



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**JULY 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>Midwife Clinic (Nova team)</b>	Weekly Except 8-19 July	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre  Appointments will be at Littleport Child & Family Centre when Ely Child and Family Centre is closed
<b>Midwife Clinic (Lilac team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays	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	Weekdays Except 8-19 July	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	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Baby Group Sensory Babies</b> 10am-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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 1.30pm-3.30pm	1,22 & 29 July	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

Monday continued				
<b>Pop Up Book Start</b> 1pm-2.30pm	1 July	Join us for fun session that includes singing, educational play, storytelling and much more.  Suitable for over 1's.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Buggy Walk</b> 1.30pm-2.30pm	8 July	Join us for a Buggy Walk around Ely starting at Ely Country Park. Suitable for babies and toddlers in carriers, prams and buggies.  Please call 01353 612770 to book.	<b>B</b>	Ely Country Park Meeting point by Sainsburys car park entrance to Country Park
<b>Pop Up -Multiple Births</b> 1pm-2.30pm	15 July	Stay and play session for parents and carers of twins, triplets or more! Suitable for under 5s.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Peacocks Meadow</b> 1.30pm-2.30pm	22 July	Fun, mini beast themed activities, and exploration in the community garden.  Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>	Peacocks Meadow Community Garden Littleport, Limes Close
<b>Introduction to Family Foods Workshop</b> 1.30pm-2.30pm	29 July	Find out more about how to introduce your baby to your family foods.  Please call 01353 612770 to book	<b>B</b> <b>£</b>	Littleport Child and Family Centre

Tuesday				
<b>Midwife Clinic (Nova team)</b>	Weekly Except 9-19 July	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre  Appointments will be at Littleport Child & Family Centre when Ely Child and Family Centre is closed.
<b>Midwife Clinic (Lilac team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	<b>B</b>	Soham Child and Family Centre

£ = Charge    B = Booking Required    R = Referral Only

Tuesday continued				
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays	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	Weekdays Except 9-19 July	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> 1.30pm-3.30pm	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
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9.30am-11am	Weekly (Term time only)	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>Introduction to Family Foods Workshop</b> 12.15pm-1.15pm	2 July	Find out more about how to introduce your baby to your family foods.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Stay and Play</b> 10am-11.30am  	2,9 and 16 July	Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities.  Themes this month will include: <ul style="list-style-type: none"> <li>• Exploring patterns <i>Connections to 50 Things to do before you're five make your mark #4</i></li> <li>• 'Walking through the Jungle' by Stella Blackstone</li> <li>• Summer colours</li> </ul> No need to book in advance.	<b>£</b>	Burwell Sports Centre
<b>Pop Up Dad's Stay &amp; Play</b> 10am-11.30am	23 July	This group is for all male carers with under 5's to come, play and have fun.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

Tuesday continued				
<b>Pop Up Looking after our planet</b> 10am-11.30am	23 July	Join us for some creative fun using recycled materials. What will you make? From castles to creatures the options are endless! Suitable for children approx. 2+ years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Cherry Hill Park Play &amp; Picnic</b> 11am-1.00pm	30 July	Join us for a fun play session at Cherry Hill Park, and picnic lunch together. Please bring along a picnic blanket and lunch for you and your child to enjoy.  Please be mindful of allergens. Weather permitting.  Please call 01353 612770 to book.	<b>B</b>	Cherry Hill Park, Ely Find us by the Play Area near Broad Street entrance.

Wednesday				
<b>Midwife Clinic (Nova team)</b>	Weekly Except 10-19 July	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre  Appointments will be at Littleport Child & Family Centre when Ely Child and Family Centre is closed
<b>Midwife Clinic (Lilac team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays	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	Weekdays Except 10-19 July	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

