

# What's on at Cumberland Family Hub - Morton, Carlisle

Monday 2nd June to Friday 18<sup>th</sup> July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/phone  <b>Baby Bounce</b> 10:30-11am  <b>Benefits &amp; Employment Drop In</b> 11am-12pm  <b>Little Learners</b> 1:30-2:30pm  <b>Play Space Drop In</b> 3:30-4:30pm	<b>Sensory Room</b> Book via email/phone  <b>Sling Library</b> 9:30-11:30am  <b>Infant Feeding Support</b> 10:30-11:30am  <b>Little Strollers</b> 11:45am -12:45pm	<b>Sensory Room</b> Book via email/phone  <b>Play Space Drop In</b> 9:30-11:30am  <b>Family Help Advice Drop In</b> 10am-12pm (Starting 11th June)  <b>Home Education &amp; Inspira Drop In</b> 10am-12pm (11 <sup>th</sup> June)  <b>Infant Massage Bookable</b> 1:30-2:30pm (Starting 10th June)  <b>Youth Connect Drop In</b> 1:30-4:30pm (4 <sup>th</sup> June & 9 <sup>th</sup> July)	<b>Sensory Room</b> Book via email/phone  <b>Stop Smoking in Pregnancy Advice</b> 9:30-11am  <b>CADAS Family Support Drop In</b> 11am-1pm  <b>Baby Buddies</b> 10:30-11:30am  <b>Little Strollers</b> 11:45-12:45pm	<b>Sensory Room</b> Book via email/phone

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 223 417

**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).

**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.

**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.

**Little Strollers:** join for a gentle walk with your little one in a pushchair. Parents to be are welcome too. The walk is followed by a play and cuppa in the hub. The Thursday walk is supported by a perinatal peer support worker.

**Youth Connect drop in:** Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

**Baby Bounce:** Join us at for fun-filled Baby Bounce sessions where little ones can wiggle, giggle, and bounce to their heart's content.

**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.

**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.

**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.

**Sling Library:** Support for parents to carry their child with different types of carriers and slings.

**Stop Smoking Advice Drop In:** Offering stop smoking advice in pregnancy