



EAST CAMBS FAMILY HUB NETWORK

WHAT'S ON



October 2026

Welcome to the East Cambs Family Hub Network

We aim to provide families of all abilities, identities and cultures with the support and information they need to help them give children the best start in life. We aim to ensure our hubs and network sites are friendly and welcoming places for all.

There is no charge for our services.

Things you need to know...

Privacy Notice

Cambridgeshire Best Start Family Hubs hold information about the families and individuals supported for the purposes of monitoring, evaluation and future planning of Cambridgeshire County Council and Best Start Local Network services.

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 Cambridgeshire Child and Family Centres - Booking by Bookwhen](#)



Centre Closures

All our hubs are closed on Bank Holidays.

Best Start Network Site –Soham

Weatheralls School
Pratt Street
Soham CB7 5BH

Best Start Family Hub – Ely

Spring Meadow Infant and Nursery School
High Barns
Ely CB7 4RB

Best Start Network Site – Littleport

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 October we will be thinking about

Black History Month:
1 – 31 October



If you would like to celebrate something important to you
with other people who use our services please let us know.

Monday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Best Start Network Sites - Ely, Littleport and Soham 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	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Sensory Explorers 10am to 11.30am	Weekly	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.	B	Best Start Network Site – Soham Please book your place using the QR code on p2.
The Story Corner 1.30pm to 2.30pm	Weekly	Join us for a *NEW* , fun and interactive group at the library. Featuring stories, songs, and activities that bring books to life! Suitable for children ages 2+ but siblings welcome.	B	Ely Library, 6, The Cloisters Ely, CB7 4ZH Please book your place using the QR code on p2.
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		Best Start Family Hub – Ely

Tuesday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Best Start Network Sites - Ely, Littleport and Soham For Littleport please use the bell at the entrance facing the car park.
Acorn Project Tea, Toast and Chat Drop-in 9am to 11am	6, 13, 20 October	A safe space run by professionals who are trauma informed. The session is provided to help families improve their wellbeing through listening, offering advice and signposting. No booking required.		Best Start Network Site – Soham
Citizens Advice Drop-in 10.30am to 12pm	20 October	A drop-in session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. Runs the 3 rd Tuesday of every month. No booking required.		Best Start Network Site – Soham
Stay and Play 10am to 11.30am	6, 13, 27 October	A Stay and Play session suitable for children aged 0 to 5 years and 8 years in school holidays. 6 October - an extended session to 11.45am to include Tiny Tooth, an information session and free oral hygiene pack	B	Best Start Network Site – Littleport Please book your place using the QR code on p2.
Stay and Play 10am to 11.30am 	6, 13, 27 October	A themed Stay and Play session. Themes this month are: 6th – On the farm, <i>linking to Harvest Festival</i> 13th – ‘Incy Wincy Spider’, <i>linking to #29 Pitter patter rain drops</i> 27th – ‘Room on the Broom’, <i>by Julia Donaldson, linking to #10 Sharing books for the National Year of Reading 2026.</i> Suitable for children aged 0 to 5 years.	B	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Health Visitor Drop In 1pm to 3pm	6, 20 October	An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags. No booking required.		Best Start Family Hub – Ely

Tuesday continued..

Health Visitor Drop In 1pm to 3pm	13, 27 October	An opportunity to see a health visitor and weigh your baby. Please bring along your red book and baby changing bags. No booking required.		Best Start Network Site – Soham
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		Best Start Network Site – Littleport
Toileting Workshop 2pm to 3pm	13 October	Join us for discussion, information, and support with teaching your child to use the toilet. A workshop for parents of children aged 1 to 5 years	B	Best Start Network Site – Littleport Please book your place using the QR code on p2.
Introducing Family Foods 1.30pm to 2.30pm	13 October	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	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Toileting Workshop 10am to 11am	27 October	Join us for discussion, information, and support with teaching your child to use the toilet. A workshop for parents of children aged 1 to 5 years	B	Best Start Network Site – Soham Please book your place using the QR code on p2.

Wednesday				
Self-Weigh Drop In 9am to 12pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Best Start Network Sites - Ely, Littleport and Soham 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		Best Start Network Site – Soham
Mindful Mums 10am to 11.30am	21 October	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.		Best Start Network Site – Littleport
Tiniest Feet 10am to 11.30am	7, 14, 28 October	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	Best Start Network Site – Soham Please book your space using the QR code on p2.
Growing Together: SEND Parenting Workshop – Positive parenting for children with a disability 9.45am to 11.45am	7 October	An informal seminar-style session focused on positive parenting for children with a disability. Join us for discussion and to learn strategies that build positive relationships, encourage communication and independence, and promote emotional wellbeing, recognising each child's unique strengths and needs. Suitable for parents and carers of children with disabilities or development differences (diagnosed or not) up to age 12. Children cannot attend the workshop	B	Best Start Family Hub – Ely Please book your space using the QR code on p2.
The Story Corner 1.30pm to 2.30pm	28 October	Join us for a fun and interactive group at the library. Featuring stories, songs, and activities that bring books to life! Suitable for children aged 2+ but siblings welcome.		Burwell Library, Village College, The Causeway, Burwell CB25 0DU Please book your space using the QR code on p2.

