

What's on at Chance's Family Hub and the Carlisle area

Monday 13th April to Friday 22nd May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room (Bookable) Little Learners 10:00am - 11:00am Benefits & Employment (Appointment Only) (20 th April & 11 th May) 11:00am - 12:00pm	Sensory Room (Bookable) Kinship Care Group (21 st April & 19 th May) 10:00am - 12:00pm Growing Together (Bookable) 4:00pm - 5:00pm Starting 5 th May Cumberland Youth Voice (5 th May) 4:30pm - 6:00pm	Sensory Room (Bookable) Infant Massage (Bookable) 11:00am - 12:00pm Music & Movement 1:00pm - 2:00pm	Sensory Room (Bookable) CADAS Support Drop in 11:00am - 1:00pm Sling Library (23 rd April, 14 th & 28 th May) 11:30am - 1:30pm Happy Mums (7 th & 21 st May) 12:00pm - 1:30pm Little Strollers 12:00pm-12:30pm	Sensory Room (Bookable) Play Space 9:30am - 11:30am

Sensory Room: A calm and engaging space designed to stimulate senses through light, sound, texture and movement. Suitable for ages 0-19 (25 with SEND). Please contact the family hub to book.

Best Start in Life Sessions

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 children 0 -5 years.

Growing Together Antenatal: Suitable for pregnant women 27 weeks +. Please contact the family hub to book.

Infant Massage: A calm and nurturing space for you and your baby to relax, bond and connect. Please contact the family hub to book.

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.

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

Little Learners: A drop-in group for children aged 1-4 years. An opportunity for children to play and learn together Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

Music & Movement: A drop-in group for children aged 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

Toddler Tales: A drop-in group for children 0-5 years and their families to explore stories and rhymes.

Little Strollers: Join us for a relaxed and welcoming walk for parents and carers with little ones in their buggies.

SEND

Time Together: For children 0-6 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker.

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

CADAS Family Support Drop in:

Contact CADAS on 0300 111 4002 for more information.

Stop Smoking Advice Drop-in: Offering stop smoking advice in pregnancy

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.

Benefits & Employment Drop in: Offering support on finances, benefits, employment and getting back to work. To book an appointment please email: family.communityteam@cumbria.gov.uk

The Happy Mums Foundation: For mum's and mums to be. Come have a chat with a member of our team.

Kinship Carers Group: For more information or to book. Please email: SGOsupport@cumbria.gov.uk

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Harraby Community Campus Edgehill Road, Harraby, Carlisle, CA1 3SN		Time Together (SEND Group) 11:00am - 12:00pm			
Newtown Family Hub 19-23 Shadygrove Road, Carlisle, CA2 7LE		Infant Feeding 10:00am - 11:30am	Happy Mums Teen to 25 Young Mums Group 1:00-2:00pm	Baby Buddies 10:00am - 11:00am	
Petteril Bank Family Hub Burnett road, Carlisle, CA1 3BX				Music & Movement 2:00pm - 3:00pm	

Chances Family Hub, Wigton Road, Carlisle, CA2 6JP
 Call Us: 01228 223 417 Email us: familyhubs7@cumberland.gov.uk
 Follow us on Facebook/Instagram: @CumberlandFamilyHubs