



# Cumberland Family Hubs

What's On - October 2026

**Get ready for free October half-term activities at Family Hubs**



## Spooky Stay and Play for children aged 0 to 5

Enjoy Halloween-themed crafts, sensory activities, songs and play in a safe and welcoming space for young children and their families.

### Monday 26 October

- Hub in the Port, Maryport - 10am to 11.30am
- Wigton Family Hub - 10am to 11.30am
- Valley Family Hub, Whitehaven - 9.30am to 11am
- Westfield Family Hub, Workington - 1.30pm to 3.30pm

## **Tuesday 27 October**

- Hub in the Port, Maryport - 10am to 11.30am
- Westfield Family Hub, Workington - 9.30am to 11.30am
- Keswick Family Hub - 1.30pm to 3pm
- Hub on the Harbour, Whitehaven - 1pm to 3pm
- Egremont Family Hub - 10am to 12 noon

## **Thursday 29 October**

- Flimby Family Hub - 10am to 11.30am
- Chances Family Hub, Morton Carlisle - 1pm to 2.30pm
- Hub on the Border, Longtown - 1pm to 2.30pm
- Millom Family Hub - 1pm to 3pm
- Westfield Family Hub, Workington - 1pm to 3pm

## **Friday 30 October**

- Petteril Bank Family Hub, Carlisle - 10am to 11.30am
- Hub on the Harbour, Whitehaven - 1pm to 3pm

## **Spooky Family Fun for children and young people aged 0 to 19**

Join in with seasonal crafts, games and spooky surprises at a fun event for the whole family.

- Chances Family Hub, Morton Carlisle - Monday 26 October, 10am to 12 noon
- Hub on the Border, Longtown - Monday 26 October, 10am to 12 noon
- Hub in the Port, Maryport - Wednesday 28 October, 9.30am to 11.30am
- Westfield Family Hub, Workington - Wednesday 28 October, 10.30am to 12 noon
- Hub on the Harbour, Whitehaven - Wednesday 28 October, 1.30pm to 3pm
- Petteril Bank Family Hub, Carlisle - Thursday 29 October, 1pm to 3pm
- Wigton Family Hub - Friday 30 October, 10am to 12 noon
- Millom Family Hub - Friday 30 October, 1pm to 2.30pm

## **Play Space**

Drop in for relaxed, child-friendly play activities and time together during the half-term break.

- Petteril Bank Family Hub - Monday 26 October, 9.30am to 11.30am
- Workington Family Hub - Monday 26 October, 9.30am to 11.30am
- Petteril Bank Family Hub - Wednesday 28 October, 1pm to 3pm

- Hub in the Port, Maryport - Thursday 29 October, 1.30pm to 3.30pm
- Chances Family Hub, Morton - Friday 30 October, 9.30am to 11.30am
- Aspatria Family Hub - Friday 30 October, 1pm to 3pm
- Hub on the Border, Longtown - Friday 30 October, 1pm to 2.30pm

## **Family Hub Hangout for young people aged 11 and over**

A relaxed space where young people can meet others, spend time together and enjoy activities during half term.

- Chances Family Hub, Morton - Monday 26 October, 4pm to 5.30pm
- Hub on the Harbour, Whitehaven - Monday 26 October, 4pm to 6pm
- Hub in the Port, Maryport - Wednesday 28 October, 2.30pm to 4pm
- Petteril Bank Family Hub, Chances - Wednesday 28 October, 3.30pm to 5pm
- Westfield Family Hub, Workington - Friday 30 October, 2pm to 4pm

## **Family Hub Cuppa and Chat**

Drop in for a friendly cuppa, meet other local families

and chat with Family Hub staff in a welcoming setting.

- Westfield Family Hub, Workington - Thursday 29 October, 9.30am to 11.30am
- Hub on the Harbour, Whitehaven - Friday 30 October, 1pm to 3pm

## **Time Together SEND Group**

A welcoming group where children and young people with special educational needs and disabilities, and their families, can spend time together and enjoy activities.

