

What's on at Family Hub in Millom

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Book via email/phone Music and Rhyme (Term Time only) 10.30-11.30am CADAS Family Support Drop In 10.00-11.00am (15 September & 20 October)	Sensory Room Book via email/phone Infant Massage 10.00-11.00am (Starting 9 Sept- 7 Oct) Little Learners (Term Time only) (Starting 16 September) 1.30pm-2.30pm Family Help Advice Drop In 10.00am-12.00pm Inspira Drop In 1.00-3.00pm (23 Sept & 21 Oct) Youth Connect Drop In 1:30-4:30pm (7 October)	Sensory Room Book via email/phone Kinship Carers Support Group (10 Sept 1.00-3.00pm 22 Oct 10.00am-12.00pm) Cumberland Youth Voices 4.30-6.00pm (10 September & 8 October)	Sensory Room Book via email/phone Baby Buddies (Term Time only) 1.00-2.00pm Home Education & Inspira Drop In 11.00am-1.00pm (23 October)	Sensory Room Book via email/phone Infant Feeding Support 10.00-11.00am Play Space Drop In 1.00-2.30pm

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

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01229 404045 Email us: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

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.

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.

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: For babies/children 0-5 and their families. Different activities - parachutes, bubbles, music and songs.

Kinship Carers Support Group: please email SGOsupport@cumbria.gov.uk to contact for more information or to book

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

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

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.

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

