

What's on at the Family Hub in Millom

February Half-Term – Monday 16th February to Friday 20th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Millom Family Hub Millom		Cumberland 0-19 Public Health Session 9:00am - 5:00pm 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>(24th February)</i>	Kinship Carer's Group 10:00am - 12:00pm <i>(25th February)</i>	Sensory Room <i>(Bookable)</i> Good Enough Start Together Time 10:00am - 11:15am	Sensory Room <i>(Bookable)</i> Benefits & Employment Drop in 10:15am - 11:15am 0-8 Holiday Activity Just Drop in 10:30am - 12:00pm Play Space Drop in 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.

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.

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.

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.

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

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

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