

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Play Space</b> 9:30-11:30am Not on 18<sup>th</sup> August</p> <p><b>Benefits &amp; Employment Drop In</b> 11am-12pm</p> <p><b>Family Fun Day &amp; Colour Run</b> 10am-3pm 18<sup>th</sup> August</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Infant Feeding Support</b> 10:30-11:30am 22<sup>nd</sup> &amp; 29<sup>th</sup> July, 19<sup>th</sup> &amp; 26<sup>th</sup> Aug &amp; 2<sup>nd</sup> Sept</p> <p><b>Little Strollers &amp; Picnic in the Park</b> 11:45am -12:45pm 22<sup>nd</sup> &amp; 29<sup>th</sup> July, 19<sup>th</sup> &amp; 26<sup>th</sup> Aug &amp; 2<sup>nd</sup> Sept</p> <p><b>Ready, Steady, School</b> Book via email 1-2:30pm 29<sup>th</sup> July</p> <p><b>Time Together at Whale of a Time Soft Play at Harraby Community Centre</b> 11am-12pm 29<sup>th</sup> July, 19<sup>th</sup> &amp; 26<sup>th</sup> August</p> <p><b>Cumberland Youth Voice Drop In</b> 4:30-6pm 5<sup>th</sup> August &amp; 2<sup>nd</sup> September</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>National Play Day at Bitts Park</b> 1-4pm 6<sup>th</sup> August</p> <p><b>Summer Fun 0-8 Activity Drop In</b> 10-11:30am 20<sup>th</sup> &amp; 27<sup>th</sup> August</p> <p><b>Starting Solids Workshop</b> Book via email/phone 1:30-2:30pm 23rd July</p> <p><b>Young Persons Sexual Health Drop In</b> 1-4pm 20<sup>th</sup> August</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Stop Smoking in Pregnancy Advice</b> 9:30-11am</p> <p><b>CADAS Family Support Drop In</b> 11am-1pm</p> <p><b>Little Strollers</b> 11:45-12:45pm 24<sup>th</sup> &amp; 31<sup>st</sup> July, 7<sup>th</sup> &amp; 14<sup>th</sup> August</p>	<p><b>Sensory Room</b> Book via email/phone</p> <p><b>Infant Massage</b> Book via email/phone 10-11am Starts 1<sup>st</sup> August</p> <p><b>Young Mums Walk &amp; Talk</b> 11am-12pm 1<sup>st</sup>, 8<sup>th</sup> &amp; 15<sup>th</sup> Aug</p> <p><b>Play Space</b> 1-3pm 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> &amp; 29<sup>th</sup> August</p>

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 223 417 Email: familyhubs7@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 [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.

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

**Little Strollers & Picnic in the Park:** For parents to be and parents with children in a pushchair or walking. Come and join us for a gentle walk and talk with other parents. You are welcome to bring your own lunch for a picnic!

**Happy Mums Young mums walk and talk:** From teens to early 20's, if you feel you're a younger mum, or you feel you've been treated differently because of your age, this is a safe place for you to join us on a walk and have a chance to talk. Meet at the bottom of steps at 11am outside Morton family hub for a walk around Chances Park and a cuppa in the hub afterwards.

**Time Together 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.

**Starting Solids Workshop:** Come and join us for our FREE workshop where you can gain information on when and how to start weaning your baby. Book via email/phone.

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

**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. Contact CADAS on 0300 111 4002 for more information.

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

**Little Strollers:** Join us 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. This walk is supported by a perinatal support worker.

**National Play Day at Bitts Park:** For children aged 0-5 and their families. Older siblings are welcome too! No need to book, just come along!

**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](mailto:youth.voice@cumbria.gov.uk)

**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.

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