



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

November 2025

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.

In November we will be thinking about
Men's Mental Health Awareness Month
and
Anti-Bullying Week (10th - 14th November)
Baby Week (14th - 20th November)

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 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 For Littleport please come to the main reception for 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 £	Ely Child and Family Centre
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. On the 17th we will have a baby friendly 'texture trail' for National Baby Week. Suitable for pre-mobile babies. Parents-to-be welcome. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Crawlers to Walkers 10am to 11.30am	10 & 17 November	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 £	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
Introducing Family Foods 1.30pm to 2.30pm	24 November	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

Monday Continued				
Story Chest 1.45pm to 2.45pm	Weekly	Join us for a calming, relaxed story session followed by a story inspired craft to take home! • 3rd – <i>Owl Babies</i> by Martin Waddell & Patrick Benson. • 10th – <i>A New House for Mouse</i> by Petr Horáček. • 17th – <i>Yuck! Said The Yak</i> by Alex English. • 24th – <i>Handa's Surprise</i> by Eileen Browne. Suitable for children aged from 18 months. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Wellbeing Pop Up 1.30pm to 2.30pm 	17 November	Take a moment to unwind in a welcoming space for you and your little one. This wellbeing group offers a chance to connect, share, and recharge while babies enjoy gentle play and sensory fun. Whether you're a parent-to-be or a new parent, join us for tea, chats, and support as we celebrate parenthood together. Suitable for babies under 1. Please call 01353 612770.	B £	Soham 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 For Littleport please come to the main reception for access.
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.		Soham Child and Family Centre
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and Play session suitable for children aged 0-5 years. Themes this month are: • 4th - Firework crafts <i>#28 – Wee, Bang, Whizz of the 50 Things to Do.</i> • 11th - Pudsey Bear for Children In Need 2025. • 18th - Number Explorers, focusing on numbers 1-10. • 23rd - Dear Zoo by Rod Campbell <i>#37 – Postie of the 50 Things to Do.</i> Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Health Visitor Drop In 1pm to 3pm	11, 25 November	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
Health Visitor Drop In 1pm to 3pm	4, 18 November	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 18th – Baby Week special – drop in to make foot and handprint pictures of your little one. 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

Wednesday				
Self-Weigh Drop In 9am to 1pm	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 come to the main reception for access.
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@nhs.net		Soham Child and Family Centre
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 aged from 18 months. • 5th – <i>Owl Babies</i> by Martin Waddell & Patrick Benson. • 12th – <i>The Tiger Who Came to Tea</i> by Judith Kerr. • 19th – <i>Harry and the Bucketful of Dinosaurs</i> by Ian Whybrow. • 24th – <i>Toddle Waddle</i> by Julia Donaldson. 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.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
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
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and Play session suitable for children aged 0-5 years. Themes this month are: • 6th – Firework Art • 13th – Little Harvesters. • 20th – Miss Polly Had a Dolly, celebrating <i>Baby Week</i>. • 27th – Nocturnal Animals. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

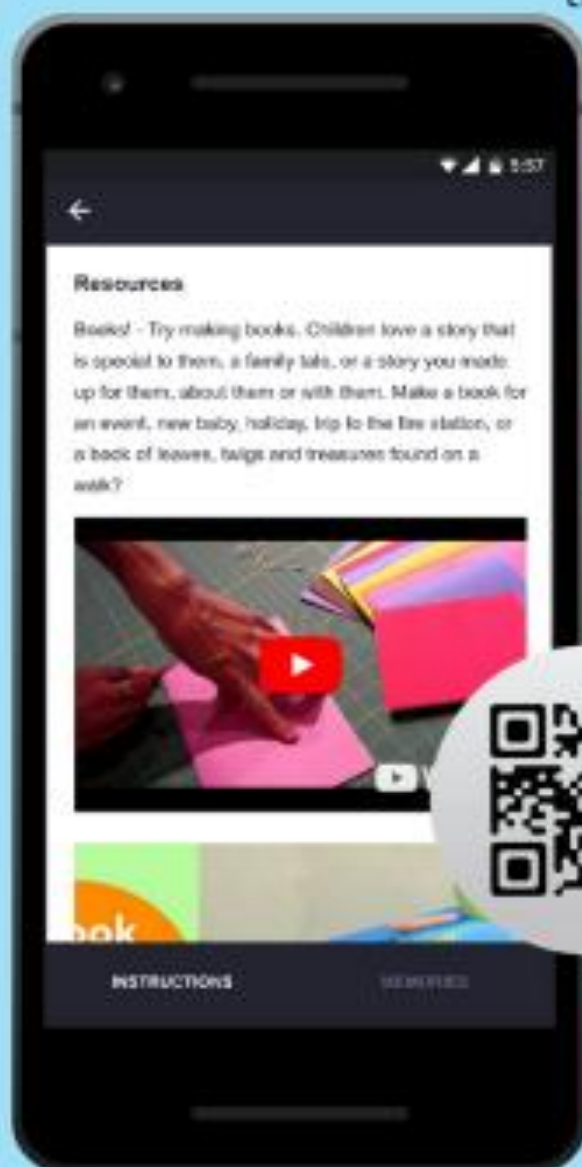
Friday				
Self-Weigh Drop In 9am to 12pm and 1pm to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Sensory Babies 10am to 11.30am 	Weekly	Fun-filled sensory 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
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. On the 14th we will have an opportunity to make 'tiny toe treasures' for National Baby Week. Suitable for mobile babies up to 18 months. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Rhythm and Rhyme 10 am to 11am 	Weekly	Join us for a fun session of songs and rhymes. Suitable for children aged 6 months plus. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Five to Thrive Friday Posted at 10am 	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  

Saturday				
Dads' Group 10am to 11.30am	15 November	'Our Bodies' themed Stay and Play session for dads and male carers and their children. Suitable for children up to 8 years. Please call 01353 612770 to book.	B £	Ely Child and Family Centre



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...



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

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.	



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Cambridgeshire Child and Family Centres



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Scan the QR code to find us on Facebook
[@East Cambs Child and Family Centres](https://www.facebook.com/EastCambsChildandFamilyCentres)

	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.
	'50 Things to Do Before You're Five seeks to help every child reach important health, learning, and wellbeing milestones.' 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. Download the free 50 Things to Do Before You're Five app for a menu of exciting activities for families with young children.
	Five to Thrive 'The things you do every day that help your child's growing brain'. 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!
Breastfeeding Support	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
Are you concerned about the safety of a child?	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.
Support for Young People	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

Have Your Say about
Cambridgeshire Child and Family
Centre Services

