



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**September 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](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.**

**In September we will be thinking about ....  
Youth Mental Health Day (19<sup>th</sup> September)  
and  
International Day of Sign Languages (23<sup>rd</sup>  
September)**

**If you would like to celebrate something important to you  
with other people who use our services please let us know.**




Monday				
<b>Self-Weigh Drop In</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Sensory Babies</b> 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>B £</b>	Ely Child and Family Centre
<b>Sensory Babies</b> 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>B £</b>	Soham Child and Family Centre
<b>Messy Play</b> 10am to 11.30am	15 September	Join us for a fun and messy play session. Explore using all 5 senses. Suitable for mobile babies and children up to 5 years. Dress for mess!  Please call 01353 612770 to book.	<b>B £</b>	Littleport Child and Family Centre
<b>Crawlers to Walkers</b> 1pm to 2.30pm	8, 15, 29 September	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>B £</b>	Soham Child and Family Centre
<b>Breast and Infant Feeding Drop-In</b> 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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Ely Child and Family Centre
<b>Introducing Family Foods</b> 1.30pm to 2.30pm	1 September	A workshop 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>B</b>	Littleport Child and Family Centre

## Monday continued



<p><b>Wicken Fen Wander</b>  <b>– Sound Safari</b>  1.30pm – 2.30pm</p> 	<p>22 September</p>	<p>Join us for a fun outdoor session with activities based on #49 – <i>Grass Gazing</i>, of the 50 things to do before you're 5.</p> <p>Suitable for children aged 0-5 years.</p> <p>Please dress appropriately for the weather.</p> <p>Please call 01223 612770 to book.</p>	<p><b>B</b> Meeting point – Wicken Fen car park near the car park ticket machine at 1.15pm.</p> <p>This activity is free of charge but there is a £3.30 charge for the National Trust car park (unless you have a National Trust membership).</p>
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Tuesday				
<b>Self-Weigh Drop In</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9am – 11am	16, 23, 30 September	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>Family Fun</b> 10am to 11.30am  	2 September	Join us for a fun themed session, suitable for children up to the age of 8 years.  Theme for this session: <ul style="list-style-type: none"> <li>Playdough Modelling #42 – <i>The Rough and The Smooth</i></li> </ul> Please call 01353 612770 to book.	<b>B £</b>	Littleport Child and Family Centre
<b>Stay and Play</b> 10am to 11.30am	9, 16, 23, 30 September	A themed Stay and Play session suitable for children aged 0-5 years.  Themes this month are: <ul style="list-style-type: none"> <li>Let's Go Shopping!</li> <li>Autumn Colours</li> <li>Junk Modelling #25 -<i>Creative Junk</i></li> <li>Harvest Festival</li> </ul> Please call 01353 612770 to book.	<b>B £</b>	Littleport Child and Family Centre
<b>Health Visitor Drop In</b> 1pm to 3pm	2, 16, 30 September	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
<b>Health Visitor Drop In</b> 1pm to 3pm	9, 23 September	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
<b>Breast and Infant Feeding Drop In</b> 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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Littleport Child and Family Centre
<b>Pop-Up with Singing and Signs</b> 10am to 11.30am	23 September	Join us for a relaxed and engaging session starting with free play followed by a lively rhyme time where we'll sing familiar songs and learn basic signs.  Suitable for ages 0-2 years.  Please call 01353 612770 to book.	<b>B £</b>	Ely Child and Family Centre

Wednesday				
<b>Self-Weigh Drop In</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and Infant Feeding Drop In</b> 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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a>		Soham Child and Family Centre
<b>Little Learners</b>	Invitation only	Invitation only session for children following the Early Support pathway.	<b>R</b>	Ely Child and Family Centre
<b>Twins, Triplets and More</b> 1pm to 2.30pm	3 September	A Stay and Play session for parents and carers of twins, triplets and more!  Suitable for children aged 0-5 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Pathway to Parenting</b> 2.30pm to 4.30pm	3, 10, 17 September	A three-week antenatal programme for first time mums-to-be and their partners. Preparing for birth and beyond. Sessions cover feeding, delivering baby care and the roles of the 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>Family Buggy Walk</b> 1pm to 2.30pm	10 September	Join us for an Environmental Print Hunt around Ely. What signs can you spot?  Suitable for children up to the age of 5 years.  Please call 01353 612770 to book.	<b>B</b>	Meeting at the Sainsbury's entrance to Ely County Park at 12.45pm.
<b>Messy Play</b> 1pm to 2.30pm	17 September	Join us for a fun and messy play session. Explore using all 5 senses.  Suitable for mobile babies and children up to 5 years. Dress for mess!  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

Thursday				
<b>Self-Weigh Drop In</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Stay and Play</b> 10am to 11.30am	Weekly	A themed Stay and Play session suitable for children aged 0-5 years.  Themes this month are: <ul style="list-style-type: none"> <li>• <i>'The Very Hungry Caterpillar'</i> by Eric Carl</li> <li>• <i>'The Gingerbread Man'</i> Folktale</li> <li>• Fun on the Farm</li> <li>• Let's sort our rubbish – Recycling Week 2025</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Pop-Up – Story Sack Explorers</b> 1pm to 2.30pm	25 September	Join us for a magical story sack session! Enjoy books, cuddly characters, and fun props to spark your child's imagination. With the option to borrow a story sack to continue the fun at home!  Suitable for children aged 18 months plus.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre

Friday				
<b>Self-Weigh Drop In</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Pop-Up – Mini Me Mindfulness</b> 10am to 11am	19 September	In support of <b>Youth Mental Health Day</b> , we're inviting little ones to explore their feelings and build emotional awareness in a fun, creative way which include: <ul style="list-style-type: none"> <li>Giant Mindfulness Colouring</li> <li>Feelings &amp; Faces</li> <li>Bubble Breaths</li> </ul> Suitable for children aged 2-5 years. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Sensory Babies</b> 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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Crawlers to Walkers</b> 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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Rhyme Time</b> 1pm to 2.30pm	26 September	Join us for a fun session of songs and rhymes.  Suitable for children 18 months plus. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Five to Thrive Friday</b> Posted at 12pm  	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				
<b>Dads' Group</b> 10am to 11.30am	13 September	'Wheelie Wonderful' 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>B</b> <b>£</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..






# Get Activated



**Free and low-cost summer  
activities across Cambridgeshire**



**#GetActivated** 

**Follow the #GetActivated hashtag  
on our social channels**



## Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<b>Monday to Friday</b> 9am to 4pm	<b>Monday to Friday</b> 9am to 4pm	<b>Monday to Friday</b> 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>	
<b>Midwife Clinic - (Nova team):</b> Ely Child and Family Centre & Littleport Child and Family Centre By appointment only. To make an appointment please call the central booking line on 01223 586790.	
<b>Midwife Clinic - (Lilac team):</b> Soham Child and Family Centre By appointment only. To make an appointment please call the central booking line on 01223 348981.	



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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 <a href="mailto:childandfamilycentre.fenland@cambridgeshire.gov.uk">childandfamilycentre.fenland@cambridgeshire.gov.uk</a> for a chat with one of our staff.</p>
	<p><b>'50 Things to Do Before You're Five'</b> 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><b>Five to Thrive</b> '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><b>Breastfeeding Support</b></p>	<p>Information on support available locally can be found by visiting: <a href="https://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a></p>
<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>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>

Have Your Say about  
Cambridgeshire Child and Family  
Centre Services

