



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

March 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

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

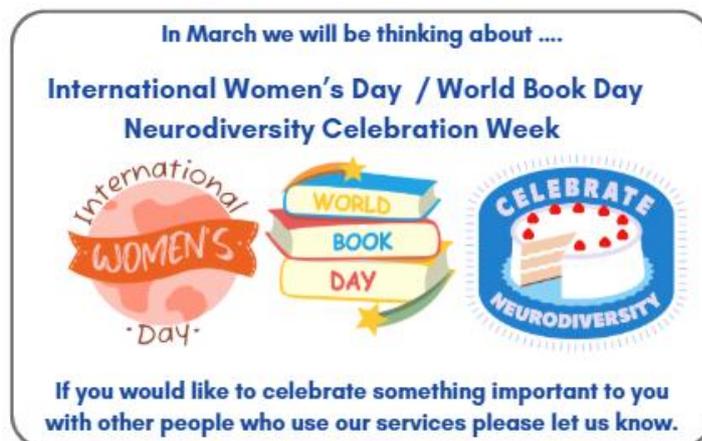
Ely Child and Family Centre

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.**



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	2,9,16,23 March	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	Weekly	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
Healthy Relationships Workshop 9.30am to 11.30am	2 March	Improve communication with your partner to support your children. A FREE 2hr course for parents who want to find ways to improve their relationship and get on better. To book a space please email rpclead@cambridgeshire.gov.uk or use the QR code.	B	Littleport Child and Family Centre 
Shake & Sing 10.30am to 11.30am	9, 16, 23, 30 March	Fun, interactive music group for under 5s and their grown-ups. Enjoy lively session filled with songs, movement and simple instruments like shakers and drums. Perfect for building language, coordination, and confidence while sharing a joy of music together. Suitable for children aged 0 to 5years Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Monday continued

Toileting Workshop 1.30pm to 2.30pm	2 March	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	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

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
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. Runs Term Time only.		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"> • 3rd – World book day • 10th – Mother’s Day • 17th – The hungry caterpillar • 24th – Sunflower yellow • 31st - Easter Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B £	Littleport 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"> • 3rd – Celebrating World Book Day 2026 linking to #15Dressing up. Dress up as your favourite fictional character (optional) • 10th – Mother’s Day Special linking to #10Sharing Books. Join us to share some of our story sacks, props and games. • 17th – Spring flowers linking to #22My Secret Treasures. • 24th – Teddy Bears Picnic linking to #30Yummy Picnic. • 31st – Types of Transport linking to #28Wheels on the Bus. Suitable for children aged 0 to 5years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Health Visitor Drop In 1pm to 3pm	3, 17, 31 March	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

Tuesday continued			
Health Visitor Drop In 1pm to 3pm	10, 24 March	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
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	17 March	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
Drop-In SEND Peer Support Group 1.30pm to 2.45pm	31 March	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. This month we will be joined by our SEND Childcare Brokerage Adviser from the Families Information Service. Children under 5 welcome.	Ely Child and Family Centre
Citizens Advice Drop-in 1.30pm to 3pm	3, 17, 31 March	An informal advice session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. No charge or booking required.	Soham Child and Family Centre

Wednesday				
Self-Weigh Drop In 9am to 12pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No Self weigh running on 4 March		Soham, Ely and Littleport Child and Family Centres
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@hs.net		Soham Child and Family Centre
Toileting Workshop 1.30pm to 2.30pm	18 March	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
Mindful Mums 10am to 11.30am	25 March	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
Little Builders 10am to 11.30am	4, 11, 18 March	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 9am to 12pm and 1pm to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years. No Self weigh running on 5 March		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Storycraft 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"> • 5th – Go, go pirate boat, <i>By Katrina Chairman and Nick Sharratt</i> • 12th – Guess how much I love you, <i>by Sam McBratney</i> • 19th – Dear Zoo, <i>by Rod Campbell</i> • 26th – Stanley the builder, <i>by William Bee</i> Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Stay and Play 10am to 11.30am	Weekly	A themed Stay and Play session suitable for children aged 0 to 5 years. <ul style="list-style-type: none"> • 5th – Dressing up party (Celebrating World book day) • 12th – Mother's Day Art • 19th – Jack and the Beanstalk • 26th – Easter crafts Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Pop-up Spring Colours 10am to 11.30am	19 March	Come and join us for a spring colours activity-based session. Suitable for children aged 0 to 5years. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Crawlers to Walkers 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 £	Ely 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. No Self weigh running on 6 March		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. 20th – Tiny tooth. For the last 30 minutes of the group, we'll spend some time talking about how to look after your baby's teeth, and where to go when you need help. 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
Friday Family Fun 10am to 11.30am	Weekly	A themed Stay and Play session. Themes this month: <ul style="list-style-type: none"> • 6th – World Book Day • 13th – Mother's Day • 20th – Dinosaur Stomp • 27th – Easter Suitable for children aged 0 to 5 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Friday continued...			
<p>Healthy Relationships 12.45pm to 2.45pm</p>	<p>20 March</p>	<p>Improve communication with your ex-partner to support your children. A FREE 2hr course for parents who want to find ways to improve their relationship and get on better.</p> <p>To book a space please email rpcllead@cambridgeshire.gov.uk or use the QR code.</p>	<p>B Soham Child and Family Centre</p> 
<p>Five to Thrive</p> 	<p>Weekly</p>	<p>‘The things you do every day, that helps your child’s growing brain’.</p> <p>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.</p>	<p>Posted on Facebook</p>  

