



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRE

WHAT'S ON

July 2022

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

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 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 (search Privacy Notice).

Monday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely and Littleport Child and Family Centres
Self-Weigh Appointments: Ely 9am-3.30pm Soham 9am-3.30pm Littleport 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Baby Group Sensory Babies 10.30 – 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Baby Group Sensory Babies 10.30 -11.30am and 1.30 - 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Baby Group Sensory Babies 1.30 – 2.30pm	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Mini Movers 10.30 – 11.30am	11 July	For mobile babies, focusing on activities that encourage physical development. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Mini Movers 1.30 – 2.30pm	11 July	For mobile babies, focusing on activities that encourage physical development. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

£ = Charge B = Booking Required R = Referral Only

Monday continued				
Messy Play Babies 1.30 – 2.30pm	25 July	Messy play for babies 4 months + who are able to sit independently or with minimal support but not yet walking. Dress for mess! Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Tuesday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Self-Weigh Appointments: Ely 10am-3.30pm Soham 10am-3.30pm Littleport 9am–3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Stay and Play 10.00 – 11.30am	5, 12 and 19 July	Stay and Play for children aged from around 10 months or walking. With bouncy castle! Includes baby self-weigh facilities. Themes this month will include: <ul style="list-style-type: none"> • Peppa Pig • Snail and the Whale • Peter Rabbit Please call 01353 612770 to book.	B £	Burwell Sports Centre
Breast and Infant Feeding Support Group 1.30 – 2.30pm	Weekly	NHS-led breast and infant feeding support group. For more information and to book a space please call St George's Surgery on 01353 864100.	R	Littleport Child and Family Centre
Mini Movers 2-3pm	5 July	For mobile babies, focusing on activities that encourage physical development. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Messy Play Babies A Trip to the Circus 10.30 – 11.30am	19 July	Special circus themed messy play for babies 4 months + who are able to sit independently or with minimal support but not yet walking. Dress for mess! Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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Tuesday continued				
Pop Up Stories and Crafts @ Soham Library 2-3pm	19 July	Join us for a fun session of stories and crafts based on the book <i>The Tiger who Came to Tea</i> by Judith Kerr Suitable for children from 10 months. Please call 01353 612770 to book.	B	Soham Library
Nature Walk and Teddy Bears' Picnic 10.30 – 11.30am	26 July	Join us for a nature walk and enjoy a teddy bears' picnic in Priory Wood, Burwell. Suitable for all ages. Please call 01353 612770	B	Priory Wood, Burwell
Pop Up Little Builders 10.30 – 11.30am	26 July	Join us for a fun session based around building and construction with different toys and materials. Working on your little one's fine and gross motor movements. Suitable for children from 10 months or walking. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre
Virtual Bedtime Story Posted on Facebook at 6.30pm	Weekly	Join us for a video bedtime story read by a member of our team via our Facebook page each Tuesday evening.		Virtual on Facebook

Wednesday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre
Self-Weigh Appointments: Soham 9am-3.30pm Littleport 9am-2pm Ely 9am-3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Soham, Ely and Littleport Child and Family Centres
Little Learners 10.30-11.30am	Weekly	Referral only via SEND Service.	R	Ely Child and Family Centre

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Wednesday continued				
Baby Group Sensory Babies 10.30 – 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Rhyme Time @ Ely Country Park 1.30 – 2.30pm	6 July	Join us for an outdoor rhyme time at Ely Country Park. Suitable for under 5s. Please call 01353 612770 to book.	B	Ely Country Park
Baby Group Sensory Babies 1.30 – 2.30pm	20 and 27 July	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Pop Up Summertime Stay and Play 10.30 - 11.30am	27 July	A summer themed stay and play suitable for all ages. Older siblings welcome up to age 10. Please call 01353 612770 to book.	B £	Littleport Child and Family Centre

