



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**February 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](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.**

Monday				
<b>Self-Weigh Drop in</b> 9am -12noon and 1pm-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  <b>For Littleport please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 10am-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 £	Ely Child and Family Centre
<b>Baby Group Sensory Babies</b> 10am-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.  <b>The 24<sup>th</sup> will be a Festival of Stories Session-A Baby Sensory session exploring:            #1 GetToKnowYou</b>  Please call 01353 612770 to book.	B £	Soham Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 1.30pm-3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, 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> 1pm-2.30pm	3 <sup>rd</sup> February	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


Monday continued				
<b>Pop-Up</b> <b>"All About Me"</b> 10am-11.30am	10 <sup>th</sup> February	Fun filled session learning all about our bodies and being healthy.  Suitable for ages 18months+.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Littleport Child and Family Centre
<b>Drop-In</b> <b>SEND</b> 1pm-2.30pm  <b>This month we will be setting out the dark den, sensory lights and exploring the concepts of 'light and dark'.</b>	10 <sup>th</sup> February	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>Pop-Up</b> <b>"The Tiger who Came to Tea"</b> 1pm-2.30pm	17 <sup>th</sup> February	A session centred around the story by Judith Kerr.  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Littleport Child and Family Centre
<b>Pop-Up</b> <b>Colour Science</b> 1pm-2.30pm	24 <sup>th</sup> February	A session exploring the scientific world of colours. Celebrating <b>International Day of Women and Girls in Science.</b>  Suitable for all children aged 2+.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Soham Child and Family Centre

Tuesday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-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 <b>For Littleport please come to the main reception for access.</b>
<b>Breast and Infant Feeding Support Group</b> 1.30pm-3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please email. <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Littleport Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Tuesday continued				
<b>Drop In Baby Sensory</b> 10am-11.30am	Weekly	Fun-filled sensory Drop-In session 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
<b>Home-Start Parent and Infant Support Group</b> 1.30pm-3pm	4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> February	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 <a href="mailto:office@homestartcambridgeshire.co.uk">office@homestartcambridgeshire.co.uk</a>	B	Littleport Child and Family Centre
<b>Wicken Fen Boardwalk</b> 10am-11am	4 <sup>th</sup> February	Join us for a Winter Buggy Walk on the boardwalk.  Dress appropriately for the weather.  Suitable for babies and toddlers in carriers, prams and buggies.  Please call 01353 612770 to book.	B	Meeting point - Wicken Fen car park near the car park ticket machine at 9.45am.  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>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 8.30am-11.30am	4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> February	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
<b>Health Visitor Drop-In Clinic</b> 1pm-3pm	4 <sup>th</sup> , 18 <sup>th</sup> February	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

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Tuesday continued				
<b>Health Visitor Drop-In Clinic</b> 1pm-3pm	11 <sup>th</sup> , 25 <sup>th</sup> February	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>Ely Buggy Walk</b> 1.30pm-2.30pm  	11 <sup>th</sup> , 25 <sup>th</sup> February	Join us for a fun session walking in nature, to explore and look for signs. Suitable for babies and toddlers in carriers, prams and buggies.  <b>The 25<sup>th</sup> is a Festival of Stories-</b> A Buggy Walk session where we explore: <b>#2 WhereAmI?</b>  Please call 01353 612770 to book.	<b>B</b>	Ely Country Park
<b>Introduction to Family Foods Workshop</b> 1pm-2.30pm	18 <sup>th</sup> February	A workshop to find out more about how to introduce your baby to solid foods. Suitable for families with babies from 5 months.  Please call 01353 612770 to book.	<b>B</b>	Ely Child and Family Centre
<b>Pop-Up Rhyme Time</b> 1pm-2.30pm	25 <sup>th</sup> February	Join us for a fun session that will include singing, educational play, storytelling and much more.  All ages welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Wednesday				
<b>Self-Weigh Drop In</b> 9am-12noon and 1pm-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  <b>For Littleport please come to the main reception for access.</b>

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Wednesday continued				
<b>Breastfeeding Drop-In</b> 10am-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please email. <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Soham Child and Family Centre
<b>Little Learners</b> 9am-12pm	5 <sup>th</sup> February	Invitation only session for children following the Early Support pathway.  By referral only.	<b>R</b>	Ely Child and Family Centre
<b>Pop-Up Singing and Rhyme Time</b> 10am-11.30am	5 <sup>th</sup> February	Join us for a fun session that will include singing, musical instruments, educational play, storytelling and much more.  All ages welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Pop-Up National Football Day</b> 10am-11.30am	12 <sup>th</sup> February	A session celebrating national football day, sports and health.  Suitable for ages 2+.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Pop-Up Fairy Tales</b> 1pm-2.30pm	12 <sup>th</sup> February	Join us for a fun stay and play session exploring the world of Fairy Tales. Dressing-up optional.  Suitable for ages 2+.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Pop-Up "Winnie the Pooh"</b> 1pm-2.30pm	19 <sup>th</sup> February	Join us for a fun <i>Winnie the Pooh</i> themed session based around stories by the author A.A. Milne  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

