



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRES**

WHAT'S ON

August 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.

All Child & Family Centre groups are free of charge.

Things you need to know...

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. All booking is done on our online booking system which you can access via the link or QR code below:

[East Child and Family Centres – Booking by Bookwhen](#)



Centre Closures – August

Soham Child & Family Centre

Closed Friday 14 August and Friday 28 August. Midwifery services only will continue to run.

Littleport Child & Family Centre

Closed Thursday 27 August and Friday 28 August. No services will be available on these dates.

All our centres are closed on Bank Holidays.

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.



East Cambs Child and Family Centres: Ely, Soham & Littleport New Booking QR Code

Scan Me

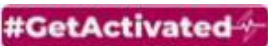


Scan the QR code to access
our new Bookwhen page to
book on to our sessions.

Sessions are bookable 14
days in advance.

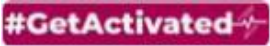
Please speak to a
member of staff if you need
any support

 **Remember: Please
book a ticket for
everyone coming to
the session, including
all adults and all
children.**

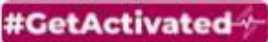
Monday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Sensory Babies 10am to 11.30am	10, 24 August	Fun-filled sensory 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.	B	Ely Child and Family Centre Please book your place using the QR code below 
Sensory Explorers 10am to 11.30am 	3, 10, 17, 24 August	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. 24th – ‘Little movers: scarves and ribbons’ linking to #24 Hop, skip and jump as part of the Get Activated campaign Suitable for children aged 0 to 5 years and 0 to 8 years in school holidays.	B	Soham Child and Family Centre Please book your place using the QR code below 
Toileting Workshop 2pm to 3pm	10 August	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.	B	Soham Child and Family Centre Please book your place using the QR code below 
Pop Up Sensory Babies 1.30pm to 3pm	17 August	An extra fun-filled sensory session which helps 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.	B	Ely Child and Family Centre Please book your place using the QR code below 

Monday continued..

Breast and Infant Feeding Drop-In 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. • 3 August – drop-in to celebrate and talk about breastfeeding as part of World Breastfeeding Week. Bring reflections, questions and little ones along, however you feed your baby. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre
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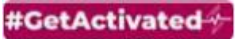
Tuesday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Citizens Advice Drop-in 10.30am to 12pm	18 August	A drop-in session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. No booking required.		Soham Child and Family Centre
Stay and Play 10am to 11.30am 	4, 11, 25 August	A themed Stay and Play session. Themes this month are: 4th – ‘Summer sports’ linking to #24 Hop Skip Jump celebrating National Play Day as part of the Get Activated campaign 11th – Water fun 25th – Colour and paint Suitable for children aged 0 to 5 years and 0 to 8 years in school holidays.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am  	11, 18, 25 August	A themed Stay and Play session. Themes this month are: 11th – ‘Nature’s canvas’ linking to #48 Natural Art as part of the Get Activated Campaign 18th – ‘Rainbow Fish’, by Marcus Pfister linking to #10 Sharing Books. Get a free Bookstart pack when you attend! 25th – ‘Let’s make and move to music’ linking to #18 Dance as part of the Get Activated campaign Suitable for children aged 0 to 5 years.	B	Ely Child and Family Centre Please book your place using the QR code below 
Health Visitor Drop In 1pm to 3pm	11, 25 August	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
Health Visitor Drop In 1pm to 3pm	4, 18 August	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

Tuesday continued..				
Breast and Infant Feeding Drop In 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre
Toileting Workshop 2pm to 3pm	18 August	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.	B	Ely Child and Family Centre Please book your place using the QR code below 
Introducing Family Foods 1.30pm to 2.30pm	4 August	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	B	Ely Child and Family Centre Please book your place using the QR code below 

Wednesday				
Self-Weigh Drop In 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 For Littleport please use the bell at the entrance facing the car park.
Breast and Infant Feeding Drop In 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Mindful Mums 10am to 11.30am	26 August	A drop-in session 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
Tiniest Feet 10am to 11.30am	5, 12, 26 August	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.	B	Soham Child and Family Centre Please book your space using the QR code below 
Ready for Reception 10am to 11.30am 	12, 19 August	A Stay and Play session for children due to start reception in September with lots of activities to support them develop the skills they will need to make a positive start. 19th – ‘Early mark making and fine motor skills’ linking to #20 Mini Artists as part of the Get Activated campaign Suitable for children aged 3 to 5 years. Siblings welcome.	B	Littleport Child and Family Centre Please book your space using the QR code below 
Summer Special Sensory Babies 10am to 11.30am	12, 26 August	Some extra dates of our popular fun-filled Sensory Babies 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.	B	Ely Child and Family Centre Please book your space using the QR code below 

Wednesday continued.