Thursday				
Self-Weigh Appointments: Ely 9am-3.30pm Soham 9am–3.30pm	Weekly	Self-weigh for babies and children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Ely Child and Soham Child and Family Centres
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely Child and Family Centre Littleport Child and Family Centre
Stay and Play Big Butterfly Count 2022 10.30am - 12noon	21 July	Join us for our 'Big Butterfly 2022 Count'. A mini beast themed Stay and Play. We will be reading the story of the Hungry Caterpillar, looking at a Butterfly's Life cycle, creating our own Butterfly pictures and taking time to look outside and see how many butterflies we can spot. Suitable for children from 10 months, up to 10 years old. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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Thursday continued				
Stay and Play Green Fingers 10.30am – 12noon	28 July	Join us for a gardening themed stay and play session with crafts. We will be studying seeds, looking at their similarities and differences and talking about where we can find them. We will then plant the seeds for you to take home to look after. Suitable for children from 10 months up to 10 years old. Please call 01353 612770 to book.	B £	Soham Child and Family Centre
Stay and Play 10.30 – 11.30am	Weekly	Stay and Play for children aged from around 10 months or walking. With bouncy castle! Sessions which take place in the summer holidays are open to older siblings up to age 10. Themes this month will include: <ul style="list-style-type: none"> • Peppa Pig • Dear Zoo • Peter Rabbit • Elmer and Friends Please call 01353 612770 to book.	B £	Littleport Leisure Centre

Friday				
Midwife Clinic	Weekly	By appointment only. To make an appointment please call the central booking line on 01223 586790.	B	Ely and Littleport Child and Family Centres
Self-Weigh Appointments from 9am - 3.30pm	Weekly	Self-weigh for babies/children up to the age of 5. By appointment only. Please call 01353 612770 to book.	B	Ely Child and Soham Child and Family Centres
Baby Group Sensory Babies 10.30 - 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Soham Child and Family Centre

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Friday continued				
Baby Group Sensory Babies 10.30 – 11.30am	Weekly	Fun-filled sensory sessions for pre-mobile babies, which help children to develop and improve their motor skills, co-ordination and concentration. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Mini Movers 1.30 – 2.30pm	1 July	For mobile babies, focusing on activities that encourage physical development. Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Mini Movers 1.30 – 2.30pm	29 July	For mobile babies, focusing on activities that encourage physical development.	B £	Soham Child and Family Centre
Messy Play Babies 1.30 – 2.30pm	15 July	Messy play for babies 4 months + who are able to sit independently or with minimal support but not yet walking. Dress for mess! Please call 01353 612770 to book.	B £	Ely Child and Family Centre
Wicken Fen Wander 1.30 – 2.30pm	8 and 22 July	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 including wellies. Book themes this month will include: <ul style="list-style-type: none"> • A Squash and a Squeeze • Little Princess Please also note that there is open water, thistles and nettles in the area. Children will need to be closely supervised at all times. Please call 01353 612770 to book.	B	Wicken Fen Nature Reserve Please meet in 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).
Stay and Play @ St Georges 10.30 – 11.30am	29 July	Fun stay and play session suitable for all ages including crafts, games, storytelling and singing. No need to book, just turn up! This session is free of charge, but donations are welcome.		St George's Church, Littleport

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Saturday				
Saturday Morning Group 10.30 – 11.30am	23 July	Stay and play for children with additional needs. Please call 01353 612770	B	Ely Child and Family Centre

Cambridgeshire Child and Family Centre

Virtual Workshops

Positive Toileting Workshop

A virtual workshop designed to take the stress out of toilet training and give parents and carers imaginative tips and practical advice to try at home.

Wednesday 13 July 10am to 11am

Please call Huntingdon Child & Family Centre 01480 372700 option 1 or 01480 358340 to book.

How Babies Learn to Talk Workshop

Find out how babies learn to talk and how parents can promote speech and language development. Suitable for parents with children from birth to 18 months.

Friday 22 July 1pm to 2pm

Please call Huntingdon Child & Family Centre 01480 372700 option 1 or 01480 358340 to book.

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 and Tuesday 9am -4pm</i> <i>Wednesday 9am to 2.30pm</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	East Cambs District Early Help Team 01353 612800
Email us: childandfamilycentre.east@cambridgeshire.gov.uk	

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



Follow us on Instagram
[@childandfamilycentre.east](https://www.instagram.com/childandfamilycentre.east)



Find us on YouTube
Cambridgeshire Child
and Family Centres



Find us on Facebook!
'Like' our page to stay
updated
East Cambs
Child and Family Centres

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.

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

Cambridgeshire residents can access a wide range of online information and support via the following websites:

Keep Your Head: A new 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



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