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Wednesday continued				
<p><b>Priory Woods</b>  <b>"My Secret Treasures"</b>            10am-11am</p> 	19 <sup>th</sup> February	<p>Join us for a walk around the woods finding pieces of treasure.</p> <p><b>Festival of Stories-</b> A Priory Woods Nature Walk session where we explore:  <b>#22 MySecretTreasures</b>  <b>#24 HopSkipAndJump</b></p> <p>Suitable for all ages.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Priory Woods
<p><b>Pop-Up Storyteller</b>            10.30am-11.30am</p>	26 <sup>th</sup> February	<p>An interactive sensory storytelling session by Marion Leeper exploring <i>"The Enormous Turnip"</i>.</p> <p>Suitable for ages 0-2.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b> <b>£</b>	Ely Child and Family Centre

Thursday				
<p><b>Self-Weigh Drop In</b>            9am-12noon and            1pm-3.30pm</p>	Weekly	<p>Self-weigh for babies/children from 6 weeks and up to the age of 5 years.</p>		<p>Soham, Ely and Littleport Child and Family Centres</p> <p><b>For Littleport please come to the main reception for access.</b></p>
<p><b>Littleport Stay and Play</b>            10am-11am</p>	6 <sup>th</sup> , 13 <sup>th</sup> , 27 <sup>th</sup> February	<p>Stay and play for all children aged up to 5 years. With bouncy castle.</p> <p>Themes this month will include:</p> <ul style="list-style-type: none"> <li>• Transport</li> <li>• Paddington</li> <li>• Peter Rabbit</li> </ul> <p>Please call 01353 612770 to book.</p>	<b>B</b> <b>£</b>	Littleport Leisure Centre



Thursday continued				
<b>Soham Stay and Play</b> 1pm-2.30pm	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> February	Stay and play for all children Suitable up to 5 years. With bouncy castle. Theme this month will include: <ul style="list-style-type: none"> <li>• Transport</li> <li>• Red Rockets Rainbow Jelly</li> <li>• Polar Bear Day</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 1pm-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  <b>For Littleport please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 1pm-2.30pm	7 <sup>th</sup> , 14 <sup>th</sup> February	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>Mini Movers</b> 10am-11.30am  <b>On the 21<sup>st</sup> our Mini Movers session will be a "Dad's Day"</b>	7 <sup>th</sup> , 21 <sup>st</sup> February	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 - 18months.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Littleport Child and Family Centre

Friday continued				
<b>Pop-Up Valentines Day</b> 10am-11.30am	14 <sup>th</sup> February	Join us for a fun filled stay and play session celebrating Valentine's Day.  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Ely Child and Family Centre
<b>Pop-Up Red Day</b> 10am-11.30am	14 <sup>th</sup> February	Join us for a fun play session where we learn all about the colour red, and why it's so special.  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Littleport Child and Family Centre
<b>Baby Group Sensory Babies</b> 1pm-2.30pm  	21 <sup>st</sup> February	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.  <b>A Festival of Stories Session- A Baby Sensory session where we explore:</b> <b>#3 TreasureTime</b>  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Soham Child and Family Centre
<b>Pop-Up "The Gruffalo"</b> 10am-11.30am	28 <sup>th</sup> February	Join us for a fun session based around the story by Julia Donaldson.  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Ely Child and Family Centre
<b>Pop-Up Clay Play "The Snail and the Whale"</b> 1pm-2.30pm	28 <sup>th</sup> February	Join us for a fun session of singing, educational play, storytelling based around the story by Julia Donaldson.  Suitable for 2+ years.  Please call 01353 612770 to book.	<b>B</b>  <b>£</b>	Soham Child and Family Centre

<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="http://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a>
<b>Support for Young People</b>	<b>Keep Your Head:</b> A 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>



## Our Opening Times

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

## 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](mailto: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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Child and Family Centres



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# Talking Together in Cambridgeshire's Festival of Stories

Wednesday, 19 February 2025 to Wednesday, 26 February 2025

Parents are their child's first and most important teachers. You can bring a sparkle of magic to your child's day and help boost their development by sharing stories about the things you have done together.



Discover how you can make a big difference to your child's development.

Visit the Festival of Stories website for tips and resources

[www.bit.ly/Festivalofstories](http://www.bit.ly/Festivalofstories)



early years childcare and  
school readiness service





## Free Healthy Relationship courses for parents

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner. Courses bookable directly via the QR code.

