

# What's on at the Family Hub on the Harbour and Whitehaven area Monday 13<sup>th</sup> April to Friday 22<sup>nd</sup> May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Family Hub on the Harbour Whitehaven</b>	<p><b>Sensory Room (Bookable)</b></p> <p><b>Howgill Babbling Babies</b> 10:00am - 11:00am</p> <p><b>Community Midwives (Appointment Only)</b> 1:00pm - 5:00pm</p> <p><b>#Coffee &amp; Craic</b> 2:00pm - 5:00pm</p> <p><b>Play Space</b> 2:30pm-4:00pm</p> <p><b>Inspira Drop In (13<sup>th</sup> &amp; 27<sup>th</sup> April, 11<sup>th</sup> May)</b> 4:00pm - 5:00pm</p>	<p><b>Sensory Room (Bookable)</b></p> <p><b>Development Review Clinic (Appointment Only)</b> 9:30am - 4:30pm</p> <p><b>Baby Buddies</b> 10:00am-11:00am</p>	<p><b>Sensory Room (Bookable)</b></p> <p><b>Benefits &amp; Employment Drop In</b> 10:30am - 11:30am</p> <p><b>Little Learners</b> 11:00am - 12:00pm</p> <p><b>Little Strollers</b> 12:15pm-12:45pm</p> <p><b>Home Ed Chess Club</b> 1:00pm-2:30pm</p>	<p><b>Sensory Room (Bookable)</b></p> <p><b>Early Help Drop in</b> 10:00am - 12:00pm</p> <p><b>Sling Library (16<sup>th</sup> &amp; 30<sup>th</sup> April, 14<sup>th</sup> May)</b> 11:30am - 1:30pm</p>	<p><b>Sensory Room (Bookable)</b></p> <p><b>Development Review Clinic (Appointment Only)</b> 9:00am - 3:00pm</p> <p><b>Play Space</b> 9:30am - 11:30am</p> <p><b>Music &amp; Movement</b> 1:30pm - 2:30pm</p> <p><b>Unique Voices (10<sup>th</sup> April &amp; 8<sup>th</sup> May)</b> 5:00pm-6:45pm</p>



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<b>Valley Family Hub</b> Whinlatter Road, Whitehaven, CA28 8DA	<b>Play Space Drop in</b> 10:00am - 11:30am  <b>Citizens Advice Drop In</b> (13 <sup>th</sup> April & 11 <sup>th</sup> May) 10:00am-11:30am			<b>Development Review Clinic</b> 9:00am - 5:00pm	<b>Development Review Clinic</b> 9:00am - 5:00pm
<b>Whitehaven Library</b> Lowther Street, Whitehaven CA28 7QZ				<b>Toddler Tales</b> 2:00pm - 2:45pm	

**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.

**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.

**Unique Voices:** We are a group for young people aged 11 to 25 years who have Special Educational Needs and Disabilities (SEND) in Cumberland. Unique Voices is a safe place to have your voice heard. We are all supportive within the group.

**Community Midwives:** Appointment only. Please contact your midwife to book.

**Development Review Clinic:** Appointment only. To contact the Cumberland health visiting service please visit:

<https://hdfetchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call 0300 304 9029

**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 and support advice for young people.**

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. For more information visit <https://www.inspira.org.uk/>.

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

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

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

**Citizens Advice Drop In:** We are an Independent Charity who can provide you with free, confidential and impartial advice for the problems you face, no matter what they may be. We're here to help you with a range of issues such as money, debt, benefits, energy or housing problems.

**Home Ed Chess Club:** For home educated children and young people who enjoy playing chess or would like to learn and get better at the game whilst making new friends.