



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

March 2024

Welcome to our Child & Family Centres.

We aim to make sure families have access to the services, support and information they need in a welcoming place.

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				
Midwife Clinic (Nova team)	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Midwife Clinic (Lilac team)	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	B	Soham Child and Family Centre
Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekdays	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	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
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
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Breast and Infant Feeding Support Group 1.30-3.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please call or text Maxine Cooper on 07731 467551.		Ely Child and Family Centre

Monday continued				
Mini Movers 1-2.30pm	4 and 18 March	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. 9 - 18 months. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Buggy Walk Ely Country Park 1.30-2.30pm	4 March	Join us for a buggy walk around Ely Country Park. Suitable for babies and toddlers in carriers, prams and buggies. Please call 01353 612770 to book.	B	Ely Country Park Meeting Point: Entrance to Ely Country Park in Sainsbury's car park.
Multiple Birth Group 1-2.30pm	11 March	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	25 March	Find out more about how to introduce your baby to your family foods. Please call 01353 612770 to book.	B	Littleport Child and Family Centre


Tuesday				
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Tuesday continued				
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Acorn Project Tea, Toast & Chat Drop-In 9.30-11am	Weekly	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 10 -11.30am	Weekly	Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities. Themes this month will include: <ul style="list-style-type: none"> • <i>'Brown Bear, Brown Bear, What do you see'?</i> by E Carle • Little Inventors (Celebrating British Science Week) • Once upon a time (Celebrating World Storytelling Day) <p>Come along dressed up as your favourite character!</p> <ul style="list-style-type: none"> • Hippity, hoppity Easter bunny <p>No need to book in advance.</p>	£	Burwell Sports Centre
Introduction to Family Foods Workshop 12.15-1.15pm	5 March	Find out more about how to introduce your baby to your family foods. Please call 01353 612770 to book	B	Soham Child and Family Centre
Virtual Bedtime Story Facebook 6.30pm	Every other week	Join us for a video bedtime story read by a member of our team via our Facebook page each Tuesday evening.		Virtual on Facebook

Wednesday				
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Midwife Clinic (Lilac team)	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	B	Soham Child and Family Centre
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Breast and Infant Feeding Support Group 10-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information call or text Maxine Cooper on 07731 467551.		Soham Child and Family Centre
Little Learners 10-11.15am	6, 13, 20 and 27 March	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Antenatal Five to Thrive 1-3pm 	13 March	A session aimed at parents-to-be; to support and enable them to use everyday opportunities to give their baby's brain all it needs to grow well. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
Mini Movers 1-2.30pm	13 March	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. 9 - 18 months. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Pop Up Easter 1-2.30pm	27 March	Join us for some Easter activities. Pop up Easter fun. Suitable for all ages. Please call 01353 612770 to book.	B £	Ely Child and Family Centre


Wednesday continued				
Buggy Walk to Rhyme Time at Ely 1-2.30pm	20 March	Join us for a walk to Ely Library ending with rhyme time at the library and an opportunity to discover what the library has to offer for children and families. Please call 01353 612770 to book.	B	Meet outside The Maltings and walk to Ely Library
Peacocks Meadow 10-11am	27 March	Join us for a Colourful Egg Hunt, rhyme time and some festive art in the community garden. Suitable for all ages. Please call 01353 612770 to book.	B	Peacocks Meadow Community Garden Littleport

Thursday				
Midwife Clinic (Nova team)	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre Littleport Child and Family Centre
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Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekdays	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.
Chattertots 1-2.30pm	14 March	A group aimed at children aged 0-2 focusing on developing communication skills. Come along to enjoy activities and songs based around chatter sacks. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Thursday continued				
<p>Stay and Play 10-11.30am</p> 	<p>March 7, 14 and 28th</p>	<p>Stay and play session aimed at children from approx. 10 months - 5 years.</p> <p>Themes this month are:</p> <ul style="list-style-type: none"> • World Book Day Dress Up Party #15 Dressing up 50 Things to Do Before You're Five app. • Wiggly Woo • Easter decoration fun #46 fantastic folding 50 Things to Do Before You're Five app. <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Soham Child and Family Centre</p>
<p>Stay and Play 10.30-11-30am</p>	<p>Weekly</p>	<p>Stay and play for children Suitable for ages 10 months - 5 years. With bouncy castle!</p> <p>Themes this month will include:</p> <ul style="list-style-type: none"> • Mother's Day crafts • <i>'The Tiger Who Came to Tea'</i> by Judith Kerr • Spring Art • Egg-citing Easter fun <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Littleport Leisure Centre</p>
<p>Pathway to Parenting 9.30-11.30pm</p>	<p>7,14 and 21 March</p>	<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>B</p>	<p>Littleport Child and Family Centre</p>

