



**EAST CAMBRIDGESHIRE
CHILD AND FAMILY CENTRE**

WHAT'S ON

October 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.
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 £	Ely Child and Family Centre
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 £	Soham Child and Family Centre
Breast and Infant Feeding Support Group 1:30pm-3pm	Weekly	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
Mini Movers 10am-11:30am	7 th October	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 £	Littleport Child and Family Centre

Monday continued				
Multiple Birth Group 1pm-2:30pm	7 th October	Stay and play session for parents and carers of twins, triplets and more! Suitable for under 5s. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Wicken Fen Wander 1:30pm-2:30pm	21 st October	Join us for some Dinosaur scavenger hunt inspired by <i>'Harry and the Bucketful of Dinosaurs'</i> by Ian Whybrow. Suitable shoes advised for the boardwalk. Dress appropriately for the weather. Suitable for under 5's and is buggy friendly'. Please note that there is open water and nettles in the area. Children will need to be closely always supervised. 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).
Pop-Up Natural Art 1:30pm – 3pm 	28 th October	Inspired by the story of <i>'Leaf Man'</i> by Lois Ehlert, we will be using Autumnal resources to create our own Leaf Men. Activities will be aimed at children between the ages of 2-5 years. Younger siblings welcome. #48 Natural Art 50 Things Before you're Five Please call 01353 612 770 to book.	B £	Littleport Child and Family Centre

Monday continued				
Pop-Up Clay-Play 1:00pm-2.30pm 	28 th October	Have fun and make your own pottery masterpiece to take home. #42 Rough and Smooth 50 Things Before you're Five. Suitable for children 2+ years Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Family Workers Drop-In Session Coffee, Chat and Swap 1:30pm – 3pm	28 th October	Come in for a cuppa, play with toys and chat with others. Child and Family Centre staff available for advice and signposting. For families with children, up to 5 years old.		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-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
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Acorn Project Tea, Toast & Chat Drop-In 8:30am-11:30am	1 st , 8 th , 15 th and 22 nd October	An informal and safe space run by volunteers and professionals. We are here to support families and their wellbeing.		Soham Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Tuesday continued				
Stay and Play 10am-11:30am	1 st , 8 th , 15 th and 22 nd October	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"> • Patterns in Our Environment • Zoom, Zoom, Zoom we're going to the Moon • Autumn Colours • 'Room on the Broom' by J. Donaldson <p>No need to book in advance.</p>	£	Burwell Sports Centre
Introduction to Family Foods Workshop 1:30pm-2:30pm	1 st October	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>Please call 01353 612770 to book.</p>	B £	Ely Child and Family Centre
Burwell Woods 10am-11am	29 th October	Join us for a fun session in nature, to explore the story, 'Room on the Broom' by Julia Donaldson. <p>Please call 01353 612770 to book.</p>	B	Priory Wood Burwell
Pop-Up Pumpkin Party 1pm-2:30pm	29th October	Join us in celebrating the spooky season as we craft our very own pumpkins! <p>Please call 01353 612770 to book.</p>	B £	Soham Child and Family Centre

Wednesday				
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Wednesday continued				
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Pathway to Parenting 2:30pm-4:30pm	2 nd ,9 th and 23 rd October	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
Pop-Up Stories and Crafts 10am-11am	2 nd October	Join us for a seasonal story and crafts. Suitable for 18months+ Babies welcome! Please call 01353 612770 to book.	B £	Burwell Library Village College Burwell
Buggy Walk 1:30pm-2:30pm	16 th October	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
Pop-Up Build It! 10am-11:30am	30 th October	Join us for a fun stay and play session exploring the world of being a little builder. A session for all male carers of under 5's. Includes self – weigh facilities. Please call 01353 612770 to book.	B £	Ely Child and Family Centre

