

What's on at the Family Hub on the Harbour and Whitehaven area

Monday 1 June to Friday 10 July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Harbour Whitehaven	<p>Sensory Room (Bookable)</p> <p>Howgill Babbling Babies 10.00am -11.00am</p> <p>Community Midwives (Appointment Only) 9.00am - 5.00pm</p> <p>#Coffee & Craic 2.00pm - 5.00pm</p> <p>Inspira Drop In (8 June, 22 June & 6 July) 4.00pm - 5.00pm</p>	<p>Sensory Room (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9.30am - 4.30pm</p> <p>Baby Buddies & Infant Feeding Support 10.00am-11.00am</p>	<p>Sensory Room (Bookable)</p> <p>Benefits & Employment Drop In 10.30am - 11.30am</p> <p>Little Learners 11.00am - 12.00pm</p> <p>Little Strollers 12.15pm-12.45pm</p> <p>Play Space (Starting 10 June) 1.30-3.30</p>	<p>Sensory Room (Bookable)</p> <p>Early Help Drop in 10.00am - 12.00pm</p> <p>Baby Buddies-Wellbeing Group 10.30am-11.30am</p> <p>Sling Library (4 June, 18 June, 2 July & 16 July) 11.30am - 1.30pm</p>	<p>Sensory Room (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9.00am - 3.00pm</p> <p>Play Space 9.30am - 11.30am</p> <p>Music & Movement 1.30pm - 2.30pm</p>



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Valley Family Hub Whinlatter Road, Whitehaven, CA28 8DA	Play Space Drop in 10.00am - 11.30am			Development Review Clinic 9.00am - 5.00pm	Development Review Clinic 9.00am - 5.00pm
Whitehaven Library Lowther Street, Whitehaven CA28 7QZ				Toddler Tales 2.00pm - 2.45pm	
Hensingham Skate Park, Richmond Hill Road, Whitehaven		Hub2U (2 June- 7 July) 4.00pm-7.00pm			

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.

Infant Feeding: Offering support for parents who are breastfeeding or thinking about it. Supporting parents to respond to their baby's feeding needs.

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.

Music & Movement: A drop-in group for children aged 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

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.

Community Midwives: Appointment only. Please contact your midwife to book.

Development Review Clinic: Appointment only. To contact the Cumberland health visiting service please visit:

<https://hdfetchildrenshealthservice.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.

Early Help Drop in: Offering advice and support about how Early Help can support your family.

Inspira Drop In: Careers and support advice for young people.

Some of our sessions will be attended by health colleagues, including an OT specialising in Sensory Processing needs, and the immunisation team, alongside other support groups and charities, such as Active Cumbria and ASAAC. For more information visit <https://www.inspira.org.uk/>.

Howgill Babbling Babies: A drop in session with stories, rhymes and activities. From birth to active walking.

Together We Sling Library: Support for parents to carry their child with different types of carriers and slings.

#CoffeeandCraic: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

Hub2u: is Cumberland's mobile Family Hub. It brings essential support services directly to families and young people, especially in rural and remote areas. The pop-up service travels to local communities across Cumberland, providing access to a wide range of family and youth support services