



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

June 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.

All Child & Family Centre groups are free of charge.

Things you need to know...

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.

In June we will be thinking about

Gypsy Roma Traveller History Month
Volunteers Week





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 9.30am 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 use the Child and Family Centre bell at main reception to access.
Sensory Babies 10am to 11.30am	8, 22, 29 June	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 Explorers 10am to 11.30am	1, 8, 15, 22 June	A relaxed, friendly session where babies and toddlers can explore textures, colours and sounds. Playful sensory activities that spark curiosity and support early development with a chance to meet other families and share ideas. Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B	Soham Child and Family Centre
Shake & Sing 10.30am to 11.30am	8, 15, 22, 29 June	Fun, interactive music group for under 5s and their grown-ups. Enjoy a lively session filled with songs, movement and simple instruments like shakers and drums. Perfect for building language, coordination, and confidence while sharing the joy of music together. Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B	Littleport 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. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre

Monday continued..



Walk & Talk 1.30pm to 2.30pm	8 June	Join us for a walk around Ely Country Park. A chance to enjoy fresh air together, and to relax and connect with other parents. Please meet at the Country Park entrance nearest to Sainsbury's car park. Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B	Ely Country Park CB7 4PU
--	--------	--	----------	-----------------------------

Tuesday				
Self-Weigh Drop In 9.30am 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 use the Child and Family Centre bell at main reception to access.
Acorn Project Tea, Toast & Chat Drop-In 9am to 11am	Weekly	A safe space run by professionals who are trauma informed. The sessions is provided to help families improve their wellbeing through listening, offering advice and signposting. No booking required		Soham Child and Family Centre
Citizens Advice Drop-in 10.30am to 12pm	9, 23 June	An informal advice session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. No booking required.		Soham Child and Family Centre
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and Play session. Themes this month are: <ul style="list-style-type: none"> • 2nd – Us and our Homes to celebrate Gypsy Roma Traveller Month linking to #33 Home from Home • 9th – Teddy Bears Picnic • 16th – Father’s Day • 23rd – Seaside • 30th – Let’s go fly a kite Suitable for children aged 0 to 5 years and 0 to 8 years in school holidays. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
Stay and Play 10am to 11.30am 	9, 16, 23, 30 June	A themed Stay and Play session. Themes this month are: <ul style="list-style-type: none"> • 9th – ‘Stop, look, listen’ with vehicle theme for Child Safety Week linking to #16 Just outside your door • 16th – Father’s Day Special – everyone welcome but bring a male relative or carer to group if you can! • 23rd – ‘Bubble Bubble Pop’ linking to #8 Bubbles • 30th – ‘Summer has arrived’ linking to #50 Sea and sand Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B	Ely Child and Family Centre

Tuesday continued..			
Health Visitor Drop In 1pm to 3pm	2, 16, 30 June	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
Health Visitor Drop In 1pm to 3pm	9, 23 June	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
Breast and Infant Feeding Drop In 1.30pm to 3pm	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
Introducing Family Foods 1.30pm to 2.30pm	9 June	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 Ely Child and Family Centre
Drop-In SEND Peer Support Group 1.30pm to 2.45pm	23 June	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. Children under 5 welcome. No booking required.	Ely Child and Family Centre
Rhyme Time and Pop-up Play 10.30am to 11.30am	16 June	Join us and our library partners for an hour of rhymes, stories and play activities. Suitable for children aged 0-5 years. No booking required.	Burwell Library, Village College, The Causeway, Burwell, Cambridgeshire CB25 0DU

Wednesday			
Self-Weigh Drop In 9am to 12pm	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 use the Child and Family Centre bell at main reception to access.
Breast and Infant Feeding Drop In 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net	Soham Child and Family Centre
Mindful Mums 10am to 11.30am	24 June	A drop-in session 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
Little Builders 10am to 11.30am	3, 10, 17 June	A fun, hands-on group for children to explore building and construction through play. Suitable for children aged 1 to 5 years. Please call 01353 612770 to book.	B Littleport Child and Family Centre

