

WHAT'S ON

East Cambridgeshire



Ely, Littleport, Soham and surrounding area

 = Sessions run by Health  = Bookable courses for parents

Monday				
Midwifery Clinic 9.30am to 12.30pm	Weekly	Appointment only	[B]	Bottisham Centre
Midwifery Clinic 9.40am to 4pm	Weekly	Appointment only	[B]	Ely Child and Family Centre
Midwifery Clinic 9.50am to 3.30pm	Weekly	Appointment only	[B]	Soham Child and Family Zone
Baby Five to Thrive 10am to 11am	16 April to 21 May and 4 June to 2 July	5 week course exploring baby's brain	[C] [£]	Soham Child and Family Zone
Stay and Play 10am to 12pm	Weekly in term time	For children aged 5 and under	[£]	Bottisham Centre
Breastfeeding drop-in 11.30am to 1pm	Weekly	Drop-in for breastfeeding support		Foley House, Newmarket
Sensing Fun 1pm to 2.30pm	Weekly in term time	For children with additional needs	[R]	Soham Child and Family Zone
Learning Together PEEP 1pm to 2.30pm	Weekly (Not running 2 & 9 April)	Stay and play for children aged 0 to 5		Ely Child and Family Centre
Rhyme Time 2pm to 3pm	Weekly in term Time	For children under five		Soham Library

Tuesday				
Midwifery Clinic 9.50am to 3.30pm	Weekly	Appointment only	[B]	Soham Child and Family Zone
Midwifery Clinic 9.40am to 4pm	Weekly	Appointment only	[B]	Ely Child and Family Centre
Multiple Births Group 10am to 11am	Fortnightly	For families with multiples		Ely Child and Family Centre
Baby and Child Health Clinic 9am to 11am	April 3 & 17 May 1 & 15 June 5 & 19	Drop in led by Health Visiting Team		Sutton Centre
English and Maths for Adults 9.30am to 11.30am	Weekly (Not running 4 & 11 April)	Run by Cambridge Regional College	[B]	Littleport Child and Family Centre
Baby and Child Health Clinic 12pm to 1pm	Weekly	Drop in led by Health Visiting Team		Littleport Child and Family Centre
Well Baby Clinic 12.30pm to 2pm	Weekly	Drop in led by Health Visiting Team		1 st and 3 rd Tuesdays Bottisham Centre

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

				2 nd and 4 th Tuesdays Mandeville Hall
Sibling Rivalry 12.45pm to 2.45pm	1 and 8 May	Parenting course – how to manage sibling rivalry	[C]	Ely Child and Family Centre
Confidence for Work 12.45pm to 2.45pm	5, 12,19,26 June	Learn how to gain confidence and skills for work	[C]	Ely Child and Family Centre
Stepping Stones 9.30am to 12pm	1 May to 26 June	For parents of children with SEN, ages 2 to 12 years	[C]	Bottisham Centre
Play Session 1.30pm to 2.30pm	Weekly	Stay and play for families living in the hostel		Ely Hostel
Parenting Course Taster 9.15am to 11.15am	3, 10, 17 April	An opportunity for parents to learn new skills that will help them and their children	[C]	Bottisham Centre
Pathways to Positivity 7pm to 8.30pm	Weekly	Support Group for adults aged 16+. Arts, crafts and relaxation		Soham Child and Family Zone
Maths for Adults 9.30 am to 11.30am	5, 12, 19, 26 June and 3 July	Run by Family Learning. Crèche spaces available	[C]	Soham Child and Family Zone

Wednesday				
Childminder Drop-in 9.30am to 11.30am	Weekly	For childminders only		Bottisham Centre
Midwifery Clinic 9.30am to 12.30pm	Weekly	Appointments only	[B]	Bottisham Centre
Midwifery Clinic 9.50am to 12.30pm	Weekly	Appointments only	[B]	Soham Child and Family Zone
Midwifery Clinic 9.40am to 4pm	Weekly	Appointments only	[B]	Ely Child and Family Centre
English and Maths for Adults 9.30am to 11.30am	Weekly (Not running 3 and 10 April)	Run by Cambridge Regional College	[C]	Ely Child and Family Centre
Wacky Wednesday 10am to 11.30am	Weekly in term time	Stay and play for children aged 5 and under	[£]	Ely Scout Hut
Play Circle 1pm to 3pm	Weekly in term time	For children with additional needs	[R]	Ely Child and Family Centre
Young Parents' Group 2pm to 3pm	Fortnightly	For parents or parents-to-be under 21yrs		Soham Child and Family Zone

