



Cumberland Family Hubs

What's On - June 2026

New Family Hubs timetables for Summer



Summer timetables launch from Monday 1 June, with a range of updated sessions across Family Hubs to support you and your child. From play sessions and baby groups to advice and support, there's something for every family to enjoy.

Take a look at what's available near you and find sessions that fit your routine, pick up a copy in your local family hub or find the timetables online at www.CumberlandFamilyHubs.org.uk.

Book sensory rooms for free



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,

eequ.org/familyhubsensoryroombookings. Find a sensory room near you on the Cumberland Family Hub website.

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.

Get reception ready - building relationships and communicating



Getting ready for school isn't really about letters and numbers. It's about helping your child feel confident with other people, share their thoughts, and understand how others feel.

Simple activities can make a big difference:

- practise sharing and taking turns with toys
- read stories together and talk about how children feel
- singing songs and nursery rhymes together

You can find more ideas and activities on the Starting Reception website to support your child at home,

<https://startingreception.co.uk>.

Money worries can put a strain on relationships - get help



Money worries can put pressure on any relationship, and debt is one of the most common causes of stress for couples. It can lead to arguments, anxiety, and make it harder to talk openly with each other.

The short online course, Debt and relationships, uses real-life stories from couples who have faced debt and come through it.

Through a series of short animations, you'll hear how debt affected their relationships and the simple steps they took to move forward together.

It offers a gentle, supportive way to reflect on your own situation and start positive conversations about money. Try it here, 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.

Child Safety Week



Child Safety Week, led by the Child Accident Prevention Trust, takes place from 1–7 June 2026 and brings families, professionals and communities together to help keep children safe.

This year's theme, Making prevention possible, highlights how small, practical steps at home and when out and about can make a big difference. Helping families make simple changes that can prevent serious accidents.

Visit the Child Safety Week website, capt.org.uk/child-safety-week/ for easy tips, activities and free resources to help keep your child safe.

Holiday Activities and Food programme booking from 15 June

Don't miss out on your child's preferred Holiday Activities and Food (HAF) sessions. Save the date for when bookings open.

Eligible children can access a wide range of free holiday activities across Cumberland, from sports and outdoor play to creative sessions and trips. Places are popular, so we recommend booking early to avoid disappointment.

Bookings can be made through the EEQU website, eequ.org/cumberlandhaf. For more details about eligibility, activities and how to book, visit the HAF section on the Cumberland Family Hubs website, cumberlandfamilyhubs.org.uk/HAF

Volunteer Week: Make a difference at your local Family Hub

Cumberland Family Hubs are recruiting volunteers to help create safe, welcoming spaces where children and families can learn, play and grow.

If you've ever thought about volunteering, now is a great time to get involved. There are lots of ways you can make a difference, contact Alison to find out more.

No matter your experience, your support can make a real and lasting difference. Training and ongoing support are provided, and roles are available across several Family Hub locations. Email: familyhubvolunteers@cumberland.gov.uk.



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