



# Cumberland Family Hubs

## What's On - July 2026

### Celebrate a young person you know



**Do you know a child or young person who makes you proud?**

The Flying High Awards are now open for nominations, celebrating children and young people aged 8 to 25 who live in Cumberland.

The awards recognise young people who are helping others, learning new skills, overcoming challenges, caring for family members, showing kindness, achieving their goals or making a positive difference in their community.

You do not need to be a champion or prize winner to be nominated. We want to celebrate young people who make a difference in big or small ways every day.

Parents, carers, family members, friends, schools, community groups and local organisations can all nominate a young person. Winners will be recognised at an event in September.

Nominations are open from 1 July until 31 July 2026.

To find out more or make a nomination, visit the Cumberland Family Hubs website, [cumberlandfamilyhubs.org.uk](http://cumberlandfamilyhubs.org.uk).

## **Book free summer activities at a Family Hub near you**



**Book your child a free play session running at Family Hubs across Cumberland.** Suitable for 5 -11 year olds. Find all the details and book on the EEQU website, [eequ.org/hafthehub](http://eequ.org/hafthehub).

- Chances Family Hub, Carlisle, Friday 24 July
- Family Hub on the Border, Longtown, Monday 20 July
- Family Hub on the Port, Maryport, Wednesday 22 July
- Keswick Family Hub, Wednesday 5 August
- Millom Family Hub, Monday 20 July
- Petteril Bank Family Hub, Carlisle, Thursday 23 July
- Silloth Family Hub, Wednesday 29 July
- Valley Family Hub, Whitehaven, Thursday 23 July
- Westfield Family Hub, Workington, Tuesday 28 July
- Wigton Family Hub, Wednesday 22 July

## **Free summer holiday activities for eligible children**

The summer holidays are nearly here, and there is still time to book free Holiday Activities and Food (HAF) sessions for eligible children and young people.

HAF activities are a great way for children to stay active, make friends, learn new skills and have fun during the school holidays. Sessions are available across Cumberland and include sports, outdoor adventures, creative activities, games and trips. A healthy meal is also provided.

Places are filling up quickly, so we encourage families to book as soon as possible.

Bookings can be made through the EEQU website, [eequ.org/cumberlandhaf](http://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](http://cumberlandfamilyhubs.org.uk/HAF).

## Pick up a free book at your local Family Hub



**A huge thank you to everyone who has supported our book donation scheme.** Since launching earlier this year as part of the National Year of Reading, more than 2,500 books have been donated by local families and partners.

Children and young people can now choose from these donated books at their local Family Hub and take them home to keep. Having books of their own helps children develop a love of reading, build confidence and enjoy sharing stories with family members.

You can still donate good-quality used children's books at your local Family Hub or participating libraries. We are particularly looking for board books for babies and young children.

Every donated book gives another child the chance to discover the joy of reading.

## Take part in the Summer Reading Challenge



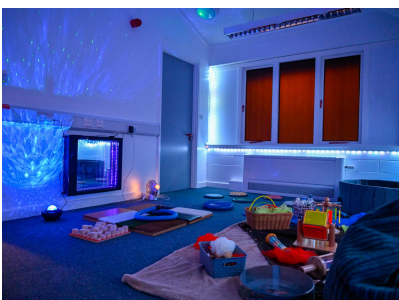
**Looking for a free activity to keep your child engaged over the summer holidays?** The Summer Reading Challenge: Read to the Beat! is back for 2026 and encourages children aged 4 to 11 to discover the joy of reading.

Children can take part by borrowing and reading six books over the summer and telling library staff about what they have read. They can choose any books they enjoy, including stories, fact books, picture books, graphic novels, audiobooks and eBooks. Everyone who completes the challenge will receive rewards and a certificate.

Taking part is free, and library membership is free too. The challenge starts on 11 July and runs until the middle of September.

Visit your local library to sign up and help your child enjoy a summer full of reading, imagination and fun.

## 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.

Book Chances Family Hub, Carlisle, online on the EEQU website, [eequ.org/familyhubsensoryroombookings](https://eequ.org/familyhubsensoryroombookings). Find a sensory room near you on the Cumberland Family Hub website.

