

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

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
Family Hub on the Border Longtown	Sensory Room Bookable Soft Play Bookable Health Visitor Clinic Bookable 9:00am - 1:00pm Family Help Advice Drop-in 9:30am - 12:30pm Time Together (SEND Group) 10am - 11am Infant Massage Bookable 10am - 11am Youth Connect Drop-in 1:30pm - 4:30pm (3 rd November & 8 th December)	Sensory Room Bookable Soft Play Bookable Little Learners 10:30am - 11:30am Benefits & Employment Drop-in 10:30am - 11:30am (4 th & 25 th November, 9 th December) Play Space 1:30pm - 3:30pm	Sensory Room Bookable Soft Play Bookable Play Space 1:30pm - 3:30pm	Sensory Room Bookable Soft Play Bookable Play Space 9:30am - 11:30am Baby Buddies 1:30pm - 2:30pm	Sensory Room Bookable Soft Play Bookable Toddler Tales @ Longtown Library 10am - 11am (Ends 5 th December)

Family Hub on the Border, Mary Street, Longtown, CA6 5UG Call: 01228 226 697 Email: familyhubs6@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.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with both interactive and independent play. Suitable for 0-5. Bookable via phone/email.

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

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.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes. **(Longtown Library)**

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.

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.

Health Visitor Clinic: Bookable - 03003 049 029