



**EAST CAMBRIDGESHIRE  
CHILD AND FAMILY CENTRE**

# WHAT'S ON

**April 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 April we will be thinking about ....

**World Health Day (7th April)**

and

**National Autism Awareness Month**

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




<b>Monday</b>				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	7, 14 & 28 April	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres  <b>For Littleport please come to the main reception for access.</b>
<b>Baby Group Sensory Babies</b> 10-11.30am	7, 14 & 28 April	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>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 10-11.30am	7, 14 & 28 April	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>B</b> <b>£</b>	Ely Child and Family Centre
<b>Baby Group Sensory Babies</b> 10-11.30am	28 April	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Breast and infant feeding drop-in group for babies up to 16 weeks</b> (Babies over 16 weeks please email to book.) 1.30 - 3pm	7, 14 & 28 April	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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a> .		Ely Child and Family Centre

Monday continued				
<p><b>Nature Walk</b> 1.30 -2.30pm</p> 	7 April	<p>Join us for a Signs of Spring Nature Walk, collecting resources on route to make out very own bug houses.</p> <p>Linking to 50 things to do before you're 5, #27 Little People Park Keeper.</p> <p>Suitable for children up to 5 years old, older siblings up to 10 years old welcome.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Ely Pocket Park Meeting point – Sainsbury's entrance to Ely Country Park at 1.15pm.
<p><b>Mini Movers</b> 10-11.30am</p>	28 April	<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. 10-18 months.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<p><b>Wicken Fen Boardwalk</b> 1.30-2.30pm</p>	28 April	<p>Join us for a seasonal Buggy Walk on the boardwalk.</p> <p>Suitable for babies and toddlers in carriers, prams and buggies, only.</p> <p>Please dress appropriately for the weather.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	<p>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 National Trust membership).</p>

Tuesday				
<b>Self-Weigh Drop in</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and infant feeding drop-in group for babies up to 16 weeks</b> (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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a> .		Littleport Child and Family Centre
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9-11am	1, 22 & 29 April	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>Health visitor drop-in clinic</b> 1-3pm	1, 15 & 29 April	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 clinic</b> 1-3pm	8 & 22 April	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>Triple P Baby</b> 10-12pm	Weekly 1 April to 27 May	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: 1, 8, 15, 22 & 29 April Phone consultations: 6, 13, 20 & 27 May.  Please call 01353 612770 to book.	<b>B</b>	Ely Child and Family Centre

**Tuesday continued**

<p><b>Stay and Play</b> 10-11.30am</p> 	<p>Weekly</p>	<p>Stay and Play, for children up to 5 years old, older siblings up to 10 years old welcome during School Holidays.</p> <p>Themes this month are :</p> <ul style="list-style-type: none"> <li>• Little Builders</li> <li>• Colour Mixing</li> <li>• Easter Extravaganza - linking to 50 things to do before you're 5, #46</li> <li>• Fantastic Folding</li> <li>• Re-use/recycle – celebrating World Earth Day</li> <li>• Under the Sea</li> </ul> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Littleport Child and Family Centre</p>
<p><b>Introduction to Family Foods Workshop</b> 1.30 -2.30pm</p>	<p>15 April</p>	<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>	<p><b>B</b></p>	<p>Ely Child and Family Centre</p>
<p><b>Mini Movers</b> 1-2.30pm</p>	<p>29 April</p>	<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. 10-18 months.</p> <p>Please call 01353 612770 to book.</p>	<p><b>B</b> <b>£</b></p>	<p>Ely Child and Family Centre</p>


Wednesday continued				
<b>Self-Weigh Drop in</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Breast and infant feeding drop-in group for babies up to 16 weeks</b> (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: <a href="mailto:cpicb.elypcn.perinatalhealthcoach@nhs.net">cpicb.elypcn.perinatalhealthcoach@nhs.net</a> .		Soham Child and Family Centre
<b>Drop in - Baby Group Sensory Babies</b> 10-11.30am	2, 9 & 16 April	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
<b>Pop Up Rhyme Time - Mary had a Little Lamb</b> 1-2.30pm	30 April	Join us for a special Spring themed session that will include singing, educational play – learning about farm animals and their babies, storytelling and much more.'  Ages 18 months to 5 years.  Please call 01353 612770 to book.	B £	Soham Child and Family Centre
<b>Dads Group</b> 10-11.30am	9 April	A Stay and Play for Dads and male carers and their children. Suitable for Under 5's older sibling's welcome.  Please call 01353 612770 to book.	B £	Ely Child and Family Centre

Wednesday continued				
<b>Sensory SEND Group</b> 10-11.30am	23 April	<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
<b>Pathway to Parenting</b> 2.30-4.30pm	2, 9, & 23 April	<p>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.</p> <p>To find out more, speak to your midwife or Child and Family Centre.</p> <p>Please call 01353 612770 to book.</p>	<b>B</b>	Littleport Child and Family Centre
<b>Little Learners</b> 10 -11.15 am	2 & 30 April	<p>Invitation only session for children following the Early Support pathway.</p>	<b>R</b>	Ely Child and Family Centre



