

# Longtown Family Hub

Monday 5th May to Friday 24th  
May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/Telephone	<b>Sensory Room</b> Book via email/Telephone	<b>Sensory Room</b> Book via email/Telephone	<b>Sensory Room</b> Book via email/Telephone	<b>Sensory Room</b> Book via email/Telephone
<b>Soft Play</b> Book via email/telephone	<b>Soft Play</b> Book via email/telephone	<b>Soft Play</b> Book via email/telephone	<b>Soft Play</b> Book via email/telephone	<b>Soft Play</b> Book via email/telephone
<b>Infant Massage</b> 10:30-11:30am (Bookable)	<b>Little Learners</b> 10:30-11:30am	<b>Baby Buddies</b> 1:30-2:30pm		
<b>Play Space Drop In</b> 1:00-2:30am (Starting 12 <sup>th</sup> May)				

Find Us at: 11 Mary Street, Longtown, CA6 5UF  
Follow us on Facebook: @CumberlandFamilyHubs  
Call Us: 01228 226697  
Email Us: familyhubs6@cumberland.gov.uk



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

**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.

**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

**Sensory Room:** Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via Telephone or email

[familyhubs6@cumberland.gov.uk](mailto:familyhubs6@cumberland.gov.uk)

**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:** Offering support for parents who are breastfeeding or thinking about it. Parents using formula are also welcome to attend.

**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.

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