



Cumberland Family Hubs

What's On - Summer 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 making a positive difference in their community both in big or small ways.

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.

A summer full of fun at Cumberland Family Hubs

Our new summer timetables are here. Pick up a printed copy from your local Family Hub or view them on the Cumberland Family

Hubs website to see what's happening near you over the holidays.

There are lots of activities for families to enjoy, including Summer Fun sessions, Messy Babies, and drop in Play Space sessions. Booking required for Summer Fun and Messy Babies, email or phone the hub to book.

Looking for something fun to do this summer for teens?

There are a series of free drop-in activities for young people aged 12 to 18, taking place at Family Hubs during the school holidays. Each session includes a mix of sports, games, music and activities, as well as a chance to relax, meet friends and enjoy free snacks.

There's no need to book, just come along and join in. Whether they're looking to get active, try something new or simply spend time with other young people, everyone is welcome.

- Millom Family Hub, LA18 4LP, 20 July, 3.30pm to 5.30pm
- Family Hub in the Port, Maryport, 22 July & 12 August, 3.30pm to 5.30pm
- Valley Family Hub, Whitehaven, 23 July & 29 July, 3.30pm to 5.30pm
- Chances Family Hub, Carlisle, 24 July, 31 July & 4 August, 4.30pm to 5.30pm
- Westfield Family Hub, Workington, 28 July & 4 August, 3.30pm to 5.30pm
- Petteril Bank Family Hub, Carlisle, 30 July & 6 August, 4.30pm to 5.30pm
- Wigton Family Hub, 5 August & 11 August, 4.30pm to 5.30pm
- Egremont Hub, 27 July, 3.30pm to 5.30pm

Carlisle Youth Zone are also hosting sessions in Longtown, with a small cost per session:

- Family Hub on the Border, Longtown, 27 July, 3 August, 10 August, 17 August & 24 August, 6.45pm to 8.15pm (50p per session)

Book free summer activities through HAF@theHub



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.

New Borrow Bags now available at Family Hubs



Looking for new ways to play, learn and spend time together with your child? Our new Borrow Bags are now available to borrow free of charge from Family Hubs across Cumberland.

Designed for families with children aged up to five, each bag is filled with fun resources and a book to enjoy together at home. Playing, reading and talking together helps children develop important skills while having fun.

Activities support early learning, including:

- Communication and language

- Early maths skills
- Fine motor skills
- Musical exploration
- Imaginative play

Borrow a bag for up to three weeks, then return it so another family can enjoy it too.

Pop into your local Family Hub to find out more and borrow a bag for your family.

Pick up a summer read for your family

Alongside the brilliant books available at local libraries, you can also pick up and keep a book at your nearest Family Hub.

Thanks to generous donations from local families, our book donation scheme gives children and young people the chance to take home free books to enjoy again and again. Whether you're looking for a bedtime story, a favourite picture book or something new to spark a love of reading, there's something for all ages.

If you have children's books in good condition that are no longer needed, we'd also love to receive your donations to help keep the shelves stocked for other local families.

Starting reception



Do you have a little one who is moving up to Reception this September? You can find lots of practical advice and free resources to help you get ready on startingreception.co.uk or pop into your nearest Family Hub for a copy.

If you want your child to have a little more practice over the summer to help them to become more confident at using the toilet at school, ERIC (The children's Bladder and Bowel Charity) can offer support via email, their website or through their helpline. Find more, eric.org.uk

Thinking about toilet training? We have some fantastic toilet training booklets available in family hubs, pop in and pick one up.

Prepare for your baby's arrival with confidence



Expecting a baby? The free online Understanding Pregnancy, Labour, Birth and Your Baby course can help you feel more informed and prepared for the journey ahead.

Created by NHS midwives and clinical psychologists, the course is designed for all parents and covers everything from labour and birth to feeding and caring for your newborn. You'll learn about your birth options, pain management, hypnobirthing, and ways to build a strong bond with your baby from the very beginning.

The course can be completed at your own pace, making it easy to fit around your daily life and other commitments.

Sign up for the free course on togetherness.co.uk/Learn using the code WORDSWORTH and take the time to explore the information before your baby arrives. It could help you feel more confident and ready for the exciting months ahead.

Looking for in person support? Cumberland Family Hubs offer 'Growing Together' antenatal groups for expectant parents – please contact your local family hub for further details on your nearest group

Co-parenting after separation

Parenting after a separation can be challenging, but support is available.

Getting it Right for Children is a free online course designed to help separated parents work together and put their children's needs first. The course offers practical advice to help improve communication, reduce conflict and support children's wellbeing during and after a family breakdown.

You can complete the course online at your own pace and learn strategies to help your child feel secure, supported and listened to.

Visit www.oneplusone.org.uk/parents to find out more.

Get in touch with a Family Hub

Whether you have a query, concern or just want to book an activity, you can easily get in touch. Pop into a hub to chat to the team, give us a call or send an email:

Carlisle West area - main hub: Chances Family Hub, Morton

01228 223 417, FamilyHub.WestCarlisle@cumberland.gov.uk

Carlisle East area - main hub: Petteril Bank

FamilyHub.EastCarlisle@cumberland.gov.uk

Millom area - main hub: Family Hub in Millom

01229 404 045, FamilyHub.Millom@cumberland.gov.uk

Maryport area - main hub: Family Hub in the Port

01900 706 164, FamilyHub.Maryport@cumberland.gov.uk

Longtown area - main hub: Family Hub on the Border

01228 226 697, FamilyHub.Longtown@cumberland.gov.uk

Whitehaven area - main hub: Family Hub on the Border

01946 506 378, FamilyHub.Whitehaven@cumberland.gov.uk

Workington area - main hub: Westfield Family Hub

01900 706 140, FamilyHub.Workington@cumberland.gov.uk

Wigton area - main hub: Wigton Family Hub

01228 226 081, FamilyHub.Wigton@cumberland.gov.uk



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