

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

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Room Book via email/phone</p> <p>Play Space Drop In @ South Whitehaven Family Hub Whinlatter Road, Whitehaven, CA28 8DA 9.30-11.30</p> <p>Howgill Babbling Babies 10.00-11.00am</p> <p>Community Midwife Clinic 1.00-5.00pm (Call 01946 523229 to book)</p> <p>Play Space Drop In 1.00-4.00pm</p> <p>#Coffee and Craic 2.00-5.00pm</p> <p>Inspira Drop In 4.00-5.00pm (15 Sept, 29 Sept & 13 Oct)</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>Baby Buddies (Term Time only) 10.30-11.30am</p> <p>Benefits & Employment Drop In 10.30-11.30am</p> <p>Play Space Drop In 1.30-3.30pm</p>	<p>Sensory Room Book via email/phone</p> <p>Little Learners (Term Time only) 10.30-11.30am</p> <p>Time Together (SEND group) (Term Time only) 1.30-2.30pm</p>	<p>Sensory Room Book via email/phone</p> <p>CADAS Family Support Drop In 9.30-11.00am (25 September, 3 October & 23 October)</p> <p>Family Help Advice Drop In 10.00am-12.00pm</p> <p>Play Space Drop In 1.00- 4.00pm</p> <p>Youth Connect Drop In 1.30-4.30pm (9 October)</p> <p>Sling Library 11.30am- 1.30pm (4 & 18 September 2 & 16 October)</p>	<p>Sensory Room Book via email/phone</p> <p>Play Space Drop In 9.30-11.30am</p> <p>Little Strollers with Play Space 1.00-2.30pm</p> <p>Health Visitor Child Health Clinic 9.00am-3.00pm (Call 03003 049029 to book)</p> <p></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.

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

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.

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

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities as well as you having the opportunity to speak to our experienced SEND workers who can offer arrange of support and advice.

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

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.

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

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.

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

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