

	Tuesday	Wednesday	Thursday	Friday
<b>Family Hub on the Harbour</b> Whitehaven	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Messy Babies</b> <b>(0-12 Months old)</b> <i>(Bookable)</i> 1.30pm-2.30pm</p> <p><b>Development Review Clinic</b> <b>(Appointment Only)</b> 9.30am - 4.30pm</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Benefits &amp; Employment Drop In</b> 10.30am - 11:30am</p> <p><b>Play Space Drop in</b> 1.30pm - 3.30pm</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Half Term Fun</b> <b>(0-8 years old)</b> <i>(Bookable)</i> 1.00pm-2.30pm</p> <p><b>Early Help Drop in</b> 10.00am - 12.00pm</p>	<p><b>Sensory Room</b> <i>(Bookable)</i></p> <p><b>Development Review Clinic</b> <b>(Appointment Only)</b> 9.00am - 3.00pm</p> <p><b>Play Space Drop in</b> 9.30am-11.30am</p>

**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

**Benefits & Employment Drop In:** Offering support on finances, benefits, employment and getting back to work.

**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 ages 0-5.

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