

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	Sensory Room <i>(Bookable)</i> Soft Play <i>(Bookable)</i> Cumberland 0-19 Public Health Session 9:00am - 1:00pm Early Help Drop in 10:30am - 11:30am (23 rd February) Benefits & Employment Drop in 10:30am - 11:30am To book: (See information page) (23 rd February) Infant Massage <i>(Bookable)</i> 1:30pm - 2:30pm	Sensory Room <i>(Bookable)</i> Soft Play <i>(Bookable)</i> Child Centred Policing Team Online Safety Drop- in 9:00am - 5:00pm Cumberland Youth Voice Drop in 4:30pm - 6:00pm (17 th February) 0-8 Holiday Activity Just Drop in 10:30am - 12:00pm	Sensory Room <i>(Bookable)</i> Soft Play <i>(Bookable)</i> ** NEW** Infant Feeding 11:00am - 12:00pm Play Space 1:30pm - 3:30pm	Sensory Room <i>(Bookable)</i> Soft Play <i>(Bookable)</i> Play Space 9:30am - 11:30am	Sensory Room <i>(Bookable)</i> Soft Play <i>(Bookable)</i>

Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via phone/email.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with both interactive and independent play. Suitable for 0-5. 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.

Benefits & Employment Drop In (bookable): 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

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

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**

Cumberland Youth Voice: 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.