



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**April 2026**



## **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](http://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](mailto: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				
<b>Self-Weigh Drop In</b> 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham Ely and Littleport Child and Family Centres
<b>Sensory Babies</b> 10am to 11.30am	13, 20, 27 April	Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks.  Suitable for pre-mobile babies. Parents-to-be welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Sensory Explorers</b> 10am to 11.30am	13, 20, 27 April	A relaxed, friendly session where babies and toddlers can explore textures, colours and sounds. Playful sensory activities that spark curiosity and support early development with a chance to meet other families and share ideas.  Suitable for children aged 0 to 5 years and 8 years in school holidays  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Shake &amp; Sing</b> 10.30am to 11.30am	13, 27 April	Fun, interactive music group for under 5s and their grown-ups. Enjoy lively session filled with songs, movement and simple instruments like shakers and drums. Perfect for building language, coordination, and confidence while sharing a joy of music together.  Suitable for children aged 0 to 5years  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Toileting Workshop</b> 1.30pm to 2.30pm	27 April	Join us for discussion, information, and support with teaching your child to use the toilet.  A workshop for parents of children aged 1 to 5 years. Please call 01353 612770 to book.		Soham Child and Family Centre
<b>Breast and Infant Feeding Drop-In</b> 1.30pm to 3pm	13, 20, 27 April	NHS-led breast and infant feeding support group and baby drop in. Drop in for babies under 16 weeks.  For more information or to book a place please email: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Ely Child and Family Centre

Tuesday				
<b>Self-Weigh Drop In</b> 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9am to 11am	14, 21, 28 April	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
<b>Stay and Play</b> 10am to 11.30am	7, 14, 21, 28 April	A themed Stay and Play session. Themes this month are: <ul style="list-style-type: none"> <li>• <b>7<sup>th</sup></b> – Hello Spring</li> <li>• <b>14<sup>th</sup></b> – Colours</li> <li>• <b>21<sup>st</sup></b> – Peace at Last, <i>by Jill Murphy</i></li> <li>• <b>28<sup>th</sup></b> – Numbers</li> </ul> Suitable for children aged 0 to 5 years and 8 years in school holidays.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Stay and Play</b> 10am to 11.30am  	7, 14, 28 April	A themed Stay and Play session. Themes this month are: <ul style="list-style-type: none"> <li>• <b>7<sup>th</sup></b> – Hop Little Bunnies linking to #6 Making time for Rhyme</li> <li>• <b>14<sup>th</sup></b> – <b>Tiny Tooth</b> special – looking after your child's teeth and where to go when you need help</li> <li>• <b>28<sup>th</sup></b> – The Lion Inside, <i>by Rachel Bright</i> linking to #10 Sharing Books for the <b>Year of Reading 2026</b></li> </ul> Suitable for children aged 0 to 5 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Health Visitor Drop In</b> 1pm to 3pm	14, 28 April	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
<b>Health Visitor Drop In</b> 1pm to 3pm	7, 21 April	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				
<b>Breast and Infant Feeding Drop In</b> 1.30pm to 3pm	14, 21, 28 April	NHS-led breast and infant feeding support group and baby drop in. Drop in for babies under 16 weeks For more information or to book a place for babies over 16 weeks please email: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Littleport Child and Family Centre
<b>Introducing Family Foods</b> 1.30pm to 2.30pm	14 April	A workshop run by health professionals 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>B</b>	Ely Child and Family Centre
<b>Drop-In SEND Peer Support Group</b> 1.30pm to 2.45pm	28 April	An opportunity to meet other parents with children with emerging or diagnosed needs. Share knowledge, information, ideas and network. Hosted by the Child and Family Centre.  Children under 5 welcome.		Ely Child and Family Centre
<b>Citizens Advice Drop-in</b> 1.30pm to 3pm	14, 28 April	An informal advice session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing.  No charge or booking required.		Soham Child and Family Centre

Wednesday				
<b>Self-Weigh Drop In</b> 9am to 12pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres
<b>Breast and Infant Feeding Drop In</b> 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. Drop in for babies up to 16 weeks.  For more information or to book a place for babies over 16 weeks please email: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Soham Child and Family Centre
<b>Mindful Mums</b> 10am to 11.30am	22 April	A monthly drop-in group run by CPSL MIND, for mums with children up to 2 years of age. The group focuses on mums sharing wellbeing skills and keeping connected for friendship and support.  No booking required.		Littleport Child and Family Centre
<b>Tiniest Feet</b> 10am to 11.30am	Weekly	A gentle, welcoming space designed especially for our youngest ones. This group is all about early bonding, sensory discovery, and meeting new parents.  Suitable for bumps to 6 months.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Little Builders</b> 10am to 11.30am	1, 8, 15, 29 April	A fun, hands-on group for children to explore building and construction through play.  Suitable for children aged 1 to 5 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre

