



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

March 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.**

Monday				
Self-Weigh Drop in 9am-12noon and 1 - 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 10-11.30am	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 £	Soham Child and Family Centre
Baby Group Sensory Babies 10-11.30am	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 £	Ely Child and Family Centre
Breast and infant feeding drop-in group for babies up to 16 weeks (Babies over 16 weeks please email to book.) 1.30 - 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Ely Child and Family Centre
Wicken Fen Boardwalk 1.30-2.30pm 	3 rd March	Join us for a seasonal Buggy Walk on the boardwalk. Suitable for babies and toddlers in carriers, prams and buggies. Linking to 50 things to do before you're 5, #9 Mini Beasts and Bug Hunting Please dress appropriately for the weather. Please call 01353 612770 to book.	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).

Monday continued				
Multiple Births 1-2.30pm	3 rd March	Stay and play session for parents and carers of twins, triplets or more. Suitable for under 5s. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Five to Thrive 1-2.30pm 	Weekly	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
Introduction to Family Foods Workshop 1.30 -2.30pm	10 th March	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	Littleport Child and Family Centre
Buggy Walk 1.30-2.30pm	31 st March	Join us for a seasonal buggy walk around Ely Country Park. Theme being litter picking. Suitable for babies and toddlers in carriers, prams and buggies. Please call 01353 612770 to book.	B	Ely Country Park Meeting point – Sainsburys entrance to the County Park at 1.15pm.
Pop up - Sign and Rhyme 10-11.30am 	31 st March	Join us and take part in National British Sign Language week. A fun session that will include our usual singing, musical instruments, and educational play, but in addition learning some basic signs that you can use day-to-day as another form of communication. Linking to 50 things to do before you're 5 #39 Talking Signs Please call 01353 612770 to book.	B £	Littleport Child and Family Centre


Tuesday				
Self-Weigh Drop in 9am-12noon and 1 - 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 drop-in group for babies up to 16 weeks (Babies over 16 weeks please email to book.) 1.30 - 3pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Littleport Child and Family Centre
Acorn Project Tea, Toast & Chat Drop-In 9-11am	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
Health visitor drop-in clinic 1-3pm	4 th & 18 th March	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 clinic 1-3pm	11 th & 25 th March	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
Triple P Baby 10-12pm	Weekly 27 th February to 22 nd April	A 5-week course that provides practical strategies to create the best environment for your baby's development. All parent-to-be or new parents welcome with a baby up to 12 months of age. Group sessions: Feb 27 th , March 4 th , 11 th , 18 th and 25 th . Phone consultations: April 1 st , 8 th , 15 th and 22 nd Please call 01353 612770 to book.	B	Ely Child and Family Centre

Tuesday continued				
Drop in - Baby Group Sensory Babies 10-11.30am	Weekly	In response to your feedback, we have improved access to our much-loved Baby Sensory session. No need to book, just come along and join us. Suitable 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.	£	Littleport Child and Family Centre
Mini Movers 1-2.30pm	11 th March	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. 10-18 months. Please call 01353 612770 to book.	B £	Soham Child and Family Centre


Wednesday				
Self-Weigh Drop in 9am-12noon and 1 - 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 drop-in group for babies up to 16 weeks (Babies over 16 weeks please email to book.) 10 - 11.30 am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information / to book a place for babies over 16 weeks please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Dinosaur Stomp 10-11.30am	5 th March	Join us for a fun themed session all about Dinosaurs. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Wednesday continued				
Priory Woods 10-11am	12 th March	Join us for a fun outdoor den building session celebrating International Day of the forest. Please dress appropriately for the weather. Suitable for all ages. Please call 01353 612770 to book.	B	Priory Woods Burwell
Pathway to Parenting 2.30-4.30pm	5 th 12 th & 26 th March	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
Little Learners 10 -11.15 am	12 th ,19 th ,26 th March	Invitation only session for children following the Early Support pathway.	R	Ely Child and Family Centre
Dads Tea & Toast Drop-In 9.15-11am	19 th March	Dad's join us for a fun drop-in session with your child. Tea & Toast available No need to book.		Littleport Child and Family Centre

Thursday				
Self-Weigh Drop in 9am-12noon and 1 - 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 10-11am 	6 th , 13 th & 20 th March	Stay and play for all children aged up to 5 years. With bouncy castle! Themes this month are: <ul style="list-style-type: none"> • Celebrating World book day 2025. Linking to 50 things to do before you're 5. #10 Sharing Books • Teddy Bear picnic • Red nose day Please call 01353 612770 to book.	B £	Littleport Leisure Centre