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	3 rd , 10 th , 17 th and 24 th October	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"> • Cars and Trucks • 'Whatever Next' by Jill Murphy • Making Potions • Autumn Colours Please call 01353 612770 to book.	B £	Littleport Leisure Centre
Support Your Anxious Child 9:30am-11:30am	3 rd , 10 th , 17 th , 24 th October	A four-week course to support parents to recognise the signs of anxiety, identify potential reasons for your child's anxiety, and develop strategies to help your child manage their feelings. Please call 01353 612770 to book.	B	Littleport Child and Family Centre

Friday				
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Friday continued				
SEND Drop-In 1pm-2:30pm	4 th October	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.		Soham Child and Family Centre
Pop-Up Book Start 1pm-2:30pm	18 th October	Join us for a fun session of singing, educational play, storytelling and much more. Suitable for over 1's Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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



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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	
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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@East Cambs Child and Family Centres



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 2nd, 9th & 23rd of October
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



Free

COURSES FOR PARENTS

Resolving parental conflict



It's not unusual to have disagreements in a relationship, but when they spill out into family life, they can be emotionally damaging to children.

Family Hubs are offering free courses for Cambridgeshire and Peterborough parents who are experiencing relationship conflict and want to improve their communication with each other.

- **Improve the communication with your partner to support your children**
Friday 4 October, 12-1pm & Friday 11 October 12-1pm

To sign up to a course visit <https://forms.office.com/e/J2sVr8V9km>

- **Improve the communication with your ex-partner to support your children**
Wednesday 16 October 6:30 -7:30pm & Wednesday 23 October 6:30 -7:30pm

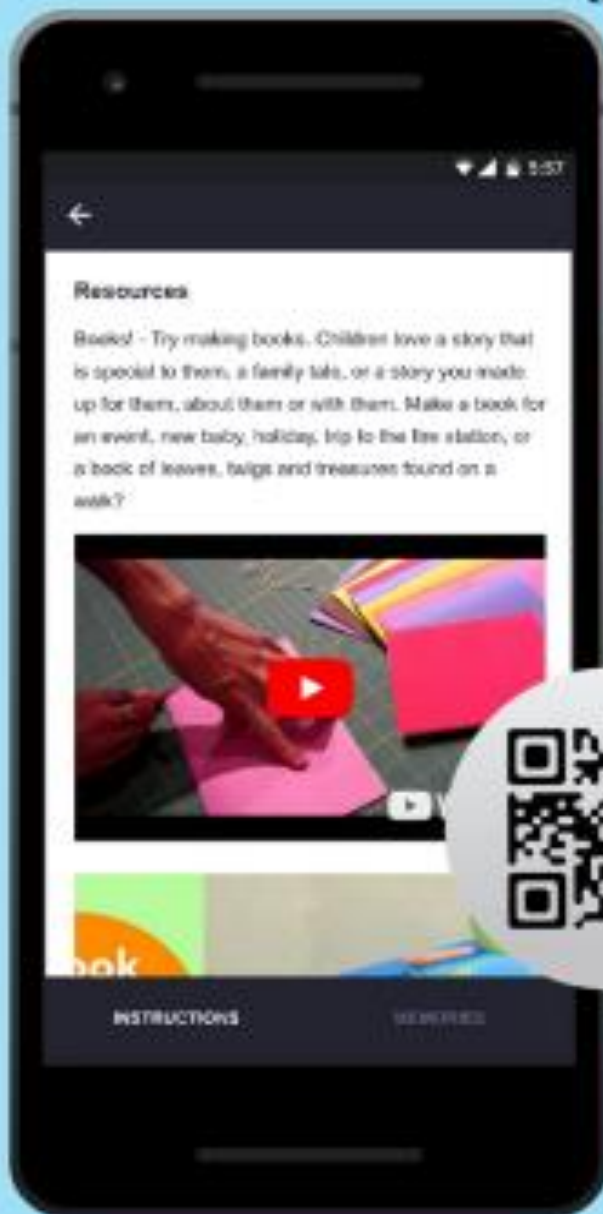
To sign up to a course visit <https://forms.office.com/e/J2sVr8V9km>

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..



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