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

Thursday				
Parenting Drop-in 9.15am to 10.45am	4 th Thursday of the month	Advice and support from a family worker		Soham Child and Family Zone
Midwifery Clinic 9.50am to 12.30pm	Weekly	Appointments only	[B]	Soham Child and Family Zone
Midwifery Clinic 1.40pm to 4pm	Weekly	Appointments only	[B]	Ely Child and Family Centre
Midwifery Clinic 9.40am to 12noon	Weekly	Appointments only	[B]	Sutton Centre
Baby and Child Health Clinic 9.30am to 11am	Weekly	Drop in led by Health Visiting Team		Ely Child and Family Centre
Stay and Play 10am to 12noon	Weekly in term time	For children aged 5 and under	[£]	Burwell Sports Centre
Sibling Rivalry 9.30am to 11.30am	10 to 24 July	For parents of school age children. Crèche spaces available	[B] [C]	Soham Child and Family Zone
Ely Milks 1.30pm to 2.30pm	Weekly	Drop-in breastfeeding support group		Cathedral Centre, Ely
Well Baby Clinic 1.30pm to 3pm	Weekly	Health visitor clinic		Soham Child and Family Zone
Keeping Up with the Children 12.30pm to 2.30pm	4 week course starts 7 th June	This is a bookable, free session with a crèche	[B]	Ely Child and Family Centre

Friday				
Rhyme Time 9am to 10am	Weekly in term time	For children under five	[£]	The Shade Primary School, Soham
Midwifery Clinic 9.40am to 4pm	Weekly	Appointments only	[B]	Ely Child and Family Centre
Midwifery Clinic 9.40 to 12noon	Weekly	Appointments only	[B]	Sutton Centre
Baby Massage 10am to 11.30am	From 20 April for 5 weeks	For pre-mobile babies	[£] [B]	Soham Child and Family Zone
Midwifery Clinic 9.50am to 12.30pm	Weekly	Appointments only		Soham Child and Family Zone
Sensing Fun 10am to 11.30am	Weekly (Not running 6 & 13 April)	For children with additional needs	[R]	Ely Child and Family Centre
Little Explorers 10am to 11.30am	Weekly	Stay and play for children under 5		Littleport Child and Family Centre
Pinpoint 12.30pm to 2.30pm	20 April, 11 May, 8 June, 6 July	ADHD/ASD Parent/Carer support group		Ely Child and Family Centre

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

Breast Friends 12.45pm to 2pm	Weekly	Support and advice		Soham Child and Family Zone
Play Session 1.30pm to 2.30pm	Fortnightly	Stay and play for families living in the hostel		Littleport Hostel

Saturday				
Parentcraft 10am to 4pm	Monthly	Ante natal class	[B]	Soham Child and Family Zone
Parentcraft 10am to 4pm	Monthly	Antenatal class run by midwifery team	[B]	Ely Child and Family Centre

Coming Soon
Den-Building at Anglesey Abbey
Building Self-Esteem at Littleport Child and Family Centre
New Beginnings at Sutton Centre
Rhyme Time at Sutton Centre
Mindfulness at Soham Child and Family Centre
New Arrivals at Littleport Child and Family Centre
First Aid Workshop at Soham Child and Family Centre
Sensory Adventures at Soham Child & Family Centre
Nature Trail at Wicken Fen

Contact Us
<u>Ely Child and Family Centre</u> 01353 611594
<u>Littleport Child and Family Centre</u> 01353 612770
<u>Soham Child and Family Zone</u> 01353 727188
<u>East Cambs District</u> Phone number – 01353 612891

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

Email address – Districtearlyhelpteam.eastcamb@cambridgeshire.gov.uk

Addresses

Bottisham Centre, Lode Road, Bottisham, CB25 9DL

Burwell Sports Centre, Buntings Path, Burwell, CB25 0DD

Cathedral Centre, Palace Green, Ely CB7 4EW

Ely Child and Family Centre, High Barns, Ely, CB7 4RB

Ely Hostel, 5a Lynn Road, Ely CB6 1QG

Ely Scout Hut, St Johns Road, Ely, CB6 3BE

Littleport Child and Family Centre, Parsons Lane, Littleport CB6 1JT

Littleport Hostel, 1 Main St, Ely CB6 1PH

Mandeville Hall, Burwell, CB25 0AR

Soham Child and Family Zone, Pratt Street, Soham, CB7 5BH

Soham Library, 7 Clay Street, Soham CB7 5HJ

Sutton Centre, The Brook, Sutton CB6 2QQ

The Shade Primary School, Soham, CB7 5DE

Description of Activities

Stay and Play Groups

These groups will have a variety of different themes from week to week, and help your child to learn through play. They are a fun way for you to learn about your child's development, enjoy time together and meet other parents. Some will provide a chance for you and your child to take part in physical exercise, learning balance, co-ordination and mobility. Others

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

will be focussed on creativity or imaginative play. Each activity will indicate what age range it is targeted at.

You can also talk to us if you are worried about your child's development. The activities are based on the Early Years Foundation Stage (EYFS).

Health

Midwife Clinics

Clinics run by midwives, offering pre-booked one to one appointments, antenatal appointments and discharge appointments.

Child Health Clinics

Well baby weighing clinics run by Health Visitors. Sometimes referred to as Well Baby clinics.

