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

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 & Soft Play** **Bookable** **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** **(Baby Week Focus)** 10:00am - 11:30am **Cumberland Youth Voice** 4:30pm - 6:00pm (17th November, 15th December)	**Sensory Room & Soft Play** **Bookable**	**Sensory Room & Soft Play** **Bookable** **Play Space** 9:30am - 11:30am **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 **Baby Buddies** **(Baby Week Focus)** 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** **(Baby Week Focus)** 1:00pm - 2:30pm

Family Hub on the Border, Mary Street, Longtown, CA6 5UG Call: 01228 226 697
Email us: familyhub.Longtown@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.**

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.

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. Baby Week will focus on physical and pre-writing skills through our fun play dough session.

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. Developing communication and interaction skills through our special Baby Week with stories, songs and Interactive play.

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

