

# Morton Family Hub

## Monday 5th May to Friday

### 24th May 2025



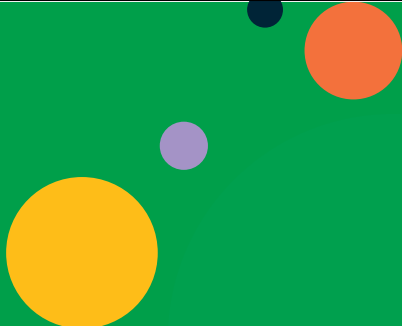
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sensory Room</b> Book via email/FB</p> <p><b>Little Learners</b> 1:30-2:30pm (Starting 12th May)</p>	<p><b>Infant Feeding Group</b> 10:30-11:30am</p> <p><b>Together Time</b> 11:00am-12:00pm</p>	<p><b>Play Space Drop In</b> 10:30-11:30am</p> <p><b>Infant Massage Bookable</b> 1:30-2:30pm (Starting 11th June)</p> <p>v</p>	<p><b>Baby Buddies</b> 10:30am-11:30am</p>	<p><b>Sensory Room</b> Book via email/FB</p>

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

Follow us on Facebook: @CumberlandFamilyHubs

Call Us: 01228 223417

Email Us: familyhubs7@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 [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@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.

**Together Time:** SEND soft play support group.  
(Running at Harraby Community Centre Edgehill Road,  
CA1 3SN)

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