

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room <i>(Bookable)</i> Benefits & Employment Drop in 11:00am - 12:00pm To book: (See information page) <i>(16th February)</i>	Sensory Room <i>(Bookable)</i> Kinship Group 10:00am - 12:00pm <i>(24th February)</i> Growing Together 4:00pm - 5:00pm <i>(Bookable)</i> Dates TBC	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 Baby Shower 4:00pm - 6:00pm <i>(25th February)</i> <i>The following week</i>	Sensory Room <i>(Bookable)</i> Stop Smoking in Pregnancy Advice 9:30am - 11:00am CADAS Support Drop in 11:00am - 1:00pm Happy Mums 12:00pm - 1:30pm <i>(19th February)</i> Sling Library 11:30am - 1:30pm <i>(26th February)</i>	Sensory Room <i>(Bookable)</i>
Newtown Family Hub 19-23 Shadygrove Road, Carlisle, CA2 7LE	0-8 Holiday Activity Just Drop-in 1:30pm - 3:00pm	Infant Feeding 10:00 am - 11:30 am			

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.

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.

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)

0-8 Activities: Come and join us at our FREE February half-term fun holiday activity. Our theme will be based on a family favourite book whilst spending quality time as a family enjoying a range of crafts, messy and imaginative play, games and much more.

Baby Shower:

Are you or your partner pregnant (28 weeks or more)? If so come and join us for a fun filled session at the Chances Family Hub. There will be a range of local maternity services for you to meet and a range of bump themed activities such as a bump photo shoot, baby grow designing, hand print crafts and more!

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.

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 in Pregnancy Advice Drop-in: Offering stop smoking advice in pregnancy

Cumberland 0-19 Public Health Session:

To contact the Cumberland health visiting service please visit:

<https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call 0300 304 9029

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

To book to meet one of the team please email:

family.communityteam@cumbria.gov.uk

The Happy Mums Foundation: For mum's and mums to be. Come have a chat with a member of our team.

Kinship Carers Group: For more information or to book.

Please email: SGOsupport@cumbria.gov.uk