What's on at the Family Hub on the Harbour and Whitehaven area

Tuesday 1st September to Friday 18th December 2026

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 **Music & Rhyme** 1:30pm - 2:30pm	**Sensory Room** (Bookable) **Baby Buddies** 9:30am - 10:30am **Play Space** 1:00pm - 3:00pm	**Sensory Room** (Bookable) **Benefits & Employment Drop in** 10:30am - 11:30am	**Sensory Room** (Bookable) **Together We Sling Library** 11:30am - 1:30pm (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	**Infant Massage** **@ Valley Family Hub** **Bookable** 10:00am - 11:30am	**Play Space** **@ Egremont Family Hub** 10:30am - 11:30am **Little Strollers** **@ Egremont Family Hub** 11:30am - 12:30pm **Little Learners** **@Valley Family Hub** 1:00pm - 2:30pm	**Little Storytellers** **@ Egremont Family Hub** 1:00pm - 2:30pm	

Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ Call Us: 01946 506 378
Email: familyhub.whitehaven@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.**

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.

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.

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

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.

Music & Rhyme: A drop-in group for children aged 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

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

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