



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRES**

WHAT'S ON



September 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.

All Child & Family Centre groups are free of charge.

Things you need to know...

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. All booking is done on our online booking system which you can access via the link or QR code below:

[East Child and Family Centres – Booking by Bookwhen](#)



Centre Closures

All our centres are closed on Bank Holidays.

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 9.30am 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 use the bell at the entrance facing the car park.
Sensory Babies 10am to 11.30am	7, 14, 28 September	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.	B	Ely Child and Family Centre Please book your place using the QR code below 
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.	B	Soham Child and Family Centre Please book your place using the QR code below 
The Story Corner 1.30pm to 2.30pm	7, 14 September	Join us for a *NEW* , fun and interactive group at the library. Featuring stories, songs, and activities that bring books to life! Suitable for children ages 2+ but siblings welcome.	B	Ely Library, 6, The Cloisters Ely, CB7 4ZH Please book your place using the QR code below 
Parenting Discussion Group – Developing mealtime routines 1.00pm to 2.45pm	28 September	A workshop offering practical, flexible strategies for everyday parenting, focused this time on developing mealtime routines. Join us for discussion, guidance, reassurance or new approaches to day-to-day challenges. Suitable for parents/carers of children aged up to 12years.	B	Littleport Child and Family Centre Please book your place using the QR code below 

Monday continued..

**Breast and Infant
Feeding Drop-In**
1.30pm to 3pm

7, 14, 21,
28
September

NHS-led breast and infant feeding
support group and baby drop in.
For more information please
email:
[cpicb.elypcn.perinatalhealthcoach
@nhs.net](mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net)

Ely Child and Family Centre

Tuesday				
Self-Weigh Drop In 9.30am 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 use the bell at the entrance facing the car park.
Acorn Project Tea, Toast & Chat Drop-in 9am to 12pm	15, 22, 29 September	A safe space run by professionals who are trauma informed. The session is provided to help families improve their wellbeing through listening, offering advice and signposting. No booking required.		Soham Child and Family Centre
Citizens Advice Drop-in 10.30am to 12pm	15 September	A drop-in session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. No booking required.		Soham Child and Family Centre
Stay and Play 10am to 11.30am	1, 8, 15, 22 September	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am 	8, 15, 22 September	A themed Stay and Play session. Themes this month are: 8th – ‘Princesses and Pirates’ linking to <i>#15 Dressing up</i> 15th – ‘Let’s build a rocket’ linking to <i>#25 Creative Junk</i> 22nd – ‘Hello autumn’ linking to <i>#16 Just outside your door.</i> Suitable for children aged 0 to 5 years.	B	Ely Child and Family Centre Please book your place using the QR code below 
Health Visitor Drop In 1pm to 3pm	8, 22 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
Health Visitor Drop In 1pm to 3pm	1, 29 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

Tuesday continued..

Breast and Infant Feeding Drop In 1.30pm to 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre
Pop Up Autumn Colours 10am to 11.30am	8 September	An extra Pop-up Stay and Play session to welcome the new term. Join us to play and create using autumn colours. Suitable for children aged 0 to 5 years.	B	Soham Child and Family Centre Please book your place using the QR code below 
Introducing Family Foods 1.30pm to 2.30pm	8 September	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	B	Littleport Child and Family Centre Please book your place using the QR code below 

Wednesday				
Self-Weigh Drop In 9am to 12pm	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 use the bell at the entrance facing the car park.
Breast and Infant Feeding Drop In 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Mindful Mums 10am to 11.30am	23 September	A drop-in session 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.	B	Soham Child and Family Centre Please book your space using the QR code below 
Pop Up Colours 10am to 11.30am	2 September	An extra Pop-up Stay and Play session. Join us to play and create using colours. Suitable for children aged 0 to 5 years.	B	Littleport Child and Family Centre Please book your space using the QR code below 
Pop Up Numbers 10am to 11.30am	16 September	An extra Pop-up Stay and Play session. Join us to play and create using numbers. Suitable for children aged 0 to 5 years.		Littleport Child and Family Centre Please book your space using the QR code below 
SEND Stay and Play 10am to 11.30am	16 September	A play session designed for pre-school children with emerging or diagnosed 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.	B	Ely Child and Family Centre Please book your space using the QR code below 

