

Family Hub on The Harbour

Monday 7th April to Friday 18th April 2025

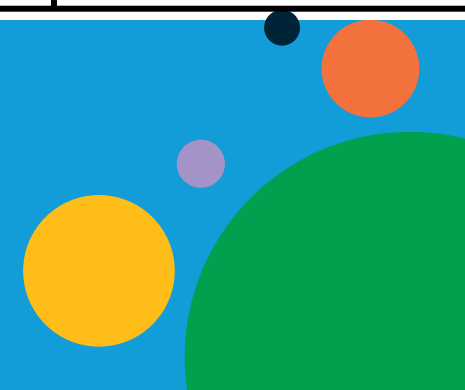


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Room Book via email/FB</p> <p>Howgill Babbling Babies 10-11am</p> <p>Community Midwife Clinic 1-5pm (Call 01946 523229 to book)</p> <p>Coffee & Craic 2-5pm</p> <p>Inspira Drop In 4-5pm (14th April only)</p>	<p>Tuesday 8th April: Sensory Room Book via email/FB</p> <p>Play Space Drop In 9:30-11:30am & 1:30-3:30pm</p> <p>Health Visitor Child Health Clinic 9:30am-4:30pm (Call 01946 68616 to book)</p> <p>Benefits & Employment Drop In 10:30-11:30am</p> <p>Tuesday 15th April: Family Hub 1st Birthday Event 11am-3pm</p>	<p>Sensory Room Book via email/FB</p> <p>Play Space Drop In 9:30-11:30am & 1:30-4:30pm</p>	<p>Sensory Room Book via email/FB</p> <p>Play Space Drop In 9:30-11:30am & 1:30-4:30pm</p> <p>CADAS Family Support Drop In 9:30am-11am (10th April only)</p> <p>Early Help Advice Drop In 10am-12pm</p> <p>Sling Library 1:30 -4pm</p>	<p>Friday 11th April: Sensory Room Book via email/FB</p> <p>Play Space Drop In 9:30-11:30am & 1:30-4pm</p> <p>Friday 18th April: BANK HOLIDAY HUB CLOSED</p>

Find Us at: Swingpump Lane, Whitehaven, CA28 7LZ

Follow us on Facebook: @CumberlandFamilyHubs

Call Us: 07968 545550



Family Hub on The Harbour

Monday 7th to Friday 18th April 2025



Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via FB or email familyhubs@cumberland.gov.uk.

Play Space: A parent led session where parents are encouraged to play and interact with your child/ren in a friendly environment. Suitable for ages 0-5.

Howgill Babbling Babies: Stories, rhymes and activities. From birth to active walking. No need to book, just pop along and join us!

Sling Library: Support for parents to carry their child with different types of carriers and slings.

Inspira Drop In: Offering advice and guidance around further education, training, employment and careers.

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

#CoffeeandCraic: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

Early Help Advice: Offering advice and support about how Early Help can support your family.

CADAS Family Support Drop In: Contact CADAS on 0300 111 4002 for more information.

Find Us at: Swingpump Lane, Whitehaven, CA28 7LZ

Follow us on Facebook: @CumberlandFamilyHubs

Call Us: 07968 545550

