



Cumberland Family Hubs

What's On - April 2026

Drop in to Play Space



Play Space is a free, welcoming place to play with your child and there are sessions throughout the Easter Holidays. Support your children to play, explore and socialise at their own pace. No booking needed, just drop in and enjoy some quality play time together.

<p>Family Hub on the Border</p> <p>Wednesday 8 April, 1:30pm to 3:30pm</p>	<p>Chances Family Hub</p> <p>Friday 10 April, 9:30am to 11:30am</p>	<p>Family Hub on the Harbour</p> <p>Friday 27 March, 9:30am to 11:30am</p> <p>Friday 10 April, 9:30am to 11:30am</p>
<p>Family Hub in Millom</p> <p>Friday 10 April, 1pm to 2:30pm</p>	<p>Westfield Family Hub</p> <p>Monday 30 March, 1pm to 3pm</p> <p>Tuesday 31 March, 9:30am to 11:30am</p>	

New online support for parents



Being a parent can be hard, especially when relationships feel under pressure. Small disagreements can sometimes turn into frequent arguments, which can affect children more than we realise.

Parents in Cumberland now have access to free online courses, **Getting on Better**. The courses help you learn how to:

- stay calm when talking things through
- manage disagreements without things getting heated
- communicate during big changes, like separation or having a new baby
- talk openly about worries, such as money or debt

The courses are easy to use, confidential, and can be done at your own pace.

Find out more and get started: www.oneplusone.org.uk/parents

Prefer support in person? The friendly Family Hubs teams can help you, chat to one of the team to get started.

Parents in Cumberland also have access to Togetherness - 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.

Does your child have an Early Help support plan?

Are meetings happening regularly and helping your child or have they stopped? If your child had an Early Help plan and the meetings have stopped, but you feel support is still needed, please get in touch.

If you feel all support needs are met and your child and family no longer need an Early Help plan, please also let us know by email, Early.Help@cumberland.gov.uk.

Find out more about how to get support for you and your child, search for Early Help support for families on the Cumberland Family Hubs website.

What is child exploitation? and what should you do if you have concerns?

Child exploitation happens when there is an imbalance of power and a child is encouraged, pressured, trapped or forced to carry out acts for someone else's benefit.

Children may receive something in return, such as alcohol, cigarettes, vapes, gifts, money, drugs or affection. They can be exploited by adults or by other children and young people.

For information about exploitation and identifying possible signs of exploitation please search for Child exploitation on the Cumberland Family Hubs website.

What to do if you are worried a child is being exploited

Sharing concerns can be done two ways -

- To **Cumbria Police on 101 or 999** if the child is in immediate danger.
- To **Cumberland Children's Advice and Support Service** (formerly known as Cumberland Safeguarding Hub) on **0333 240 1727**.

Struggling with money or work? Free support for families through the Family Community Team

The Family Community Team can help you and your family build a more secure future. They offer practical, one-to-one support tailored to your needs.

They can help you check your household income and benefits, support you with budgeting or debt advice, and connect you to local services and charities. If you are thinking about starting work, increasing your hours or changing jobs, they can guide you through how this may affect your finances.

They also support people back into work, training or education, including help with childcare costs, travel, interview clothes and apprenticeships. Contact the team by email:

Family.CommunityTeam@cumberland.gov.uk

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 at cumberland.gov.uk/HAF. There is still time to book HAF sessions on eequ.org/Cumberland.

HAF is fully funded by the Department for Education(DfE).

Get ready to start reception



Reception places are announced this month, so many parents will be thinking about how to help their child get ready for school.

Starting Reception is an exciting step. There are lots of small things you can do at home to help your child feel confident.

If your child is not using the toilet confidently yet, there is still plenty of time to practise before September. You can find helpful advice on toilet training on the Starting Reception website and from ERIC, the children's bowel and bladder charity.

You can also help your child become more independent through everyday routines. Encourage them to:

- put on their coat and shoes
- eat using a knife and fork and drink from an open cup
- get dressed with a little less help
- play on their own for short periods

These small steps can really help build confidence, find more on the Starting Reception website.

If you want practical ideas or are feeling worried, your local Family Hub team can help, contact them by email, phone or pop in and chat to one of the friendly team members.

Don't miss

Free Easter holiday activities at Family Hubs

Join the fun at your local Family Hub with Messy Babies, Easter and Spring sessions.

Family Hub on the Border, Longtown

Wednesday 1 April 0–8 Easter Fun, 1:30pm–3:00pm

Thursday 9 April 0–12 months Messy Babies, 1:30pm–2:30pm

Book by phone, 01228 226 697 or email,
familyhubs6@cumberland.gov.uk

Chances Family Hub, Carlisle

Tuesday 31 March 0–8 Easter Fun, 10:30am–12:00pm

Book by phone, 01228 223 417 or email,
familyhubs7@cumberland.gov.uk

Newtown Family Hub, Carlisle

Wednesday 8 April 0–12 months Messy Babies, 1:00pm–2:00pm

Book by phone, 01228 223 417 or email,
familyhubs7@cumberland.gov.uk

Petteril Bank Family Hub, Carlisle

Monday 30 March 0–12 months Messy Babies, 10:00am–
11:00am

Tuesday 7 April 0–8 Spring Fun, 1:00pm–2:30pm

Book by phone, 01228 223 417 or email,
familvhubs7@cumberland.gov.uk

Wigton Family Hub

Thursday 2 April 0–12 months Messy Babies, 10:30am–11:30am

Friday 10 April 0–8 Spring Fun, 10:30am–12:00pm

Book by phone, 01228 226 697 or email,
familyhubs6@cumberland.gov.uk

Family Hub in the Port, Maryport

Tuesday 31 March 0–8 Easter Fun, 10:30am–12:00pm

Wednesday 1 April 0–12 months Messy Babies, 1:30pm–2:30pm

Wednesday 8 April 0–8 Spring Fun, 11:00am–12:30pm

Book by phone, 01900 706 164 or email
familyhubs4@cumberland.gov.uk

Westfield Family Hub, Workington

Wednesday 1 April 0–8 Easter Fun, 1:00pm–2:30pm

Thursday 2 April 0–12 months Messy Babies, 10:30am–11:30am

Tuesday 7 April 0–8 Spring Fun, 1:00pm–2:30pm

Book by phone, 01900 706 140 or email,
familyhubs2@cumberland.gov.uk

Family Hub on the Harbour, Whitehaven

Thursday 2 April 0–8 Easter Fun, 1:30pm–3:00pm

Thursday 9 April 0–8 Spring Fun, 10:30am–12:00pm

Book by phone, 01946 506 378 or email,
familvhubs@cumberland.gov.uk

Millom Family Hub

Wednesday 8 April 0–8 Spring Fun, 10:30am–12:00pm

Friday 10 April 0–12 months Messy Babies, 10:30am–11:30am

Book by phone 01229 404 045 or email,
familyhubs3@cumberland.gov.uk



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