B = Booking Required R = Referral Only

Thursday			
Self-Weigh Drop In 9.30am 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 use the bell at the entrance facing the car park.
Storycraft 10am to 11am	10, 17, 24 September	A story session with themed crafts. Join in with craft activities and then listen to a story. 10th – 3 Billy goats gruff, <i>by Mara Alperin and Kate Pankhurst</i> 17th – Class 2 at the Zoo, <i>by Julia Jarmin and Lynne Chapman</i> 24th – Pete the cat. I love my white shoes, <i>by Eric Litwin and James Dean</i> Suitable for children from 18 months.	B Ely Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am	Weekly	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays.	B Soham Child and Family Centre Please book your place using the QR code below 
Under 2's Group 1pm to 2.30pm	10, 17, 24 September	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years.	B Ely Child and Family Centre Please book your place using the QR code below 
SEND Stay and Play 10am to 11.30am	10 September	A play session designed for pre-school children with emerging or diagnosed 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.	B Littleport Child and Family Centre Please book your place using the QR code below 
Parenting Discussion Group – Eating out. 9.30am to 11.30am	24 September	A workshop offering practical, flexible strategies for everyday parenting, focused this time on eating out. Join us for discussion, guidance, reassurance or new approaches to day-to-day challenges. Suitable for parents/carers of children aged up to 12 years.	B Ely Child and Family Centre Please book your place using the QR code below 

Thursday continued.

Growing Together: SEND Parenting Workshop – Positive Parenting for children with a disability 12.45pm to 2.45pm	17 September	An informal seminar-style session focused on positive parenting for children with a disability. Join us for discussion and to learn strategies that build positive relationships, encourage communication and independence, and promote emotional wellbeing, recognising each child's unique strengths and needs. Suitable for parents and carers of children with disabilities or developmental differences (diagnosed or not) up to age 12. Booking required	B	Soham Child and Family Centre Please book your place using the QR code below 
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Friday				
Self-Weigh Drop In 9.30am 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 use the bell at the entrance facing the car park.
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.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Under 2's Group 10am to 11.30am	Weekly	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Friday Family Fun 10am to 11.30am	18 September	A Stay and Play session suitable for children aged 0 to 5 years. 18th – Junk Modelling Fun for National Recycling Week 2026	B	Ely Child and Family Centre Please book your place using the QR code below 
Pop Up Peppa Pig 10am to 11.30am	4 September	A Pop-up Stay and Play session with Peppa Pig themed activities. Suitable for children aged 0 to 5 years.	B	Soham Child and Family Centre Please book your place using the QR code below 
Teddy Outdoors 10.30am to 11.30am 	11, 25 September	Playing outdoors is good for us! Join Teddy Bear to explore nature and have fun outside. 11th - Outdoor crafts 25th – Autumn Scavenger Hunt. Linking to #24 <i>Woodland Wondering</i>	B	Priory Woods, Burwell Please book your place using the QR code below 

Friday continued.

Five to Thrive	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  
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The Story Corner at the library



Monday

7 & 14 September
1.30pm - 2.30pm

**Scan Me to
Book**



Join us for a **NEW**, fun and interactive group at the library. Featuring stories, songs, and activities that bring books to life!

Suitable for children ages 2+ but siblings welcome.

Ely Library, 6 The Cloisters, Ely
CB7 4ZH





TEDDY OUTDOORS

Playing outdoors is good
for us!

Join Teddy Bear to explore nature and have
fun outside.

Friday 11 and 25 September

10.30am to 11.30am

Priory Woods, Burwell

Scan Me to
Book



BEST
START
IN LIFE

FAMILY
HUBS

Cambridgeshire
**Child and Family
Centres**



**FAMILY
HUBS**

PARENTING DISCUSSION GROUPS



Triple P Discussion Groups are a series of small-group workshops offering parents and carers practical, flexible strategies for everyday parenting.

Each two-hour session introduces positive parenting principles while recognising children's individual needs, and covers topics such as cooperation, routines, managing behaviour, and emotional expression. Families can attend sessions most relevant to them, with the groups particularly suited to those seeking guidance, reassurance, or new approaches to manageable day-to-day challenges



Eating Out

Thursday 24 September 2026 9.30-11.30am
Ely Child and Family Centre CB7 4RB

Developing Mealtime routines

Monday 28 September 1.00 - 2.45pm
Littleport Child and Family Centre 1.00-2.45pm



These sessions are suitable for parents of children up to 12 years of age.

Children can not attend the workshops.

Booking is essential. Please scan the QR Code above to book

For more information please call 01353 612770

	We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact ChildAndFamilyCentre.East@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

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

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

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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@childandfamilycentres.east



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