



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**January 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

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

### Festive Season Opening Times: 24 December 2025 to 5 January 2026

**Littleport and Soham Child and Family Centres will be closed on 2 January**

Ely, Littleport & Soham Child and Family Centres: Monday, Tuesday, Thursday and Friday 9am to 4pm, Wednesday 9am to 12pm

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.**

In January we will be thinking about ....

**Lunar New Year**

**Launch of National Year of Reading**


**5 January 2026**



**If you would like to celebrate something important to you  
with other people who use our services please let us know.**

Monday				
<b>Self-Weigh Drop In</b> 9am to 12pm and 1pm 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	Weekly	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 Babies</b> 10am to 11.30am	Weekly	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>	Soham Child and Family Centre
<b>Crawlers to Walkers</b> 10am to 11.30am	12 January	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>	Soham Child and Family Centre
<b>Breast and Infant Feeding Drop-In</b> 1.30pm to 3pm	Weekly	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>		Ely Child and Family Centre

Monday continued..				
<b>Toddler Bookstart Fun</b> 10am to 11am	19, 26 January	Join for two FREE sessions using books and rhymes to encourage speech, language and understanding.  Session 1 – making time for rhyme and sharing books and stories.  Session 2 – making stories fun, using props.  At the end of the second session, you will receive your Bookstart pack to enjoy at home. Suitable for children aged 1 to 2 years. Siblings welcome.  Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre
<b>Rhyme Time</b> 1.30pm to 2.30pm	Weekly	Join us for a lively session of songs and rhymes.  Suitable for children over 6 months.  Please call 01353 612770 to book	<b>B</b> <b>£</b>	Soham Child and Family Centre




Tuesday				
<b>Self-Weigh Drop In</b> 9am to 12pm and 1pm 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>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9am to 11am	Weekly	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	Weekly	A themed Stay and Play session suitable for children aged 0 to 5 years.  Themes this month are: <ul style="list-style-type: none"> <li>• <b>6<sup>th</sup></b> - All about me</li> <li>• <b>13<sup>th</sup></b> - Shapes</li> <li>• <b>20<sup>th</sup></b> - Colours</li> <li>• <b>27<sup>th</sup></b> - Little Builders</li> </ul> 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  	Weekly	A themed Stay and Play session suitable for children aged 0 to 5 years.  Themes this month are: <ul style="list-style-type: none"> <li>• <b>6<sup>th</sup></b> – Snowfake crafts linking to #20 Fantastic Folding</li> <li>• <b>13<sup>th</sup></b> – Do you want to build a snowman with playdough? #42 Exploring the Rough and the Smooth</li> <li>• <b>20<sup>th</sup></b> – Little Builders make big things #11 Making Connections</li> <li>• <b>27<sup>th</sup></b> – Dinosaurs Roaarr! #13 Shout and Shhh</li> </ul> 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	6, 20 January	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	13, 27 January	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	Weekly	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	20 January	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>	Littleport Child and Family Centre
<b>Toileting Workshop</b> 1.30pm to 2.30pm	20 January	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.	<b>B</b>	Ely Child and Family Centre
<b>Drop-In SEND Peer Support Group</b> 1.30pm to 2.45pm	27 January	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, with visits from the Early Years SEND Team throughout the year.  Children under 5 welcome.		Soham Child and Family Centre

Wednesday				
<b>Self-Weigh Drop In</b> 9am to 1pm	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>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>Storycraft</b> 10am to 11am	7, 14, 21 January	A story session with themed crafts. Join in with craft activities and then listen to a story.  <ul style="list-style-type: none"> <li>• <b>7<sup>th</sup></b> – Little Red Train, <i>by Benedict Blathwayt</i></li> <li>• <b>14<sup>th</sup></b> – Rumble in the Jungle, <i>by Giles Andreae</i></li> <li>• <b>21<sup>st</sup></b> – Don't call me sweet, <i>by Smriti Prasadam-Halls</i></li> </ul> Suitable for children from 18 months. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Mindful Mums</b> 10am to 11.30am	28 January	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

Thursday				
<b>Self-Weigh Drop In</b> 9am to 12pm and 1pm 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>8<sup>th</sup></b> – Little Red Train, by <i>Benedict Blathwayt</i></li><li>• <b>15<sup>th</sup></b> – The Gruffalo by <i>Julia Donaldson &amp; Alex Scheffler</i></li><li>• <b>22<sup>nd</sup></b> – Polar Bear, what do you hear? By <i>Eric Carle &amp; Bill Martin Jr</i></li><li>• <b>29<sup>th</sup></b> – Barry The Fish with Fingers, By <i>Sue Hendra &amp; Paul Linnet</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	Weekly	A themed Stay and Play session suitable for children aged 0 to 5 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham 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
<b>Bedtime Routines Workshop</b> 10am to 11am	22 January	Join us for discussion, information and support for establishing healthy bedtime routines.  Suitable for parents and carers of children aged 1 to 5 years.  Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre



Friday				
<b>Self-Weigh Drop In</b> 9am to 12pm and 1pm 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>Sensory Babies</b> 10am to 11.30am	Weekly	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>	Littleport Child and Family Centre
<b>Crawlers to Walkers</b> 10am to 11.30am	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>	Littleport Child and Family Centre
<b>Mini Soft Play</b> 10 am to 11am	Weekly	Mini soft play especially made for tiny adventures. Perfect for little ones learning to crawl, stand, and explore the world safely.  Suitable for children aged 9 months to 18 months  Please call 01353 612770 to book.	<b>B £</b>	Soham Child and Family Centre
<b>*NEW*</b> <b>Friday Family Fun</b> 10am to 11.30am	23, 30 January	Join us for a fun themed session, suitable for children aged 0 to 5 years.  Please call 01353 612770 to book.	<b>B £</b>	Ely Child and Family Centre
<b>Five to Thrive</b>  	Weekly	‘The things you do every day, that helps your child’s growing brain’.  We will be sharing activity ideas to help you use Five to Thrive 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.		Posted on Facebook    

Saturday				
<b>Dads' Group</b> 10am to 11.30am	10 January	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



Contact us to Book

# INTRODUCING FAMILY FOODS WORKSHOP

Find out more about how to introduce your baby to your family foods.

Tuesday 20 January  
1.30pm to 2.30pm  
Littleport Child and Family Centre

**01353 612770**  
[childandfamilycentre.east@cambridgeshire.gov.uk](mailto:childandfamilycentre.east@cambridgeshire.gov.uk)




Cambridgeshire Family Hubs

NHS

Cambridgeshire Child and Family Centres

## 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 and Friday 9am to 4pm Wednesday 9am to 12pm	Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 12pm

## 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
<b>Email us:</b> <a href="mailto:childandfamilycentre.east@cambridgeshire.gov.uk">childandfamilycentre.east@cambridgeshire.gov.uk</a>	
<b>Midwife Clinic - (Nova team):</b> 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. <a href="#">You're pregnant/how to self-refer   CUH</a> To speak to a Midwife or make changes to any appointments, please use MyChart.	
<b>Midwife Clinic - (Lilac team):</b> Soham Child and Family Centre - By appointment only. To book your first appointment please self-refer on the Rosie Hospital Website. <a href="#">You're pregnant/how to self-refer   CUH</a> To speak to a Midwife or make changes to any appointments, please use MyChart.	






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Cambridgeshire Child and Family Centres



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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>

