

# What's on at the Family Hub in Millom

## Tuesday 26 May to Friday 29 May 2026

	Tuesday	Wednesday	Thursday	Friday
<b>Millom Family Hub</b> Millom	<b>Development Review Clinic</b> <b>(Appointment Only)</b> 9:00am - 5:00pm  <b>Early Help Drop in</b> <i>(via teams and not in person)</i> 10:00am - 12:00pm	<b>Community Midwives</b> <b>(Appointment Only)</b> 9:00am-5:00pm  <b>Messy Babies</b> <b>(0-12 Months old)</b> <b>(Bookable)</b> 11.00am-12.00pm	<b>Sensory Room</b> <b>(Bookable)</b>  <b>Good Enough Start</b> <b>Together Time</b> 10:00am - 11:15am	<b>Sensory Room</b> <b>(Bookable)</b>  <b>Benefits &amp; Employment</b> 10:15am - 11:15am  <b>Half Term Fun</b> <b>(0-8 years old)</b> <b>(Bookable)</b> 10.30am-12.00pm

**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 [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@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 [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk) to book.

**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](mailto: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.

**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