

What's on at Chance's Family Hub

Tuesday 1st September to Friday 18th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Bookable Little Learners 10:00am - 11:30am Play Space 1:00pm - 3:00pm Family Hub Hangout 11+ 4:00pm - 5:30pm	Sensory Room Bookable Family Hub Cuppa & Chat 9:30am - 11:30am Cumberland Youth Voice 4:30pm - 6:00pm (1 st September, 6 th October, 3 rd November, 1 st December)	Sensory Room Bookable Infant Massage 10:30am - 12:00pm Bookable (4 th November to 9 th December) Toddler Tales 1:30pm - 2:30pm (2 nd September to 21 st October) Music & Rhyme 1:30pm - 2:30pm (4 th November to 16 th December)	Sensory Room Bookable CADAS Family Support Drop-in 11:00am - 1:00pm	Sensory Room Bookable Play Space 9:30am - 11:30am
	Infant Feeding @ Newtown Family Hub 10:00am - 11:30am	Happy Mums Teen to 25 @ Newtown Family Hub 1:00pm - 2:00pm	Baby Buddies @ Newtown Family Hub 1:00pm - 2:00pm Little Strollers @ Newtown Family Hub 2:00pm - 2:30pm	

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



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.

Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers.

Little Learners: Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

Infant Massage: An opportunity to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.

Please contact the Family Hub to book.

Music & Rhyme: For ages 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 group for children 0-5 years and their families to explore stories and rhymes.

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.

Little Strollers: A relaxed buggy/sling walk for parents and carers to enjoy fresh air, gentle exercise, and the chance to connect with other local families.

Family Hub Hangout 11+: A drop-in session for children and young people aged 11+ in a relaxed space to socialise, take part in activities and develop new skills. Come along to talk to the Family Hub team to get information or support on things that matter to you.

Family Hub Cuppa & Chat: A friendly drop in for parents and carers to chat about parenting, family life and any worries you have. Come and find out what support is available from your local Family Hub.

CADAS Family Support Drop in:

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

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.

Cumberland Youth Voice: (11-19 year old's) 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.

Newtown Family Hub - 19-23 Shadygrove road, CA2 7LE