## **Worried about your child's development?**



**Every child develops at their own pace, but if you have concerns about your child's progress, it's important to talk to someone early.**

You can speak to your child's nursery, pre-school, childminder or health visitor for advice and support. If your child has additional needs or you think they may need extra support, talk to their early years setting and the school before they start Reception.

Sharing information about your child's strengths, interests, needs and what works well for them can help staff provide the right support from day one.

If you have any concerns, speak to your child's early years setting, health visitor or local Family Hub. They can help you find the right support for your child.

Find out more on the Starting Reception website, <https://startingreception.co.uk>.

## **Concerned about alcohol or drugs? Youth SAFE can help**

If your child or teenager has questions about alcohol or drugs, or you're worried about their substance use, support is available.

Youth SAFE supports young people under 18 across Cumberland in a safe, confidential and judgement-free way. Whether a young person is curious about substances, experimenting, or experiencing challenges, the team can provide advice, support and someone to talk to.

Support is tailored to each young person's needs and can take place at home, in school or another setting where they feel comfortable.

If you'd like to find out more or make a referral, contact [abi.macrae@cumberland.gov.uk](mailto:abi.macrae@cumberland.gov.uk).

## **Looking for reliable information about alcohol, drugs and substance use?**

DrugHubUK is an Instagram page run by Youth SAFE that shares trusted, non-judgemental advice to help young people make safer and more informed choices. The page is available 24/7 and includes information about a range of substances, staying safe and where to get support.

Young people living in Cumberland can also send a direct message to access confidential one-to-one support from trained professionals.

Parents and carers may find the information useful too, helping them start conversations and stay informed about issues affecting young people today.

Follow @DrugHubUK on Instagram for advice, information and support.

## **Worried about a young person's housing situation?**

Youth RISE supports young adults aged 16 to 24 who are homeless or worried about becoming homeless.

The service helps young people understand their options, access suitable accommodation and develop the skills needed to live independently. Support can include help with budgeting, managing a tenancy, paying bills and accessing other services.

Where possible, Youth RISE also works with young people and families to prevent homelessness and help them stay safely at home.

If you're concerned about a young person's housing situation, it's important to seek advice early. Contact Cumberland Council's Homelessness Team at [cshomelessteam@cumbria.gov.uk](mailto:cshomelessteam@cumbria.gov.uk) for advice and support.

## **Need extra support for your family?**

If your family is facing challenges and you need a bit of extra help, support is available.

The new Family Help Locality Team brings services together to make it easier for families to get the support they need. Rather than lots of different professionals working separately, teams work together to provide joined-up support for children, young people and their families.

The service can support families who may be dealing with several challenges at once and need help from more than one service. The

focus is on building on family strengths and helping children and young people thrive.

If you think your family could benefit from extra support, speak to your local Family Hub or a professional already working with your family. They can help you access the right support at the right time.

## Free online support for parents



**Parents in Cumberland 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.

## Summer savings for families

The Great British Summer Savings Scheme is running from 25 June to 1 September 2026, helping families feel a bit less squeezed this summer.

The new scheme includes reduced VAT on days out, including tickets at attractions like soft play, adventure centres and theme parks, children's tickets for theatres and cinemas, and children's meals in restaurants. Children aged 5 to 15 in England will also be able to travel free on local bus services throughout August.

Further information about the scheme is available at Summer Savings - Cost of Living Help,

<https://costoflivinghelp.campaign.gov.uk/summer-savings-2/>

## Could it be child sexual exploitation?

Child sexual exploitation (CSE) is a form of abuse that can happen to any child or young person. It often involves someone gaining a child's trust and using their power, influence or control to exploit them. This can happen in person or online through social media, messaging platforms or gaming apps.

Warning signs can include a child receiving gifts, money, attention, accommodation or other things in exchange for a relationship or contact with someone.

Even if a young person believes they have agreed to what is happening, they may still be being exploited.

If you are worried that a child may be at risk, trust your instincts and seek advice. You can contact Cumbria Police on 101 (or 999 in an emergency) or Cumberland Children's Advice and Support Service on 0333 240 1727.



@CumberlandFamilyHubs



facebook.com/CumberlandFamilyHubs



FamilyHubs@cumberland.gov.uk



cumberlandfamilyhubs.org.uk