

# What's on at Family Hub on the Harbour, Whitehaven

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone
<b>Howgill Babbling Babies</b> 10-11am	<b>Health Visitor Child Health Clinic</b> 9:30am-4:30pm (Call 03003 049029 to book)	<b>Little Learners</b> 10:30-11:30am	<b>CADAS Family Support Drop In</b> 9:30-11am (Fortnightly starting 5 <sup>th</sup> June)	<b>Play Space Drop In</b> 9:30-11:30am & 1:30-4pm
<b>Community Midwife Clinic</b> 1-5pm (Call 01946 523229 to book)	<b>Baby Buddies</b> 10:30-11:30am	<b>Play Space Drop In</b> 1:30-4:30pm	<b>Family Help Advice Drop In</b> 10am-12pm	<b>Little Strollers</b> 1:00-2:30pm
<b>Play Space Drop In</b> 1:30-3:30pm	<b>Benefits &amp; Employment Drop In</b> 10:30-11:30am		<b>Youth Connect Drop In</b> 1:30-4:30pm (5 <sup>th</sup> June & 10 <sup>th</sup> July)	
<b>#Coffee and Craic</b> 2-5pm			<b>Play Space Drop In</b> 1:30-4:30pm	
<b>Inspira Drop In</b> 4-5pm (Fortnightly starting 9 <sup>th</sup> June)	<b>Play Space Drop In</b> 1:30-3:30pm		<b>Sling Library</b> 2-4pm	

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01946 506 378 Email: [familyhubs@cumberland.gov.uk](mailto:familyhubs@cumberland.gov.uk)



**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 drop in:** 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 bumps and 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.

**Family Help Advice drop in:** 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.

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

**Little Strollers:** join for a gentle walk with your little one in a pushchair. Parents to be are welcome too. The walk is followed by a play and cuppa in the hub.

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

# What's on at Cumberland Family Hub - Maryport

Monday 2nd June to Friday 18 July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Baby Buddies</b> 10:00-11:00am  <b>Infant Massage</b> Book via email/phone 1:00-2:00pm (Starting on 30th June)	<b>Play Space Drop in</b> 9:30-11:30am  <b>CADAS Family Support Drop In</b> 10-11am (10 <sup>th</sup> June & 15 <sup>th</sup> July)	<b>Little Learners</b> 10:00-11:00am  <b>Home Education &amp; Inspira Drop In</b> 10am-12pm (4 <sup>th</sup> June)  <b>Youth Connect Drop In</b> 1:30-3:30pm (4 <sup>th</sup> June & 9 <sup>th</sup> July)	<b>Play Space Drop In</b> 9:30-11:30am (Starting 12 <sup>th</sup> June)	<b>Play Space Drop In</b> 1:00-2:30pm

Find Us at: Ennerdale Road, Maryport CA15 8HN

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01900 706164



**Play Space drop in:** 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.

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

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Home Education & Inspira Drop In:** For more information email [ElectiveHomeEducation@cumberland.gov.uk](mailto:ElectiveHomeEducation@cumberland.gov.uk)

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

**Infant massage:** A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

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

# What's on at Cumberland Family Hub - Workington

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Play Space &amp; Sensory Room Drop In</b> 1-3pm</p> <p><b>Infant Massage</b> Book via email/phone 11am-12pm (Starting on 16th June)</p>	<p><b>Baby Buddies</b> 1-2pm</p> <p><b>Benefit &amp; Employment Drop In</b> 3-4:30pm</p>	<p><b>Play Space &amp; Sensory Room Drop In</b> 9:30-11:30am</p>		<p><b>Little Learners</b> 10-11am</p> <p><b>Youth Connect Drop In</b> 1:30-4:30pm (6<sup>th</sup> June &amp; 11<sup>th</sup> July)</p>

Find Us at: Minto Centre, Nilsson Drive, Westfield, CA14 5BD  
Follow us on Facebook/Instagram: @CumberlandFamilyHubs  
Call Us: 01900 706140

**Play Space & sensory room drop in:** A parent led session where parents are encouraged to play and interact with your child/ren in a friendly environment. Explore the sensory room with lights and equipment to develop and engage senses. Suitable for ages 0-5.

