

What's on at the Family Hub in Millom

Monday 13th April to Friday 22nd May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Millom Family Hub Millom		Development Review Clinic (Appointment Only) 9:00am - 5:00pm Music & Movement 1:30pm-2:30pm Childminder Drop in (21st April) 10:00am - 12:00pm Early Help Online Drop in 10:00am - 12:00pm	Community Midwives (Appointment Only) 9:00am-5:00pm Kinship Care Group (20th May) 10:00am - 12:00pm	Sensory Room (Bookable) Good Enough Start Together Time 10:00am - 11:15am Baby Buddies & Infant Feeding 1:00pm - 2:00pm Inspira (23 rd April & 14 th May) 1-3pm Growing Together (Bookable) (Starting 23rd April) 2:30pm-3:30pm Home Education Drop In (14 th May)	Sensory Room (Bookable) Play Space 10:00am-11:00am Benefits & Employment 10:15am - 11:15am Kinship Care Group (17 th April) 10:00am - 12:00pm Play Space 1:00pm - 2:30pm
Millom Library Salthouse Road, Millom, LA18 5AB			Toddler Tales 11:15am - 12:00pm		

Millom Family Hub, Lapstone Road, Millom, LA18 4LP Call Us: 01229 404 045 Email us: familyhubs3@cumberland.gov.uk

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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.

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.

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

- **At Millom only** This service will be provided online. To get in touch with Karen please call: 07885 405 708 or 01946 383698 alternatively email on: Karen.ross@cumberland.gov.uk

Good Enough Start Together Time: Looking for a fun, hands-on way to connect with your little one? Together Time is all about sensory play, giving babies the chance to explore new textures, colours, and activities while you learn more about their emotional and social development in a relaxed, supportive space.

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

Kinship Carers Group: For more information or to book.

Please email: SGOsupport@cumbria.gov.uk

Childminder Drop in: An opportunity to meet up with other childminders, share ideas and gain support from one another and one of our Early Years Advisors.

Inspira: Drop in Offering advice and guidance around further education, training, employment and careers.

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

Community Midwives: Appointment only. Please contact your midwife.