£ = Charge B = Booking Required R = Referral Only



Wednesday continued				
<b>Little Learners</b> 10am-11.15am	3 July	Invitation only session for children following the Early Support pathway.	<b>R</b>	Ely Child and Family Centre
<b>Mini Movers</b> 1pm-2.30pm	3 July	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>B</b> <b>£</b>	Ely Child and Family Centre
<b>Baby Group Sensory Babies</b> 10am-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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Pathway to Parenting</b> 2.30pm-4.30pm	3,10 & 17 July	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.  To find out more, speak to your midwife or Child and Family Centre.  Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre
<b>Mini Movers</b> 1pm-2.30pm	10 July	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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Little Forest Explorers</b> 9.30am-11.00am	17 July	Join us for a fun stay and play session exploring nature and all its wonders.  Please call 01353 612770 to book.	<b>B</b>	Spring Meadow Infant and Nursery School, High Barns Ely

£ = Charge    B = Booking Required    R = Referral Only

Wednesday continued				
<b>Pop Up -Teddy Bears Picnic</b> 1pm-2.30pm	31 July	Join us for a play and stay session with activities based around the theme 'Teddy Bear's Picnic'. Bring along your own teddy bear to join in the fun!  Suitable for ages 10 months – 5 years. Older siblings welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Burwell Library Stories &amp; crafts</b> 1.30pm-2.30pm	24 July	Join us for a seasonal story and some crafts.  Suitable for 18months+ Babies welcome!  Please call 01353 612770 to book.	<b>B</b>	Burwell Library Village College Burwell
<b>Little Learners</b> <b>10am-11.15am</b>	10 & 17 July	Invitation only session for children following the Early Support pathway.	<b>R</b>	Littleport Child and Family Centre

Thursday				
<b>Midwife Clinic (Nova team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre Littleport Child and Family Centre
<b>Midwife Clinic (Lilac team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays Except 11-19 July	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Ely Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays	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>




Thursday continued				
<p><b>Stay and Play</b> 1pm-2.30pm</p> 	Weekly	<p>Stay and play session aimed at children from approx. 10 months - 5 years. Themes this month will include</p> <ul style="list-style-type: none"> <li>• 'Let's be creative' – National Create Week <i>Connections to 50 Things to do before you're five Creative junk #25</i></li> <li>• 'Stomp, Dinosaur Stomp' by Margaret Mayo</li> <li>• Summer Fun</li> <li>• 'Shark in the Park' by Nick Sharratt</li> </ul> <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre
<p><b>Stay and Play</b> 10.30am-11.30am</p> 	4,11 and 18 July	<p>Stay and play for children Suitable for ages 10 months - 5 years. With bouncy castle!</p> <p>Themes this month will include:</p> <ul style="list-style-type: none"> <li>• 'Let's create' - National Create Week <i>Connections to 50 Things to do before you're five Creative junk #25</i></li> <li>• Summertime</li> <li>• Transport <i>Connections to 50 Things to do before you're five The wheels on the bus #28</i></li> </ul> <p>Please call 01353 612770 to book.</p>	B £	Littleport Leisure Centre
<p><b>SEND Drop In</b> 10am-11.30am</p>	25 July	<p>An outdoor 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.</p>		Spring Meadow Infant and Nursery School, High Barns Ely

Thursday continued				
<b>Pop Up Lets Plant</b> 10am-11.30am	25 July	Join us for a nature play and stay session with a theme around gardening and plants. Come and plant your own seed to take home to look after and grow. Suitable for children aged 2 +.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre

Friday				
<b>Midwife Clinic (Nova team)</b>	Weekly Except 12-19 July	By appointment only. To make an appointment please call the central booking line on 01223 586790.	<b>B</b>	Ely Child and Family Centre  Appointments will be at Littleport Child & Family Centre when Ely Child and Family Centre is closed.
<b>Midwife Clinic (Lilac team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham and Littleport Child and Family Centres  For Littleport please come to the main reception for access.
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays Except 12-19 July	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	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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Tiny Tooth</b> 1-2.30pm	5 July	Do you have a baby up to 2 years old? Come along to our session on how to look after your baby's teeth, and where to go when you need help.  Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre

