



# Cumberland Family Hubs

## What's On - May 2026

### Book free activities for 0-8 year olds during the May half term

Enjoy crafts, games and messy play in a relaxed, friendly setting. Sessions are free, but booking is essential.

- **Tuesday 26 May, 1.30 to 3 pm - Family Hub on the Border, Longtown.** Book now: [familyhubs6@cumberland.gov.uk](mailto:familyhubs6@cumberland.gov.uk)
- **Wednesday 27 May, 1 to 2.30 pm - Family Hub in the Port, Maryport.** Book now: [familyhubs4@cumberland.gov.uk](mailto:familyhubs4@cumberland.gov.uk)
- **Wednesday 27 May, 1.30 to 3 pm - Wigton Family Hub.** Book now: [familyhubs5@cumberland.gov.uk](mailto:familyhubs5@cumberland.gov.uk)
- **Thursday 28 May, 10.30 am to 12 pm - Westfield Family Hub, Workington.** Book now: [familyhubs2@cumberland.gov.uk](mailto:familyhubs2@cumberland.gov.uk)
- **Thursday 28 May, 1 to 2.30 pm - Family Hub on the Harbour, Whitehaven.** Book now: [familyhubs@cumberland.gov.uk](mailto:familyhubs@cumberland.gov.uk)

- **Thursday 28 May, 1.30 to 2.30 pm - Petteril Bank Family Hub, Carlisle.** Music and movement session, Book now: [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk)
- **Friday 29 May, 10.30 am to 12 pm - Family Hub in Millom.** Book now: [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk)
- **Friday 29 May, 10.30 to 11.30 am - Chances Family Hub, Morton.** Book now: [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk)

## **May half term - book free Messy Babies sessions**



**Messy Babies sessions are a lovely way to spend time together while your baby explores.** And the best bit is you don't need to tidy up afterwards, we do that for you!

Sessions are free, but booking is required.

- **Newtown Family Hub, Carlisle - Tuesday 26 May, 10.30 to 11.30 am.** Book now: [familyhubs7@cumberland.gov.uk](mailto:familyhubs7@cumberland.gov.uk)
- **Family Hub in the Port, Maryport - Tuesday 26 May, 10.30 to 11.30 am.** Book now: [familyhubs4@cumberland.gov.uk](mailto:familyhubs4@cumberland.gov.uk)
- **Family Hub on the Harbour, Whitehaven - Tuesday 26 May, 1.30 to 2.30 pm.** Book now: [familyhubs@cumberland.gov.uk](mailto:familyhubs@cumberland.gov.uk)
- **Millom Family Hub - Wednesday 27 May, 11 am to 12 pm.** Book now: [familyhubs3@cumberland.gov.uk](mailto:familyhubs3@cumberland.gov.uk)

- **Wigton Family Hub - Thursday 28 May, 10.30 to 11.30 am.**  
Book now: [familyhubs5@cumberland.gov.uk](mailto:familyhubs5@cumberland.gov.uk)
- **Family Hub on the Border, Longtown - Thursday 28 May, 1.30 to 2.30 pm.** Book now: [familyhubs6@cumberland.gov.uk](mailto:familyhubs6@cumberland.gov.uk)
- **Westfield Family Hub, Workington - Friday 29 May, 1 to 2 pm.** Book now: [familyhubs2@cumberland.gov.uk](mailto:familyhubs2@cumberland.gov.uk)

## Help every child in Cumberland experience the magic of book ownership



**Do you have children's books at home that your family has grown out of?** This spring, Cumberland is launching a book donation scheme to help more children and young people have books of their own.

You can donate new or good-quality used books for children and young people at:

- Library donation points at Whitehaven and Workington libraries
- Your local Family Hub

The scheme supports the National Year of Reading and helps children discover the joy of reading for pleasure. Questions? Or interested in how you could volunteer to help support this scheme and promoting reading locally? Email [FamilyHubVolunteers@cumberland.gov.uk](mailto:FamilyHubVolunteers@cumberland.gov.uk).

## Book free sensory room use



**Did you know that you can book our sensory rooms for free?** You can book easily by calling your local hub, sending an email or chatting to the team.

After parent feedback we are also trialling online booking at Chances Family Hub, Carlisle, book now on the EEQU website. **Scan the QR code to book.**



<https://eequ.org/familyhubsensoryroombookings>

## Get reception ready - physical development



**Everyday play can really help children get ready for school.** The recommendation is for children to be active for at least 3 hours a day.

Simple activities can make a big difference:

- Walking up and down steps (one foot at a time, using the wall for support)
- Climbing, running, jumping and playing
- Catching a large ball (most of the time)
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking

You can find more ideas and activities on the Starting Reception website, <https://startingreception.co.uk>.

## Preparing you relationship for parenthood



Having a baby is one of the biggest changes you and your partner can go through. Me, You and Baby Too is designed to help you prepare for this change so that you're ready to navigate the journey together.

Learn more about what to expect and how to come out the other side stronger in this 30 minute online course at [oneplusone.org.uk/parents](https://oneplusone.org.uk/parents).

There are also other brilliant courses for different parenting challenges including Getting it Right for Children, for separating parents, and How to Argue Better, helping you to communicate more effectively at any stage of the relationship.

Prefer to get support in person? Chat to the friendly team in your local family hub.

# Don't miss out on funded Early Learning for 2 year olds

Eligible families should apply now to access funded childcare for their two year old. Want to check eligibility or find out more about the help available for childcare for you?

Find out more on the government's Best Start in Life website, <https://beststartinlife.gov.uk>



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