

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9:00am - 1:00pm</p> <p>Toddler Tales 10:00am - 11:00am</p> <p>Benefits & Employment (Appointment Only) (27th April & 18th May) 10:30am - 11:30am</p> <p>Carlisle Youth Zone Junior Youth Club 5pm – 6:30pm Senior Youth Club 6:45pm – 8:15pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Little Learners 10:00am - 11:00am</p> <p>Little Strollers 11:15am-11:45am</p> <p>Cumberland Youth Voice (21st April & 19th May) 4:30pm - 6:00pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Infant Feeding 11:00am - 12:00pm</p> <p>Play Space 1:30pm - 3:30pm</p> <p>Starting Solids (Bookable) (Starting 15th April) 1:30pm - 2:30pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Play Space 9:30am - 11:30am</p> <p>Baby Buddies 1:30pm - 2:30pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Infant Massage (Bookable) (Starting 24th April) 10:30am-11:30am</p>

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.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with interactive and independent play. Suitable for children aged 0-5. 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.

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.

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.

Starting Solids Workshop: is a session for parents with babies who are thinking about introducing solid foods to their babies. You will get lots of information, support and advice so you can confidently get weaning off to the right start. Please contact the family hub to book.

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

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

Cumberland Youth Voice: (11-19 year olds) These relaxed drop in 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.

Carlisle Youth Zone: What's on: Sports, Arts & Craft, Games, Fun & Friendship

Junior Youth Club (age 7-11yrs) 5pm – 6:30pm

Senior Youth Club (age 12-18yrs) 6:45pm – 8:15pm

Once you become a member for £5, sessions are 50p.

For more information go to www.carlisle-youthzone.org