



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

January 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.**

NEW YEAR OPENING


Wednesday 1st January Closed

Thursday 2nd January Littleport Child and Family centre only 9am to 4pm


Friday 3rd January Soham Child and Family Centre only 9am to 4pm

Monday				
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.
Baby Group Sensory Babies 10 - 11.30am	6 & 20 January	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
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 £	Soham Child and Family Centre
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 £	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	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		Ely Child and Family Centre
Bookstart Party 1 - 2.30pm	6 January	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 £	Soham Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Monday continued				
Pop Up - Mini Artists 1 - 2.30pm 	13 January	Join us for an arts and crafts session where we will be practising our scissor skills and making paper snowflakes. Linking to #46 – Fantastic Folding of the 50 Things to do before you are five. Suitable for children approx. 2+ years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Multiple Birth Group 1 - 2.30pm	20 January	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
Introduction to Family Foods Workshop 1.30 - 2.30pm	20 January	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

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, (Babies over 16 weeks please email to book.) 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		Littleport Child and Family Centre
Acorn Project Tea, Toast & Chat Drop-In 9.00 - 11am	Weekly (Term time only)	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
Health visitor drop-in clinic 1 - 3pm	7 & 21 January	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	14 & 28 January	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
Priory Woods - Den Building 10 - 11:00am	7 January	Join us for a fun den building session. Dress appropriately for the weather. Suitable for all ages. Please call 01353 612770 to book.	B	Priory Woods Burwell
Drop in Tea & Chat 1.30 - 2.30pm	14 January	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


Tuesday continued				
<p>Stay and Play 10 - 11:30am</p> 	14 January	<p>Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities.</p> <p>The theme for this session is around the book '<i>Polar Bear, Polar Bear, What Do You Hear?</i>' by B Martin Jr. Linking to - #10 Sharing books of the 50 Things to do before you are five.</p> <p>No need to book in advance.</p>	£	Burwell Sports Centre
<p>Buggy Walk 1.30 - 2.30pm</p>	21 January	<p>Join us for a seasonal Buggy Walk around Ely Country Park. Suitable for babies and toddlers in carriers, prams and buggies.</p> <p>Please call 01353 612770 to book.</p>	B	Ely Country Park
<p>Winter Wonderland Buggy Walk @ Wicken Fen 10 - 11am</p>	28 January	<p>Join us for a Winter Buggy Walk on the boardwalk.</p> <p>Dress appropriately for the weather.</p> <p>Suitable for babies and toddlers in carriers, prams and buggies.</p> <p>Please call 01353 612770 to book.</p>	B	<p>Meeting point - Wicken Fen car park near the car park ticket machine at 9.45am.</p> <p>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).</p>

Wednesday				
<p>Self-Weigh Drop in 9am-12noon and 1 - 3.30pm</p>	8, 15, 22 & 29 January	<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>For Littleport please come to the main reception for access.</p>
<p>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</p>	8, 15, 22 & 29 January	<p>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</p>		Soham Child and Family Centre


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Wednesday continued				
Baby Group Sensory Babies Drop-in 10 - 11.30am	Weekly	<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
Pathway to Parenting 2.30 - 4.30pm	8, 15 & 29 January	<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
Pop Up – Do you want to build a snowman? 10 - 11.30am	22 January	<p>Join us for this seasonal session and learn how to make your own playdough snowman.</p> <p>Suitable for children approx. 2+ years.</p> <p>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre
Little Learners 10 - 11.15 am	8, 15 & 29 January	<p>Invitation only session for children following the Early Support pathway.</p>	R	Ely Child and Family Centre
Drop in Tea & Chat 1.30 - 2.30pm	22 January	<p>A drop-in session for families to have a chat and enjoy a cup of tea/coffee.</p> <p>No need to book.</p>		Littleport Child and Family Centre

