



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**August 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](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> 9am-12noon and 1pm-3.30pm	Weekly (Except Bank Holiday 26 <sup>th</sup> August)	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		<b>Soham and Littleport Child and Family Centres</b>  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly (Except Bank Holiday 26 <sup>th</sup> August)	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre
<b>Baby Group Sensory Babies</b> 10am-11.30am	12 & 19 August	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>B £</b>	Littleport Child and Family Centre
<b>Baby Group Sensory Babies</b> 1.00pm-2.30pm	Weekly (Except Bank holiday 26th of August)	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>B £</b>	Soham Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 1.30pm-3.30pm	Weekly (Except Bank holiday 26th of August)	NHS-led breast and infant feeding support group and baby drop in. For more information, 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> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		<b>Soham and Littleport Child and Family Centres</b>  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre


£ = Charge B = Booking Required R = Referral Only

Tuesday continued				
<b>Breast and Infant Feeding Support Group</b> 1.30pm-3.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please email. <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Littleport Child and Family Centre
<b>Introduction to Family Foods Workshop</b> 12.15pm-1.15pm	6 August	A workshop 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 £	Ely Child and Family Centre
<b>Pop up -Summer Junk modelling</b> 9.30am-11.00am 	6 August	Join us for some creative fun session. Summer junk modelling <i>#25 Creative junk</i> 50 Things before to do before you are five.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	B £	Ely Child and Family Centre
<b>Burwell woods Natural Art</b> 10.30am-11.30am	13 August	Join us for a nature walk. Activities will be aimed at children aged 2-5 years. Younger siblings welcome. Please wear weather appropriate clothing and footwear.  Please call 01353 612770 to book.	B	Priory Wood, Burwell
<b>Buggy Walk Ely Country Park</b> 1.30-2.30pm	20 August	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 Meeting Point: Entrance to Ely Country Park in Sainsbury's car park.
<b>Pop Up Painting Fun</b> 9.30am-11.00am	20 August	Join us for some creative fun session.  Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	B £	Littleport Child and Family Centre


Tuesday continued				
<b>Pop up – Little Sailors</b> 9.30am-11.00am	27 August	Join us for a fun stay and play session. Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Introduction to Family Foods Workshop</b> 1.30pm-2.30pm	27 August	A workshop 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>	Littleport Child and Family Centre
<b>Clay Play</b> 1.30pm-2.30pm  	27 August	Have fun and make your own pottery masterpiece to take home. <i>#42 Rough and Smooth</i> 50 Things before you're five.  Suitable for children 3-10 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Wednesday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 10am-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in.  For more information, please email. <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Soham Child and Family Centre

### Wednesday continued



<p><b>Pop Up- Little Builders</b> 1pm-2.30pm</p>	<p>7 August</p>	<p>Join us for a fun stay and play session exploring the world of being a little builder.</p> <p>Suitable for children approx. 2+ years.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Littleport Child and Family Centre</p>
<p><b>Burwell Library - Lets Rhyme and Craft!</b> 10am-11.30am</p>	<p>7 August</p>	<p>Join us for a seasonal story and some crafts.</p> <p>Suitable for 18months+ Babies welcome!</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b></p>	<p>Burwell Library Village College Burwell</p>
<p><b>Multiple Birth Group</b> 1-2.30pm</p>	<p>14 August</p>	<p>Stay and play session for parents and carers of twins, triplets or more!</p> <p>Suitable for under 5s.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Soham Child and Family Centre</p>
<p><b>Family event</b> 9.30am - 11am</p> 	<p>14 August</p>	<p>Come along to our Family session filled with themed play, fun activities, and summer crafts.</p> <p><i>#24 Hop Skip and Jump</i> 50Things to do before you're five</p> <p>Suitable for children up to 10 years.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Littleport Child and Family Centre</p>
<p><b>Sensory SEND Group</b> 10-11.30am</p>	<p>21 August</p>	<p>A play session designed for children with emerging additional needs and disabilities. Sensory-rich resources and activities to encourage development.</p> <p>A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome.</p> <p>No need to book.</p>		<p>Littleport Child and Family Centre</p>

### Wednesday continued

<p><b>Peacocks Meadow</b> 1pm- 2.30pm</p> 	21 August	<p>Join us for a fun session in the community garden. Story &amp; Salt-dough Art #48Natural Art</p> <p>Suitable for all ages.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Peacocks Meadow Community Garden Littleport
<p><b>Baby Group Sensory Babies</b> 10am-11.30am</p>	28 August	<p>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.</p> <p>Parents-to-be also welcome.</p> <p>Please call 01353 612770 to book.</p>	<b>B £</b>	Littleport Child and Family Centre
<p><b>Burwell Library - Buzzy Bees &amp; Busy fingers</b> 10am-11.30am</p>	28 August	<p>Join us for a seasonal story and some crafts.</p> <p>Suitable for 18months+ Babies welcome!</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Burwell Library Village College Burwell

### Thursday

<p><b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm</p>	Weekly	<p>Self-weigh for babies/children from 6 weeks and up to the age of 5 years.</p>		Ely Child and Family Centre
<p><b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm</p>	Weekly	<p>Self-weigh for babies/children from 6 weeks and up to the age of 5 years.</p>		<p>Soham and Littleport Child and Family Centres</p> <p><b>For Littleport please come to the main reception for access.</b></p>
<p><b>Mini Movers</b> 9.30am- 11.00 am</p>	1 August	<p>For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.</p> <p>Suitable for babies approx. 9 - 18 months.</p> <p>Please call 01353 612770 to book.</p>	<b>B £</b>	Littleport Child and Family Centre


