

# 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
<b>Chances Family Hub</b> Carlisle	<b>Sensory Room (Bookable)</b>  <b>Little Learners</b> 10.00am - 11.00am  <b>Benefits and Employment (Appointment Only)</b> <b>(8 June &amp; 6 July)</b> 11.00am-12.00pm	<b>Sensory Room (Bookable)</b>  <b>Kinship Care Group (23 June &amp; 21 July)</b> 10.00am -12.00pm  <b>Growing Together (Bookable)</b> 4.00pm-5.00pm  <b>Cumberland Youth Voice (2 June &amp; 7 July)</b> 4.30pm - 6.00pm	<b>Sensory Room (Bookable)</b>  <b>Early Help Advice Drop in</b> 10:30am - 11:30am  <b>Infant Massage (Bookable)</b> 11.00am - 12.00pm  <b>Toddler Tales</b> 1.00pm - 2.00pm	<b>Sensory Room (Bookable)</b>  <b>Baby Buddies-Wellbeing Group</b> 10.30am-11.30am  <b>CADAS Support Drop in</b> 11.00am - 1.00pm  <b>Sling Library (11 June, 25 June, 9 July)</b> 11.30am - 1.30pm  <b>Happy Mums (4 June, 18 June, 2 July &amp; 16 July)</b> 12.00pm - 1.30pm  <b>Little Strollers</b> 11.45am-12.15pm	<b>Sensory Room (Bookable)</b>  <b>Play Space</b> 9.30am - 11.30am

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<b>Harraby Community Campus</b> Edgehill Road, Harraby, Carlisle, CA1 3SN		<b>Time Together (SEND Group)</b> 11.00am - 12.00pm			
<b>Newtown Family Hub</b> 19-23 Shadygrove Road, Carlisle, CA2 7LE		<b>Infant Feeding</b> 10.00am - 11.30am	<b>Happy Mums Teen to 25 Young Mums Group</b> 1.00-2.00pm	<b>Baby Buddies</b> 10.00am - 11.00am	
<b>Petteril Bank Family Hub</b> Burnett road, Carlisle, CA1 3BX			<b>Baby Buddies</b> 1.30pm-2.30pm		<b>Toddler Tales (Starting 12 June)</b> 10.30am-11.30am

Chances Family Hub, Wigton Road, Carlisle, CA2 6JP  
 Call Us: 01228 223 417 Email us: [familyhubs7@cumberland.gov.uk](mailto: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](mailto: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](mailto:family.communityteam@cumbria.gov.uk)