

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

Monday 1 June to Friday 10 July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room (Bookable) Little Learners 10.00am - 11.00am Benefits and Employment (Appointment Only) (8 June & 6 July) 11.00am-12.00pm	Sensory Room (Bookable) Kinship Care Group (23 June & 21 July) 10.00am -12.00pm Growing Together (Bookable) 4.00pm-5.00pm Cumberland Youth Voice (2 June & 7 July) 4.30pm - 6.00pm	Sensory Room (Bookable) Infant Massage (Bookable) 11.00am - 12.00pm Toddler Tales 1.00pm - 2.00pm	Sensory Room (Bookable) Baby Buddies-Wellbeing Group 10.30am-11.30am CADAS Support Drop in 11.00am - 1.00pm Sling Library (11 June, 25 June, 9 July & 23 July) 11.30am - 1.30pm Happy Mums (4 June, 18 June, 2 July & 16 July) 12.00pm - 1.30pm Little Strollers 11.45am-12.15pm	Sensory Room (Bookable) Play Space 9.30am - 11.30am

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

Monday 1 June to Friday 10 July

	Monday	Tuesday	Wednesday	Thursday	Friday
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			Baby Buddies 1.30pm-2.30pm		Toddler Tales (Starting 12 June) 10.30am-11.30am

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

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.

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.

Baby Buddies- Wellbeing Group: a gentle, supportive space for parents and carers to share, listen and take time for themselves. Share experiences with others who understand, talk about mum guilt and managing emotions, learn simple relaxation techniques, focus on self-care and healthy boundaries. An interactive group for bumps and babies 0-12 months and their parent/carers.

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.

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.

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

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