



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

February 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 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.
Baby Group Sensory Babies 10-11.30am	Weekly	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
Baby Group Sensory Babies 10-11.30am	Weekly	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 £	Ely Child and Family Centre
Baby Group Sensory Babies 10-11.30am	Weekly	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. Monday 26 th Festival of Stories - A baby sensory where we explore 'The Hungry Caterpillar' by Eric Carle and make it come to life with everyday recycled objects. Please call 01353 612770 to book.	B £	Soham Child and Family Centre



Monday continued				
Breast and Infant Feeding Support Group 1.30-2.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please call or text Maxine Cooper on 07731 467551.		Ely Child and Family Centre
Mini Movers 1-2.30pm	5 and 12 February	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
Multiple Birth Group 1-2.30pm	5 February	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
Pop Up Little Artists 1-2.30pm	19 February	Join us for a fun session with an art theme – explore mark making with different utensils and materials. Suitable for children aged 2 plus. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Introduction to Family Foods Workshop 1.30-2.30pm	26 February	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

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

£ = Charge B = Booking Required R = Referral Only

Tuesday continued				
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.
Baby Group Sensory Babies 10 – 11.30am	Weekly	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
Breast and Infant Feeding Support Group 1.30-2.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, please call or text Maxine Cooper on 07731 467551.		Littleport Child and Family Centre
Acorn Project Tea, Toast & Chat Drop-In 9.30-11am	Weekly in term time	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre
 Stay and Play 10 -11.30am	6, 13 and 27 February	Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities. Themes this month are: <ul style="list-style-type: none"> • Chinese New Year • <i>'Love you to the Moon and Back'</i> • Festival of Stories. Polar bears and other animals- a stay and play focused on the world around us, looking at different animals in their environments and how we make an impact incorporating International Polar Bear Day. No need to book in advance.	£	Burwell Sports Centre




Tuesday continued				
Pop Up Let's Be Creative 10-11.30am	20 February	Join us for a fun session to explore different ways to be creative by creating marks, model making, role play, exploring instruments and creativity in play. Suitable for children 2 plus. Please call 01353 612770 to book.	£ B	Ely Child and Family Centre
Mini Movers 10-11.30am	27 February	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
Introduction to Family Foods Workshop 12.15-1.15pm	6 February	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
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



Wednesday				
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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.

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Wednesday continued				
Breast and Infant Feeding Support Group 10-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information, call or text Maxine Cooper on 07731 467551.		Soham Child and Family Centre
Little Learners 10-11.15am	7 and 28 February	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Buggy Walk 1.30-2.30pm	7 February	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
Priory Woods Wander 10-11am	14 February	Join us for a woodland Valentine Day Scavenger Hunt. Please wear weather appropriate clothing and footwear. Please call 01353 612770 to book.	B	Priory Woods, Burwell
Sensory SEND Group 10-11.30am	14 February	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.		Ely Child and Family Centre
Mini Movers 1-2.30pm	14 February	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

Wednesday continued

<p>Mini Movers 1-2.30pm</p> 	<p>28 February</p>	<p>Festival of Stories - Come along and make some treasure boxes by using recycled items and create your own secret treasure. 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.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Soham Child and Family Centre</p>
<p>Pop Up- Festival of Stories 10-11.30am</p> 	<p>21 February</p>	<p>Festival of Stories. <i>'Maisy's Recycling Truck'</i> by Lucy Cousins.</p> <p>Come and join us for a fun filled session where we will reuse and recycle everyday household items while learning about what things are made of.</p> <p>Suitable for all ages, Siblings welcome.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Ely Child and Family Centre</p>
<p>Storyteller session 2.30-3.30pm</p> 	<p>28 February</p>	<p>Festival of Stories -Join Storyteller Marion Leeper as she takes us on the journey of Aiken Drum as he travels from the moon to Earth. Watch the story come to life and turn trash to treasure while taking part in songs and rhymes and make recycled music (free session).</p> <p>Suitable for ages 0-2.</p> <p>Please call 01353 612770 to book.</p>	<p>B</p>	<p>Ely Child and Family Centre</p>

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 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.
Stay and Play 10.30-11-30am  	Weekly	Stay and play session aimed at children from approx. 10 months - 5 years. Themes this month are: <ul style="list-style-type: none"> Animals Of Wetlands (part of World Wetlands Day) Making Heart Catchers and Postcards – with activities based on number #38 Posty of the 50 Things to Do Before You're Five app. Year of the Dragon. Festival of Stories – '<i>Little Miss Wasteless</i>'. By Roger Hargreaves. Join in the Recycling fun as we junk model and make our very own Mr Men and Little Misses while learning about recyclable materials. Magic Beans <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre

Thursday continued


<p>Stay and Play 10.30-11.30am</p> 	<p>Weekly 1, 8, 15 and 29 February</p>	<p>Stay and play for children Suitable for ages 10 months - 5 years. With bouncy castle!</p> <p>Themes this month will be:</p> <ul style="list-style-type: none"> • 'Ten Terrible Dinosaurs' by Paul Stickland • National Kite Flying Day • 'Guess How Much I Love You' by Sam McBratney • Let's Build based on number #39 Making Connections of the 50 Things to Do Before You're Five app. <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Littleport Leisure Centre</p>
<p>Library Pop Up 10-11am</p> 	<p>22 February</p>	<p>Festival of Stories. <i>'I am not an Old Sock'</i>.</p> <p>Activities based around using recycled socks and items and upcycling them into something new to take home and be a part of your own story.</p> <p>Suitable for all ages, Siblings welcome.</p> <p>Please call 01353 612770 to book.</p>	<p>B</p>	<p>Ely Library</p>
<p>Pathway to Parenting 9.30-11.30am</p>	<p>1,8 and 15 February</p>	<p>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.</p> <p>To find out more, speak to your midwife or Child and Family Centre.</p>	<p>B</p>	<p>Littleport Child and Family Centre</p>