Friday				
Self-Weigh Drop in 9am-12noon and 1 - 3.30pm	Weekly	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centres
Postpartum Group 10-11am	Weekly	Empowering women to focus on themselves and optimally recover after birth To book please contact. 07974 853645 emma@revivemovement.co.uk www.revivepostpartum.com	B £	Soham Child and Family Centre
Mini Movers 10- 11.30am	7 th & 21 st March	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. 10-18 months. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Friday continued			
<p>Family Worker Drop-In Session - Coffee, Chat and Clothes Bank available 10-11.30am</p>	14 th March	<p>Come in for a cuppa, play with toys and look through our clothes bank.</p> <p>Children's clothes available from 0-5 but with a few coats in bigger sizes.</p> <p>Child and Family Centre staff available for advice and signposting.</p> <p>For families with children up to 5 years old.</p>	Littleport Child and Family Centre
<p>Sensory SEND Group 10-11.30am</p> <p>This month we will be setting out our sensory scarves and materials.</p>	28 th March	<p>A play session designed for children with emerging additional needs and disabilities. Sensory-rich resources and activities to encourage development.</p> <p>A chance for parents and carers to meet and chat in a supportive environment. Siblings welcome.</p> <p>No need to book.</p>	Ely Child and Family Centre
<p>Five to Thrive Friday</p> 	Weekly	<p>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!</p>	Virtual on Facebook

Our Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
<i>Monday to Friday 9am to 4pm</i>	<i>Monday to Friday 9am to 4pm</i>	<i>Monday to Friday 9am to 4pm</i>

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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channel

Cambridgeshire
Child and Family Centres



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s.east



Scan the QR code to
find us on Facebook

@East Cambs
Child and Family
Centres

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



In March we will be thinking about

World Book Day (6th March)

and

British Sign Language Week (18th to 24th March)

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



Triple P for Baby

A positive start for babies and parents



Are you a parent-to-be or new parent with a baby up to 12 months of age?

This course, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development.

- Learn ways to cope with frequent crying
- Set up good sleep habits
- Read your baby's cues
- Look after yourself
- Adapt to changes in family life, and more

It's easier with positive parenting strategies!

Partners and supportive others are welcome.

Group sessions: February 27th,
March 4th, 11th, 18th and 25th
10am-12pm

Phone consultations:
April 1st, 8th, 15th and 22nd

Ely Child and Family
Centre

To book please contact:
01353 612770

childandfamilycentre.east@
cambridgeshire.gov.uk



www.triplep-parenting.net



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 on
Wednesday the 5th, 12th, and 26th of
March
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

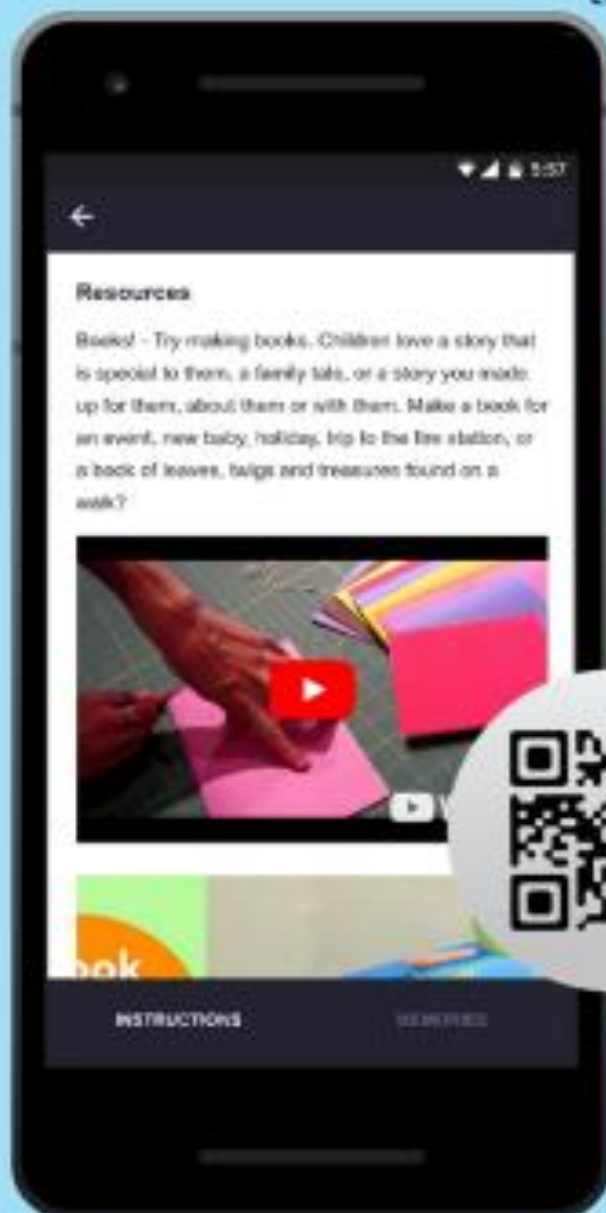
50 things to do before you're five™

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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