



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 (search Privacy Notice).

Booking

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				
Self-Weigh Drop In 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
Sensory Babies 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 £	Ely Child and Family Centre
Sensory Babies 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 £	Soham Child and Family Centre
Crawlers to Walkers 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 £	Soham Child and Family Centre
Breast and Infant Feeding Drop-In 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: cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre

Monday continued..

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

Tuesday				
Self-Weigh Drop In 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 For Littleport please come to the main reception for access.
Acorn Project Tea, Toast & Chat Drop-In 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
Stay and Play 10am to 11.30am	Weekly	<p>A themed Stay and Play session suitable for children aged 0 to 5 years.</p> <p>Themes this month are:</p> <ul style="list-style-type: none"> • 6th - All about me • 13th - Shapes • 20th - Colours • 27th - Little Builders <p>Please call 01353 612770 to book.</p>	B £	Littleport Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	<p>A themed Stay and Play session suitable for children aged 0 to 5 years.</p> <p>Themes this month are:</p> <ul style="list-style-type: none"> • 6th – Snowflake crafts linking to #20 Fantastic Folding • 13th – Do you want to build a snowman with playdough? #42 Exploring the Rough and the Smooth • 20th – Little Builders make big things #11 Making Connections • 27th – Dinosaurs Roaarr! #13 Shout and Shhh <p>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre
Health Visitor Drop In 1pm to 3pm	6, 20 January	<p>An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags.</p> <p>No booking required.</p>		Soham Child and Family Centre
Health Visitor Drop In 1pm to 3pm	13, 27 January	<p>An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags.</p> <p>No booking required.</p>		Ely 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. Drop in for babies under 16 weeks For more information or to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre
Introducing Family Foods 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	Littleport Child and Family Centre
Toileting Workshop 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	Ely Child and Family Centre
Drop-In SEND Peer Support Group 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				
Self-Weigh Drop In 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 For Littleport please come to the main reception for access.
Breast and Infant Feeding Drop In 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: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Storycraft 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"> • 7th – Little Red Train, <i>by Benedict Blathwayt</i> • 14th – Rumble in the Jungle, <i>by Giles Andreae</i> • 21st – Don't call me sweet, <i>by Smriti Prasadam-Halls</i> Suitable for children from 18 months. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Mindful Mums 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
Tiniest Feet 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 £	Soham Child and Family Centre

Thursday				
Self-Weigh Drop In 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 For Littleport please come to the main reception for access.
Storycraft 10am to 11am	Weekly	<p>A story session with themed crafts. Join in with craft activities and then listen to a story.</p> <p>Suitable for children from 18 months.</p> <ul style="list-style-type: none"> • 8th – Little Red Train, <i>by Benedict Blathwayt</i> • 15th – The Gruffalo <i>by Julia Donaldson & Alex Scheffler</i> • 22nd – Polar Bear, what do you hear? <i>By Eric Carle & Bill Martin Jr</i> • 29th – Barry The Fish with Fingers, <i>By Sue Hendra & Paul Linnet</i> <p>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	<p>A themed Stay and Play session suitable for children aged 0 to 5 years.</p> <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre
Crawlers to Walkers 1pm to 2.30pm	Weekly	<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 mobile babies up to 18 months.</p> <p>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre
Bedtime Routines Workshop 10am to 11am	22 January	<p>Join us for discussion, information and support for establishing healthy bedtime routines.</p> <p>Suitable for parents and carers of children aged 1 to 5 years.</p> <p>Please call 01353 612770 to book.</p>	B	Littleport Child and Family Centre

Friday				
Self-Weigh Drop In 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 For Littleport please come to the main reception for access.
Sensory Babies 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 £	Littleport Child and Family Centre
Crawlers to Walkers 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 £	Littleport Child and Family Centre
Mini Soft Play 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 £	Soham Child and Family Centre
NEW Friday Family Fun 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 £	Ely Child and Family Centre
Five to Thrive 	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				
Dads' Group 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 £	Ely Child and Family Centre



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

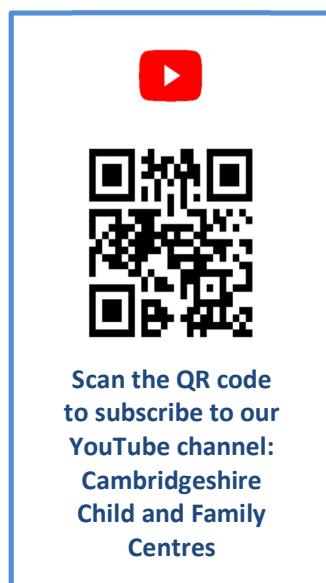
  

Opening Times

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	
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	
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.	



 <p>Bookstart BookTrust</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.fenland@cambridgeshire.gov.uk 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>Five to Thrive '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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</p>
<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>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>

Have Your Say about
Cambridgeshire Child and Family
Centre Services

