

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	<p>Sensory Room <i>(Bookable)</i></p> <p>Soft Play <i>(Bookable)</i></p> <p>Cumberland 0-19 Public Health Session 9:00am - 1:00pm</p> <p>Early Help Drop in 10:00am - 12:00pm</p> <p>***NEW*** Music and Movement 10:00am - 11:00am (Starts 2nd March)</p> <p>Benefits & Employment Drop in 10:30am - 11:30am (To book, see information page) <i>(23rd February & 30th March)</i></p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Soft Play <i>(Bookable)</i></p> <p>Little Learners 10:00am - 11:00am</p> <p>Cumberland Youth Voice Drop in 4:30pm - 6:00pm <i>(17th March)</i></p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Soft Play <i>(Bookable)</i></p> <p>** NEW** Infant Feeding 11:00am - 12:00pm</p> <p>Play Space 1:30pm - 2:30pm</p> <p>Starting Solids 1:30pm - 2:30pm (15th April) <i>(Bookable)</i></p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Soft Play <i>(Bookable)</i></p> <p>Play Space 9:30am - 11:30am</p> <p>Baby Buddies 1:30pm - 2:30pm (Starts 5th March)</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Soft Play <i>(Bookable)</i></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: 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.

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.

Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers.

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.

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.

Starting Solids Workshop: is a FREE session for parents with babies who are thinking about introducing solid foods to their babies. You will get lots of information, support and advice so you can confidently get weaning off to the right start. Email to book your place.

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!

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

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://hdfchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call **0300 304 9029**

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.