

# What's on at Family Hub on the Harbour, Whitehaven

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>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone	<b>Sensory Room</b> Book via email/phone
<b>Howgill Babbling Babies</b> 10-11am	<b>Health Visitor Child Health Clinic</b> 9:30am-4:30pm (Call 03003 049029 to book)	<b>Little Learners</b> 10:30-11:30am	<b>CADAS Family Support Drop In</b> 9:30-11am (5 <sup>th</sup> June & 3 <sup>rd</sup> July)	<b>Play Space Drop In</b> 9:30-11:30am & 1:30-4pm
<b>Community Midwife Clinic</b> 1-5pm (Call 01946 523229 to book)	<b>Baby Buddies</b> 10:30-11:30am	<b>Play Space Drop In</b> 1:30-4:30pm	<b>Family Help Advice Drop In</b> 10am-12pm	<b>Little Strollers</b> 1:00-2:30pm
<b>Play Space Drop In</b> 1:30-3:30pm	<b>Benefits &amp; Employment Drop In</b> 10:30-11:30am		<b>Youth Connect Drop In</b> 1:30-4:30pm (5 <sup>th</sup> June & 10 <sup>th</sup> July)	
<b>#Coffee and Craic</b> 2-5pm			<b>Play Space Drop In</b> 1:30-4:30pm	
<b>Inspira Drop In</b> 4-5pm (Fortnightly starting 9 <sup>th</sup> June)	<b>Play Space Drop In</b> 1:30-3:30pm		<b>Sling Library</b> 2-4pm	

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01946 506 378 Email: [familyhubs@cumberland.gov.uk](mailto:familyhubs@cumberland.gov.uk)



**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 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.

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

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

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

**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.

**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.

**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.

**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.

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