



EAST CAMBS FAMILY HUB NETWORK

WHAT'S ON



November 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.

Cambridgeshire County Council

BEST START IN LIFE | FAMILY HUBS

NHS

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 Family Hubs - 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



B = Booking Required R = Referral Only

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 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
Parenting Discussion Group - Cooperating with Instructions **1pm to 2.45pm**	9 November	A workshop offering practical, flexible strategies for everyday parenting, focused this time on co-operating with instructions. 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 – Soham Please book your place using the QR code on p2.

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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	Weekly	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	17 November	A drop-in session offering advice, information and guidance on a range of issues including benefits, energy, debt and housing. Runs the 3rd Tuesday of every month. No booking required.		Best Start Network Site – Soham
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 – Littleport Please book your place using the QR code on p2.
Stay and Play 10am to 11.30am	Weekly	A themed Stay and Play session. Themes this month are: • 3rd – Bonfire night linking to #14 See the Stars • 10th – Pudsey Bear for Children in Need • 17th – '*Miss Polly had a Dolly*' linking to #6 Rhyme Time for Baby Week • 24th – 'Dear Zoo' by *Rod Campbell linking* to #27 Postie Suitable for children aged 0 to 5 years.	**B**	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Play and Rhymetime 10am to 11.30 am	Weekly	Join us to play at the library with fun activities that bring books to life. Library Rhymetime is part of the session and runs as usual 10.30am to 11am. Suitable for children aged 0 to 5 years.	**B**	Burwell Library, Village College, The Causeway, Burwell CB25 0DU Please book your space using the QR code on p2.

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Tuesday Continued…				
Tiniest Feet 1.30pm to 3pm	3,17,24 November	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 – Littleport Please book your place using the QR code on p2.
Under 2s Mini Soft Play 1.30pm to 2.30pm	Weekly	Mini Soft Play especially made for tiny adventurers. Perfect for little ones learning to crawl, stand and explore the world safely. Suitable for children aged 9 months to 18 months.	**B**	Best Start Network Site – Soham Please book your place using the QR code on p2.
Health Visitor Drop In 1pm to 3pm	3, 17 November	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
Health Visitor Drop In 1pm to 3.00pm	10, 24 November	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 3.00pm	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
Introducing Family Foods 1.30pm to 2.30pm	10 November	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 Network Site – Littleport Please book your place using the QR code on p2.
Parenting Discussion Group-Expressing feelings without aggression 1pm to 2.45pm	24 November	A workshop offering practical, flexible strategies for everyday parenting, focused this time on helping your child express feelings without aggression. 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 Family Hub – Ely Please book your place using the QR code on p2.

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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
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**	Best Start Network Site – Soham Please book your space using the QR code on p2.
Growing Together: SEND Parenting Workshop - Helping your child reach their potential 9.45am to 11.45am	18 November	An informal seminar-style session focused on helping your child reach their potential. 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 years. Children cannot attend the workshop.	**B**	Best Start Network Site – Littleport Please book your place using the QR code on p2.
Mindful Mums 10am to 11.30am	25 November	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

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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 11.00am	Weekly	A story session with themed crafts. Join in with craft activities and then listen to a story. 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.
Toileting Workshop 10am to 11.00am	26 November	Join us for discussion, information, and support with teaching your child to use the toilet. A workshop for parents of children.	**B**	Best Start Network Site – Littleport 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.
Tiny Tooth - Pop up 10am to 11.00am	12 November	A play session focussed on looking after our teeth. Fun activities for children and grown-ups on brushing teeth, use of dummies, accessing dental care and healthy tooth friendly food options. Free baby tooth care kits to take home. Suitable for children 0 to 5 years.		Best Start Network Site – Littleport

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Thursday continue…				
Drop In Baby Week Baby Clothes Bank 9.30 to 11.30am	19th November	Pop in with or without your little one to grab some free baby clothes, find out about our workshops and groups in the Family Hub Network, chat and enjoy baby sensory play.		Best Start Network Site – Littleport
Hello Bump! 4pm to 5.30pm	12, 26 November	An informal group meeting every other week, aimed at providing an opportunity for parents-to-be and their support people. An opportunity 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.

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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. 6th - Fireworks crafts 13th - Children in Need 20th - Nursery Rhymes 27th- Winter wonderers	**B**	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Sensory Babies 10am to 11am	6, 20, 27 November	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 – Soham Please book your place using the QR code on p2.
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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Saturday				
Dads' Group 10am to 11.30am	7 November	Themed Stay and Play session for dads and male carers and their children. Suitable for children aged 0 to 5 years.	**B**	Best Start Family Hub – Ely Please book your place using the QR code on p2.
Baby Week Launch event 10am – 4pm	14 November	A fun-filled day for babies, parents, carers and families, featuring: Story sessions Baby Sing and Sign Baby Storytime Baby Signing Baby Rave 3pm Meet local services and partners including Libraries, Family Hubs, Health Visiting, Family Information Service, Fitzwilliam Museum and more. Plus, take part in Baby Week Bingo for a chance to win a hamper of goodies! Come along, have fun and discover the support, activities and opportunities available for families with babies across Cambridgeshire. Booking not required.		Best Start Family Network Site – The Fields

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	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 *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. 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 *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!
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

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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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