What's on at the Family Hub in Millom

BABY WEEK 2026 Saturday 14th to Friday 20th November

Saturday	Tuesday	Wednesday	Thursday	Friday
Baby Week Launch **Whitehaven Library** **Lowther street,** **CA28 7QZ** **10:00am - 2:00pm** (For children aged 0-5 and their families) Meet Paddington Bear. Free Story Sack Making and take home your own story sack. Story telling sessions. Meet a wide variety of partners offering advice on babies, parenting and family life	**Baby Essential Paediatric First Aid** 1:30pm - 2:30pm **@Valley Family Hub** (Please see information on reverse of timetable)	**Baby Shower** 4pm - 6pm	**Sensory Room** **Bookable** **Good Enough Start Together Time** **(Baby Week Focus)** 10:00am - 11:15am **Baby Buddies** **(Baby Week Focus)** 1:00pm - 2:00pm **Growing Together Antenatal** 2:30pm - 3:30pm **Bookable** *(contact us for more info)*	**Sensory Room** **Bookable** **Story Hunt Walk** **@Hub on the Harbour - Whitehaven** **9:30am - 11am** **Little Strollers** 10:30am - 11:30am **Little Learners** **(Baby Focus Week)** 1:00pm - 2:30pm
	Toddler Tales **@ Millom Library** 10:00am - 11:00am (Starts 22nd September)	**Play Space** **(Baby Week Focus)** **@ 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	

Millom Family Hub, Lapstone Road, Millom, LA18 4LP Call Us: 01229 404 045
Email us: 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. Developing communication and interaction skills through our special Baby Week with stories, songs and Interactive play.

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

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.

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

Millom Library - Salthouse Road, Millom, LA18 5AB

