

# Family Hub on The Harbour

## Tuesday 22<sup>nd</sup> April to Friday 23<sup>rd</sup> May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sensory Room</b> Book via email/FB</p> <p><b>Howgill Babbling Babies</b> 10-11am</p> <p><b>Community Midwife Clinic</b> 1-5pm (Call 01946 523229 to book)</p> <p><b>Play Space Drop In</b> 1:30-3:30pm</p> <p><b>Coffee &amp; Craic</b> 2-5pm</p> <p><b>Inspira Drop In</b> 4-5pm (Fortnightly starting 28<sup>th</sup> April)</p>	<p><b>Sensory Room</b> Book via email/FB</p> <p><b>Health Visitor Child Health Clinic</b> 9:30am-4:30pm (Call 03003 049029 to book)</p> <p><b>Baby Buddies</b> 10:30-11:30 (Starting 29th April)</p> <p><b>Benefits &amp; Employment Drop In</b> 10:30-11:30am</p> <p><b>Play Space Drop In</b> 1:30-3:30pm</p>	<p><b>Sensory Room</b> Book via email/FB</p> <p><b>Play Space Drop In</b> 9:30-11:30am &amp; 1:30-4:30pm</p>	<p><b>Sensory Room</b> Book via email/FB</p> <p><b>CADAS Family Support Drop In</b> 9:30am-11am</p> <p><b>Early Help Advice Drop In</b> 10am-12pm</p> <p><b>Play Space Drop In</b> 1:30-4:30pm</p> <p><b>Sling Library</b> 2-4pm</p>	<p><b>Sensory Room</b> Book via email/FB</p> <p><b>Play Space Drop In</b> 9:30-11:30am &amp; 1:30-4pm</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](mailto: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!

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

**Baby Buddies:** An interactive group for babies 0-12 months and their parent/carers.

**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.

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