



# Cumberland Family Hubs

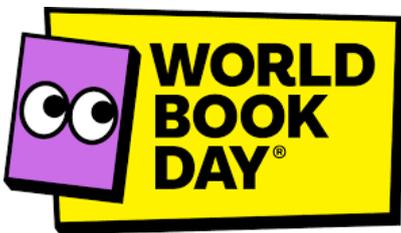
## What's On - March 2026

### New spring timetables available



Pop into your local Family Hub to pick up the new spring timetable. You can also look [online](#) to find activities and download the timetable, search for Cumberland Family Hubs. All groups and sessions are free. You don't need to book unless stated.

## World Book Day - 5 March



Look out for World Book Day tokens appearing in your child's school or nursery bag.

Your child can use the token to pick up one of the specially released books for free. There are lots of books available, pop into your local book shop or redeem your book token on the Books2Door website.

## Join World Book Day sessions near you



Join us next week, from Monday 2 March to Friday 6 March, for Little Learners and Toddler Tales sessions celebrating World Book Day with a special book-themed twist. We'll be enjoying family favourite stories, sharing books together and exploring the benefits of reading with young children. There's no need for costumes or spending any money, just come along and enjoy stories together.

## Funded Easter fun through the Holiday Activity and Food programme

If your child receives means-tested free school meals, they're eligible for the Holiday Activities and Food (HAF) Programme – packed with exciting activities and a free meal included each day. Check if you are eligible, search for [Holiday activities and food \(HAF\) programme on the Cumberland Family Hubs](#) website.

HAF is fully funded by the Department for Education(DfE). [Register your interest for HAF sessions, search for EEQU Cumberland](#) to get an alert as soon as they are available to book. Booking opens Tuesday 3 March at 8am.

# Dip into bitesize learning

Parenting can feel full-on, so having the right support helps. Togetherness offers free, easy online courses you can dip into whenever it suits you.



There's no pressure and no long sessions. You can browse, learn and revisit lessons in your own time. To get started, simply [visit the Togetherness website](#) and use the access code: **WORDSWORTH**.

## Volunteer at your local Family Hub

**If you'd like to give back to your community, volunteering with Cumberland Family Hubs is a great way to make a difference.** If you're warm, welcoming and can spare a little time, you can help support children, young people and families.

Volunteering is rewarding. You'll build confidence, gain experience and learn new skills while having a positive impact locally.

If you're interested in getting involved, we'd love to hear from you. Contact [familyhubsvolunteers@cumberland.gov.uk](mailto:familyhubsvolunteers@cumberland.gov.uk) to find out more.

# Help shape support for local families



**Would you like to shape support for local families?** Become a Parent and Carer Champion and share ideas and feedback to directly influence the design of services.

Drop in to find out more:

- Monday 9 March, 1 pm at Family Hub on the Border, Longtown
- Wednesday 11 March, 1 pm Family Hub on the Harbour, Whitehaven

More dates and locations to follow. Email [parentandcarerchampions@cumberland.gov.uk](mailto:parentandcarerchampions@cumberland.gov.uk) for more information.

## Get personalised weekly advice

Weekly e-mails tailored to your stage of pregnancy or your child's age, with personalised tips and activities to support your child's health and development. Great for practical, age-appropriate support.

[Sign up for Best Start in Life emails](#) on the Best Start in Life website.

# It's never too early to start reading and chatting together

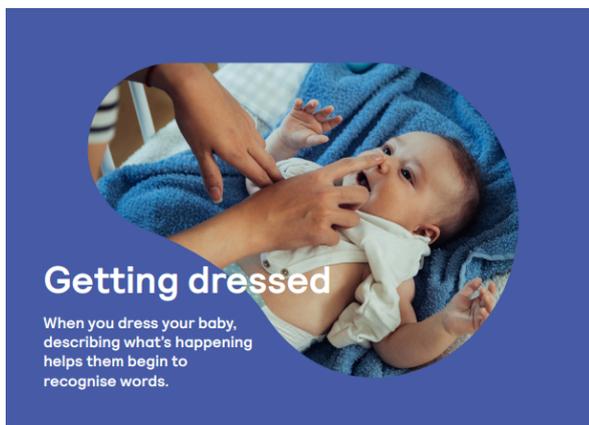


Top tips for sharing stories with babies and young children at home

Parents play a powerful role in helping their child develop early language skills. Simple everyday moments like chatting, smiling and responding to your baby's babbles help build confidence and communication skills from the very start.

Reading together, pointing at pictures and talking about daily activities all support early learning. These small interactions make a big difference, helping children grow their vocabulary and setting strong foundations for future reading and wellbeing.

Find simple everyday activities you can do at home to build your child's communication skills on [the National Literacy Trust site](#) and try one of the free sessions at Family Hubs designed to boost your child's communication skills such as Toddler Tales or Little Learners.



## Getting dressed

When you dress your baby, describing what's happening helps them begin to recognise words.



Download the free Little Moments cards, example above, from the National Literacy Trust website 'Their story starts with you'.

# Don't miss

## **New sensory room available at Westfield Family Hub, Workington**

To book a visit please email [familyhubs2@cumberland.gov.uk](mailto:familyhubs2@cumberland.gov.uk), call 01900 706140 or chat to the team. It is available Mondays, Tuesdays and Wednesdays, 9.30 am - 4.30 pm.

It is completely **free** to book and use. Chat to the team about how to use the equipment with your baby or child. Search for sensory rooms on the Cumberland Family Hubs website to find when they are available and how to book, or pop into your local hub.

## **Meet up with friends and their little ones at Play Space**

Finding somewhere child-friendly to meet friends isn't always easy, especially when you want space for little ones to play too. Play Space sessions make it simple.

Play Space is a free, relaxed drop-in session where children aged 0–5 can play together while you enjoy a catch-up with other parents. There's plenty to keep little ones busy, giving you the chance to chat and connect.

## Play Space at Cumberland Family Hubs

<b>Family Hub on the Border</b>  Wednesdays at 1:30pm to 2:30pm and Thursdays at 9:30am to 11:30am	<b>Chances Family Hub, Carlisle</b>  Mondays at 1:30pm to 3:30pm and Fridays at 9:30am to 11:30am	<b>Family Hub on the Harbour, Whitehaven</b>  Tuesdays at 1pm to 3pm and Fridays at 9:30am to 11:30am
<b>Valley Family Hub, Whitehaven</b>  Mondays at 10am to 11:30am	<b>Family Hub in Millom</b>  Fridays at 1pm to 2:30pm	<b>Family Hub in the Port, Maryport</b>  Thursdays at 1pm to 3pm
<b>Keswick Family Hub</b>  Tuesdays at 1:30pm to 2:30pm	<b>Westfield Family Hub, Workington</b>  Mondays at 1pm to 3pm	



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