Thursday continued				
New Baby Post Natal Group 1-2.30pm	8 February	New Parent Postnatal Group – for all new parents, with a baby under 6 months, whether it's your first baby or not. For parents as you adjust to those early weeks. Self-weigh available. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
Coffee and Chat with baby-wearing information and support 1-2.30pm	15 February	Join us for a warm drink and a chance to meet other mums, dads and carers. We'll be joined by local baby-wearing specialist, Amy for information and support. Suitable for babies and children aged 0-4 years.		Soham Child and Family Centre



Friday				
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Friday continued

<p>Baby Group Sensory Babies 10-11.30am</p> 	<p>Weekly</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.</p> <p>Parents-to-be also welcome.</p> <p>Friday 23rd Festival of Stories - A baby sensory where we explore <i>'The Hungry Caterpillar'</i> by Eric Carle and make it come to life with everyday recycled objects.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Ely Child and Family Centre</p>
<p>Pop Up – Rainbow Fish 10-11.30am</p>	<p>9 February</p>	<p>Join us for a fun Stay and Play session based on the book <i>'The Rainbow Fish'</i> by Marcus Pfister.</p> <p>Suitable for all ages.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Littleport Child and Family Centre</p>
<p>Mini Movers 1-2.30pm</p>	<p>2 February</p>	<p>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.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Soham Child and Family Centre</p>
<p>Chattertots 1-2.30pm</p>	<p>9 February</p>	<p>A group aimed at children aged 0-2 focusing on developing communication skills. Come along to enjoy activities and songs based around chatter sacks.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Ely Child and Family Centre</p>

Friday continued

<p>Wicken Fen Wander 1.30-2.30pm</p>	<p>16 February</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. The theme is <i>'There is a Dragon in Your Book'</i> by Tom Fletcher.</p> <p>Please 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</p>	<p>Wicken Fen Nature Reserve</p> <p>Meeting point - 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>
<p>Storyteller Session 10.30 – 11.30am</p> 	<p>23 February</p>	<p>Festival of Stories -Join Storyteller Rose Feather. Exploring the awe and wonder of moths in a night time themed story session, Come along for story sharing and craft activities (free event).</p> <p>Suitable for children 0-2.</p> <p>Please call 01353 612770 to book.</p>	<p>B</p>	<p>Littleport Child and Family Centre</p>
<p>Dads' Stay and Play Session 10-11.30am</p>	<p>16 February</p>	<p>This group is for all male carers with under 5's to come and play. Older siblings welcome.</p> <p>Please call 01353 612770 to book.</p>	<p>B £</p>	<p>Littleport Child and Family Centre</p>
<p>50 Things Friday</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
<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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Cambridgeshire
Child and Family Centres



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on Instagram

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us on Facebook

@East Cambs
Child and Family Centres

<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>





Festival of Stories

21 to 28 February 2024



Caring for our planet and bringing a sparkle of magic to your world through stories

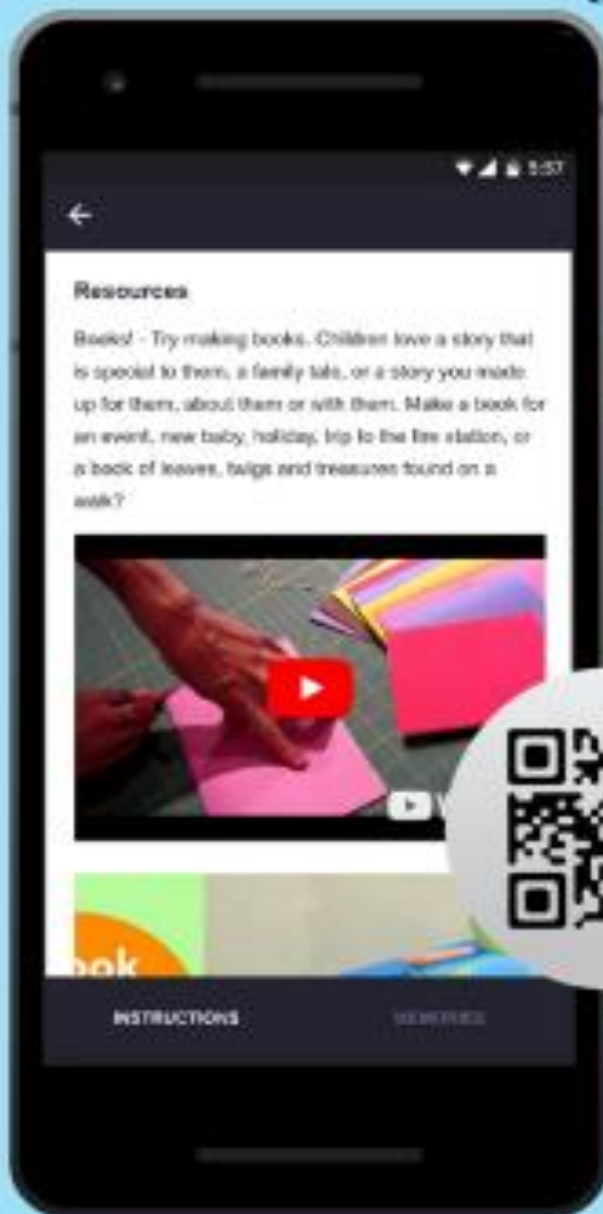
www.bit.ly/Festivalofstories

50 things to do before you're five™

Cambridgeshire Child and Family Centres

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..

