

# Family Hub on The Harbour

## Monday 5th May to Friday

### 24th May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/FB  <b>Howgill Babbling Babies</b> 10-11am  <b>Community Midwife Clinic</b> 1-5pm (Call 01946 523229 to book)  <b>Play Space Drop In</b> 1:30-3:30pm  <b>Coffee &amp; Craic</b> 2-5pm  <b>Inspira Drop In</b> 4-5pm (Fortnightly starting 28 <sup>th</sup> April)	<b>Sensory Room</b> Book via email/FB  <b>Health Visitor Child Health Clinic</b> 9:30am-4:30pm (Call 03003 049029 to book)  <b>Baby Buddies</b> 10:30-11:30  <b>Benefits &amp; Employment Drop In</b> 10:30-11:30am  <b>Play Space Drop In</b> 1:30-3:30pm	<b>Sensory Room</b> Book via email/FB  <b>Little Learners</b> 10:30-11:30am  <b>Play Space Drop In</b> 1:30-4:30pm	<b>Sensory Room</b> Book via email/FB  <b>CADAS Family Support Drop In</b> 9:30am-11am  <b>Family Help Advice Drop In</b> 10am-12pm  <b>Play Space Drop In</b> 1:30-4:30pm  <b>Sling Library</b> 2-4pm	<b>Sensory Room</b> Book via email/FB  <b>Play Space Drop In</b> 9:30-11:30am & 1:30-4pm  <b>Infant Massage</b> Bookable 10-30-11:30am (Starting 6th June)  <b>Little Strollers</b> 1:00-2:30pm (Starting 9 <sup>th</sup> May)

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

Follow us on Facebook: @CumberlandFamilyHubs

Call Us: 01946 506 378

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



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**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.

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

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

**CADAS Family Support Drop In:** Family Support team that can help support with positive changes to addictive behaviours. Help is available for parents, carers, families and young people  
Contact CADAS on 0300 111 4002 for more information.

**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.

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

**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

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

**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.

(Running at Family Hub, Whinlatter Road, Mirehouse, Whitehaven, CA28 8DA)

**Little Strollers:** Join us for a gentle walk around Whitehaven with you little one in a push chair. Finishing off with a cuppa at the Family Hub and a play in the Play Space

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