



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

July 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 July we will be thinking about



**17th July – 18th August: South Asian Heritage
Month**

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




Monday				
Self-Weigh Drop In 9am to 12pm & 1pm to 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 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. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Baby Group 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. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Messy Play 10am to 11.30am	14 July	Join us for a fun and messy play session. Explore using all 5 senses. Suitable for children 6 months to 5 years. Dress for mess! Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Pop-Up - Little Builders 10am to 11.30am	28 July	Join us for a fun session of role play and building. Suitable for children up to 8 years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre


Monday continued				
Breast and Infant Feeding Drop-In 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. (for babies up to 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
Introducing Family Foods 1.30pm to 2.30pm	7 July	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
Wicken Fen 1.30pm to 2.30pm 	21 July	Join us for a fun outdoor session with activities based on <i>#9 - Mini Beasts and Bug Hunting</i> , of the 50 things to do before you're 5. Suitable for children ages 0-5 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).
Ely Pocket Park 1pm to 2.30pm	28 July	Join us for Pirate play and a picnic (parents to bring their own picnic). Suitable for children up to 8 years of age. Please call 01353 612770 to book.	B	Ely Pocket Park Meeting point – Sainsbury's entrance to Ely Country Park at 1.15pm.

Tuesday				
Acorn Project Tea, Toast & Chat Drop-In 9am to 11am	1, 8, 15 & 22 July	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
Self-Weigh Drop In 9am to 12pm & 1pm to 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 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"> Gardening #19 – Growing, Little People, Plants and Things Camping and outdoor fun Mini Artists Rainbow Fish Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Family Fun 10am to 11.30am 	29 July	Join us for activities based on #26 – <i>Splish, Splash, Splosh</i> of the 50 things to do before you're 5. Suitable for ages 0-8 years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
SEN Bookstart Group 10am to 11am	22 & 29 July	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. Invitation only session for children.	R	Ely Child and Family Centre
Health Visitor Drop In 1pm to 3pm	15 & 29 July	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				
Breast and Infant Feeding Drop In 1.30pm to 3pm	Weekly	<p>NHS-led breast and infant feeding support group and baby drop in. (for babies up to 16 weeks)</p> <p>For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net </p>		Littleport Child and Family Centre
Home-Start Parent and Infant Support Group 1.30pm to 3pm	1, 8 & 15 July	<p>An informal, wellbeing focussed, support group for parents and their infants (up to 12 months). Led by the friendly team at Home-Start Cambridgeshire.</p> <p>Parents of infants across East Cambridgeshire are welcome.</p> <p>Prior registration is required for this group and can be arranged via email using: office@homestartcambridgeshire.co.uk </p>	R	Littleport Child and Family Centre
Health Visitor Drop In 1pm to 3pm	8 & 22 July	<p>An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags.</p> <p>No booking required.</p>		Soham Child and Family Centre
Crawlers to Walkers 1pm to 2.30pm	1 July	<p>For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.</p> <p>Suitable for babies. approx. 10-18 months.</p> <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre
Rhyme Time 1pm to 2pm	8 July	<p>Join us for a fun session of songs and rhymes.</p> <p>Suitable for children aged 0-5 years.</p> <p>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre

Wednesday				
Self-Weigh Drop In 9am to 12pm & 1pm to 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.
Drop In Baby Group Sensory Babies 10am to 11.30am	Weekly	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. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Suitable for babies who are pre-mobile. Parents-to-be also welcome.	£	Littleport Child and Family Centre
Breast and Infant Feeding Drop In 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. (for babies up to 16 weeks) For more information or to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Little Learners 10am to 12pm	2, 9, & 16 July	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Messy Play 10am to 11.30 am	23 July	Join us for a fun and messy play session. Explore using all 5 senses. Suitable for children 6 months to 5 years. Dress for mess! Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Family Fun 10am to 11.30am 	30 July	Join us for a Stay and Play session with activities based on #7 - <i>Making Music</i> of the 50 things to do before you're 5. Suitable for children up to 8 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Wednesday continued				
Pop-Up - Teddy Bears Picnic 12.30pm to 2pm	23 July	<p>Join us for a Teddy Bears Picnic, bring along your favourite Teddy Bear and a picnic lunch.</p> <p>Suitable for children up to 8 years.</p> <p>Please call 01353 612770 to book.</p>	B £	Littleport Child and Family Centre
Pathway to Parenting 2.30pm to 4.30pm	2, 9 & 16 July	<p>A three-week antenatal programme for first time mums to be and your partner. Preparing for birth and beyond. Sessions cover feeding, 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

Thursday				
Self-Weigh Drop In 9am to 12pm & 1pm to 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 10am to 11.30am 	3, 10 & 17 July	A themed Stay and Play session suitable for children aged 0-5 years. Themes this month are: <ul style="list-style-type: none"> National Children's Art Week #4 – <i>Make Your Mark</i> Fun at the beach Car wash Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Family Fun 10am to 11.30am	24 & 31 July	Join us for a fun session on 24 July with Sunflower Crafts and on 31 July with a Dino Dig. Suitable for children up to the age of 8 years. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