2025 workshop booking form



**ONLINE:** Improve the communication with your partner to support your children (Arguing Better). Online Via Teams  
Tuesday 4 February and Tuesday 11 February, 6.30pm to 7.30pm

**FACE TO FACE:** Improve the communication with your partner to support your children (Arguing Better).  
Cambourne Soul, Back Ln, Cambourne CB23 6FZ  
Monday 10 February, 1pm to 2.30pm

**FACE TO FACE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Cambourne Soul, Back Ln, Cambourne CB23 6FZ  
Monday 10 February, 6.30pm to 8pm

**FACE TO FACE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Huntingdon Youth Child and Family Centre PE29 7AF  
Wednesday 12 February, 10am to 12noon

**ONLINE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams  
Wednesday 26 February and Wednesday 5 March, 6.30pm to 7.30pm

Although the Arguing Better course is most beneficial when attending as a couple, there's no requirement to both attend.

\*\*Please note these courses are not suitable if there has been any historic or current domestic abuse. If this is your situation and you would like help on where to find domestic abuse support, please contact [rpclead@cambridgeshire.gov.uk](mailto:rpclead@cambridgeshire.gov.uk) \*\*



# Triple P for Baby

A positive start for babies and parents



**Are you a parent-to-be or new parent with a baby up to 12 months of age?**

This course, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development.

- Learn ways to cope with frequent crying
- Set up good sleep habits
- Read your baby's cues
- Look after yourself
- Adapt to changes in family life, and more

It's easier with positive parenting strategies!

Partners and supportive others are welcome.

**February: 27th**

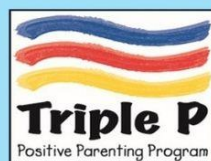
**March: 4th, 11th, 18th and 25th**

**April: 1st, 8th, 15th and 22nd**  
10am-12pm

Ely Child and Family  
Centre

To book please contact:  
01353 612770

childandfamilycentre.east@  
cambridgeshire.gov.uk



[www.triplep-parenting.net](http://www.triplep-parenting.net)



**Free**

# COURSES FOR PARENTS

Resolving parental conflict



**ONLINE:** Improve the communication with your partner to support your children (Arguing Better). Online Via Teams, Tuesday 4th February 2025 6:30 - 7:30pm & Tuesday 11th February 2025 6:30 - 7:30pm

**ONLINE:** Improve the communication with your ex-partner to support your children (Getting it Right for Children). Online Via Teams, Wednesday 26th February 2025 6:30 - 7:30pm & Wednesday 5th March 2025 6:30 - 7:30pm



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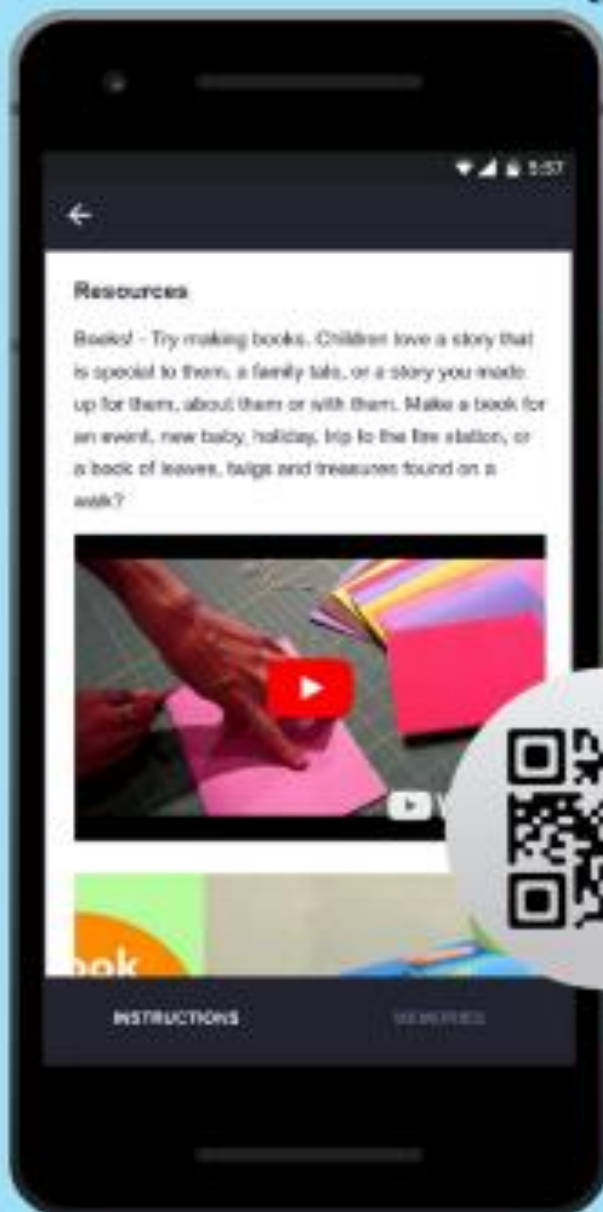


50 things to do before you're five™

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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