

What's on at Chances Family Hub, Carlisle

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Book via email/phone Play Space Drop In 9.30-11.30am Little Learners (Term Time only) 1.30-2.30pm	Sensory Room Book via email/phone Time Together @ Harraby Community Centre, Whale of a Time Soft Play, Edgehill Road, Harraby, CA1 3SN (Term Time only) 11.00am- 12.00pm Infant Feeding @ Newtown Family Hub, 19-23 Shadygrove Road, Carlisle CA2 7LE 10.00-11.30am Little Strollers @ Newtown Family Hub, 19-23 Shadygrove Road, Carlisle CA2 7LE 11.45am-12.15pm Growing Together Book via email/phone 4.00-5.00pm (Starting 23 Sept- 28 Oct) Cumberland Youth Voices 4.30-6.00pm (2 September & 7 October)	Sensory Room Book via email/phone Play Space Drop In 9.30-11.00am Family Help Advice Drop In 10.00am-12.00pm Home Education & Inspiration Drop In 11.00am-1.00pm (24 Sept) Youth Connect Drop In 1.30-4.30pm (8 Oct) Young Persons Sexual Health Drop in 3.30-6.00pm (22 Oct)	Sensory Room Book via email/phone CADAS Family Support Drop In 9.00am-3.00pm Stop Smoking in Pregnancy Advice 9.30-11.00am Sling Library 11.30am-1.30pm (11 & 25 Sept, 9 & 23 Oct) Baby Buddies @ Newtown Family Hub, 19-23 Shadygrove Road, Carlisle CA2 7LE (Term Time only) 10.30-11.30am	Sensory Room Book via email/phone Toddler Tales 10.00-11.00am (Starting 12 Sept- 10 Oct)

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 223 417 Email us: 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.

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.

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

Toddler Tales- FREE 5 week drop in session for children 0-5 years and their families. Toddler Tales is led by our Family Hub team and your local library. If you would like some tips and ideas on how to make stories come alive for your little ones this session is for you. Each week we will have lots of fun reading stories, signing songs and making crafts.

Sling Library: Support for parents to carry their child with different types of carriers and slings.

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. The Thursday walk is supported by a perinatal peer support worker.

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.

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.

Growing together- for women who are over 27 weeks pregnant, parents to be and their birth partners. Led by our Family Hub team and a midwife we offer lots of advice and support about your pregnancy, preparing for birth and taking care of baby.

Cumberland Youth Voices: These relaxed sessions are a chance to share ideas, meet others, and make a real difference to the spaces and services designed for families and young people in our communities. Snacks and drinks will be provided and no sign-up is needed.

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

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.

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

Young Persons Sexual Health Drop In: For young people aged 13+. Advice & sexual health testing.

Home Education & Inspira Drop In: For more information email ElectiveHomeEducation@cumberland.gov.uk

CADAS Family Support Drop In: Contact CADAS on 0300 111 4002 for more information.

