

What's on at Cumberland Family Hub - Longtown

Monday 21st July to Friday 5th September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Book via email/phone Soft Play Book via email/phone Infant Massage Book via email/phone 10-11am Starts 4 th August	Sensory Room Book via email/phone Soft Play Book via email/phone Play Space Drop In 10-11:30am Benefits & Employment Drop In 10:30-11:30am Time Together at Harraby Community Centre 11am-12pm 29 th July, 19 th & 26 th August Summer Fun 0-8 Activity 2-3:30pm 12 th August Cumberland Youth Voice Drop In 4:30-6pm 19 th August	Sensory Room Book via email/phone Soft Play Book via email/home Play Space Drop In 9:30-11:30am & 1:30-3:30pm Not on 3 rd September	Sensory Room Book via email/phone Soft Play Book via email/phone Play Space Drop In 9:30-11:30am Family Fun Day 10am-3pm 21 st August	Sensory Room Book via email/phone Soft Play Book via email/phone Summer Fun 0-8 Activity 10-11:30am 22 nd August

Find Us at: Mary Street, Longtown, CA6 5UF

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 226697 Email: familyhubs6@cumberland.gov.uk



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.

Together Time at Whale of a Time Soft Play: An opportunity to get support and advice around your child's needs and have fun in the soft play! For child 0-5 with SEND. This group runs at Harraby Community Centre, CA1 3SN.

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.

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.

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

Cumberland Youth Voice Drop In: If you are age 11+ and want to help us shape what our Family Hubs offer join us for a drop in with food! Contact youth.voice@cumbria.gov.uk for more information.

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