

What's on at the Family Hub on the Border, Longtown

Monday 20 July to Friday 21 August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	Sensory Room (Bookable) Soft Play (Bookable) Early Help Advice Drop In 9:30am - 12:00pm 20 & 27 July 3 & 10 August Carlisle Youth Zone 20 & 27 July, 3, 10 and 17 August Junior Youth Club (7-11) 5:00pm – 6:30pm Senior Youth Club (12-18) 6:45pm – 8:15pm	Sensory Room (Bookable) Soft Play (Bookable) Summer Fun 0-12 years (Bookable) 10:00am - 11:30am 28 July 4, 11 & 18 August Cumberland Youth Voice 4:30pm - 6:00pm 21 July, 18 August	Sensory Room (Bookable) Soft Play (Bookable)	Sensory Room (Bookable) Soft Play (Bookable) Messy Babies 0-12 months (Bookable) 1:30pm - 2:30pm 23 & 30 July, 6, 13 & 20 August	Sensory Room (Bookable) Soft Play (Bookable) Play Space Drop In 9:30am - 11:30am 24 & 31 July 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.**

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with interactive and independent play. Suitable for children aged 0-5. **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, 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.

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.**

Development Review Clinic: Appointment only.

To contact the Cumberland health visiting service please visit:

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

Cumberland Youth Voice: (11-19 year olds) These relaxed drop in 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.

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

Carlisle Youth Zone:

What's on: Sports, Arts & Craft, Games, Fun & Friendship

Junior Youth Club - (age 7-11yrs) 5:00pm – 6:30pm

Senior Youth Club - (age 12-18yrs) 6:45pm – 8:15pm

Once you become a member for £5, sessions are 50p.

For more information go to www.carlisleyouthzone.org

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