

What's on at the Family Hub on the Harbour and Whitehaven area

Monday 23rd February to Friday 27th March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Harbour Whitehaven	<p>Sensory Room <i>(Bookable)</i></p> <p>Howgill Babbling Babies 10:00am - 11:00am</p> <p>Kinship Group 10:00-11:30am <i>(23rd February & 23rd March)</i></p> <p>Cumberland 0-19 Public Health Session 1:00pm - 5:00pm</p> <p>#Coffee & Craic 2:00pm - 5:00pm</p> <p>Inspira Drop in 4:00pm - 5:00pm <i>(2th, 16th & 30th March)</i></p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Cumberland 0-19 Public Health Session 9:30am - 4:30pm</p> <p>Play Space 1:00pm - 3:00pm</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Benefits & Employment Drop in 10:30am - 11:30am</p> <p>Little Learners 11:00am - 12:00pm</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 <i>(5th & 19th March, 2nd & 16th April)</i></p> <p>Growing Together 4:00pm - 5:00pm <i>(Bookable)</i> <i>(Starts 26th February to 2nd April)</i></p> <p>Hub2u 3:00pm - 6:00pm <i>(26th February to 26th March)</i> (Venue tbc)</p>	<p>Sensory Room <i>(Bookable)</i></p> <p>Cumberland 0-19 Public Health Session 9:00am - 3:00pm</p> <p>Play Space 9:30am - 11:30am</p> <p>** NEW** Infant Feeding 10:30am - 11:30am</p> <p>Music & Movement 1:30pm - 2:30pm</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 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.

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.

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!

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.

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.

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

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

Hub2u: is Cumberland's mobile Family Hub. It brings essential support services directly to families and young people, especially in rural and remote areas. The pop-up service travels to local communities across Cumberland, providing access to a wide range of family and youth support services (Location to be confirmed, please check out our Facebook page)

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.

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.

Howgill Babbling Babies: Ran by Howgill - A drop in session with stories, rhymes and activities. From birth to active walking.

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

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**

Kinship Carers Group: For more information or to book.

Please email: SGOsupport@cumbria.gov.uk



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Valley Family Hub Whinlatter Road, Whitehaven, CA28 8DA	Play Space Drop in 10:00am - 11:30am Infant Massage (Bookable) (TBC) Baby Buddies 1:30pm - 2:30pm			Cumberland 0-19 Public Health Session 9:00am - 5:00pm	Cumberland 0-19 Public Health Session 9:00am - 5:00pm
Whitehaven Library Lowther Street, Whitehaven CA28 7QZ				Toddler Tales 2:00pm - 2:45pm	