



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

September 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 (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-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Baby Group Sensory Babies 10am-11.30am	9, 16, 23 & 30 September	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 £	Ely Child and Family Centre
Baby Group Sensory Babies 10am-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 £	Littleport Child and Family Centre
Five to Thrive 10-11.30am 	2, 9, 16, 23 & 30 September	A fun five-week programme looking at the five building blocks that create and maintain healthy brain function in babies and young children. Please call 01353 612770 to book.	B	Soham Child and Family Centre
Breast and Infant Feeding Support Group 1.30pm-3pm	9, 16, 23 & 30 September	NHS-led breast and infant feeding support group and baby drop in. For more information, please email. cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre

Monday continued				
Wicken Fen Wander 1.30-2.30pm	2 September	<p>Join us for some Birdwatching on the Boardwalk at Wonderful Wicken Fen National Trust site. We will be making our own binoculars and completing a tally for the type of birds we spot on our walk.</p> <p>Suitable shoes advised for the boardwalk. Dress appropriately for the weather. Suitable for under 5's and is buggy friendly'.</p> <p>Please note that there is open water and nettles in the area. Children will need to be closely supervised at all times.</p> <p>Please call 01353 612770 to book.</p>	B	Wicken Fen Nature Reserve 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).
Mini Movers 1pm-2.30pm	23 September	<p>For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.</p> <p>Suitable for babies approx. 9 - 18 months.</p> <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre
Mini Movers 1pm-2.30pm	23 September	<p>For mobile babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development.</p> <p>Suitable for babies approx. 9 - 18 months.</p> <p>Please call 01353 612770 to book.</p>	B £	Littleport Child and Family Centre
Introduction to Family Foods Workshop 1.30pm-2.30pm	30 September	<p>A workshop to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months.</p> <p>Please call 01353 612770 to book.</p>	B	Littleport Child and Family Centre

Tuesday				
Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Breast and Infant Feeding Support Group 1.30pm-3.00pm	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
Baby Group Sensory Babies 10am-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 £	Littleport Child and Family Centre
Introduction to Family Foods Workshop 12.15pm-1.15pm	3 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 £	Ely Child and Family Centre
Acorn Project Tea, Toast & Chat Drop-In 9.30am-11am	Weekly from 10 September (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
Stay and Play 10am-11.30am 	10, 17 & 24 September	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"> • Ready Steady Go – vehicles theme • Traditional Tale – ‘Little Red Hen’ • Peppa Pig No need to book in advance.	£	Burwell Sports Centre

Wednesday				
Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Pathway to Parenting 2.30pm-4.30pm	4,11 & 18 September	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	Littleport Child and Family Centre
Breast and Infant Feeding Support Group 10am-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
Pop up –Wheelie Wonderful 10am-11.30am	11 September	Join us for a session for all those who are vehicle obsessed. Cars, Trucks, Trains galore. Play with them, paint with them, imagine with them. Suitable for children aged 2+'. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Mini Movers 1pm-2.30pm	11 September	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 £	Ely Child and Family Centre

Wednesday Continued				
Tiny Tooth 10am-11.30am	11 September	Do you have a baby up to 2 years old? Come along to our session on how to look after your baby's teeth, and where to go when you need help. Please call 01353 612770 to book.	B	Littleport Child and Family Centre
SEND Drop In 1pm-2.30pm	25 September	A play session designed for children with emerging 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. No need to book.		Littleport Child and Family Centre
Little Learners 10am-11.15am	18 & 25 September	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Buggy Walk 1.30pm-2.30pm	25 September	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	Ely Country Park

Thursday				
Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Stay and Play 10.30am-11.30am 	19 September	Stay and play for children Suitable for ages 10 months - 5 years. With bouncy castle! Theme this month will include: <ul style="list-style-type: none"> • Elmer Please call 01353 612770 to book.	B £	Littleport Leisure Centre

Friday				
Self-Weigh Drop in 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please come to the main reception for access.
Baby Group Sensory Babies 10am – 11.30am	6, 20 & 27 September	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 £	Soham Child and Family Centre
Bookstart pop up 1.00pm-2.30pm	20 September	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 £	Soham Child and Family Centre

Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
Monday to Friday 9am to 4pm	Monday to Friday 9am to 4pm	Monday to Friday 9am to 4pm

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 make an appointment please call the central booking line on 01223 586790.	
Midwife Clinic- (Lilac team): 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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Cambridgeshire
Child and Family Centres





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Child and Family Centres

<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>Breastfeeding Support</p>	<p>Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding</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>





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 4th, 11th & 18th of
September
2.30 - 4.30pm
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

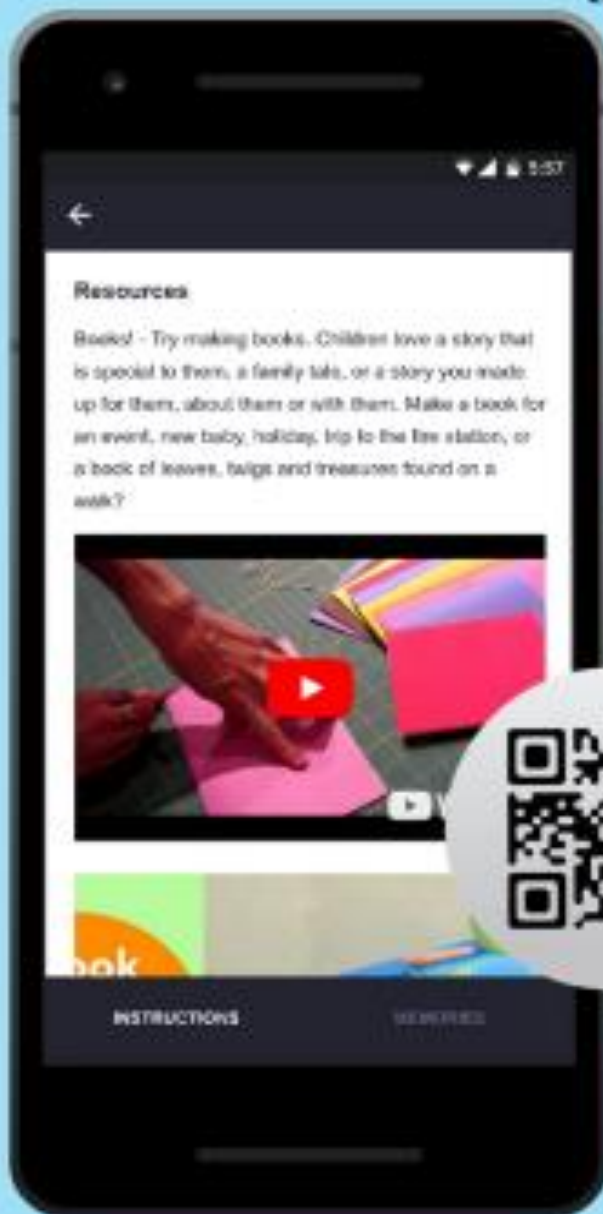


50 things to do before you're five™

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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