

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Millom Family Hub</b> Millom		<b>Development Review Clinic (Appointment Only)</b> 9.00am - 5.00pm  <b>Little Learners</b> 1.30pm-2.30pm  <b>Childminder Drop in (30 June)</b> 10.00am - 12.00pm  <b>Early Help Online Drop in</b> 10.00am - 12.00pm	<b>Community Midwives (Appointment Only)</b> 9.00am-5.00pm	<b>Sensory Room (Bookable)</b>  <b>Good Enough Start Together Time</b> 10.00am - 11.15am  <b>Baby Buddies &amp; Infant Feeding Support</b> 1.00pm - 2.00pm  <b>Growing Together (Bookable)</b> 2.30pm-3.30pm	<b>Sensory Room (Bookable)</b>  <b>Play Space</b> 10.00am-11.30am  <b>Little Strollers</b> 11.45am-12.15pm  <b>Benefits &amp; Employment</b> 10.15am - 11.15am  <b>Kinship Care Group (3 July)</b> 10.00am - 12.00pm
<b>Millom Library</b> Salthouse Road, Millom, LA18 5AB			<b>Toddler Tales</b> 11.15am - 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**

**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 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.

**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.

**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.

**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.

**Kinship Carers Group:** For more information or to book.

Please email: [SGOsupport@cumbria.gov.uk](mailto:SGOsupport@cumbria.gov.uk)

**Childminder Drop in:** An opportunity to meet up with other childminders, share ideas and gain support from one another and one of our Early Years Advisors.

**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

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