What's on at Chance's Family Hub

BABY WEEK 2026 Saturday 14th to Friday 20th November

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
Baby Week Launch Carlisle Library - The Lanes Carlisle **10:30am - 2:30pm** (For children aged 0-5 and their families) Meet Peppa Pig. Free Story Sack Making. Story telling session. Meet a wide variety of partners offering advice on babies, parenting and family life.	**Sensory Room Bookable** **Little Learners** **(Baby Week focus)** 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	**Sensory Room Bookable** **Infant Massage** 10:30am - 12:00pm **Bookable** **Music & Rhyme** 1:30pm - 2:30pm (4th November to 16th December)	**Sensory Room Bookable** **Baby Essential Paediatric First Aid** 10:30am - 11:30am **@Petteril Bank Family Hub** (Please see information on reverse of timetable) **Baby Takeover** **@Tullie House** 10am - 4pm **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** **(Baby Week focus)** **@ 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. Developing communication and interaction skills through our special Baby Week with stories, songs and Interactive play.

Little Learners: Opportunity for children to play and learn together aged 1-4 years. Baby Week will focus on physical and pre-writing skills through our fun play dough session.

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!

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

