

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

Tuesday 1st September to Friday 18th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room & Soft Play Bookable Music & Rhyme 10:00am - 11:00am (7th September to 19th October) Toddler Tales 10:00am - 11:00am (2nd November to 14th December) Play Space 12:30pm - 2:30pm CYZ Junior Youth Club (7-11) 5:00pm – 6:30pm CYZ Senior Youth Club (12-18) 6:45pm – 8:15pm	Sensory Room & Soft Play Bookable Infant Massage 9:30am - 11:00am Bookable (3rd November to 8th December) Little Learners 10:00am - 11:30am Cumberland Youth Voice 4:30pm - 6:00pm (15th September, 20th October, 17th November, 15th December)	Sensory Room & Soft Play Bookable	Sensory Room & Soft Play Bookable Play Space 9:30am - 11:30am Baby Buddies 1:30pm - 2:30pm Little Strollers 2:30pm - 3:00pm	Sensory Room & Soft Play Bookable Family Hub Cuppa & Chat 9:30am - 11:30am Little Learners 1:00pm - 2:30pm

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.**

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.

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.

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.

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.**

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

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.

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.

Carlisle Youth Zone (CYZ):

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