

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room (Bookable) Howgill Babbling Babies 10:00am - 11:00am #Coffee & Craic 2:00pm - 5:00pm Family Hub Hangout 11+ 4:00pm - 6:00pm	Sensory Room (Bookable) Baby Buddies 9:30am - 10:30am Weaning Workshop 10:30am - 11:30am Bookable (22nd September only) Play Space 1:00pm - 3:00pm Home Education Chess Club 1:00pm - 2:30pm (8th September 13th October)	Sensory Room (Bookable) Childminders Drop In 10:00am - 11:30am (21st October) Benefits & Employment Drop in 10:30am - 11:30am Little Learners 1:00pm - 2:30pm	Sensory Room (Bookable) Together We Sling Library 11:30am - 1:30pm (3rd & 17th September, 1st & 15th October, 5th & 19th November, 3rd & 17th December)	Sensory Room (Bookable) Play Space 10:00am - 12:00pm Family Hub Cuppa & Chat 1:00pm - 3:00pm Play Space 1:00pm - 3:00pm
Play Space @ Valley Family Hub 9:30am - 11:30am Baby Buddies @ Valley Family Hub 1:30pm - 2:30pm	Infant Massage @ Valley Family Hub Bookable 10:00am - 11:30am (6^h October to 3rd November)	Baby Buddies @ Egremont Family Hub 10:30am - 11:30am Little Strollers @ Egremont Family Hub 11:30am - 12:30pm	Little Storytellers @ Egremont Family Hub 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.**

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.

Weaning Workshop: Join us for a friendly session to help parents and carers feel confident as their baby begins the journey onto solid foods.

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.

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.

Family Hub Cuppa & Chat: 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.

Family Hub Hangout 11 +: 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.

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

Howgill Babbling Babies: Ran by Howgill - A drop in session with stories, rhymes and activities. From birth to active walking.

Together We Sling Library: Support for parents to carry their child with different types of carriers and slings.

#CoffeeandCraig: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

Home Education Chess Club: Join our friendly and welcoming club for home educated children and young people.

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.

Valley Family Hub - Whinlatter Road, Whitehaven, CA28 8DA

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