



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

April 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 1.00-3.30pm	Weekdays (Except Bank holidays)	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 (Except Bank holiday 1 st of April)	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
Five to Thrive 10-11.30am 	15, 22 and 29 April 13 and 20 May	A fun five-week programme looking at the five building blocks that create and maintain healthy brain function in babies and young children. Please call 01353 612770 to book.	B	Ely Child and Family Centre
Baby Group Sensory Babies 10-11.30am	Weekly (Except Bank holiday 1 st of April)	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 £	Soham Child and Family Centre

Monday continued				
Mini Movers 1.00-2.30pm	15 April	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
Introduction to Family Foods Workshop 1.30-2.30pm	29 April	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
Breast and Infant Feeding Support Group 1.30-3.00pm	Weekly (Except Bank holiday 1 st of April)	NHS-led by Ely PCN breast and infant feeding support group and baby drop in. For more information, please email ElyPCN.perinatalhealthcoach@nhs.net		Ely Child and Family Centre
Multiple Birth Group 1-2.30pm	22 April	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

Tuesday				
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 1.00-3.30pm	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.

Tuesday continued				
Introduction to Family Foods Workshop 12.15-1.15pm	2 April	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
Pop Up Stories and Play 10-11.30am	2 April	Join us for a fun stay and play session. 'International Children's Book Day' Suitable for children up to 5 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Pop Up Spring Art 10-11.30am	9 April	Join us for a fun stay and play session with spring art activities. Suitable for children up to 5 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Breast and Infant Feeding Support Group 1.30-3.00pm	Weekly	NHS-led by Ely PCN breast and infant feeding support group and baby drop in. For more information, please email ElyPCN.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre
Stay and Play 10 -11.30am 	16, 23 and 30 April	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"> • 'Whose Stripes?' by F. Munro • 'Commotion in the Ocean' by D. Wojtowycz • 'ABC Animal Rhymes for You and Me' by D. Wojtowycz No need to book in advance.	£	Burwell Sports Centre


Tuesday continued				
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
Acorn Project Tea, Toast & Chat Drop-In 9.30-11am	Weekly (Term time only)	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre

Wednesday				
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.
Breast and Infant Feeding Support Group 10-11.30am	Weekly	NHS-Led by Ely PCN breast and infant feeding support group and baby drop in. For more information, please email ElyPCN.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Pop Up Rainbows 10-11.30am	3 April	Join us for a fun stay and play session. <i>'Find a Rainbow Day'</i> Suitable for all ages, Siblings welcome. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Wednesday continued				
Buggy Walk 1.30-2.30pm	3 April	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
Sensory SEND Group 1.00-2.30pm	24 April	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
Pathway to Parenting 9.30-11.30am	10, 17 and 24 April	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. To find out more, speak to your midwife or Child and Family Centre. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
Little Learners 10-11.15am	17 and 24 April	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre

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
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 1.00pm-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.

Thursday continued				
Stay and Play 10.00-11.30am 	4 and 11 April	Stay and play session aimed at children from approx. 10 months - 5 years. Themes this month are: <ul style="list-style-type: none"> • Party <i>Connections to 50 Things to do before you're five Dressing up #15</i> • Reptiles <i>Connections to 50 Things to do before you're five Squidgy sand #05</i> Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Stay and Play 10.30-11-30am	18 and 25 April	Stay and play for children. Suitable for ages 10 months - 5 years. With bouncy castle! Themes this month will include: <ul style="list-style-type: none"> • <i>Elmer's Colours by D. McKee</i> • <i>'Looking after our planet' – World Earth Day</i> Please call 01353 612770 to book.	B £	Littleport Leisure 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
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Mini Movers 1.00-2.30pm	19 April	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

Friday continued				
Pop up Bookstart 1.00-2.30pm	26 April	Join for a fun session that includes singing, educational play, storytelling and much more. Suitable for babies and children aged 0-4 years. Please call 01353 612770 to book.	B	Littleport Child and Family Centre

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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<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>

**Have Your Say about
 Cambridgeshire Child and Family
 Centre Services**





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 birth and parenthood

3 sessions starting on
Wednesday 10th of April
9.30 - 11:30am

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



50 things to do before you're five™



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..