Thursday continued				
Sensory SEND Group 1-2.30pm	21 March	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.		Littleport Child and Family Centre

Friday				
Midwife Clinic (Nova team)	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Midwife Clinic (Lilac team)	Weekly 1,8,15 and 22 March	By appointment only. To make an appointment please call the central booking line on 01223 348981.	B	Soham Child and Family Centre
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Friday continued				
Mini Movers 1.00-2.30pm	22 March	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. 9 - 18 months. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Wicken Fen Wander 1.30-2.30pm	8 March	Fun, book-themed activities and exploration at the wonderful Wicken Fen Nature Reserve. Suitable for families with children of all ages. Dress for the weather. The theme is <i>'The Very Hungry Caterpillar'</i> by E Carle. Please note that there is open water and nettles in the area. Children will need to be closely supervised at all times. Please call 01353 612770 to book.	B	Wicken Fen Nature Reserve 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 charge for the National Trust car park (unless you have National Trust membership).
Pop Up Fruity 1.00-2.30pm	1 March	Join us for a fun Stay and Play session based on the book <i>'Each Peach, Pear Plum'</i> by Janet Ahlberg. Suitable for all ages. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Pop Up Numbers 1.00-2.30pm	8 March	Join us for a fun Stay and Play session based on number rhymes. Suitable for all ages. Please call 01353 612770 to book.	B £	Littleport 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
<i>Monday to Friday</i> 9am to 4pm	<i>Monday to Friday</i> 9am to 4pm	<i>Monday to Friday</i> 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



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channel
Cambridgeshire
Child and Family Centres




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on Instagram

@childandfamilycentres.east



Scan the QR code to find
us on Facebook

@East Cambs
Child and Family Centres

<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>
<p>Bookstart programme</p> 	<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.east@cambridgeshire.gov.uk for a chat with one of our staff.</p>





Attention all first time parents!



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 parenthood.

Sessions start 7th March (9.30-11.30am)

If you would like to attend, please contact the Child and Family Centre for information on 01353 612770 . Parents can attend from 20 weeks' gestation.

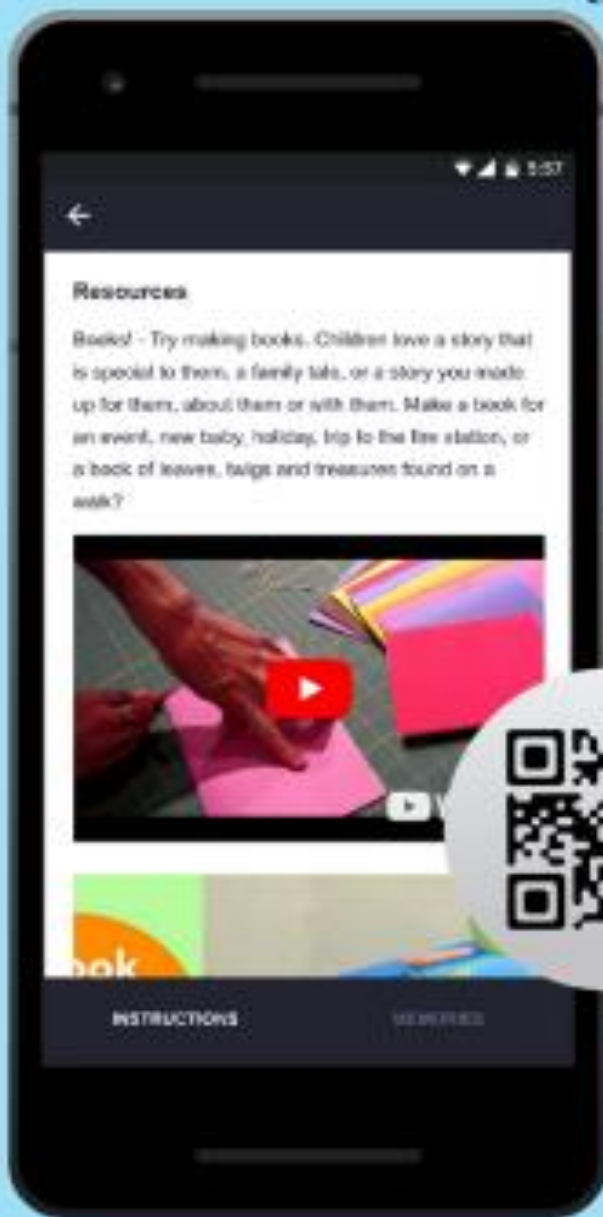
We look forward to seeing you there!





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..

