



## EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

# WHAT'S ON

**June 2023**

### **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...

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)

### 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.

## Addresses

### 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



We are continuing to offer our Bookstart Programme to families who would like some strategies and free resources for introducing rhymes and stories to their little ones. It is aimed at children aged around 12 to 30 months old.

If you would like further information, or a Bookstart pack, please call 01353 612770, email [childandfamilycentre.east@cambridgeshire.gov.uk](mailto:childandfamilycentre.east@cambridgeshire.gov.uk) or message us on Facebook.

*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).*

£ = Charge   B = Booking Required   R = Referral Only

<b>Monday</b>				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.  (Nova Team)	<b>B</b>	Ely Child and Family Centre
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.  (Lilac Team)	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres
<b>Baby Group Sensory Babies</b> 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. 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>Baby Group Sensory Babies</b> 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. 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
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Monday Continued				
<b>Mini Movers – The Circus</b> 1.30-2.30pm	5 June	For mobile babies and toddlers, focusing on activities that encourage physical development and are ready to explore the world around them. Suitable for babies approx. 10 - 18 months.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Mini Movers – Teddy Bears’ Picnic</b> 1.30-2.30pm	12 June	For mobile babies and toddlers, focusing on activities that encourage physical development and are ready to explore the world around them. Suitable for babies approx. 10 - 18 months.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre

Tuesday				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.  (Nova Team)	<b>B</b>	Ely Child and Family Centre
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.  (Lilac Team)	<b>B</b>	Soham Child and Family Centre
<b>Self-Weigh Drop in</b> 9am-12noon and 1pm-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5 years.		Soham, Ely and Littleport Child and Family Centres
<b>Acorn Project Tea, Toast &amp; Chat Drop-In</b> 9.30-11am	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

Tuesday Continued				
<b>Baby Group Sensory Babies</b> 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. 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 Support Group</b> 1.30-2.30pm	Weekly	NHS-led breast and infant feeding support group and baby drop in. Any information please call or text Maxine Cooper on 07731 467551.	<b>B</b>	Littleport Child and Family Centre
<b>Stay and Play</b> 10-11.30am	Weekly	Stay and play for all children aged up to 5 years. With bouncy castle! <b>Includes baby self-weigh facilities.</b> <ul style="list-style-type: none"> <li>• World Ocean Day</li> <li>• Little Builders</li> <li>• All about Music</li> <li>• 'Supertato' by Sue Hendra – Superhero dressing up optional.</li> </ul> No need to book in advance.	<b>£</b>	Burwell Sports Centre
<b>Pop Up - Stories and Crafts @ Soham Library</b> 2-3pm	27 June	Join us for a fun session of stories and rhymes based around the story ' <i>One Mole Digging a Hole</i> ' by Julia Donaldson – including activities on numbers and counting.  Suitable for ages all ages.  Please call 01353 612770 to book.	<b>B</b>	Soham Library
<b>Pathway to Parenting</b> 5-7pm	4-week programme starts 6 June	A four-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.	<b>B</b> <b>R</b>	Littleport Child and Family Centre
<b>Virtual Bedtime Story</b> Facebook 6.30pm	Every other week	Join us for a video bedtime story read by a member of our team via our Facebook page each Tuesday evening.		Virtual on Facebook

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<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 348981.  (Lilac Team)	<b>B</b>	Soham Child and Family Centre
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<b>Breast and Infant Feeding Support Group</b> 10-11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information call or text Maxine Cooper on 07731 467551.	<b>B</b>	Soham Child and Family Centre
<b>Little Learners</b> 10.30-11.30am	Weekly	Invite only session for children following the Early Support pathway.	<b>R</b>	Ely Child and Family Centre
<b>Coffee and Chat - Drop In</b> 1-3pm	28 June	Come in for a cuppa, play with toys and chat with others.  Self-weigh also available.		Littleport Child and Family Centre
<b>Coffee and Chat - Drop In</b> 1-3pm	7 June	Come in for a cuppa, play with toys and chat with others.  Self-weigh also available.		Ely Child and Family Centre
<b>Pop Up - Little Artists</b> 10.30-11.30am	14 June	Join us for a fun session with an art theme – explore mark making with different utensils and materials. Dress for mess!  Suitable for children aged 2 plus.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre
<b>Nature Walk @ Peacock Meadow</b> 1.30-2.30pm	14 June	Join us for a nature walk at Peacock Meadow with activities based around the story 'Chicken Licken'. Activities will be aimed at children aged 2-5 but younger siblings are welcome.  Please call 01353 612770	<b>B</b>	Peacock Meadow, Littleport

