

What's on at the Family Hub in Millom

Monday 23rd February to Friday 27th March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Millom Family Hub Millom		Cumberland 0-19 Public Health Session 9:00am - 5:00pm Infant Feeding 10:00am - 11:00am Music & Movement 1:00pm - 2:00pm (Starts 3rd March) Childminder Drop in 10:00am - 12:00pm <i>(17th March)</i> Early Help Drop in <i>(via teams and not in person)</i> 10:00am - 12:00pm Inspira Drop in 1:00pm - 2:30pm <i>(24th February & 24^h March)</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 Baby Buddies 1:00pm - 2:00pm Growing Together <i>(Bookable) (TBC)</i> 3:00pm - 4:00pm	Sensory Room <i>(Bookable)</i> Benefits & Employment Drop in 10:15am - 11:15am Play Space Drop in 1:00pm - 2:30pm
Millom Library Salthouse Road, Millom, LA18 5AB			Toddler Tales 11:15am - 12:00pm		

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: 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.

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

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.

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!

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.

- **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

Childminder Drop in: An opportunity to meet up with other childminders, share ideas and gain support from one another and one of our Early Years Advisors.

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