Thursday continued				
<b>Family event</b> 9.30am- 11.00 am 	8 August	Come along to our Family session filled with themed play, fun activities, and summer crafts.  <i>#07 Making music.</i> 50Things to do before you're five  Suitable for children up to 10 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Family event</b> 9.30am- 11.00 am 	15 August	Come along to our Family session filled with themed play, fun activities, and summer crafts.  <i>#24 Hop skip and Jump</i> 50Things to do before you're five  Suitable for children up to 10 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Pop Up Shape Fun</b> 10am-11.30am	22 August	Join us for a nature play and stay session with a theme around shape.  Suitable for children aged 2 +.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Pop up 'Bubbles'</b> 9.30am-11.00am	29 August	Join us for a play and stay session with a theme around bubbles.  Suitable for children aged 2 +.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Friday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre

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**Friday continued**

<p><b>Baby Group Sensory Babies</b> 10am-11.30am</p>	<p>2 &amp; 30 August</p>	<p>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.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B £</b></p>	<p>Ely Child and Family Centre</p>
<p><b>Baby Group Sensory Babies</b> 1.00pm-2.30pm</p>	<p>16 August</p>	<p>Fun-filled sensory sessions for babies who are pre-mobile.</p> <p>Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration.</p> <p>Parents-to-be also welcome.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B £</b></p>	<p>Ely Child and Family Centre</p>
<p><b>50 Things Friday</b></p> 	<p>Weekly</p>	<p>'50 Things to Do seeks to help every child reach important health, learning, and wellbeing milestones'.</p> <p>We will be sharing activity ideas 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>Virtual on Facebook</p>

## Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<b>Monday to Friday</b> 9am to 4pm	<b>Monday to Friday</b> 9am to 4pm	<b>Monday to Friday</b> 9am to 4pm

## Contact Us

### Get In Touch

<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

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 make an appointment please call the central booking line on 01223 586790.

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

Soham Child and Family Centre

By appointment only.

To make an appointment please call the central booking line on 01223 348981.



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Child and Family Centres

<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>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting: <a href="http://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></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>

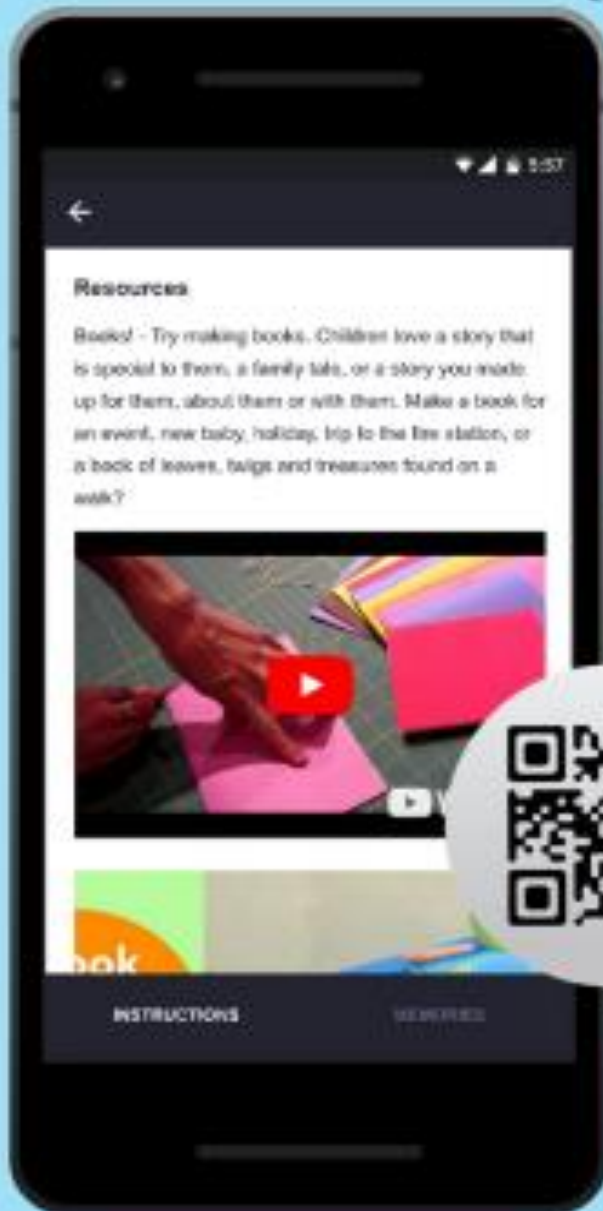


50 things to do before you're five™



## 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..



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**Google Play**



Cambridgeshire  
County Council



**#GetActivated** 

**Search for #GetActivated  
on socials for free or low-cost summer activities**

### **Get Activated this summer**



Local organisations are teaming up to offer free and low-cost activities all over the county.

Look out for #GetActivated for fun and healthy activities run by the County Council, district councils and their partners to keep families busy this summer.

Find out more information on the hundreds of activities on offer by scanning the QR code.

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