

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chances Family Hub</b> Carlisle	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Little Learners</b> 10:00am - 11:00am</p> <p><b>Benefits &amp; Employment Drop in</b> 11:00am - 12:00pm <b>To book:</b> (See information page) (16<sup>th</sup> March)</p> <p><b>Play Space Drop in</b> 1:30pm - 3:30pm</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Kinship Group</b> 10:00am - 12:00pm (24<sup>th</sup> February &amp; 24<sup>th</sup> March)</p> <p><b>Growing Together</b> 4:00pm - 5:00pm <i>(Bookable)</i> (17<sup>th</sup> March to 21<sup>st</sup> April)</p> <p><b>Cumberland Youth Voice Drop in</b> 4:30pm - 6:00pm (3<sup>rd</sup> March, 7<sup>th</sup> April)</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Early Help Drop in</b> 10:00am - 12:00pm</p> <p><b>Infant Massage</b> 11:00am - 12:00pm <i>(Bookable)</i></p> <p><b>Toddler Tales</b> 1:00pm - 2:00pm</p> <p><b>Baby Shower Drop-in</b> 4:00pm - 6:00pm (25<sup>th</sup> February)</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Stop Smoking in Pregnancy Advice</b> 9:30am - 11:00am</p> <p><b>CADAS Support Drop in</b> 11:00am - 1:00pm</p> <p><b>Sling Library</b> 11:30am - 1:30pm (26<sup>th</sup> February, 12<sup>th</sup> &amp; 26<sup>th</sup> March, 9<sup>th</sup> April)</p> <p><b>Happy Mums</b> 12:00pm - 1:30pm (5<sup>th</sup> &amp; 19<sup>th</sup> March, 2<sup>nd</sup> April)</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Play Space Drop in</b> 9:30am - 11:30am</p>

**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)**

**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:** For ages 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing! **(Petteril Bank Spoke Hub)**

**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:** (11-19 year olds) 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.  
To book to meet one of the team please email:  
[family.communityteam@cumbria.gov.uk](mailto: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](mailto:SGOsupport@cumbria.gov.uk)

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

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

## Monday 23<sup>rd</sup> February to Friday 27<sup>th</sup> March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Harraby Community Campus</b> Edgehill Road, Harraby, Carlisle, CA1 3SN		<b>Time Together</b> (SEND Group) 11:00am - 12:00pm			
<b>Newtown Family Hub</b> 19-23 Shadygrove Road, Carlisle, CA2 7LE		<b>Infant Feeding</b> 10:00am - 11:30am		<b>Baby Buddies</b> 10:00am - 11:00am	
<b>Petteril Bank Family Hub</b> Burnett road, Carlisle, CA1 3BX				<b>Music &amp; Movement</b> 2:00pm - 3:00pm (Starts 5 <sup>th</sup> March)	

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 Follow us on Facebook/Instagram: @CumberlandFamilyHubs