



EAST CAMBRIDGESHIRE CHILD AND FAMILY CENTRES

WHAT'S ON

July 2026



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.

All Child & Family Centre groups are free of charge.

Things you need to know...

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. All booking is done on our online booking system which you can access via the link or QR code below:

[East Child and Family Centres – Booking by Bookwhen](#)



Centre Closures

Soham Child and Family Centre will be closed on Monday 6th July

Littleport Child and Family Centre will be closed on Friday 17th July

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 July we will be thinking about

South Asian Heritage Month



**South Asian Heritage month is a nationally observed
programme bringing communities, institutions and individuals
together to explore, celebrate and deepen understanding of
South Asian heritage across the UK and beyond**

East Cambs Child and Family Centres: Ely, Soham & Littleport New Booking QR Code

Scan Me



Scan the QR code to access
our new Bookwhen page to
book on to our sessions.

Sessions are bookable 14
days in advance.

Please speak to a
member of staff if you need
any support

 **Remember: Please
book a ticket for
everyone coming to
the session, including
all adults and all
children.**

Monday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Sensory Babies 10am to 11.30am	Weekly	Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome.	B	Ely Child and Family Centre Please book your place using the QR code below 
Sensory Explorers 10am to 11.30am	13, 20, 27 July	A relaxed, friendly session where babies and toddlers can explore textures, colours and sounds. Playful sensory activities that spark curiosity and support early development with a chance to meet other families and share ideas. Suitable for children aged 0 to 5 years and 0 to 8 years in school holidays.	B	Soham Child and Family Centre Please book your place using the QR code below 
Bookstart Pop-up 10am to 11am	13, 20 July	Join for two sessions using books and rhymes to encourage speech, language and understanding. Session 1 – making time for rhyme and sharing books and stories. Session 2 – making stories fun, using props At the end of the second session, you will receive your Bookstart pack to enjoy at home. Suitable for children aged 1 to 2 years. Siblings welcome	B	Littleport Child and Family Centre Please book your place using the QR code below 
Breast and Infant Feeding Drop-In 1.30pm to 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

Tuesday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Acorn Project Tea, Toast & Chat Drop-In 9am to 11am	7, 14 July	A safe space run by professionals who are trauma informed. The sessions is provided to help families improve their wellbeing through listening, offering advice and signposting. No booking required		Soham Child and Family Centre
Citizens Advice Drop-in 10.30am to 12pm	7, 21 July	An informal advice session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. No booking required.		Soham Child and Family Centre
Stay and Play 10am to 11.30am	14, 21, 28 July	A themed Stay and Play session. Themes this month are: • 14th – Summer fun • 21st – Gardening • 28th – Nursery rhymes • Suitable for children aged 0 to 5 years and 0 to 8 years in school holidays.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am 	Weekly	A themed Stay and Play session. Themes this month are: • 7th – Water Wonder Play linking to #26 Splish Splash Splosh • 14th – Tiger that came to tea, <i>by Judith Kerr</i> linking to #30 Yummy Picnic • 21st – Celebrating the Big Butterfly Count 2026 linking to #49 Grass Grazing Suitable for children aged 0 to 5 years.	B	Ely Child and Family Centre Please book your place using the QR code below 
Health Visitor Drop In 1pm to 3pm	14, 28 July	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

Tuesday continued..				
Health Visitor Drop In 1pm to 3pm	7, 21 July	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
Breast and Infant Feeding Drop In 1.30pm to 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
Introducing Family Foods 1.30pm to 2.30pm	7 July	A workshop run by health professionals to find out more about how to start introducing your baby to solid foods. Suitable for families with babies from 5 months.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Drop-In SEND Peer Support Group 1.30pm to 2.45pm	28 July	An opportunity to meet other parents with children with emerging or diagnosed needs. Share knowledge, information, ideas and network. Hosted by the Child and Family Centre. Children under 5 welcome. No booking required.		Littleport Child and Family Centre
Selective Eating Workshop 12pm to 1.15pm	7 July	Delivered by Beezee Families nutritionists, this workshop will provide an overview of the different factors that can contribute to selective eating in children and will provide simple, management strategies that can support positive mealtime experiences. Please book directly with Beezee Families using the link below or QR code https://events.teams.microsoft.com/event/6eff2758-cfbd-4818-82ad-95f8a5b0de97@5074b8cc-1608-4b41-aafd-2662dd5f9bfb	B	Please book your place using the QR code below 

