

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Family Hub on the Harbour Whitehaven | Sensory Room <i>(Bookable)</i> Howgill Babbling Babies 10:00am - 11:00am Infant Massage <i>(Bookable)</i> Play Space 1:30pm - 3:30pm <i>(Starts 12th January)</i> Kinship Group 10:00-11:30am <i>(26th January)</i> Midwife Clinic <i>(Bookable)</i> 1:00pm - 5:00pm #Coffee & Craic 2:00pm - 5:00pm Inspira Drop in 4:00pm - 5:00pm <i>(19th January, 2nd and 16th February)</i> | Sensory Room <i>(Bookable)</i> Health Visitor Clinic <i>(Bookable)</i> 9:30am - 4:30pm Benefits & Employment Drop in 10:30am - 11:30am | Sensory Room <i>(Bookable)</i> Little Learners 11:00am - 12:00pm | Sensory Room <i>(Bookable)</i> Early Help Drop in 10:00am - 12:00pm Sling Library 11:30am - 1:30pm <i>(8th & 22nd January, 5th & 19th February)</i> Play Space 1:00pm - 3:00pm Growing Together 4:00pm - 5:00pm <i>(Bookable)</i> <i>(Starts 26th February)</i> | Sensory Room <i>(Bookable)</i> Health Visitor Clinic <i>(Bookable)</i> 9:00am - 3:00pm Play Space 9:30am - 11:30am ** NEW** Infant Feeding 10:30am - 11:30am <i>(Starts 9th January)</i> Music & Movement 1:30pm - 2:30pm |

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.

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.

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.

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.

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

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

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.

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

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

Inspira Drop in: (careers support and advice) will also be in attendance, particularly to support those with young people in Years 10 and 11 with careers support and advice.

Some of our sessions will be attended by health colleagues, including an OT specialising in Sensory Processing needs, and the immunisation team, alongside other support groups and charities, such as Active Cumbria and ASAAC.

Howgill 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

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

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| Valley Family Hub Whinlatter Road, Whitehaven, CA28 8DA | <p>Play Space Drop in 10:00am - 11:30am (Starts 12th January)</p> <p>Baby Buddies 1:30pm - 2:30pm (Starts 12th January)</p> | | | Health Visitor Clinic <i>(Bookable)</i> 9:00am - 5:00pm | Health Visitor Clinic <i>(Bookable)</i> 9:00am - 5:00pm |
| Whitehaven Library Lowther Street, Whitehaven CA28 7QZ | | | | Toddler Tales 2:00pm - 2:45pm (Starts 22nd January) <i>Term time only</i> | |