

What's on at Chance's Family Hub and the Carlisle area

Monday 3rd November to Friday 19th December 2025

Keep an eye out for a separate timetable for: Baby Week 14th November to 21st November

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room Bookable Little Learners 10:30am - 11:30am Benefits & Employment Drop-in 11:00am - 12:00pm (17 th November & 15 th December) Play Space 1:30pm - 3:30pm	Sensory Room Bookable Play Space 9:30am - 11:30am Growing Together 4pm - 5pm (18 th , 25 th November & 2 nd , 9 th and 16 th December) Cumberland Youth Voice Drop-in 4pm - 6pm (4 th November & 2 nd December)	Sensory Room Bookable Family Help Advice Drop-in 10:00am - 12:00pm Infant Massage Bookable 11:30am - 12:30pm Youth Connect Drop-in 1:30pm - 4:30pm (5 th November, 10 th December)	Sensory Room Bookable Benefits & Employment Drop-in 9am - 1pm (6 th November & 4 th December) Stop Smoking in Pregnancy Advice 9:30am - 11:00am CADAS Support Drop-in 11am - 1pm Sling Library 11:30am - 1:30pm (13 th & 27 th November, 11 th December) Happy Mums 12:00pm - 1:30pm (6 th & 20 th November & 4 th & 18 th December)	Sensory Room Bookable Music & Rhyme 10am - 11am (Ends 5 th December)

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Harraby Community Centre Edgehill Road, Harraby, Carlisle, CA1 3SN		Time Together (SEND Group) 11am - 12pm			
Newtown Family Hub 19-23 Shadygrove Road, Carlisle, CA2 7LE		Infant Feeding 10:00am - 11:30am		Baby Buddies 10:30am - 11:30am	

Chances Family Hub, Wigton Road, Carlisle, CA2 6JP
 Call Us: 01228 223 417 Email us: familyhubs7@cumberland.gov.uk
 Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via phone/email.

Play Space: A parent led drop in session where parent/carers 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. **(Newtown Family Hub)**

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.

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker. **(Harraby Community Centre)**

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes.

Infant Massage: A bookable short course to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.

Music & Rhyme: With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

Family Help Advice Drop-in: Offering advice and support about how Early Help can support your family.

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

Infant Feeding: 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. **(Newtown Family Hub)**

CADAS Family Support Drop-in:

Contact CADAS on 0300 111 4002 for more information.

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

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 Voice: 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.

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

The Happy Mums Foundation: For mum's and mums to be. Come have a chat with a member of our team.