

What's on at Chance's Family Hub and the Carlisle area

Monday 20 July to Friday 21 August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Chances Family Hub Carlisle	Sensory Room (Bookable) Summer Fun 0-12 years 10:00am - 11:30am (Bookable) 20 & 27 July 17 August	Sensory Room (Bookable) Summer Sunset Sessions 12 years + 4:30pm - 6:30pm 4 th August	Sensory Room (Bookable) Early Help Advice Drop In 10:30am - 11:30am 22 & 29 July, 12, 19 & 26 August	Sensory Room (Bookable) CADAS Support Drop in 11:00am - 1:00pm Happy Mums 12:00pm - 1:30pm 6 & 20 August	Sensory Room (Bookable) Play Space Drop In 9:30am - 11:30am 7, 14 & 21 August Summer Sunset Sessions 12 years + 4:30pm - 6:30pm 24 & 31 July
Newtown Family Hub 19-23 Shadygrove road, CA2 7LE		Infant Feeding 10:00am - 11:30am 21 & 28 July 4, 11 & 18 August	Happy Mums Teen to 25 Young Mums Group 1:00pm - 2:00pm	Messy Babies 0-12 months (Bookable) 10:00am - 11:00am 23 & 30 July 6, 13 & 20 August	

Chances Family Hub, Wigton Road, Carlisle, CA2 6JP Call Us: 01228 223 417

Email us: familyhub.WestCarlisle@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 use the QR code to book



Summer Fun: Spend quality time as a family enjoying a range of crafts, messy and imaginative play, games and much more. (Ages range; 0-8, 0-12 and 0-19 year old's).

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. This group supports parents to respond to their baby's feeding needs. From birth onwards.

Messy Babies: Bring your little one along for some messy sensory play. Suitable for babies aged 0-12 months. Remember to bring some spare clothes and a towel. **Please contact the Family Hub to book.**

Summer Sunset Sessions: Drop in for ages 12+

CADAS Family Support Drop in:

Contact CADAS on **0300 111 4002** for more information.

The Happy Mums Foundation: For mum's and mums to be. Come have a chat with a member of our team.

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

Happy Mums Teen to 25: For young mums and babies to meet other young mums and is run by Happy Mums in partnership with the Chances Family Hub.

**Our next timetable will start in September.
Please keep a look out on our Facebook page.**