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

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

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

**Infant massage:** A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

# What's on at Cumberland Family Hub - Millom

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/phone  <b>CADAS Family Support Drop In</b> 10-11am (9 <sup>th</sup> June & 14 <sup>th</sup> July)  <b>Play Space Drop in</b> 1- 3pm	<b>Sensory Room</b> Book via email/phone  <b>Family Help Advice Drop In</b> 10am-12pm (Fortnightly starting on 17 <sup>th</sup> June)  <b>Childminder Network</b> 10 -11am (17 <sup>th</sup> June & 15 <sup>th</sup> July)  <b>Little Learners</b> 1:30-2:30pm  <b>Youth Connect Drop In</b> 1:30-4:30pm (3 <sup>rd</sup> June & 8 <sup>th</sup> July)	<b>Sensory Room</b> Book via email/phone  <b>Play Space Drop in</b> 9:30-11:30am  <b>Home Education &amp; Inspira Drop In</b> 10am -12pm (25 <sup>th</sup> June)  <b>Kinship Carers Support Group</b> 10am-12pm (9 <sup>th</sup> July)	<b>Sensory Room</b> Book via email/phone  <b>Baby Buddies</b> 1-2pm	<b>Sensory Room</b> Book via email/phone  <b>Infant Feeding Support</b> 10-11am  <b>Play Space Drop In</b> 1-2:30pm

Find Us at: Millom Infant School, Millom, LA18 4LP

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01229 404045

**Sensory Room:** Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via Telephone or email [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk)

**Play Space drop in:** 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.

**Family Help Advice drop in:** 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.

**Childminder Network:** A play-based opportunity for Childminders working across Cumberland to come together with an Early Years and Childcare Adviser to take part in discussions around local and national early years topics, share good practice and network with other Childminders.

**Home Education & Inspira Drop In:** For more information email [ElectiveHomeEducation@cumberland.gov.uk](mailto:ElectiveHomeEducation@cumberland.gov.uk)

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

**Infant Feeding Support:** Offering support for parents who are breastfeeding or thinking about it. This group supports parents to respond to their baby's feeding needs. From birth onwards.

**Kinship Carers Support Group:** please email [SGOsupport@cumbria.gov.uk](mailto:SGOsupport@cumbria.gov.uk) to contact for more information or to book

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

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.



# What's on at Cumberland Family Hub - Wigton

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Play Space Drop In</b> 9:30-11:30am</p> <p><b>Youth Connect Drop In</b> 1:30-4:30pm (2<sup>nd</sup> June &amp; 7<sup>th</sup> July)</p>	<p><b>Baby Buddies</b> 1:30-2:30pm</p>	<p><b>Play Space Drop In</b> 10am-12pm</p>	<p><b>Little Learners</b> 1-2pm (Starting 19<sup>th</sup> June)</p>	<p><b>Play Space Drop In</b> 10:30-11:30am</p> <p><b>Benefits &amp; Employment Drop In</b> 10:30-11:30</p> <p><b>Infant Massage</b> Book via email/phone 1-2pm (Starting 13th June)</p>

Find Us at: Wampool Place, Wigton, CA7 9SA

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 226081



**Play Space drop in:** 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.

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

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Infant massage:** A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

