

What's on at the Family Hub in Millom

Monday 5th January to Friday 13th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Millom Family Hub Millom		Health Visitor Clinic <i>(Bookable)</i> 9:00am - 5:00pm Childminder Drop in 10:00am - 12:00pm <i>(3rd February)</i> Early Help Drop in <i>(Please note this is via teams and not in person To make contact please see details on the back page)</i> 10:00am - 12:00pm Inspira Drop in 1:00pm - 2:30pm <i>(20th January, 24th February)</i>	Kinship Carer's Group 10:00am - 12:00pm <i>(16th January, 25th February)</i>	Sensory Room <i>(Bookable)</i> Good Enough Start Together Time 10:00am - 11:15am Baby Buddies 1:00pm - 2:00pm Growing Together 3:00pm - 4:00pm <i>(Starts 15th January)</i>	Sensory Room <i>(Bookable)</i> Infant Feeding 10:00am - 11:00am <i>(Starts 9th January)</i> Benefits & Employment Drop in 10:15am - 11:15am Play Space Drop in 1:00pm - 2:30pm
Millom Library Salthouse Road, Millom, LA18 5AB			Toddler Tales 11:15am - 12:00pm <i>(Starts 14th January)</i>		

Millom Family Hub, Lapstone Road, Millom, LA18 4LP Call Us: 01229 404 045 Email us: familyhubs3@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.

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

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.

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

- **At Millom only** This service will be provided online. To get in touch with Karen please call: 07885 405 708 or 01946 383698 alternatively email on: Karen.ross@cumberland.gov.uk

Good Enough Start Together Time: Looking for a fun, hands-on way to connect with your little one? Together Time is all about sensory play, giving babies the chance to explore new textures, colours, and activities while you learn more about their emotional and social development in a relaxed, supportive space.

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

Kinship Carers Group: For more information or to book. Please email: SGOsupport@cumbria.gov.uk

Childminder Drop in: An opportunity to meet up with other childminders, share ideas and gain support from one another and one of our Early Years Advisors.

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

Health Visitor Clinic: Bookable - 03003 049 029