

	Monday	Tuesday	Wednesday	Thursday	Friday
Millom Family Hub Lapstone Road Millom LA18 4LP	Summer Sunset Drop In 12+ 3:30pm - 5:30pm 20 July	Development Review Clinic (Appointment Only) 9:00am - 5:00pm	Community Midwives (Appointment Only) 9:00am - 5:00pm Play Space 10:00am - 12:00pm 29 July 9:30am - 11:30am 5, 12 & 19 August 1:00pm - 3:00pm 23 July & 12 August Messy Babies 0-12 months (Bookable) 1:30pm - 2:30pm 5 August	Sensory Room (Bookable) Good Enough Start Time Together 10:00am - 11:15am 27 July Summer Fun 0-19s 1:00pm - 2:30pm 30 July Play Space 1:00pm - 3:00pm 6 & 20 August Messy Babies 0-12 months (Bookable) 1:30pm - 2:30pm 13 August Growing Together (Bookable) 2:30pm - 3:30pm	Sensory Room (Bookable) Summer Fun 0-8s 10:00am - 11:30am 21 August Messy Babies (Bookable) 10:30am - 11:30am 24 & 31 July Summer Fun 0-19s 10:30am - 12:00pm 14 August Play Space 1:30pm - 3:30pm 31 July Benefits & Employment 10:15am - 11:15am

	Monday	Tuesday	Wednesday	Thursday	Friday
Egremont Family Hub Southey Avenue, Egremont, CA22 2HH	Summer Sunset Drop In 12+ 3:30pm - 5:30pm 27 July				Summer Fun 0-8s 10:30pm - 12:00pm 7 & 21 August

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.

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 Fun: Spend quality time as a family enjoying a range of crafts, messy and imaginative play, games and much more. (Ages range 0-8 and 0-19 year old's). **Please contact the Family Hub to book.**

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

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://hdftchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call 0300 304 9029

Community Midwives: Appointment only, please contact your midwife.

Summer Sunset Sessions: Drop in for ages 12+

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