



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

October 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.**






| Monday | | | | |
|--|------------|--|----------------------|---|
| Self-Weigh Drop In 9am to 12pm and 1pm to 3.30pm | Weekly | Self-weigh for babies and children aged 6 weeks up to 5 years. | | Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access. |
| Sensory Babies 10am to 11.30am | Weekly | Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book. | B £ | Ely Child and Family Centre |
| Sensory Babies 10am to 11.30am | Weekly | Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book. | B £ | Soham Child and Family Centre |
| Crawlers to Walkers 1pm to 2.30pm | Weekly | For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for mobile babies up to 18 months. Please call 01353 612770 to book. | B £ | Soham Child and Family Centre |
| Breast and Infant Feeding Drop-In 1.30pm to 3pm | Weekly | NHS-led breast and infant feeding support group and baby drop in. Drop in for babies under 16 weeks. 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 |
| Wicken Walk 1.30pm – 2.30pm | 13 October | Step into the season with an autumn-inspired walk on the boardwalk area and nature treasure hunt. Pop on your wellies and wrap up warm for some outdoor fun. Suitable for children aged 2 to 5 years. Younger siblings welcome. | 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 a National Trust membership). |

| Tuesday | | | | |
|--|-------------------|--|----------------------|---|
| Self-Weigh Drop In 9am to 12pm and 1pm to 3.30pm | Weekly | Self-weigh for babies and children aged 6 weeks up to 5 years. | | Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access. |
| Acorn Project Tea, Toast & Chat Drop-In 9am – 11am | 7, 14, 21 October | An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing. | | Soham Child and Family Centre |
| Stay and Play 10am to 11.30am  | Weekly | A themed Stay and Play session suitable for children aged 0-5 years. Themes this month are: <ul style="list-style-type: none"> 7 October - Day and Night, linking to 50 things to do before you're 5, #14 - See The Stars 14 October – Making Connections 'The Train Ride' by Jude Crebbin 21 October – Emergency Services, linking to 50 things to do before you're 5, #43- High Five 28 October – Happy Halloween, linking to 50 things to do before you're 5, #17 - Hocus Pocus Potions Please call 01353 612770 to book. | B £ | Littleport Child and Family Centre |
| Introducing Family Foods 1.30pm to 2.30pm | 7 October | 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. | | Soham Child and Family Centre |
| Health Visitor Drop In 1pm to 3pm | 14, 28 October | 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 1pm to 3pm | 7, 21 October | 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 1.30pm to 3pm | Weekly | NHS-led breast and infant feeding support group and baby drop in. Drop in for babies under 16 weeks For more information or to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net | | Littleport Child and Family Centre |

| Tuesday Continued | | | | |
|-------------------------------------|-----------|---|----------|---|
| Buggy Walk 1.30 to 2.30pm | 7 October | Take a breath of fresh air and join us for a gentle wellbeing focused buggy walk around Ely, starting from Ely Country Park. Suitable for babies and toddlers in carriers, prams and buggies. Please call 01353 612770 to book. | B | Meeting at the Sainsbury's entrance to Ely County Park at 1.15pm. |

| Wednesday | | | | |
|---|------------|---|----------------------|---|
| Self-Weigh Drop In 9am to 1pm | Weekly | Self-weigh for babies and children aged 6 weeks up to 5 years. | | Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access. |
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| Pop up – Little Artists 10am to 11.30am | 8 October | Come and get creative with us as we celebrate Black History month . This session is perfect for little ones between the ages of 2 to 5 years. Younger siblings welcome. A chance to explore play, and learn through art in a way that's simple, joyful and full of imagination. | B £ | Littleport Child and Family Centre |
| Pumpkin Party Stay and Play 10.00am to 11.30am | 29 October | Join us to celebrate the spooky season with our very own Pumpkin Party! Pumpkin themed crafts. Fancy dress if you wish. Suitable for children age 0-8 years. | B £ | Ely Child and Family Centre |
| Autumn Walk 10.30am to 11.30am | 15 October | Step into the season with an autumn-inspired woodland walk and nature treasure hunt. Pop on your wellies and wrap up warm for some outdoor fun. Suitable for children aged 2 to 5 years. Younger siblings welcome. | B | Priory Woods, Burwell |
| Pop-up Bats, Cats and Hats 10am to 11.30am | 29 October | Join us for a fun Halloween themed session. Suitable for children aged 0 to 8 years. | B £ | Littleport Child and Family Centre |
| Pathway to Parenting Reunion 10am to 11.30am | 22 October | Come along to reconnect, reflect and relax with fellow new parents! A chance to share your journey of parenthood. All Pathway to Parenting previous attendees welcome. | B | Littleport Child and Family Centre |

