

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

Monday 5th January to Friday 13th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room <i>(Bookable)</i> Little Learners 10:00am - 11:00am <i>(Starts 12th January)</i> Benefits & Employment Drop in 11:00am - 12:00pm <i>(19th January, 16th February)</i> Play Space Drop in 1:30pm - 3:30pm	Sensory Room <i>(Bookable)</i> Kinship Group 10:00am - 12:00pm <i>(20th January, 24th February)</i> Growing Together 4:00pm - 5:00pm <i>(Bookable)</i> Dates TBC Cumberland Youth Voice Drop in 4:00pm - 6:00pm <i>(6th January, 3rd February)</i>	Sensory Room <i>(Bookable)</i> Early Help Drop in 10:00am - 12:00pm Infant Massage 11:00am - 12:00pm <i>(Bookable)</i> Play Space Drop in 1:30pm - 3:30pm	Sensory Room <i>(Bookable)</i> Stop Smoking in Pregnancy Advice 9:30am - 11:00am CADAS Support Drop in 11:00am - 1:00pm Sling Library 11:30am - 1:30pm <i>(15th & 29th January, 12th and 26th February)</i> Happy Mums 12:00pm - 1:30pm <i>(22nd January, 5th and 19th February)</i>	Sensory Room <i>(Bookable)</i>

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 Drop in: 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)**

Starting Solids Workshop: is a FREE session for parents with babies who are thinking about introducing solid foods to their babies. You will get lots of information, support and advice so you can confidently get weaning off to the right start. Email to book your place.

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

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)

Early Help 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.

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.

Home Education Drop in: Are you new to home educating or want to find out more about home education? Do you want to meet other home educators and have a chat about different ideas and resources? Come along to our information and guidance drop in sessions.

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

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Harraby Community Centre Edgehill Road, Harraby, Carlisle, CA1 3SN		Time Together (SEND Group) 11:00am - 12:00pm <i>(Starts 13th January)</i>			
Newtown Family Hub 19-23 Shadygrove Road, Carlisle, CA2 7LE		Infant Feeding 10:00am - 11:30am <i>(Starts 13th January)</i>	Starting Solids (Bookable) 1:30pm - 2:30pm <i>(4th February)</i>	Baby Buddies 10:00am - 11:00am Home Education Drop in 11:30am - 1:30pm <i>(12th February)</i>	
Petteril Bank Spoke Hub Burnett road, Carlisle, CA1 3BX				Music & Movement 2:00pm - 3:00pm	

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 Call Us: 01228 223 417 Email us: familyhubs7@cumberland.gov.uk
 Follow us on Facebook/Instagram: @CumberlandFamilyHubs