

# What's on at Cumberland Family Hub - Millom

Monday 21st July to Friday 5<sup>th</sup> September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sensory Room</b> Book via email/phone  <b>Play Space Drop in</b> 1- 3pm  <b>Messy Babies</b> 10:30am-12pm 11 <sup>th</sup> & 18 <sup>th</sup> August	<b>Sensory Room</b> Book via email/phone  <b>Infant Massage</b> Book via email/phone 10 -11am Starts 22 <sup>nd</sup> July	<b>Sensory Room</b> Book via email/phone  <b>Play Space Drop in</b> 9:30-11:30am  <b>Summer Fun 0-8 Activity</b> 10am-12:30pm 30 <sup>th</sup> July  <b>Family Fun Day</b> 10am-1pm 27 <sup>th</sup> August	<b>Sensory Room</b> Book via email/phone  <b>Messy Babies</b> 1-2:30pm 31 <sup>st</sup> July & 7 <sup>th</sup> August	<b>Sensory Room</b> Book via email/phone  <b>Infant Feeding Support</b> 10-11am

Find Us at: Lapstone Road, Millom, LA18 4LP

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01229 404045 Email: [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk)

**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](mailto: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.

**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 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.

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

**Messy Babies:** Have fun with your baby exploring a range of different sensory and messy activities. Bookable via email [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk)