

What's on at Family Hub on the Border, Longtown

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Family Help Advice Drop In 9.30-11.30am</p> <p>Infant Massage Book via email/phone 10.00-11.00am (Starting 15 Sept-13 Oct)</p> <p>Play Space Drop In 10.00am-12.00pm (Starting 15 Sept)</p> <p>Youth Connect Drop In 1.30-4.30pm (6 Oct)</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Little Learners (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>Cumberland Youth Voices 4.30-6.00pm (16 Sept & 21 Oct)</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/home</p> <p>Play Space Drop In 9.30- 11.30am & 1.30-3.30pm</p> <p>Home Education & Inspira Drop In 11.00am-1.00pm (15 Oct)</p> <p>Little Strollers 11.45am- 12.15pm (Starting 10 Sept- 22 Oct)</p> <p>Starting Solids Workshop Book via email/phone 1.30-2.30pm (24 Sept)</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Play Space Drop In 9.30-11.30am</p> <p>Baby Buddies (Term Time only) 1.30-2.30pm</p>	<p>Sensory Room Book via email/phone</p> <p>Soft Play Book via email/phone</p> <p>Music & Rhyme 10.00-11.00am (Starting 26 Sept- 24 Oct)</p>

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call: 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.

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 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.

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

Music and Rhyme: is led by our Family Hub team who will give you lots of tips about making song time fun. With a range of different activities including parachute games, popping bubbles and musical instruments you will have lots of opportunities to practice singing and moving together as a family.

Starting Solids Workshop: is a FREE session for parents with babies who are thinking about introducing solid foods to their babies. You will get lots of information, support and advice so you can confidently get weaning off to the right start. Email to book your place.

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

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.

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

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.

