

What's on at the Family Hub on the Harbour and Whitehaven area Easter Holidays - Monday 30th March to Friday 10th April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Harbour Whitehaven	<p><u>30th March Only</u></p> <p>Sensory Room (Bookable)</p> <p>Community Midwives (Appointment Only) 1:00pm - 5:00pm</p> <p>#Coffee & Craic 2:00pm - 5:00pm</p> <p>Inspira Careers Support (Drop In) 4:00pm - 5:00pm</p>	<p>Sensory Room (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9:30am - 4:30pm</p> <p>Play Space 1:00pm - 3:00pm</p>	<p>Sensory Room (Bookable)</p>	<p>Sensory Room (Bookable)</p> <p>Sling Library (2nd April) 11:30am - 1:30pm</p> <p>Easter Fun (ages 0-8 years) (Bookable) (2nd April) 1:30pm - 3:00pm</p> <p>Spring Fun (ages 0-8 years) (Bookable) (9th April) 10:30am - 12:00pm</p> <p>Growing Together (Bookable) 4:00pm - 5:00pm</p>	<p><u>10th April Only</u></p> <p>Sensory Room (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9:00am - 3:00pm</p> <p>Play Space 9:30am - 11:30am</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.

Easter Fun: Suitable for children aged 0-8. Join in with free Easter games and crafts. Email familyhubs@cumberland.gov.uk to book.

Spring Fun: Suitable for children aged 0-8. Join in with free Spring games and crafts. Email familyhubs@cumberland.gov.uk to book.

Messy Babies: Suitable for babies aged 0-12 months. Bring your little one along for free messy sensory play. Email familyhubs@cumberland.gov.uk to book.

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.

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.

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

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

Development Review Clinic: Appointment only. To contact the Cumberland health visiting service please visit: <https://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call **0300 304 9029**

Community Midwives: Appointment only. Please speak to your midwife.