£ = Charge    B = Booking Required    R = Referral Only

Friday continued				
<b>Baby Group Sensory Babies</b> 10-11.30am	5 & 26 July	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> <b>£</b>	Ely Child and Family Centre
<b>Coffee &amp; Chat</b> 9-10.30am	12 July	Come in for a cuppa, play with toys and chat with others.  No need to book.		Littleport Child and Family Centre
<b>Baby Sensory Pocket Park</b> 1.30-2.30pm	12 July	Join us at pocket park for an outside baby sensory session for babies who are pre- mobile. Activities aimed at helping children to develop and improve their motor skills, co-ordination and concentration.  Please call 01353 612770 to book.	<b>B</b>	Ely, Country Park opposite the play area
<b>Mini Movers</b> 1.-2.30pm	26 July	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Five to Thrive Friday</b>  	Weekly	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!		Virtual on Facebook

## Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
Monday to Friday 9am to 4pm	Monday to Friday 9am to 4pm	Monday to Friday 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: <a href="mailto:childandfamilycentre.east@cambridgeshire.gov.uk">childandfamilycentre.east@cambridgeshire.gov.uk</a>	



Scan the QR code to  
subscribe to our  
YouTube channel

Cambridgeshire  
Child and Family Centres



Scan the QR code to follow us  
on Instagram

@childandfamilycentres.east



Scan the QR code to find  
us on Facebook

@East Cambs  
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>



**Attention all first time  
parents!**

**PATHWAY TO PARENTING**  
**East Cambridgeshire Child and Family Centre**



Pathway to Parenting is a face-to-face interactive programme covering lots of topics to help you prepare for birth and parenthood



3 sessions starting on  
Wednesday 3rd, 10th & 17th of July  
2.30 - 4.30pm  
Littleport Child and Family Centre



If you would like to attend, please  
contact us on 01353 612 770

Parents can attend from 20 weeks  
gestation



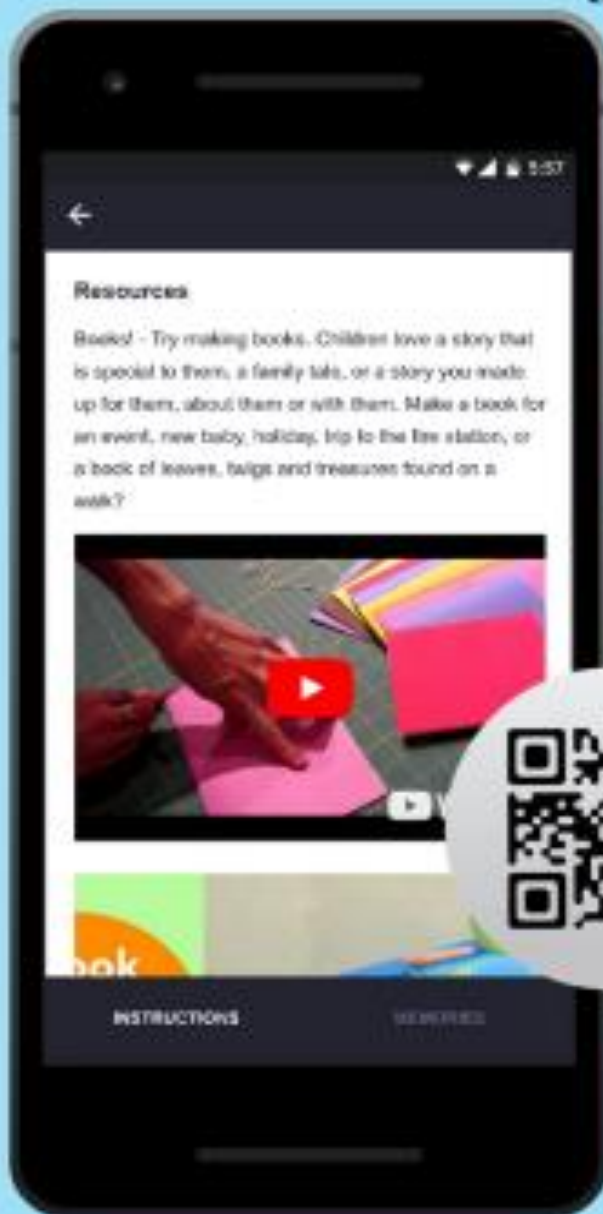
**Cambridgeshire  
County Council**

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..

Download on the  
App Store

GET IT ON  
Google Play