



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**March 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](mailto: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](mailto: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](http://www.cambridgeshire.gov.uk) (search Privacy Notice).*

Monday				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely and Littleport Child and Family Centres
<b>Self-Weigh</b> 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>B</b>	Soham, Ely and Littleport Child and Family Centres
<b>Baby Group Sensory Babies</b> 10.30-11.30am		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. Parents-to-be also welcome. It's never too early to share stories with your baby so come along to a themed session as part of our Festival of Stories celebration.  6 <sup>th</sup> and 7 <sup>th</sup> March - Bumbly Bees  13 <sup>th</sup> and 14 <sup>th</sup> March - Bees Love Flowers  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Baby Group Sensory Babies</b> 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. Parents-to-be also welcome. It's never too early to share stories with your baby so come along to a themed session as part of our Festival of Stories celebration.  13 <sup>th</sup> and 17 <sup>th</sup> March – <i>'That's Not My Bee'</i>  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 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. Parents-to-be also welcome. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

<b>Breast and Infant Feeding Support Group</b> 1.30-2.30pm	13 March	NHS-led breast and infant feeding support group. For more information and to book a space please call or text Maxine Cooper on 07731 467551.	<b>B</b>	Ely 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>B</b>	Ely Child and Family Centre
<b>Self-Weigh</b> 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>B</b>	Soham, Ely and Littleport Child and Family Centres
<b>Baby Group Sensory Babies</b> 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. Parents-to-be also welcome. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 1.30-2.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. Any information please call or text Maxine Cooper on 07731 467551.	<b>B</b>	Littleport Child and Family Centre
<b>Stay and Play</b> 10-11.30am	Weekly	Stay and play for children aged from around 10 months or walking. With bouncy castle! <b>Includes baby self-weigh facilities.</b>  Come and enjoy exploring the world of bees and flowers with stories, rhymes and activities as part of our Festival of Stories celebration. <i>7<sup>th</sup> March - 'The Missing Bees'</i> <i>14<sup>th</sup> March - 'Brilliant Bees'</i> Other themes this month will include: 21 <sup>st</sup> March - Spring Flowers 28 <sup>th</sup> March - Knights, Kingdoms and Castles  <b>No need to book in advance.</b>	<b>£</b>	Burwell Sports Centre

<b>Pathway to Parenting</b> 5-7 pm	4-week programme commencing on 7 March	A four 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.	<b>B</b>	Littleport Child and Family Centre
<b>Storytelling Magic with BookTrust @ Ely Library</b> 1.30 – 2:30pm	21, 28 February 7, 14, 21, 28 March	Discover the magic of stories in this 6-week family friendly course packed with crafts, stories, parachute games, rhymes and sensory play based around a new story each week.  Come and enjoy exploring the world of bees and flowers with stories, rhymes and activities as part of our Festival of Stories celebration.  <i>7<sup>th</sup> March –: ‘Nature Trail’ and ‘That’s Not My Bee’</i>  Suitable for families with children 4 years and under.  Please call 01353 612770 to book.	<b>B</b>	Ely Library
<b>Virtual Bedtime Story Posted on Facebook</b> 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

<b>Wednesday</b>				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre
<b>Self-Weigh</b> 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>B</b>	Soham, Ely and Littleport Child and Family Centres

£ = Charge    B = Booking Required    R = Referral Only

<b>Breast and Infant Feeding Support Group</b> 10.00- 11.00am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information call or text Maxine Cooper on 07731 467551.	<b>B</b>	Soham Child and Family Centre
<b>Little Learners</b> 10.30-11.30am	Weekly	Referral only via SEND Service.	<b>R</b>	Ely Child and Family Centre
<b>Family Warm Hub</b> 12-3pm	1, 15 & 29 March	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
<b>Buggy Walk – Signs of Spring</b> 1:30-2:30pm	8 March	Join us for some fresh air and a walk around Ely Country Park in search of signs of spring. Suitable for babies and toddlers in buggies/baby carriers.  Please call 01353 612770 to book.	<b>B</b>	Meeting point: Sainsbury's Entrance to Ely Country Park at around 1:20pm

<b>Thursday</b>				
<b>Self-Weigh</b> 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>B</b>	Ely and Soham Child and Family Centres
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre Littleport Child and Family Centre
<b>Stay and Play</b> 10.30-11.30am	Weekly	Stay and play for children aged from 10 months with bouncy castle!  Come and enjoy exploring the world of bees and flowers with stories, rhyme and activities as part of our Festival of Stories celebration. 9 <sup>th</sup> March – <i>'Nature's Tiny Miracle Bee'</i>  Other themes this month will include: <ul style="list-style-type: none"> <li>• World Wildlife Day – <i>'One Little Hippo'</i></li> <li>• Mother's Day Crafts</li> <li>• <i>'The Gruffalo'</i></li> <li>• <i>'Snail and the Whale'</i></li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Leisure Centre

