



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

February 2023

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...

Booking is essential for some of our sessions and spaces are limited.
Please call 01353 612770 or email childandfamilycentre.east@cambridgeshire.gov.uk

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.

Addresses

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	



We are continuing to offer our Bookstart Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 30 months old.

If you would like further information, or a Bookstart pack, please call 01353 612770, email childandfamilycentre.east@cambridgeshire.gov.uk or message us on Facebook.

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).

Monday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely and Littleport Child and Family Centres
Self-Weigh Appointments: Ely 9am-3.30pm Soham 9am-3.30pm Littleport 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Baby Group Sensory Babies 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Baby Group Sensory Babies 10.30-11.30am	6, 20 and 27 February	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Baby Group Sensory Babies 1.30-2.30pm	13 February	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Baby Group Sensory Babies 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Pop-Up – Little Inventors Junk Modelling 1.30-2.30pm	6 February	Join us for some creative fun using recycled materials. What will you make? From castles to creatures - the options are endless! Suitable for children approx. 2+ years. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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Tuesday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Self-Weigh Appointments: Ely 9am-3.30pm Soham 9am-3.30pm Littleport 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Baby Group Sensory Babies 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Breast and Infant Feeding Support Group 1.30-2.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information and to book a space please call or text Maxine Cooper on 07731 467551.	B	Littleport Child and Family Centre
Stay and Play 10-11.30am	Weekly (excluding 14 February)	Stay and play for children aged from around 10 months or walking. With bouncy castle! Includes baby self-weigh facilities. Themes this month will include: <ul style="list-style-type: none"> • Numbers and Counting • Polar Bear Day • Colours and Shapes <p style="text-align: center;">No need to book in advance.</p>	£	Burwell Sports Centre
Stories and Crafts @ Soham Library 2-3pm	14 February	Join us for a fun session of stories, crafts and rhymes celebrating the people who are special to us for Valentine's Day. Suitable for children from 10 months. Please call 01353 612770 to book.	B	Soham Library

Tuesday Continued				
Toddler Messy Play 10.30-11.30am	21 February	Pancake day themed messy play suitable for toddlers. Dress for mess! Suitable for children aged approx. 18 months – 3 years. Please call 01353 612770 to book.	£ B	Ely Child and Family Centre
Pathway to Parenting 5-7pm	Starts 7 February for 4 weeks	A four-week antenatal programme for first time mums to be and your partner. Preparing you for birth and beyond. Sessions cover labour, delivering, baby care and role of professionals you meet along the way. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
Virtual Bedtime Story Posted on Facebook at 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				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Self-Weigh Appointments: Soham 9am-3.30pm Littleport 9am-3.30pm Ely 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Breast and Infant Feeding Support Group 9.30-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information and to book a space please call or text Maxine Cooper on 07731 467551.	B	Soham Child and Family Centre
Shop it, Cook it 10-11.30am	Starts 22 February for 6 weeks	6 free family cooking sessions. Join us to learn how to cook nutritious dishes together with your child. The session includes stories, games and budget friendly shopping and cooking tips. Please call 01353 612770 to book.	B	Littleport Child and Family Centre

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Wednesday Continued				
Family Warm Hub 12-3pm	Weekly	Don't want to turn the heating on? Come and be warm in our Child and Family Centre. Play with the toys, enjoy a free hot drink and chat with others.		Ely Child and Family Centre
Mini Movers 10.30-11.30	8 February	For mobile babies, focusing on activities that encourage physical development and are ready to explore the world around them. Suitable for babies approx. 10-18 months. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Thursday				
Self-Weigh Appointments: Ely 9am-3.30pm Soham 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Ely and Soham Child and Family Centres
Midwife Clinic	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
Stay and Play 10.30-11.30am	Weekly	Stay and play for children aged from 10 months with bouncy castle! Themes this month will include: <ul style="list-style-type: none"> • A Busy Day for Birds • Mad About Mini Beasts • We're going on a train ride! • Endangered Animals Please call 01353 612770 to book.	B £	Littleport Leisure Centre
Stay and Play 10.30-11.30am	Weekly	Stay and play for children aged from around 10 months or walking. Themes this month will include: <ul style="list-style-type: none"> • Penguins • Trains • Prince and Princess • Under the Sea Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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Thursday Continued				
Family Warm Hub 12-3pm	Weekly	Don't want to turn the heating on? Come and be warm in our Child and Family Centre. Play with the toys, enjoy a free hot drink and chat with others.		Soham Child and Family Centre

Friday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely and Littleport Child and Family Centres
Self-Weigh Appointments from 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Ely and Soham Child and Family Centres
Baby Group Sensory Babies 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Baby Group Sensory Babies 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

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Friday Continued				
Mini Movers 1.30 – 2.30pm	10 February	For mobile babies, focusing on activities that encourage physical development and are ready to explore the world around them. Suitable for babies approx. 10-18 months. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Wicken Fen Wander 1.30 - 2.30pm	3 and 24 February	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 will be: <ul style="list-style-type: none"> • <i>Harry and the Bucketful of Dinosaurs</i> • <i>There Was an Old Lady Who Swallowed a Fly</i> Please also 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 Please meet in 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).

Saturday				
Saturday Group 10.30-11.30am	11 February	Stay and play for children with additional needs. Please call 01353 612770 to book.	B	Littleport Child and Family Centres



Scan the QR code to
subscribe to our
YouTube channel

Cambridgeshire
Child and Family
Centres



Scan the QR code to follow us
on Instagram

@childandfamilycentres.east



Scan the QR code to
find us on
Facebook

East Cambs
Child and Family
Centres

If you would like to be kept up to date about our activities by email,
please ask to join our mailing list.

Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<i>Monday to Friday 9am to 4pm</i>	<i>Monday to Wednesday 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	East Cambs District Early Help Team 01353 612800
Email us: childandfamilycentre.east@cambridgeshire.gov.uk	

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 are £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.

Are you concerned about the safety of a child?

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.

Breastfeeding Support

Information on support available locally can be found by visiting:

www.facebook.com/CambridgeshireInfantFeeding

Support for Young People

Cambridgeshire residents can access a wide range of online information and support via the following websites:

Keep Your Head: A new 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



Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.