

What's on at Cumberland Family Hub - Longtown

Monday 2nd June to Friday 18th July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Family Help Advice Drop In 9:30-11:30am</p> <p>Infant Massage Book via email/phone 10:30-11:30am (Starting 9th June)</p> <p>Play Space Drop In 1-2pm</p> <p>Youth Connect Drop In 1:30-4:30pm (2nd June & 7th July)</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Little Learners 10:30-11:30am</p> <p>Benefits & Employment Drop In 10:30-11:30am</p> <p>Play Space Drop In 1:30-3:30pm</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/home</p> <p>Play Space Drop In 9:30-11:30am & 1:30-3:30pm</p> <p>CADAS Family Support Drop In 1:30-2:30pm (25th June)</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Play Space Drop In 9:30-11:30am</p> <p>Baby Buddies 1:30-2:30pm</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Toddler Tales at Longtown Library 10-11am (Starting on 20th June for 5 weeks until 18th 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.

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.

CADAS Family Support Drop In: : A relaxed and welcoming space for families affected by addiction of any kind – including alcohol, drugs, gaming, gambling etc, or those in relapse prevention. Drop in for a cuppa, weekly parenting tips, emotional wellbeing resources, and to chat about the support CADAS can offer across East Cumbria. 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.