Thursday				
<b>Self-Weigh Drop in</b> 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  <b>For Littleport please come to the main reception for access.</b>
<b>Stay and Play</b> 1-2.30pm	Weekly	Stay and Play, for children up to 5 years old, older siblings up to 8 years old welcome during the school holidays.  Themes this month are : <ul style="list-style-type: none"> <li>• <i>'Tiny Seed'</i> by Eric Carle</li> <li>• <i>'Pass the Jim Jam'</i> by Kaye Umansky</li> <li>• Re-use/Recycle – Celebrating World Earth Day</li> <li>• <i>'Very Hungry Caterpillar'</i> by Eric Carl</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Friday				
<b>Self-Weigh Drop in</b> 9am-12noon and 1 - 3.30pm	4, 11 & 25 April	Self-weigh for babies/children from 6 weeks and up to the age of 5 years.		Soham Child and Family Centres
<b>Postpartum Group</b> 10-11am	25 April	Empowering women to focus on themselves and optimally recover after birth.  To book please contact 07974 853645. <a href="mailto:emma@revivemovement.co.uk">emma@revivemovement.co.uk</a> <a href="http://www.revivepostpartum.com">www.revivepostpartum.com</a> .	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Baby Group Sensory Babies</b> 10-11.30am	4 April	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>B</b> <b>£</b>	Littleport Child and Family Centre

Friday continued				
<b>Mini Movers</b> 10- 11.30am	4 April	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>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Multiple Births</b> 10-11.30am	11 April	Stay and play session for parents and carers of twins, triplets or more.  Suitable for under 5s.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Pop Up Rhyme - Time - Hop Little Bunnies</b> 10-11.30am	25 April	Join us for a special Easter themed session that will include singing, educational play and sharing the book ' <i>Guess how much I love you</i> ' by Sam McBratney.  All ages welcome.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Fifty Things Friday</b> 	Weekly	'50 Things to Do seeks to help every child reach important health, learning, and wellbeing milestones.'  We will be sharing activity ideas 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.		Virtual on Facebook

<b>Are you concerned about the safety of a child?</b>	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.
<b>Breastfeeding Support</b>	Information on support available locally can be found by visiting: <a href="http://www.facebook.com/CambridgeshireInfantFeeding">www.facebook.com/CambridgeshireInfantFeeding</a> .
<b>Support for Young People</b>	<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> .

Have Your Say about  
Cambridgeshire Child and Family  
Centre Services



# 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: April 1st 8th, 15th, 22nd and 29th**

10am-12pm

**Phone consultations:**

**May 6th, 13th, 20th and 27th**

Ely Child and Family  
Centre

To book please contact:  
01353 612 770

ChildAndFamilyCentre.east@  
cambridgeshire.gov.uk



[www.triplep-parenting.net](http://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 2nd, 9th and 23rd of  
April  
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

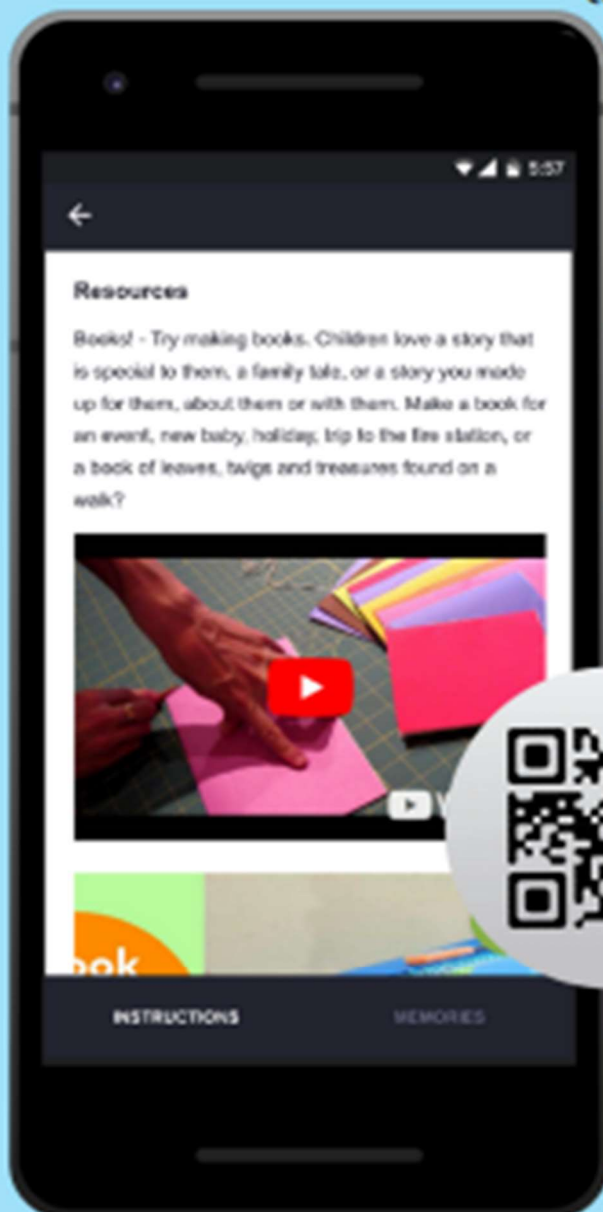


50 things to do before you're five™

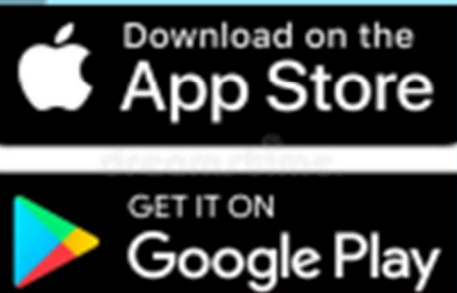


## Download THE MOBILE APP

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...



## Our 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

**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](mailto: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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Child and Family  
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