

What's on at Cumberland Family Hub - Millom

Monday 2nd June to Friday 18th July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Book via email/phone CADAS Family Support Drop In 10-11am (16th June & 14 th July) Play Space Drop in 1- 3pm	Sensory Room Book via email/phone Family Help Advice Drop In 10am-12pm (Fortnightly starting on 17 th June) Childminder Network 10 -11am (17 th June & 15 th July) Little Learners 1:30-2:30pm Youth Connect Drop In 1:30-4:30pm (3 rd June & 8 th July)	Sensory Room Book via email/phone Play Space Drop in 9:30-11:30am Home Education & Inspira Drop In 10am -12pm (25 th June) Kinship Carers Support Group 10am-12pm (9 th July)	Sensory Room Book via email/phone Baby Buddies 1-2pm	Sensory Room Book via email/phone Infant Feeding Support 10-11am Play Space Drop In 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

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

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 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.