

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

Monday 21st July to Friday 5th September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Room Book via email/phone</p> <p>Community Midwife Clinic 9am -5pm (Call 01946 523229 to book)</p> <p>Howgill Babbling Babies 10-11am 21st & 28th July, 4th August</p> <p>Play Space Drop In 1:30-4:30pm</p> <p>#Coffee and Craic 2-5pm</p> <p>Inspira 4-5pm 21st July, 4th & 18th August & 1st September (Call 0345 658 8647 to book)</p>	<p>Sensory Room Book via email/phone</p> <p>Health Visitor Child Health Clinic 9:30am-4:30pm (Call 03003 049029 to book)</p> <p>Play Space Drop In 1:30-3:30pm</p>	<p>Sensory Room Book via email/phone</p> <p>Play Space Drop In 1-4pm</p> <p>National Play Day at Castle Park 1-4pm 6th August</p> <p>Young Persons Sexual Health Drop In 30th July & 13th August 12-4pm</p>	<p>Sensory Room Book via email/phone</p> <p>Play Space Drop In 1:30-4:30pm</p> <p>Family Fun Day 10am-1pm 28th August</p>	<p>Sensory Room Book via email/phone</p> <p>Play Space Drop In 9:30-11:30am & 1:30-4pm</p> <p>Health Visitor Child Development Clinic 9am-3pm (Call 03003 049029 to book)</p> <p>Summer Fun 0-8 Activity 10-11:30am 1st & 22nd August</p>

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01946 506 378 Email: 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.

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.

Summer Fun 0-8 Activity: Come and join us at our FREE summer fun holiday activity. You can enjoy spending quality time as a family enjoying a range of crafts, messy play, games and much more.

Family Fun Day: Come and join us for lots of fun activities for the whole family and children 0-19 (25 with SEND).

National Play Day at Castle Park: For children aged 0-5 and their families. Older siblings are welcome too!

Inspira Drop In: Offering advice and guidance around further education, training, employment and careers.

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.

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

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

Young Persons Sexual Health Drop In: For young people aged 13+. Advice and sexual health testing. No appointment needed.