Breastfeeding Support

These drop-in support sessions may be professional led, or volunteer led. They offer practical support with any concerns or questions you have around breastfeeding, and the chance to meet other mums.

Parents can also access the Start 4 Life website which has free hints, tips and videos on giving your baby the best start in life. There is also a chatbot which parents can use to get support on breastfeeding 24/7 <https://www.nhs.uk/start4life/>

There will also be a range of other health provision in our child and family centres such as speech and language support, and sessions on one off topics including weaning and introducing solids.

Additional Needs or Special Educational Needs or Disabilities (SEND) Support

Each centre will run a variety of these sessions and the names of the session will vary. Some will be parent-led others run by or supported by professionals from Health or Child and Family Centres.

Support for Parents

PEEP (Peers Early Education Partnership) group sessions

The PEEP programme focuses on how to make the most of the learning opportunities in everyday life at home – listening, talking, playing, singing and sharing books every day. PEEP supports parents and carers in their role as the first educators of their children.

Young Parent Groups

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

We provide opportunities for young parents to meet and network with other young parents, whilst enjoying a stay and play session for their children. We provide fun activities including messy play, music sessions and snack time for parents aged 25 years and under.

New Beginnings Groups

Weekly sessions that offer a chance to meet other parents and carers. Each session has a different theme including Home Safety & Play and Communication.

Family Worker Drop-ins

An opportunity for families to ask for information, advice and support on any issue affecting their family life. These will take place in a range of venues, including Centres, zones, Community buildings and schools.

Courses and Learning

The following parenting programmes run on a regular basis, if dates are not shown in this particular leaflet, please ask centres for information on the next available course.

Raising Children

For mums and dads of children aged up to 12 years. 10 weeks of two-hour sessions. The course is suitable for all parents: from those who just want to learn more about their child's development, to the parent who needs a bit more support in understanding their child's behaviour. The course covers emotional and social development, attachments, coping with stress, social learning theory, cognitive theory, behavioural development, identity, self-esteem, and speech and language.

Incredible Years

For mums and dads of children aged up to six. 12 to 14 weeks of two-hour sessions. The course aims to increase positive and nurturing parenting and improved parent-child relationships. It will provide you with the tools you need to help your child develop emotionally and support you with your effective discipline strategies.

Stepping Stones

A nine week course that will help parents and carers to use positive parenting skills to improve behaviour, support your child's development and help them feel good about themselves, and implement parenting routines and cope with stress.

Raising Teens

For parents of children aged ten and over. Ten weeks of two hour sessions. Raising Teens is a course aimed at parents of teenagers. It will help you to understand why your teen behaves as they do and how you can deal with their emotions and yours. It will also give you effective strategies which work with teenagers including emotional and social development, [£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

behavioural development, identity and social development, self-care skills and independence, problem solving, and anger management.

Triple P Parenting Programmes; including Teen Triple P for parents with teenagers

A parenting and family support system designed to prevent – as well as treat – behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realise their potential.

Adult Learning

We provide access to adult learning opportunities and employment support including enabling access to information about employment, education and training and links with Job Centre Plus and local training providers.

We arrange courses for parents in schools and Child and Family Centres which support families with school readiness and to understand the primary curriculum so that they can help their children with homework.

Our learning centres are situated in libraries in Wisbech, March, Central Cambridge, Huntingdon and Ely. Learners can drop in and start learning straight away. We offer qualifications in English, Maths, IT and Employability. We organise job clubs to support searching for work. Almost all the support we offer is free to the learner.

One-Off information sessions

These sessions run on a regular basis, on various topics including those below, if dates are not shown in this particular leaflet, please ask centres for information on the next available course. Courses include sleep, toilet training, managing difficult behaviour, healthy eating, sibling relationships, effective discipline and parenting styles.

Support for Young People

District Early Help teams provide a range of targeted support for young people, usually accessed through the Early Help Assessment process. To find out more about support available locally please contact the Early Help Team on 01353 612891.

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

Youthoria: A website for 11-19 year olds providing advice around life, work and learning. The 'Ask Ali' function allows young people to anonymously seek help and advice via the website and receive a personal response from our teams. www.youthoria.org

[£] Charge [B] Booking [R] Invite/Referral [C] Course **For activity details please see back of the booklet**

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

CHUMS: Offering children and young people a range of short term, evidence based interventions, including one to one, group work, recreational therapies, as well as offering a robust training package to schools. Self-referrals and referrals from professionals are accepted. The age range is 5 to 18 years in Peterborough and 5 to 25 years in Cambridgeshire (except bereavement support which covers 5 to 19 years).
www.chums.uk.com

Charging for Groups

Some groups have a charge to attend, you will need to purchase Child and Family Centre vouchers [£]. If having to pay for a group would stop you attending please talk to us. Families on low income may be eligible for free vouchers.

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.

Volunteering Opportunities

We are recruiting volunteers; so if you are interested in working with children, could support groups, or offer admin support, please call the East Cambridgeshire District Team on 01353 612891.