Wednesday				
Self-Weigh Drop In 9am to 12pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Breast and Infant Feeding Drop In 10am to 11.30am	Weekly	NHS-led breast and infant feeding support group and baby drop in. For more information please email: cpicb.elypcn.perinatalhealthcoach@nhs.net		Soham Child and Family Centre
Mindful Mums 10am to 11.30am	22 July	A drop-in session for mums with children up to 2 years of age. The group focuses on mums sharing wellbeing skills and keeping connected for friendship and support. No booking required.		Littleport Child and Family Centre
Tiniest Feet 10am to 11.30am	Weekly	A gentle, welcoming space designed especially for our youngest ones. This group is all about early bonding, sensory discovery, and meeting new parents. Suitable for bumps to 6 months.	B	Soham Child and Family Centre Please book your space using the QR code below 
Ready for Reception 10am to 11.30am	15, 29 July	A Stay and Play session for children due to start reception in September with lots of activities to support them develop the skills they will need to make a positive start. Suitable for children aged 3 to 5 years. Siblings welcome.	B	Littleport Child and Family Centre Please book your space using the QR code below 
Sensory Babies 9.30 am to 11.00am	15, 22, 29 July	Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome.	B	Ely Child and Family Centre Please book your space using the QR code below 

Wednesday continued..

Teddy on Tour – Picnic at Wicken 11.30am to 1pm	22 July	Join “Teddy” bear for some simple outdoor play activities, a visit to the mobile library, and a picnic. Bring your own bear to meet Teddy and your own food. Please book so we know you are coming Suitable for children aged 0 to 8 years.	B	Village Hall, Wicken CB7 5XR Book using the QR code below 
Gardening Pop-up 10am to 11.30am	1 July	Fun filled summer gardening themed session. Suitable for children aged 0 to 5 years.	B	Littleport Child and Family Centre Book using the QR code below 

Thursday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Storycraft 10am to 11am	Weekly	A story session with themed crafts. Join in with craft activities and then listen to a story. • 2nd – Little Red Riding Hood, <i>by Susanna Davidson</i> • 9th – Rumble in the jungle, <i>by Giles Andreae & David Wojtowycz</i> • 16th – Emergency, <i>by Margaret Mayo</i> • 23rd – Olivers Fruit Salad, <i>by Vivian French</i> • 30th – The Enormous Turnip, <i>by Ladybird picture books</i> Suitable for children from 18 months.	B	Ely Child and Family Centre Please book your place using the QR code below 
Stay and Play 10am to 11.30am	Weekly	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays.	B	Soham Child and Family Centre Please book your place using the QR code below 
Teddy on Tour – Picnic in Cheveley 11am to 12.30pm	16 July	Join “Teddy” bear for some simple outdoor play activities, a visit to the mobile library, and a picnic. Bring your own bear to meet Teddy and your own food. Please book so we know you are coming Suitable for children aged 0 to 8 years.	B	Holland Park, Cheveley CB8 9DL Please book your place using the QR code below 
Under 2's Group 1pm to 2.30pm	Weekly	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years.	B	Ely Child and Family Centre Please book your place using the QR code below 

Thursday continued..

Selective Eating Workshop
6pm to 7.15pm

2 July

Delivered by Beezee Families nutritionists, this workshop will provide an overview of the different factors that can contribute to selective eating in children and will provide simple, management strategies that can support positive mealtime experiences.

Please book directly with Beezee Families using the link below or QR code.

