



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**MAY 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	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 (Except Bank Holiday 6th and 27th of May)	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 10-11.30am	Weekly (Except Bank Holiday 6th and 27th of May)	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>Breast and Infant Feeding Support Group</b> 1.30-3.30pm	Weekly (Except Bank holiday 6th and 27th of May)	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	13 May	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
<b>Mini Movers</b> 10-11.30am	20 May	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>Multiple Birth Group</b> 1.00-2.30pm	20 May	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

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, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and Infant Feeding Support Group</b> 1.30-2.30pm	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>		Littleport Child and Family Centre
<b>Introduction to Family Foods Workshop</b> 12.15-1.15pm	7 May	Find out more about how to introduce your baby to your family foods.  Please call 01353 612770 to book.	<b>B</b>	Soham Child and Family Centre
<b>Pop Up Butterflies and Bugs</b> 1.00-2.30pm	28 May	Join us for a fun stay and play session with butterflies and bugs activities.  Suitable for children up to 8 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Pop Up 'Under the sea'</b> 10-11.30am	28 May	Join us for a fun stay and play session with under the sea activities.  Suitable for children up to 8 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Tuesday continued				
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9.30-11am	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>Stay and Play</b> 10 -11.30am  	Weekly (Term time only)	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>• <i>'The Very Hungry Caterpillar'</i> by Eric Carle</li> <li>• Number rhymes <i>Connections to 50 Things to do before you're five rhymetime #6</i></li> <li>• On the farm <i>Connections to 50 Things to do before you're five Looking for animals #44</i></li> </ul> No need to book in advance.  Please call 01353 612770 to book.	£	Burwell Sports Centre

Wednesday				
<b>Midwife Clinic (Nova team)</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	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	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, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and Infant Feeding Support Group</b> 10-11.30am	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>		Soham Child and Family Centre

Wednesday continued				
<b>Little Learners</b> 10-11.15am	1, 8, 15, and 22 May	Invitation only session for children following the Early Support pathway.	<b>R</b>	Ely Child and Family Centre
<b>Baby Group Sensory Babies</b> 10-11.30am	8,15,22 and 29 May	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>Buggy Walk</b> 1.30-2.30pm	15 May	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>Peacocks Meadow</b> 1.30-2.30pm	29 May	Fun, book-themed activities, and exploration in the community garden. <i>'The Tiger Who Came to Tea'</i> by Judith Kerr Suitable for all ages.  Please call 01353 612770 to book.	<b>B</b>	Peacocks Meadow Community Garden Littleport
<b>Pathway to Parenting</b> 9.30-11.30am	8, 15, and 22 May	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>Sensory SEND Group</b> 1.00-2.30pm	8 May	A play session designed for children with emerging additional need 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.		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>	<b>Ely Child and Family Centre Littleport Child and Family Centre</b>
<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, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Stay and Play</b> 1.00-2.30pm	2, 9, 23 and 30 May	Stay and play session aimed at children from approx. 10 months - 5 years.  Themes this month are: <ul style="list-style-type: none"> <li>• Jack and the Beanstalk</li> <li>• 'Ten Little Pirates' by Mike Brownlow</li> <li>• Peppa pig</li> <li>• Stories and craft</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	<b>Soham Child and Family Centre</b>
<b>Stay and Play</b> 10.30-11-30am  	2, 9, and 23 May	Stay and play for children Suitable for ages 10 months - 5 years. With bouncy castle!  Themes this month will include: <ul style="list-style-type: none"> <li>• 'Where's my Teddy?' by Jez Alborough</li> <li>• Bugs and Butterflies <i>Connections to 50 Things to do before you're five minibeasts and bug hunt #9</i></li> <li>• 'Harry and his bucketful of Dinosaurs' by Ian Whybrow and Adrian Reynolds</li> </ul> Please call 01353 612770 to book.  <b>NO SESSION ON THE 16<sup>TH</sup> MAY</b>	<b>B</b> <b>£</b>	<b>Littleport Leisure Centre</b>

Thursday continued				
<b>Pop Up- Little Builders</b> 10-11.30am	30 May	Join us for a fun stay and play session. Suitable for children up to 8 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	<b>Littleport Child and Family Centre</b>

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, Ely and Littleport Child and Family Centres  <b>For Littleport 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> 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>	Ely Child and Family Centre



Friday continued				
<b>Mini Movers</b> 1.00-2.30pm	3 May	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>Mini Movers</b> 1.00-2.30pm	17 May	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>	<b>Littleport Child and Family Centre</b>
<b>Wicken Fen Wander</b> 1.30-2.30pm	10 May	Fun, Nature Hunt themed activities and exploration at the wonderful Wicken Fen Nature Reserve. Suitable for families with children of all ages. Dress for the weather.  Please note that there is open water and nettles in the area. Children will need to be closely supervised at all times.  Please call 01353 612770 to book.	<b>B</b>	<b>Wicken Fen Nature Reserve</b>  Meeting point - Wicken Fen car park near the car park ticket machine at 1.15pm.  This activity is free of charge but there is a £3.30 charge for the National Trust car park (unless you have National Trust membership).
<b>Pop Up Book Start</b> 1.00-2.30pm	3 May	Join us for a fun session that include singing, educational play, storytelling and much more.  Suitable for over 1's  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	<b>Soham Child and Family Centre</b>

## 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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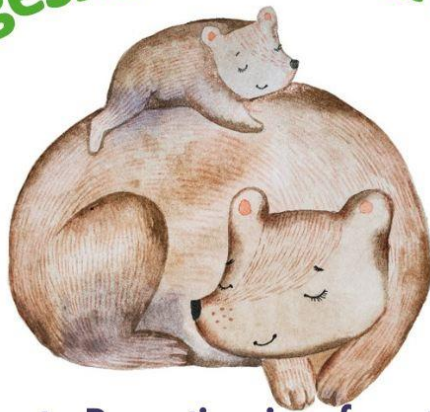
@East Cambs  
Child and Family Centres

<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>
<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 8th of May  
9.30 - 11:30am

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..



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