Thursday				
Self-Weigh Drop In 9.30am 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 use the Child and Family Centre bell at main reception to access.
Storycraft 10am to 11am	Weekly	A story session with themed crafts. Join in with craft activities and then listen to a story. <ul style="list-style-type: none"> 4th – Harry and his bucketful of dinosaurs, <i>by Ian Whybrow</i> 11th – My Mum and Dad make me laugh, <i>by Nick Sharratt</i> 18th – Captain Daddy Pig 25th – Cyril the lonely cloud, <i>by Tim Hopgood</i> Suitable for children from 18 months. Please call 01353 612770 to book.	B	Ely Child and Family Centre
Stay and Play 10am to 11.30am	11, 18, 25 June	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays. Please call 01353 612770 to book.	B	Soham Child and Family Centre
Toileting Workshop 10am to 11am	18 June	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	Littleport Child and Family Centre
Under 2's Group 1pm to 2.30pm	11, 18, 25 June	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years. Please call 01353 612770 to book.	B	Ely Child and Family Centre
Drop-in Parenting Workshop 1.30pm to 2.30pm	25 June	An opportunity to drop in for advice about your child's behaviour and development. Suitable for parents/carers only. No booking required.		Soham Child and Family Centre

Friday			
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.	Soham and Ely Child and Family Centres For Littleport please use the Child and Family Centre bell at main reception to 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
Under 2's Group 10am to 11.30am	Weekly	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years. Please call 01353 612770 to book.	B Littleport Child and Family Centre
Friday Family Fun 10am to 11.30am	Weekly	A themed Stay and Play session. Themes this month: <ul style="list-style-type: none"> • 5th – The Little Red Hen, <i>By Mary Mapes Dodge</i> • 12th - Gardening • 19th – Father's Day • 26th - Seaside 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  

	<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>



FREE OF CHARGE!

WALK & TALK

MONDAY 8 JUNE
1.30PM TO 2.30PM

ELY POCKET PARK

Join us for a nice walk around Ely Country Park

A chance for fresh air and parents to
relax and connect

Meeting point, sainsburys

Suitable for ages 0-5 years.



To book, please contact:
01353 612770

childandfamilycentre.east@cambridgeshire.gov.uk



**FAMILY
HUBS**




Cambridgeshire
County Council




Contact
us to
book

INTRODUCING FAMILY FOODS WORKSHOP



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



Tuesday 9 June

1.30pm to 2.30pm

Ely Child and Family Centre

01353 612770

childandfamilycentre.east@cambridgeshire.gov.uk

**BEST
START
IN LIFE**

**FAMILY
HUBS**

NHS

**Cambridgeshire
Child and Family
Centres**



Suitable for
children
aged 1 to 5
years

LITTLE BUILDERS



A fun, hands on group for children
to explore building and
construction through play.

Wednesday 3rd, 10th & 24th June
10am to 11.30am
Littleport Child and Family
Centre

To book please call:
01353 612770
childandfamilycentre.eastcambridgehsire.gov.uk

Cambridge
Child and Family
Centres

BEST
OUTSIDE

FAMILY
HUBS



Under 2's Group



BOOKING
REQUIRED

Ely CFC
Thursdays
1pm - 2.30pm

Littleport CFC
Fridays
10am - 11.30am

For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.

Suitable for babies up to 2 years old.



To book, please contact:
01353 612770
childandfamilycentre.east@cambridgeshire.gov.uk



**FAMILY
HUBS**



Shake & Sing

Cambridgeshire
**Child and Family
Centres**

BEST
STORY
IN LIFE

FAMILY
HUBS



Fun, interactive music group for under 5s and their grown-ups. Enjoy a lively session filled with songs, movement and simple instruments like shakers and drums.

Perfect for building language, coordination, and confidence

- Suitable for children aged 0 to 5 years

Monday

8th, 15th & 22nd June

10.30am to 11.30am

Littleport Child and Family Centre

To book please call:
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

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.



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