



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**JUNE 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.

<b>Monday</b>				
<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
<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 Ely Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays 24 June to 28 June only	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Littleport Child and Family Centre  <b>Please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 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>B</b> <b>£</b>	Ely Child and Family Centre
<b>Baby Story and Play</b> 1-2.30pm	3 June	Come and explore sensory trays related to baby books and hear a few favourite baby stories. For babies up to 12 months old.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Rhyme Time</b> 1-2.30pm	10 June	Rhyme session for babies up to 12 months old. Older siblings welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

### Monday continued


<b>Baby Group Sensory Babies</b> 1-2.30pm	17 June	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>	Soham Child and Family Centre
<b>Toddler Baby Rhyme Time</b> 1-2.30pm	24 June	Let's have fun and enjoy some action songs, nursery rhymes and rhythm together! For children aged 1-3 years. Baby siblings welcome.  Please call 01353 612770 to book.	<b>B £</b>	Soham Child and Family Centre
<b>Breast and Infant Feeding Support Group</b> 1.30-3.00pm	Weekly	NHS-led by Ely PCN 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
<b>Introduction to Family Foods Workshop</b> 1.30-2.30pm	24 June	Find out more about how to introduce your baby to your family foods.  Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre

### Tuesday

<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
<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 Ely Child and Family Centres

Tuesday continued				
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays 18 to 28 June only	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Littleport Child and Family Centre  <b>Please come to the main reception for access.</b>
<b>Breast and Infant Feeding Support Group</b> 1.30-3.00pm	18 and 25 June	NHS-led by Ely PCN 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>		Littleport Child and Family Centre
<b>Introduction to Family Foods Workshop</b> 12.00-1.00pm	4 June	Find out more about how to introduce your baby to your family foods.  Please call 01353 612770 to book.	<b>B</b>	Ely Child and Family Centre
<b>Sensory SEND Group</b> 1-2.30pm	11 June	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.		Soham Child and Family Centre
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9.30-11am	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

## Tuesday continued

<p><b>Stay and Play</b> 10 -11.30am</p> 	Weekly	<p>Stay and play for all children aged up to 5 years. With bouncy castle! Includes baby self-weigh facilities.</p> <p>Themes this month will include:</p> <ul style="list-style-type: none"> <li>• Pet Hospital</li> <li>• 1,2,3 Number fun</li> <li>• 'Ten Little Pirates' by M Brownlow. <i>Connections to 50 Things to do before you're five Sharing books #10</i></li> <li>• Pat a Cake, Pat a Cake</li> </ul> <p>Please call 01353 612770 to book.</p>	£	Burwell Sports Centre
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## Wednesday

<p><b>Midwife Clinic (Nova team)</b></p>	Weekly	<p>By appointment only. To make an appointment please call the central booking line on 01223 586790.</p>	B	Ely Child and Family Centre
<p><b>Midwife Clinic (Lilac team)</b></p>	Weekly	<p>By appointment only. To make an appointment please call the central booking line on 01223 348981.</p>	B	Soham Child and Family Centre
<p><b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm</p>	Weekdays	<p>Self-weigh for babies/children from 6 weeks and up to the age of 5 years.</p>		Soham and Ely Child and Family Centres
<p><b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm</p>	Weekdays 19 to 28 June only	<p>Self-weigh for babies/children from 6 weeks and up to the age of 5 years.</p>		<p>Littleport Child and Family Centre</p> <p><b>Please come to the main reception for access.</b></p>
<p><b>Breast and Infant Feeding Support Group</b> 10-11.30am</p>	Weekly	<p>NHS-led by Ely PCN 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></p>		Soham Child and Family Centre

Wednesday continued				
<b>Little Learners</b> 10-11.15am	19 and 26 June	Invitation only session for children following the Early Support pathway.	<b>R</b>	Ely Child and Family Centre
<b>Mini Movers</b> 1-2.30pm	19 June	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>Baby Group Sensory Babies</b> 10-11.30am	5 and 12 June	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>Baby Group Sensory Babies</b> 10-11.30am	19 and 26 June	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> 2.30-4.30 pm	5, 12 and 26 June	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>	Ely Child and Family Centre

**Wednesday continued**



<b>Buggy Walk</b> 1.30-2.30pm	5 June	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>B</b>	Ely Country Park
<b>Tiny Tooth</b> 1-2.30pm	26 June	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

**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	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham and Ely Child and Family Centres
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays 20 to 28 June only	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Littleport Child and Family Centre  <b>Please come to the main reception for access.</b>



**Thursday continued**

<p><b>Stay and Play</b> 1.00-2.30pm</p> 	<p>6 and 27 June</p>	<p>Stay and play session aimed at children from approx. 10 months - 5 years.</p> <p>Themes this month are:</p> <ul style="list-style-type: none"> <li>• Circus</li> <li>• Teddy Bears Picnic</li> </ul> <p><i>Connections to 50 Things to do before you're five</i> <i>Yummy Picnic #30</i></p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Soham Child and Family Centre</p>
<p><b>Stay and Play</b> 10.30-11-30am</p> 	<p>Weekly</p>	<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>• World Ocean Day – 8<sup>th</sup> June</li> <li>• Numbers Rhymes. <i>Connections to 50 Things to do before you're five</i> <i>Rhymetime #6</i></li> <li>• 'Go, Go, Pirate Boat' by Katrina Charman &amp; Nick Sharratt</li> <li>• Teddy Bears Picnic <i>Connections to 50 Things to do before you're five</i> <i>Yummy Picnic #30</i></li> </ul> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Littleport Leisure Centre</p>

Friday				
<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
<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 Ely Child and Family Centres
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekdays 21 to 28 June only	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Littleport Child and Family Centre  <b>Please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 10.00-11.30am	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>Baby Group Sensory Babies</b> 1-2.30pm	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>	Ely Child and Family Centre
<b>Multiple Births Group</b> 1-2.30pm	28 June	Stay and play session for parents and carers of twins, tri[plets or more! Suitable for under 5s.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

**Friday continued**

<p><b>Pop Up Book Start</b> 10-11.30am</p>	<p>7 June</p>	<p>Join us for a fun session that include singing, educational play, storytelling and much more.</p> <p>Suitable for over 1's.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Ely Child and Family Centre</p>
<p><b>Mini Movers</b> 10-11.30am</p>	<p>28 June</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>B</b> <b>£</b></p>	<p>Ely Child and Family Centre</p>
<p><b>50 Things Friday</b></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	
<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>	



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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>
<p><b>Bookstart programme</b></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 <a href="mailto:childandfamilycentre.east@cambridgeshire.gov.uk">childandfamilycentre.east@cambridgeshire.gov.uk</a> for a chat with one of our staff.</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 5th, 12th & 26 of June  
2.30 - 4.30pm  
Ely 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™



## 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**

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***Littleport Child and Family Centre will be closed for all activities, self-weigh, and clinics from the 3<sup>rd</sup> of June until 18<sup>th</sup> of June due to necessary maintenance work.***

***We sincerely apologise for any inconvenience this temporary closure may cause.***

***We can still be contacted by e-mail at [ChildAndFamilyCentre.East@cambridgeshire.gov.uk](mailto:ChildAndFamilyCentre.East@cambridgeshire.gov.uk), or by Facebook Messenger or by phone on 01353 612770.***

***Should you wish to contact the Nova Midwifery Team the number is 01223 5867960.***

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