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

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

# What's on at Cumberland Family Hub - Morton, Carlisle

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/phone  <b>Baby Bounce</b> 10:30-11am  <b>Benefits &amp; Employment Drop In</b> 11am-12pm  <b>Little Learners</b> 1:30-2:30pm  <b>Play Space Drop In</b> 3:30-4:30pm	<b>Sensory Room</b> Book via email/phone  <b>Sling Library</b> 9:30-11:30am  <b>Infant Feeding Support</b> 10:30-11:30am  <b>Little Strollers</b> 11:45am -12:45pm	<b>Sensory Room</b> Book via email/phone  <b>Play Space Drop In</b> 9:30-11:30am  <b>Family Help Advice Drop In</b> 10am-12pm (Starting 11th June)  <b>Home Education &amp; Inspira Drop In</b> 10am-12pm (11 <sup>th</sup> June)  <b>Infant Massage Bookable</b> 1:30-2:30pm (Starting 10th June)  <b>Youth Connect Drop In</b> 1:30-4:30pm (4 <sup>th</sup> June & 9 <sup>th</sup> July)	<b>Sensory Room</b> Book via email/phone  <b>Stop Smoking in Pregnancy Advice</b> 9:30-11am  <b>CADAS Family Support Drop In</b> 10:30-11:30am (Fortnightly starting 5 <sup>th</sup> June)  <b>Baby Buddies</b> 10:30-11:30am  <b>Little Strollers</b> 11:45-12:45pm	<b>Sensory Room</b> Book via email/phone

Find Us at: Wigton Road, Carlisle, CA2 6JP

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 223 417



**Sensory Room:** Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via Telephone or email [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk).

**Play Space drop in:** 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.

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

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

**Family Help Advice drop in:** Offering advice and support about how Early Help can support your family.

**Little Strollers:** join for a gentle walk with your little one in a pushchair. Parents to be are welcome too. The walk is followed by a play and cuppa in the hub. The Thursday walk is supported by a perinatal peer support worker.

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

**Infant massage:** A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

**Infant Feeding Support:** Offering support for parents who are breastfeeding or thinking about it. This group supports parents to respond to their baby's feeding needs. From birth onwards.

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

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

**Stop Smoking Advice Drop In:** Offering stop smoking advice in pregnancy

**Baby Bounce:** Join us at for fun-filled Baby Bounce sessions where little ones can wiggle, giggle, and bounce to their heart's content.

# What's on at Cumberland Family Hub - Longtown

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Soft Play</b> Book via email/phone</p> <p><b>Family Help Advice Drop In</b> 9:30-11:30am</p> <p><b>Infant Massage</b> Book via email/phone 10:30-11:30am (Starting 9th June)</p> <p><b>Play Space Drop In</b> 1-2pm</p> <p><b>Youth Connect Drop In</b> 1:30-4:30pm (2<sup>nd</sup> June &amp; 7<sup>th</sup> July)</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Soft Play</b> Book via email/phone</p> <p><b>Little Learners</b> 10:30-11:30am</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/phone</p> <p><b>Soft Play</b> Book via email/home</p> <p><b>Play Space Drop In</b> 9:30-11:30am &amp; 1:30-3:30pm</p> <p><b>CADAS Family Support Drop In</b> 1:30-2:30pm (11<sup>th</sup> June &amp; 9<sup>th</sup> July)</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Soft Play</b> Book via email/phone</p> <p><b>Play Space Drop In</b> 9:30-11:30am</p> <p><b>Baby Buddies</b> 1:30-2:30pm</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Soft Play</b> Book via email/phone</p> <p><b>Toddler Tales at Longtown Library</b> 10-11am (Starting on 20<sup>th</sup> June for 5 weeks until 18<sup>th</sup> July)</p>

Find Us at: 11 Mary Street, Longtown, CA6 5UF  
Follow us on Facebook/Instagram: @CumberlandFamilyHubs  
Call Us: 01228 226697

**Sensory Room:** Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Book via phone, FB or email [familyhubs6@cumberland.gov.uk](mailto:familyhubs6@cumberland.gov.uk).

**Play Space drop in:** 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.

**Soft Play:** A ball pit, moveable soft shapes and a slide designed to support children with both interactive and independent play. It is suitable for under 5's. Book via FB, phone, email [familyhubs6@cumberland.gov.uk](mailto:familyhubs6@cumberland.gov.uk).

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

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Little Learners:** Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

**Infant massage:** A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

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

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

**Family Help Advice drop in:** Offering advice and support about how Early Help can support your family.

**Toddler Tales:** A group for children 0-5 years and their families to explore stories and rhymes. Running at Longtown Library.