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Wednesday Continued				
<b>Gruffalo Nature Trail @ Cherry Hill Park</b> 10.30-11.30am	21 June	Join us for a nature walk and help us search for The Gruffalo and his friends. Themed crafts to follow.  Suitable for walking children up to the age of 5. Siblings in carriers/ buggies are welcome.  Please call 01353 612770 to book.	<b>B</b>	Cherry Hill, Ely
<b>Pop Up - Mini Chefs</b> 1:30-3pm	28 June	A fun session of family baking with related craft and play activities. We will be making tasty cinnamon rolls.  Suitable for children ages 2+.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre
<b>Toddler Messy Play</b> 10.30-11.30am	28 June	Messy play suitable for toddlers. Dress for mess! Suitable for children aged approx. 18 months – 3 years.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Child and Family Centre

Thursday				
<b>Midwife Clinic</b>	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.  (Nova Team)	<b>B</b>	Ely Child and Family Centre Littleport Child and Family Centre
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<b>Stay and Play</b> 10.30-11.30am	8, 15, 22 and 29 June	Stay and Play for children aged up to 5 years. With bouncy castle!  Themes this month will include: <ul style="list-style-type: none"> <li>• Numbers and Counting</li> <li>• Jack and the Beanstalk</li> <li>• Summer Begins</li> <li>• Peppa Pig</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Littleport Leisure Centre

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Thursday Continued				
<b>Stay and Play</b> 10.30-11.30am  At the Seaside	Weekly	Stay and play session for children from approx. 10months - 4 years - activities based on 50 Things to do Before You're Five. To find out more log into the app! Themes this month will include: <ul style="list-style-type: none"> <li>• Seashells</li> <li>• The Bakery</li> <li>• At the Seaside:</li> </ul> Use sand to squidge, squadge, squish and perhaps make a fish sandcastle! <ul style="list-style-type: none"> <li>• Measuring</li> </ul> Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Toddler Messy Play</b> 10.30-11.30am	1 June	Messy play suitable for toddlers. Dress for mess! Suitable for children aged approx. 18 months – 3 years. Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Ely Child and Family Centre

Friday				
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Friday Continued				
<b>Baby Group Sensory Babies</b> 10.30-11.30am	Weekly	Fun-filled sensory sessions for babies who are not yet crawling. 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
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<b>Wicken Fen Wander</b> 1.30 - 2.30pm	9 and 23 June	Fun, book-themed activities, and exploration at the wonderful Wicken Fen nature reserve. Suitable for families with children of all ages. Dress for the weather.  Themes will include: <ul style="list-style-type: none"> <li>• <i>'The Rainbow Fish'</i> by Marcus Pfister</li> <li>• <i>'The Ravenous Beast'</i> by Niamh Sharkey</li> </ul> Please also note that there is open water and nettles in the area. Children will need to be closely supervised at all times.  Please call 01353 612770 to book.	<b>B</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 charge for the National Trust car park (unless you have National Trust membership).

Saturday				
<b>Dads' Group – Father's Day Crafts</b> 10.30- 11.30am	17 June	A group for all male carers with under 5's to come and play.  Please call 01353 612770 to book.	<b>B</b> <b>£</b>	Soham Child and Family Centre
<b>Saturday Group</b> 10.30-11.30	10 June	Stay and play for children with additional needs.  Older siblings welcome. Please call 01353 612770 to book.	<b>B</b>	Littleport Child and Family Centre



Scan the QR code to subscribe to our YouTube channel - Cambridgeshire Child and Family Centres



Scan the QR code to follow us on Instagram @childandfamilycentres.east



Scan the QR code to find us on Facebook - East Cambs Child and Family Centres

If you would like to be kept up to date about our activities by email, please ask to join our mailing list.

## Our Opening Times

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

## Charging

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.

Charges for childminders are £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.

## 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](http://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](http://www.keep-your-head.com)



**Download the free 50 Things To Do Before You're 5 app for a menu of exciting activities for families with young children.**

'The things you do every day that help your child's growing brain'.  
Lots of the ideas on the app are very simple - no special equipment needed and can be recreated using items you probably already have around the house!

50 things to do before you're five™

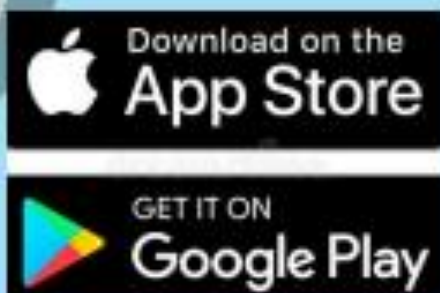


## Download THE MOBILE APP

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..



Cambridgeshire  
**Child and Family  
Centres**

**Pathway  
to  
Parenting**

Pathway to parenting is a free, fun and interactive four-week programme, covering labour, delivery, baby care, and the role of the professionals you will meet along the way.

You and your partner will pick up information, practical skills and advice, from midwives, health visitors and Child and Family Centre staff.

**TUESDAYS 5-7PM**

**JUNE 6, 13, 20, 27**

**JULY 4, 11, 18, 25**

**These sessions are held at:  
Littleport Child and Family Centre  
Parson's Lane, Littleport, CB6 1JT**

**To Book, call East Cambs Child and Family Centre  
01353 612770**