

What's on at the Family Hub on the Harbour and Whitehaven 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
Family Hub on the Harbour Whitehaven	Sensory Room Bookable Babbling Babies 10:00am - 11:00am Midwife Clinic Bookable 1pm - 5pm Play Space 1pm - 4pm #Coffee & Craic 2pm - 5pm Inspira Drop-in 4pm - 5pm (10 th & 24 th November, 8 th December)	Sensory Room Bookable Health Visitor Clinic Bookable 9:30am - 4:30pm Baby Buddies 10:30am - 11:30am Benefits & Employment Drop In 10:30am - 11:30am Play Space 1:30pm - 3:30pm	Sensory Room Bookable Little Learners 10:30am - 11:30am	Sensory Room Bookable Early Help Drop In 10am - 12pm Sling Library 11:30am - 1:30pm (6 th & 20 th November, 4 th & 18 th December) Play Space 1pm - 4pm	Sensory Room Bookable Play Space 9:30am - 11:30am Health Visitor Clinic Bookable 9am - 3pm Music & Rhyme 1:30pm - 2:30pm (Starting 21 st November)
Valley Family Hub Whinlatter Road, Whitehaven, CA28 8DA	Play Space 9:30am - 10:30am Baby Buddies 11am - 12pm		Time Togther (SEND Group) 1.30-2.30pm	Health Visitor Clinic Bookable 9:00am - 5:00pm	Health Visitor Clinic Bookable 9:00am - 5:00pm

Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ Call Us: 01946 506 378 Email: familyhubs@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.

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.

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

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.

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

Babbling Babies: Ran by Howgill - A drop in session with stories, rhymes and activities. From birth to active walking.

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

Midwife Clinic: Bookable - 01946 523 229

Health Visitor Clinic: Bookable - 03003 049 029