Thursday				
<b>Self-Weigh Drop In</b> 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Storycraft</b> 10am to 11am	Weekly	A story session with themed crafts. Join in with craft activities and then listen to a story.  Suitable for children from 18 months. <ul style="list-style-type: none"> <li>• <b>2<sup>nd</sup></b> – The Rhyming Rabbit, by <i>Julia Donaldson &amp; Lydia Monks</i></li> <li>• <b>9<sup>th</sup></b> – Fluffy Chick, by <i>Rod Campbell</i></li> <li>• <b>16<sup>th</sup></b> – Red Rockets and Rainbox Jelly, by <i>Sue Heap &amp; Nick Sharratt</i></li> <li>• <b>23<sup>rd</sup></b> – One Banana, Two Bananas, by <i>Adam Guillain</i></li> <li>• <b>30<sup>th</sup></b> – The Train Ride, by <i>June Crebbin</i></li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Stay and Play</b> 10am to 11.30am	2, 23, 30 April	A themed Stay and Play session. <ul style="list-style-type: none"> <li>• <b>2<sup>nd</sup></b> – Everything Spring – crafts, painting and more!</li> <li>• <b>23<sup>rd</sup></b> – Celebrating <b>World Earth Day</b></li> <li>• <b>30<sup>th</sup></b> – The Very Hungry Caterpillar, by <i>Eric Carle</i></li> </ul> Suitable for children aged 0 to 5 years and 8 years in school holidays.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Pop-Up Stay and Play</b> 10am to 11.30am	9 April	A Stay and Play session.  Suitable for children aged 1 to 8 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Crawlers to Walkers</b> 1pm to 2.30pm	Weekly	For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.  Suitable for mobile babies up to 18 months.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

Friday			
<b>Self-Weigh Drop In</b> 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.	Soham and Ely Child and Family Centres
<b>Sensory Babies</b> 10am to 11.30am	10, 24 April	Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks.  Suitable for pre-mobile babies. Parents-to-be welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b> Littleport Child and Family Centre
<b>Crawlers to Walkers</b> 10am to 11.30am	10, 24 April	For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.  Suitable for mobile babies up to 18 months.  Please call 01353 612770 to book.	<b>B</b> <b>£</b> Littleport Child and Family Centre
<b>Friday Family Fun</b> 10am to 11.30am	10, 17, 24 April	A themed Stay and Play session.  Themes this month: <ul style="list-style-type: none"> <li>• <b>10<sup>th</sup></b> – Hello Spring</li> <li>• <b>17<sup>th</sup></b> – Shark in the Park, <i>by Nick Sharratt</i></li> <li>• <b>24<sup>th</sup></b> – Rumble in the Jungle, <i>by Jiles Andreae</i></li> </ul> Suitable for children aged 0 to 5 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b> Ely Child and Family Centre
<b>50 Things Friday</b> 	Weekly	'50 Things to do before You're Five seeks to help every child reach important health, learning, and wellbeing milestones.'  We will be sharing activity ideas throughout our sessions from the 50 Things to Do app you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.	Posted on Facebook  



Saturday				
<b>Dads' Group</b> 10am to 11.30am	11 April	Themed Stay and Play session for dads and male carers and their children.  Suitable for children aged 0 to 8 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

## Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<b>Monday, Tuesday, Thursday and Friday 9am to 4pm</b> <b>Wednesday 9am to 12pm</b>	<b>Monday, Tuesday, Thursday 9am to 4pm</b> <b>Wednesday 9am to 12pm</b> <b>Friday 9am to 1pm</b>	<b>Monday, Tuesday, Thursday and Friday 9am to 4pm</b> <b>Wednesday 9am to 12pm</b>

**Please note:**

**Soham Child and Family Centre will be closed on Thursday 9 April and Friday 10 April**

**Littleport Child and Family Centre will be closed on Friday 17 April and Monday 20 April**

## 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](mailto:childandfamilycentre.east@cambridgeshire.gov.uk)

**Midwife Clinic - (Nova team):**

Ely Child and Family Centre & Littleport Child and Family Centre - By appointment only.  
To book your first appointment please self-refer on the Rosie Hospital Website. [You're pregnant/how to self-refer | CUH](#)

To speak to a Midwife or make changes to any appointments, please use MyChart.

**Midwife Clinic - (Lilac team):**

Soham Child and Family Centre - By appointment only.

To book your first appointment please self-refer on the Rosie Hospital Website. [You're pregnant/how to self-refer | CUH](#)

To speak to a Midwife or make changes to any appointments, please use MyChart.



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

	<p>We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact <a href="mailto:childandfamilycentre.fenland@cambridgeshire.gov.uk">childandfamilycentre.fenland@cambridgeshire.gov.uk</a> 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><b>Five to Thrive</b> '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><b>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting: <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<p><b>Are you concerned about the safety of a child?</b></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><b>Support for Young People</b></p>	<p><b>Keep Your Head:</b> 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. <a href="http://www.keep-your-head.com">www.keep-your-head.com</a></p>



# CLOTHES BANK



*Reuse,  
Recycle,  
Relove*

Is your child in need of some clothes?  
Come along to our clothes bank and take  
the items you need - Free of charge

**We have clothes available at  
the following locations:**

**Ely Child and Family Centre  
Soham Child and Family Centre  
Littleport Child and Family Centre**

*If you would like to  
make a donation to  
the clothes bank  
please contact us!*

**East Child and Family Centres**

**For more information call: 01353 612770**