

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

## Tuesday 26 May to Friday 29 May 2026

	Tuesday	Wednesday	Thursday	Friday
<b>Chances Family Hub</b> Carlisle	<b>Sensory Room</b> <b>(Bookable)</b>	<b>Sensory Room</b> <b>(Bookable)</b>	<b>Sensory Room</b> <b>(Bookable)</b>  <b>CADAS Support</b> <b>Drop in</b> 11:00am - 1:00pm  <b>Sling Library</b> (28 <sup>th</sup> May) 11:30am - 1:30pm	<b>Sensory Room</b> <b>(Bookable)</b>  <b>Half Term Fun</b> <b>(0-8 years old)</b> <b>(Bookable)</b> 10.30am-12:00pm

**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.

**The Happy Mums Foundation:** For mum's and mums to be.

Come have a chat with a member of our team.

**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**

**Half Term Fun:** Suitable for children aged 0-8. Join in with free games and crafts. Email [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@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 [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk) to book.

**Music & Movement:** Suitable for children aged 0-8 With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing! Email [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk) to book.

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<p><b>Newtown Family Hub</b> 19-23 Shadygrove Road, Carlisle, CA2 7LE</p>	<p><i>Messy Babies (0-12 Months old)</i> <b>(Bookable)</b> 10.30am-11.30am</p>	<p><b>Happy Mums Teen to 25 Young Mums Group</b> 1:00-2:00pm</p>		
<p><b>Petteril Bank Family Hub</b> Burnett road, Carlisle, CA1 3BX</p>			<p><b>Music and Movement (0-8 year olds)</b> <b>(Bookable)</b> 1.30pm-2.30pm</p>	