11:00am	Weekly	Empowering women to focus on themselves and optimally recover after birth. To book please contact 07974 853645. emma@revivemovement.co.uk www.revivepostpartum.com	B £	Soham Child and Family Centre
Mini Movers 10- 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
Five to Thrive Friday 	Weekly	'The things you do every day that help your child's growing brain'. 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.		Virtual on Facebook

Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
Monday to Friday 9am to 4pm	Monday to Friday 9am to 4pm	Monday to Friday 9am to 4pm
Closed Bank Holiday Monday 5th and 26th May	Closed Bank Holiday Monday 5th and 26th May	Closed Bank Holiday Monday 5th and 26th May

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.	





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Cambridgeshire Child and Family Centres





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@childandfamilycentres.east





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@East Cambs Child and Family Centres

	<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 7th, 14th and 28th May
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

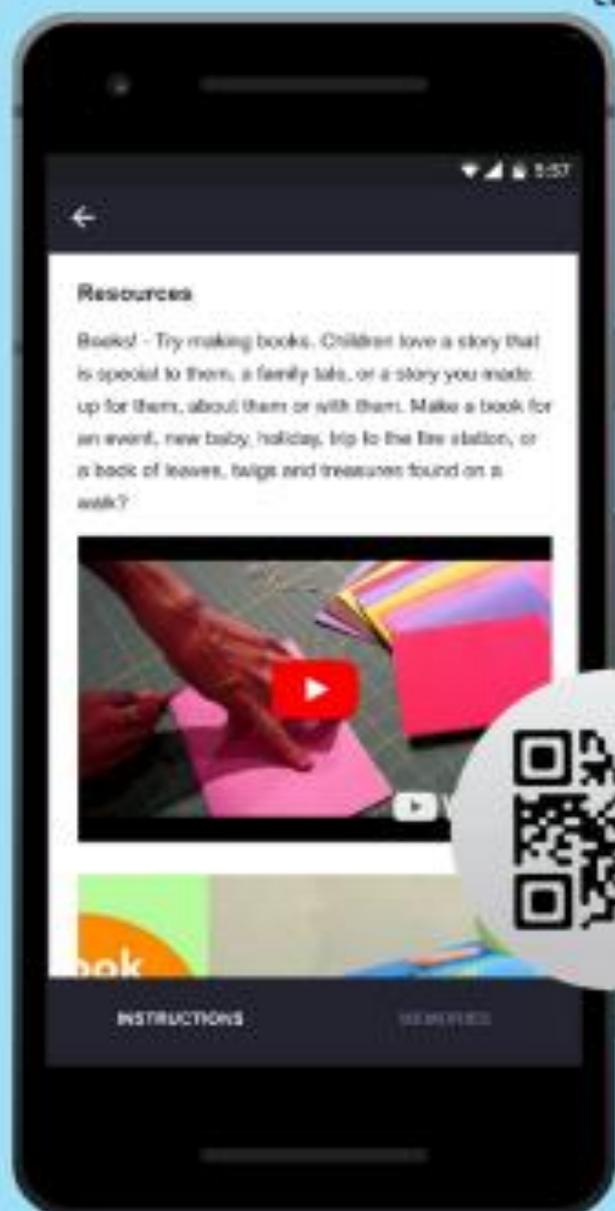
50 things to do before you're five™

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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App Store

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