Ely Play Day 10am to 11.30am	5 August	A special pop-up Stay and Play session to celebrate National Play Day. Suitable for children aged 0 to 8 years.	B Ely Child and Family Centre Please book your space using the QR code below 
Teddy on Tour – Isleham 3pm to 4.30pm #GetActivated	26 August	Join “Teddy” bear for some simple outdoor play activities and a visit to the mobile library. • ‘Nature detectives’ – linking to <i>#19 Mini Beasts and Bug Hunting</i> as part of the Get Activated campaign Please book so we know you are coming. Suitable for children aged 0 to 8 years.	B Recreation Ground near Mill Street, Isleham, CB7 5RY Book using the QR code below 

Thursday				
Self-Weigh Drop In 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 For Littleport please use the bell at the entrance facing the car park.
Storycraft 10am to 11am	13, 27 August	A story session with themed crafts. Join in with craft activities and then listen to a story. 13th – ‘Sharing a shell’ <i>by Julia Donaldson</i> 27th – ‘Goldilocks and 3 the bears’ <i>by Robert Southey</i> Suitable for children from 18 months.	B	Ely Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am 	6, 20 August	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays. 20th – ‘Teddy bear, teddy bear, turn around’ - linking to <i>#18 Dance!</i> as part of the Get Activated campaign	B	Soham Child and Family Centre Please book your place using the QR code below 
Under 2's Group 1pm to 2.30pm	13 August	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years.	B	Ely Child and Family Centre Please book your place using the QR code below 

Friday				
Self-Weigh Drop In 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 For Littleport please use the bell at the entrance facing the car park.
Sensory Babies 10am to 11.30am	7, 14, 21 August	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. 21st – we will be at the Littleport Town Council “Summer Together”, free family community event. Suitable for pre-mobile babies. Parents-to-be welcome.	B	Littleport Child and Family Centre Please book your place using the QR code below  21st at Littleport Youth and Community Centre, Cornfield Lane, CB6 1GN
Under 2's Group 10am to 11.30am	7, 14 August	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Friday Family Fun 10am to 11.30am	28 August	A Stay and Play session suitable for children aged 0 to 5 years.	B	Ely Child and Family Centre Please book your place using the QR code below 
50 Things Friday 	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			
Dads' Group 10am to 11.30am	8 August	A stay and play session for dads and male carers and their children. Get a free Bookstart pack when you attend! Suitable for children aged 0 to 8 years.	Ely Child and Family Centre Please book your place using the QR code below 



READY FOR RECEPTION

A Stay and Play session for children due to start reception in September with lots of activities to support them develop the skills they will need to make a positive start.

Suitable for children aged 3 to 5 years.
Siblings welcome.

Wednesday 12 & 19 August
10.00am to 11.30am
Littleport Child and Family Centre

Scan Me to
Book



Cambridgeshire
**Child and Family
Centres**

**BEST
START
IN LIFE**

**FAMILY
HUBS**

Toileting Workshop

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.

Scan Me to
Book



Monday 10 August
2.00-3.00pm

Soham Child and Family Centre

Tuesday 18 August
2.00-3.00pm

Ely Child and Family Centre



**FAMILY
HUBS**

	We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact childandfamilycentre.fenland@cambridgeshire.gov.uk for a chat with one of our staff.
	'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 <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. Download the free 50 Things to Do Before You're Five app for a menu of exciting activities for families with young children.
	Five to Thrive 'The things you do every day that help your child's growing brain'. 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!
Breastfeeding Support	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
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.
Support for Young People	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

Opening Times

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

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

Email us: 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.



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