

| Tuesday                                                                                                                                                                                                         | Wednesday                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                        |
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| <p><b>Childminder Drop-in</b><br/>10:00am - 12:00pm<br/>(6<sup>th</sup> October &amp; 1<sup>st</sup> December)</p> <p><b>Family Hub Cuppa &amp; Chat</b><br/>10:0am - 12:00pm<br/>(1<sup>st</sup> December)</p> |                                                                                                                                                           | <p><b>Sensory Room Bookable</b></p> <p><b>Good Enough Start Together Time</b><br/>10:00am - 11:15am</p> <p><b>Family Hub Cuppa &amp; Chat</b><br/>10:00am - 12:00pm<br/>(1<sup>st</sup> October)</p> <p><b>Baby Buddies</b><br/>1:00pm - 2:00pm</p> <p><b>Growing Together Antenatal</b><br/>2:30pm - 3:30pm<br/><b>Bookable</b><br/>(contact us for more info)</p> | <p><b>Sensory Room Bookable</b></p> <p><b>Good Enough Start Baby Sign</b><br/>9:30am - 10:15am<br/><b>Bookable</b></p> <p><b>Little Strollers</b><br/>10:30am - 11:30am</p> <p><b>Little Learners</b><br/>1:00pm - 2:30pm</p> |
| <p><b>Toddler Tales</b><br/>@ Millom Library<br/>10:00am - 11:00am<br/>(Starts 22<sup>nd</sup> September)</p>                                                                                                   | <p><b>Baby Buddies</b><br/>@ Egremont Family Hub<br/>10:30am - 11:30am</p> <p><b>Little Strollers</b><br/>@ Egremont Family Hub<br/>11:30am - 12:30pm</p> | <p><b>Little Storytellers</b><br/>@ Egremont Family Hub<br/>1:00pm - 2:30pm</p>                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                               |

Millom Family Hub, Lapstone Road, Millom, LA18 4LP Call Us: 01229 404 045

Email us: [familyhub.millom@cumberland.gov.uk](mailto:familyhub.millom@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 contact the Family Hub to book.**

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

**Growing Together Antenatal:** For women who are over 27 weeks pregnant, parents to be and their birth partners. Led by our Family Hub team and a midwife we offer lots of advice and support about your pregnancy, preparing for birth and taking care of baby. **Please contact the Family Hub to book.**

**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.

**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 Storytellers:** A storytelling group using story sacks to inspire a love of books, encourage imagination, and support children's language and communication skills through stories, songs, and play.

**Good Enough Start Together Time:** Looking for a fun, hands-on way to connect with your little one? Together Time is all about sensory play, giving babies the chance to explore new textures, colours, and activities while you learn more about their emotional and social development in a relaxed, supportive space.

**Good Enough Starts Baby Sign:**

Contact: [info@goodenoughstart.org](mailto:info@goodenoughstart.org) for more information and to book.

**Childminders Drop In:** Join us for our Childminders Drop-In session at the Family Hub. This is a welcoming space for childminders to meet, network, share ideas, and access information about local services and support.

**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.

**Egremont Family Hub** - Southey Avenue, Egremont, CA22 2HH

**Millom Library** - Salthouse Road, Millom, LA18 5AB