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Thursday				
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	2 January	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Littleport Child and Family Centre Please come to the main reception for access.
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	9, 16, 23 & 30 January	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.
Pop Up – Make a Wish 1 - 2.30 pm 	2 January	Join us for a card making session linking to #37 – Postie of the 50 Things to do before you are five. Suitable for children approx. 2+ years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Stay and Play 1 - 2.30pm	9, 16, 23 & 30 January	Stay and play session for children from approx. 10 months to 5 years. Themes this month are: <ul style="list-style-type: none"> • Animals in Artic • Let's Paint Winter. • Peppa Pig Polar Express. • Chinese New Year. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Stay and Play 10 - 11am Please note change of time	9, 16, 23 & 30 January	Stay and play for all children aged up to 5 years. With bouncy castle! Themes this month are: <ul style="list-style-type: none"> • Polar Express. • Wonderful snowflakes • Animal Rescue. • Year of the Snake. Please call 01353 612770 to book.	B £	Littleport Leisure Centre

Friday				
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	3 January	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centres
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	10, 17, 24 & 31 January	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.
Rhyme Time - Sleeping Bunnies 10 - 11.30am	3 January	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 £	Soham Child and Family Centre
Mini Movers 10 - 11.30am	10 & 24 January	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
Mini Movers 10 - 11.30am	17 & 31 January	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
Pop Up – Our Bodies 10 - 11.30am	10 January	This session will incorporate activities to support looking after our bodies. Focussing on healthy eating and looking after our teeth - linking to the Tiny Tooth programme. Suitable for 12 months + Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Friday continued				
Baby Rhyme Time - Row, Row, Row Your Boat 1 - 2.30pm	17 January	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
Sensory SEND Group 1 - 2.30pm	31 January	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
Five to Thrive Friday 	Weekly	We will be sharing activity ideas to help you use Five to Thrive 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

Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
Monday to Friday 9am to 4pm Closed 1 January to 3 January	Monday to Friday 9am to 4pm Closed 1 and 3 January	Monday to Friday 9am to 4pm Closed 1 and 2 January

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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Child and Family Centres



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<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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</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>





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



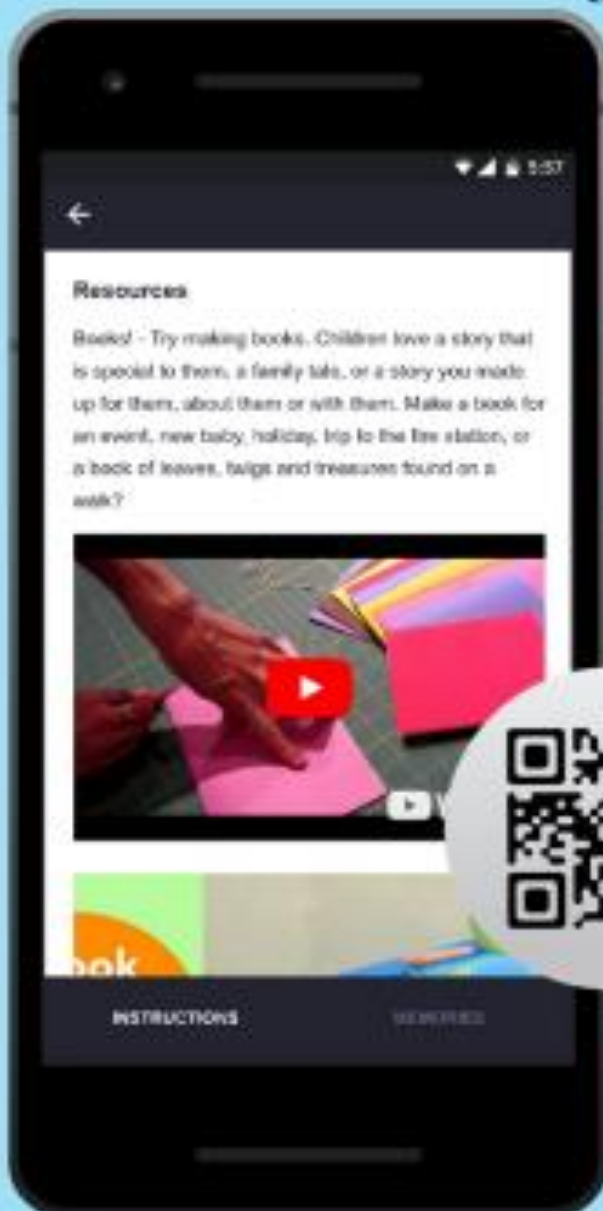
Cambridgeshire
County Council

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...



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