Saturday			
<p>Dads’ Group 10am to 11.30am</p>	<p>14 March</p>	<p>Themed Stay and Play session for dads and male carers and their children.</p> <p>Suitable for children aged 0 to 8 years.</p> <p>Please call 01353 612770 to book.</p>	<p>B £ Ely Child and Family Centre</p>

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 9am to 4pm Wednesday 9am to 12pm Friday 9am to 1pm	Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 12pm

Please note Soham Child and Family Centre will be closed from 1pm on 30 March 2026.

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.



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>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>



CLOTHES BANK



*Reuse,
Recycle,
Relove*

Is your child in need of some clothes?
Come along to our clothes bank and take
the items you need - Free of charge

**We have clothes available at
the following locations:**

**Ely Child and Family Centre
Soham Child and Family Centre
Littleport Child and Family Centre**

*If you would like to
make a donation to
the clothes bank
please contact us!*

East Child and Family Centres

For more information call: 01353 612770

SEND Peer Support Drop-in

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.



**Once
Monthly
Session**



**Children
under 5
years
welcome.**



**Tuesday 31 March 2026
1.30-2.45pm**

**Ely Child and Family
centre**

Soham Child and Family Centre

Free, expert, independent advice

We can help with benefits, energy, debt, housing, financial skills, employment, family and much more.

Come down to the family centre for a chat, or contact us on the details below:

communityenergy@ruralcambscab.org.uk

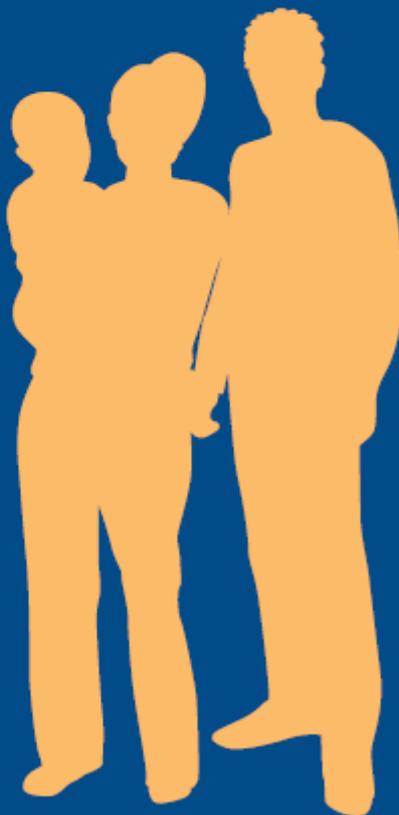
01945 572270 - to request a call back

Tuesdays on March 3, 17 and 31

1.30pm to 3pm

Hosted at:

Soham Child and Family Centre
Weatheralls School
Pratt Street
Soham CB7 5BH



Rural Cambs



Registered charity number: 1146277



Free Healthy Relationship courses for parents

All relationships have their ups and downs, but if parents are regularly arguing in front of their children, it can have negative and lasting consequences. Help is available for parents who want to communicate in a healthier way. Family Hubs are running courses to support parents who would like to improve the relationship with their partner or ex-partner.

Courses bookable directly via the QR code.

2026 workshop booking form

**** SPRING TERM 2026 ****

Improve the communication with your partner to support your children

Face to Face Littleport:

Littleport Child and Family Centre, Littleport, Ely
Cambridge CB6 1JT. Monday 2nd March, 9:30 - 11:30am

Online via Teams: Monday 26th January and Monday 2nd of February
Midday - 1 pm

Improve the communication with your ex-partner to support your children

Face to Face Soham: Soham Child and Family Centre, The Weatheralls
Primary School, Pratt Street, Soham, Ely, CB7 5BH. Friday 20th March,
12:45pm - 2:45pm

Online via Teams: Wednesday 28th January and Wednesday 4th February,
Midday - 1 pm