Thursday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Best Start Network Sites - Ely, Littleport and Soham 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. • 1st – Jack and the Beanstalk - Ladybird publishing • 8th – Superworm - <i>Julia Donaldson</i> • 15th – Gruffalo Granny - <i>Julia Donaldson</i> • 22nd – Funnybones - <i>Allan Ahlberg</i> • 29th – Little Pumpkin - Autumn publishing Suitable for children from 18 months.	B	Best Start Family Hub – Ely Please book your place using the QR code on p2.
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	Best Start Network Site – Soham Please book your place using the QR code on p2.
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	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Hello Bump! 4pm to 5.30pm	1, 15, 29 October	An Informal group meeting every other week, aimed at providing an opportunity for parents to be and their support people, to think about how to feed and care for baby, and to meet others in a friendly and supportive environment. Book on from 26 weeks gestation.	B	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Parenting Discussion Group – Being a positive parent 12.45pm to 2.45pm	22 October	A workshop offering practical, flexible strategies for everyday parenting, focused this time on being a positive parent. Join us for discussion, guidance, reassurance or new approaches to day-to-day challenges. Suitable for parents/carers of children aged up to 12years. Children cannot attend the workshop.	B	Best Start Network Site – Littleport Please book your place using the QR code on p2.

Friday				
Self-Weigh Drop In 9.30am to 3.30pm	Weekly	Self-weigh for babies and children aged 6 weeks up to 5 years.		Best Start Network Sites - Ely, Littleport and Soham 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	Best Start Network Site – Littleport Please book your place using the QR code on p2.
Under 2's Group 10am to 11.30am	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	Best Start Network Site – Littleport Please book your place using the QR code on p2.
Friday Family Fun 10am to 11.30am	Weekly	A Stay and Play session suitable for children aged 0 to 5 years.	B	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Pop Up- Autumn's Colours 10am to 11.30am	2 October	Join us to explore nature, enjoy outdoor adventures, and have fun in the fresh air. Suitable for children aged 0 to 5 years.	B	Recreation Ground near Mill Street, Isleham CB7 5RY Please book your place using the QR code on p2.
Parenting Discussion Group – Developing bedtime routines 12.45pm to 2.45pm	9 October	A workshop offering practical, flexible strategies for everyday parenting, focused this time on developing bedtime routines. Join us for discussion, guidance, reassurance or new approaches to day-to-day challenges. Suitable for parents/carers of children aged up to 12 years. Children cannot attend the workshop.	B	Best Start Network Site – Soham Please book your place using the QR code on p2.

Friday continued.

50 Things Friday 	Weekly	'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 50 Things to Do app you can use in your everyday routine with your children. The ideas are very simple and require low or no cost.		Posted on Facebook  
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INCREDIBLE YEARS

PRE SCHOOL

The Incredible Years Pre-School programme supports parents and carers to build warm, positive relationships with their children, creating strong foundations for learning and development. It promotes nurturing and consistent approaches that help children feel secure, confident, and ready to learn.

Delivered over 14 sessions, the programme equips parents and carers with practical skills to encourage social, emotional and language development, use positive and effective behaviour strategies, support children to manage their emotions and build confidence, develop school readiness skills, and work in partnership with early years settings.

Who is it for?

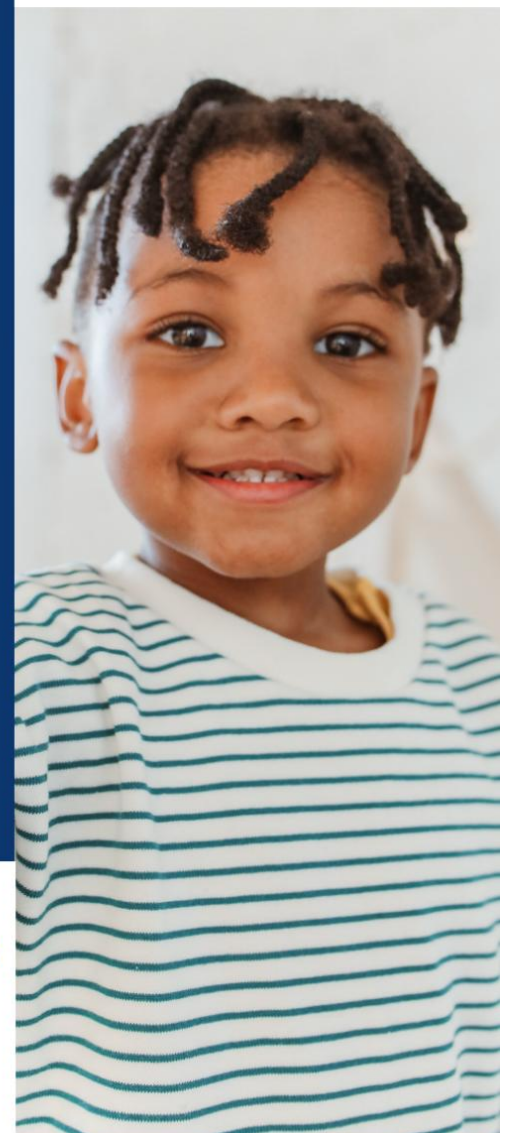
- ✓ Parents of children up to 6 years.
- ✓ Parents need to be able to commit to all 14 sessions.

✉ For enquires, please email ccc.parenting@cambridgeshire.gov.uk

Best Start Family Hub -
Ely
Spring Meadow Infant
and Nursery school site
High Barns, Ely,
CB7 4RB

Starting Wednesday
4 November

9.30am - 11:30am



	We offer our Bookstart programme to those families whose children may need support developing their communication skills. If you are interested, please contact FamilyHubs.EastCambs@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

Best Start Family Hub – Ely	Best Start Network Site – Littleport	Best Start Network Site – Soham
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

Best Start Family Hub – Ely
01353 612770

Best Start Network Site – Littleport
01353 612770

Best Start Network Site – Soham
01353 612770

Email us: FamilyHubs.EastCambs@cambridgeshire.gov.uk

Midwife Clinic - (Nova team):

Best Start Family Hub – Ely. Best Start Network Site – Littleport. Both 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):

Best Start Network Site – Soham. 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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