Friday				
Self-Weigh Drop In 9am to 12pm & 1 to 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks up to the age of 5 years.		Soham Child and Family Centres
Postpartum Group 9.30am to 12pm	Weekly	Empowering women to focus on themselves and optimally recover after birth. To book please contact 07974853645. emma@revivemovement.co.uk www.revivepostpartum.com	B £	Soham Child and Family Centre
Baby Group 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. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Twins, Triplets and More 1pm to 2.30pm	4 July	A Stay and Play session for parents and carers of twins, triplets or more! Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Rhyme Time Tots 1pm to 2pm	11 July	Join us for a fun session of songs and rhymes. Suitable for children aged 12 months to 4 years. Please call 01353 612770 to book	B £	Soham Child and Family Centre

Friday continued				
Baby Rhyme Time 1pm to 2.30pm	25 July	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
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 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

Saturday				
Dad's Group 10am to 11.30am	12 July	Roar into fun at our dino-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

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

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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YouTube channel:
**Cambridgeshire
Child and Family
Centres**



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ast**



Scan the QR code
to find us on
Facebook

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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>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>

Have Your Say about
Cambridgeshire Child and Family
Centre Services



Something on a Saturday

Dad's Group

Our NEW Saturday session!



£2 per session,
concessions may apply

**Dads and male carers—
come play, laugh, and
make memories with your
children at our special
Stay & Play session!**

**Suitable for children up to
8 years.**

Ely Child and Family Centre
Saturday 12 July
10am - 11.30am

Call or email
to book

Cambridgeshire
**Child and Family
Centres**

01353 612770



childandfamilycentre.east@cambridgeshire.gov.uk



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 2nd, 9th and 16th of July
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



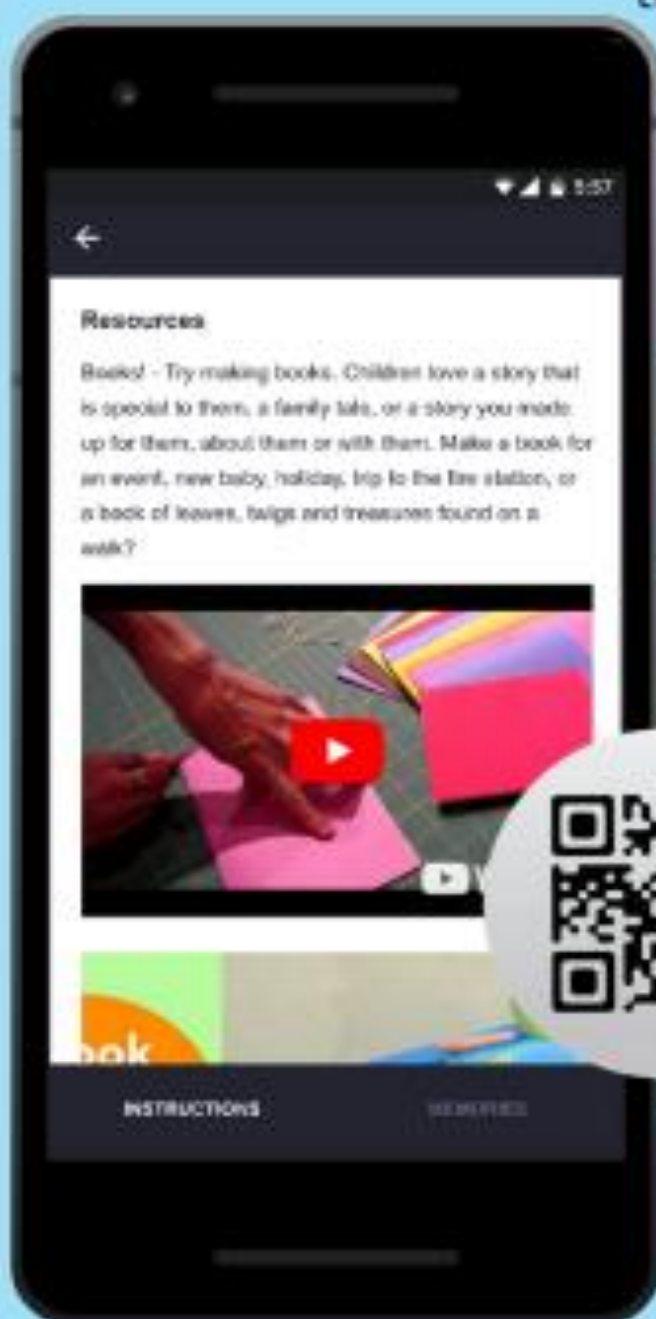
Cambridgeshire
County Council





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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