£ = Charge    B = Booking Required    R = Referral Only

<b>Stay and Play</b> 10.30-11.30am	Weekly	<p>Stay and play for children aged from around 10 months or walking.</p> <p>Come and enjoy exploring the world of bees and flowers with stories, rhymes and activities as part of our Festival of Stories celebration.</p> <p>9<sup>th</sup> March- '<i>Bee and Me</i>'</p> <p>16<sup>th</sup> March – '<i>Bee my Friend</i>'</p> <p>Other themes this month will include:</p> <p>23<sup>rd</sup> March - Furry friends</p> <p>30<sup>th</sup> March - Baby animals</p> <p>Please call 01353 612770 to book.</p>	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Family Warm Hub</b> 12-3pm	9 & 23 March	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				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre
<b>Self-Weigh</b> 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>B</b>	Ely and Soham Child and Family Centres
<b>Baby Group</b> <b>Sensory Babies</b> 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. Parents-to-be also welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

£ = Charge    B = Booking Required    R = Referral Only

<p><b>Baby Group Sensory Babies</b> 10.30-11.30am</p>	<p>Weekly</p>	<p>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. Parents-to-be also welcome.</p> <p>It's never too early to share stories with your baby so come along to a themed session as part of our Festival of Stories celebration.</p> <p>17<sup>th</sup> March – <i>'Busy Bees'</i></p> <p>Please call 01353 612770 to book.</p>	<p><b>B £</b></p>	<p>Ely Child and Family Centre</p>
<p><b>Wicken Fen Wander</b> 1.30 - 2.30pm</p>	<p>3, 17 &amp; 31 March</p>	<p>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.</p> <p>Come and enjoy exploring the world of bees and flowers with stories, rhymes and activities as part of our Festival of Stories celebration.</p> <p>3<sup>rd</sup> March – <i>'Willbee the Bumblebee'</i> by C. Smith.</p> <p>17<sup>th</sup> March - Join our special guest Storyteller Marion Leeper - <i>Follow the journey of a bee in search of the stickiest honey and explore the treasures to be found in the meadow! Interactive storytelling for children and their families, with a chance to take your own 'bee journey' and make up your own story too.</i></p> <p>31<sup>st</sup> March - <i>'A Squash and a Squeeze'</i> by Julia Donaldson.</p> <p>Please also note that there is open water and nettles in the area. Children will need to be closely supervised at all times.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b></p>	<p>Wicken Fen Nature Reserve</p> <p>Please meet in Wicken Fen car park near the car park ticket machine at 1.15pm.</p> <p>This activity is free of charge but there is a £3 charge for the National Trust car park (unless you have National Trust membership).</p>



Saturday				
<b>Saturday Group</b> 10.30-11.30am	4 March	<p>Stay and play for children with additional needs. Come and enjoy exploring the world of bees and flowers with stories, rhymes and activities as part of our Festival of Stories celebration.</p> <p style="text-align: center;"><i>'All about Bees'</i></p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Ely Child and Family Centre
<b>Dad's Group</b> <b>Little Inventors</b> 10.30- 11.30pm	4 March	<p>A group for all male carers of under 5's to come and play (currently just for children aged under 5 yrs.)</p> <p>Join us for some creative fun using recycled materials. What will you make? From castles to creatures – the options are endless.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b> <b>£</b>	Soham Child and Family Centre



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Cambridgeshire  
Child and Family  
Centres



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@childandfamilycentres.



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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

<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 Wednesday 9am to 4pm</i>	<i>Monday to Friday 9am to 4pm</i>

## Contact Us

<b>Get In Touch</b>	
<b>Ely Child and Family Centre</b> 01353 612770	<b>Littleport Child and Family Centre</b> 01353 612770
<b>Soham Child and Family Centre</b> 01353 612770	<b>Targeted Support Team East Cambs</b> 01353 612800
<b>Email us:</b> <a href="mailto:childandfamilycentre.east@cambridgeshire.gov.uk">childandfamilycentre.east@cambridgeshire.gov.uk</a>	

## Charging

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.

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](http://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](http://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.**



# Festival of Stories

**Thursday, 2 March to Monday, 20 March 2023**

For families of children aged 0-5 across Cambridgeshire

You are invited to come and hear lots of magical stories about bees and how we can give them a helping hand.

Please see [www.bit.ly/FestivalOfStories](http://www.bit.ly/FestivalOfStories) for details.



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