<https://events.teams.microsoft.com/event/1c1e7409-ed66-4f70-9f8c-144f75529899@5074b8cc-1608-4b41-aafd-2662dd5f9bfb>

B

Please book your place using the QR code below



Friday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Soham, Ely and Littleport Child and Family Centres For Littleport please use the bell at the entrance facing the car park.
Sensory Babies 10am to 11.30am	3, 10, 24, 31 July	Fun-filled sensory sessions which help babies to develop and improve their motor skills, co-ordination and concentration. Includes self-weigh facilities for babies over 6 weeks. Suitable for pre-mobile babies. Parents-to-be welcome.	B	Littleport Child and Family Centre Please book your place using the QR code below 
Under 2's Group 10am to 11.30am	3, 10, 24, 31 July	For babies and toddlers who are ready to explore the world around them, focusing on activities that encourage physical development. Suitable for babies up to 2 years. .	B	Littleport Child and Family Centre Please book your place using the QR code below 
Friday Family Fun 10am to 11.30am 	10, 17, 24, 31 July	A themed Stay and Play session. Themes this month: • 10th – Jungle animals • 17th – The Hungry Caterpillar, <i>by Eric Carle</i> • 24th - Gardening • 31st – Summer Sports linking to #24 Hop, Skip and Jump Suitable for children aged 0 to 5 years.	B	Ely Child and Family Centre Please book your place using the QR code below 
Five to Thrive	Weekly	'The things you do every day, that helps your child's growing brain'. 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.		Posted on Facebook  

BOOKSTART POP-UP LITTLEPORT CHILD AND FAMILY CENTRE



Monday
13 & 20 July
10.00am - 11.00am

Scan Me to
Book



Join for two sessions using books and rhymes to encourage speech, language and understanding.

- Session 1 - making time for rhyme and sharing books and stories.
- Session 2 - making stories fun, using props.
- At the end of the second session, you will receive your Bookstart pack to enjoy at home.
- Suitable for children aged 1 to 2 years. Siblings welcome.



READY FOR RECEPTION



A Stay and Play session for children due to start reception in September with lots of activities to support them develop the skills they will need to make a positive start.

Suitable for children aged 3 to 5 years.
Siblings welcome.

Wednesday 15 & 29 July
10.00am to 11.30am
Littleport Child and Family Centre



Scan Me to
Book



Cambridgeshire
**Child and Family
Centres**

**BEST
START
IN LIFE**

**FAMILY
HUBS**

Teddy Bears Picnic on Tour



Join "Teddy" bear for some simple outdoor play activities, a visit to the mobile library, and a picnic. Bring your own bear to meet Teddy and your own food.

Please book so we know you are coming

Suitable for children aged 0 to 8 years.

Cambridgeshire
**Child and Family
Centres**

WICKEN
VILLAGE HALL

**FAMILY
HUB**

**Picnics are
on**

**16 July
11.00am -12.30pm
Holland Park,
Cheveley CB8 9DL**

**22 July
11.30 am - 1.00pm
Village Hall, Wicken
CB7 5XR**

	We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact childandfamilycentre.fenland@cambridgeshire.gov.uk for a chat with one of our staff.
	'50 Things to Do Before You're Five seeks to help every child reach important health, learning, and wellbeing milestones.' We will be sharing activity ideas throughout our sessions 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. Download the free 50 Things to Do Before You're Five app for a menu of exciting activities for families with young children.
	Five to Thrive 'The things you do every day that help your child's growing brain'. We will be sharing activity ideas to help you use <i>Five to Thrive</i> 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!
Breastfeeding Support	Information on support available locally can be found by visiting: www.facebook.com/CambridgeshireInfantFeeding
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.
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

Opening Times

Ely Child and Family Centre	Littleport Child and Family Centre	Soham Child and Family Centre
Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 12pm	Monday, Tuesday, Thursday 9am to 4pm and Friday 9am to 1pm Wednesday 9am to 12pm	Monday, Tuesday, Thursday and Friday 9am to 4pm Wednesday 9am to 12pm

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

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 book your first appointment please self-refer on the Rosie Hospital Website. [You're pregnant/how to self-refer | CUH](#)

To speak to a Midwife or make changes to any appointments, please use MyChart.

Midwife Clinic - (Lilac team):

Soham Child and Family Centre - By appointment only.
To book your first appointment please self-refer on the Rosie Hospital Website. [You're pregnant/how to self-refer | CUH](#)

To speak to a Midwife or make changes to any appointments, please use MyChart.



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Cambridgeshire Child and Family Centres



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