What's on at the Family Hub in Millom
Tuesday 1st September to Friday 18th December 2026

Tuesday	Wednesday	Thursday	Friday
Childminder Drop-in 10:00am - 12:00pm (1st December) **Family Hub Cuppa & Chat** 10:00am - 12:00pm (1st December) **Home Education Drop In** 12:00pm - 2:00pm (3rd November - 24th November)	**Kinship Group** 10:00am - 12:00pm (2nd December)	**Sensory Room** **Bookable** **Good Enough Start Together Time** 10:00am - 11:15am **Baby Buddies** 1:00pm - 2:00pm **Growing Together** **Antenatal** 2:30pm - 3:30pm **Bookable** *(contact us for more info)*	**Sensory Room** **Bookable** **Good Enough Start Baby Sign** 9:30am - 10:15am **Bookable** **Little Strollers** 10:30am - 11:30am **Little Learners** 1:00pm - 2:30pm
Toddler Tales **@ Millom Library** 10:00am - 11:00am (Starts 22nd September)	**Play Space** **@ 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.

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.

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.

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** 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.

Kinship Carers Group: For more information or to book.
Please email: **SGOsupport@cumbria.gov.uk**

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

Millom Library - Salthouse Road, Millom, LA18 5AB