| Thursday | | | | |
|--|--------|---|----------------------|---|
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| Stay and Play 10am to 11.30am | Weekly | A themed Stay and Play session suitable for children aged 0-5 years. Themes this month are: <ul style="list-style-type: none"> • 2 October – Teddy bears picnic (bring your own bear) • 9 October – Peppa Pig • 16 October – <i>'Leaf man' by Lois Ehlert</i> • 23 October – <i>'Harry and his bucket full of dinosaurs' by Ian Whybrow</i> • 30 October – Halloween Please call 01353 612770 to book. | B £ | Soham Child and Family Centre |
| Crawlers to Walkers 1pm to 2.30pm | Weekly | For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for mobile babies up to 18 months. Please call 01353 612770 to book. | B £ | Ely Child and Family Centre |

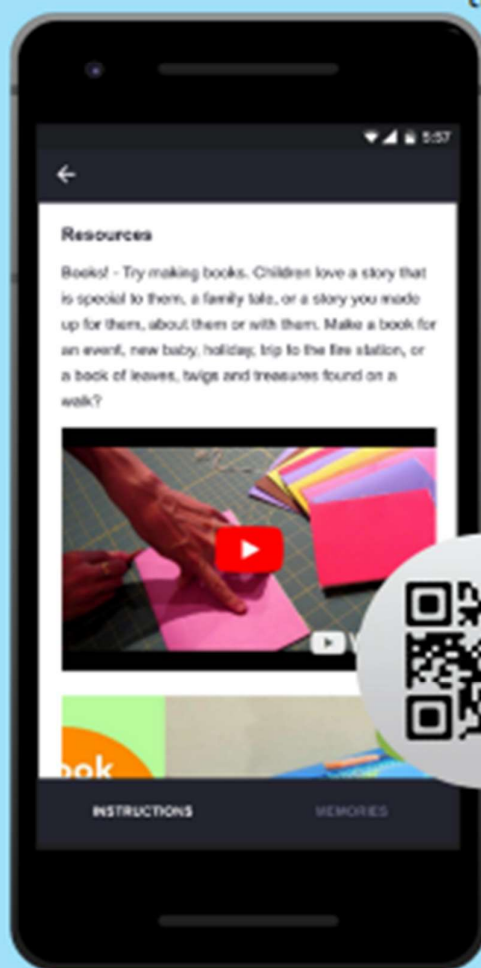
| Friday | | | | |
|--|----------------|---|----------------------|--|
| Self-Weigh Drop In 9am to 12pm and 1pm to 3.30pm | Weekly | Self-weigh for babies and children aged 6 weeks up to 5 years. | | Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access. |
| Storycraft 10am to 11am | 31 October | Themed inspired story session and craft. <i>'Room on the Broom' by Julia Donaldson</i> Suitable for children aged 2-5 years. Please call 01353 612770 to book. | B £ | Soham Child and Family Centre |
| Sensory Babies 10am to 11.30am | Weekly | Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book. | B £ | Littleport Child and Family Centre |
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| Rhyme Time 1.30pm to 2.30pm | 10, 17 October | Join us for a fun session of songs and rhymes. Suitable for children age 2-5 years. Please call 01353 612770 to book. | B £ | Soham Child and Family Centre |
| 50 Things Friday  | 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. | | Posted on Facebook   |

| Saturday | | | | |
|---------------------------------------|------------|---|----------------------|-----------------------------|
| Dads' Group 10am to 11.30am | 11 October | 'Autumn Colours' themed Stay and Play session for dads and male carers and their children. Suitable for children up to 8 years. Please call 01353 612770 to book. | B £ | Ely Child and Family Centre |



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...



Opening Times

| Ely Child and Family Centre | Littleport Child and Family Centre | Soham Child and Family Centre |
|---|---|---|
| Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 1pm | Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 1pm | Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 1pm |

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 book your first appointment please self-refer on the Rosie Hospital Website. You're pregnant/how to self-refer CUH To speak to a Midwife or make changes to any appointments, please use MyChart. | |
| Midwife Clinic - (Lilac team): Soham Child and Family Centre - By appointment only. To book your first appointment please self-refer on the Rosie Hospital Website. You're pregnant/how to self-refer CUH To speak to a Midwife or make changes to any appointments, please use MyChart. | |






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Cambridgeshire Child and Family Centres



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[@childandfamilycentres.east](#)



Scan the QR code to find us on Facebook
[@East Cambs Child and Family Centres](#)

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|---|---|
|  | <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>Download the free 50 Things to Do Before You're Five app for a menu of exciting activities for families with young children.</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> |

