

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Harbour Whitehaven	<p>Sensory Room <i>(Bookable)</i></p> <p>Infant Massage <i>(Bookable)</i></p> <p>Midwife Clinic <i>(Bookable)</i> 1:00pm - 5:00pm</p> <p>#Coffee & Craic 2:00pm - 5:00pm</p> <p>Inspira Drop in 4:00pm - 5:00pm (16th February)</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Cumberland 0-19 Public Health Session 9:30am - 4:30pm</p> <p>Child Centred Policing Team Online Safety Drop- in 9:00am - 5:00pm</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>0-8 Holiday Activity Just Drop in 10:30am - 12:00pm</p> <p>Benefits & Employment Drop in 10:30am - 11:30am</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Early Help Drop in 10:00am - 12:00pm</p> <p>Sling Library 11:30am - 1:30pm (19th February)</p> <p>Play Space 1:00pm - 3:00pm</p> <p>Growing Together 4:00pm - 5:00pm <i>(Bookable)</i> (Starts 26th February)</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Cumberland 0-19 Public Health Session 9:00am - 3:00pm</p>
Valley Family Hub Whinlatter Road, CA28 8DA				<p>Cumberland 0-19 Public Health Session 9:00am - 5:00pm</p>	<p>Cumberland 0-19 Public Health Session 9:00am - 5:00pm</p>

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

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.

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.

#CoffeeandCraic: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

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.

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.

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

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

Inspira Drop in: (careers support and advice) will also be in attendance, particularly to support those with young people in Years 10 and 11 with careers support and advice. Some of our sessions will be attended by health colleagues, including an OT specialising in Sensory Processing needs, and the immunisation team, alongside other support groups and charities, such as Active Cumbria and ASAAC.

Sling Library: Support for parents to carry their child with different types of carriers and slings.

Midwife Clinic: Bookable - 01946 523 229

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