- Workington Family Hub - Wednesday 28 October, 3.30pm to 4.30pm

## **New Dads Drop-ins launch this November**

Dads and Doughnuts is a brand-new Family Hubs drop-in session for dads and male carers to enjoy quality time with the children they care for. Come along for free activities, gain some healthy cooking skills, a cuppa and a snack, and have chat with our friendly Hub2u team. Whether you're looking for advice, support, or simply a welcoming place to spend time together, everyone is welcome.

Maryport Family Hub - Launches Saturday 7 November, 11am to 2pm. Then runs on the first Saturday of every month

Whitehaven Family Hub - Launches Saturday 21 November, 11am to 2pm. Then runs on the third Saturday of every month

No booking is required. Just drop in, have a healthy doughnut, meet other dads and carers, and enjoy some family fun.

## **Grow your confidence as a parent with the Nurturing Programme**

Parenting can be rewarding, but it can also be challenging at times. The Nurturing Programme is a friendly and supportive course for parents and carers, designed to help you build positive relationships, better understand your child's needs and boost your confidence as a parent.

You'll explore topics such as understanding emotions, supporting your child's development, developing empathy and encouraging positive behaviour. The programme provides a welcoming space to share experiences, learn new skills and connect with other parents.

Sessions are running from November to January:

- Family Hub on the Harbour, Whitehaven from Wednesday 4 November to the 27 January from 9.30-11.30 am
- Family Hub in the Port, Maryport from Thursday 5 of November to the 28 January 12.45-2.45 pm
- Westfield Family Hub, Workington from Tuesday 3 November, 5.30 - 7.30 pm
- Carlisle from week commencing Monday 2 November. Venue and time TBC.
- Aspatria Family Hub from week commencing Monday 2 November. Dates and time TBC.

More courses will be coming to Family Hubs across Cumberland. To find out more or register your interest, please contact your local Family Hub.

## **Free school meal eligibility is expanding**

From September 2026, free school meal eligibility has expanded, meaning more children can now access a healthy meal during the school day.

If your household receives Universal Credit, your child may now be eligible for free school meals, regardless of your household income. This change is expected to help thousands of families save money while ensuring

children have access to nutritious meals at school.

You may be eligible if:

- You receive Universal Credit
- You have a child attending school
- You have not previously applied because your income was above the old threshold

Even if you already receive Universal Credit, you will usually still need to register for free school meals.

If you think your child may be eligible, contact your child's school or search 'Free school meals and clothing vouchers Cumberland Council' for information on how to apply.

## Get extra support for your family



Need help with money, benefits, training or finding work? The Family Community Team is here to support you.

Based in Family Hubs and local community settings, the team can help you check you're receiving all the benefits you're entitled to, explore training and employment opportunities, and connect you with other local support. They can also offer advice on issues such as financial

hardship, domestic abuse and SEND, and signpost you to food hubs, grants and other sources of help.

The team works closely with Family Help, schools and other services to make sure families get the right support at the right time.

To find out more or ask for help, email [Family.CommunityTeam@cumberland.gov.uk](mailto:Family.CommunityTeam@cumberland.gov.uk).

## **Family-Led Decision Making: Putting families at the heart of decisions**

Every family faces challenges from time to time, and sometimes it can be difficult to know what support is available. Family-Led Decision Making is an approach that helps families come together with people they trust to make plans, find solutions and decide what support is right for them.

By bringing together family members, friends and professionals, families can talk about what's working well, identify any concerns and create a plan for the future. The aim is to ensure families have a voice in decisions that affect them and can build on their own strengths and support networks.

Family-Led Decision Making can help families feel more confident, connected and in control, with the focus firmly on achieving the best outcomes for children and young

people.

Find out more by searching for 'Family Led Decision Making' on the Cumberland Family Hubs website.

## **Build a stronger relationship**

Disagreements are normal, but the way we handle them can make a big difference. Learn How to Argue Better is a free online course designed to help parents and carers communicate more effectively, reduce arguments and build stronger relationships at home.

The course provides practical advice and simple techniques to help you stay calm during difficult conversations, understand each other better and work through disagreements in a positive way. Whether you're co-parenting, facing family challenges or simply want to improve communication at home, the course can help you develop skills and confidence that support healthier relationships.

Access the course online at [oneplusone.org.uk/parents](https://oneplusone.org.uk/parents) or speak to your local Family Hub for advice and support.

## **Protect your baby and you**



1. Nursery decorated
2. Parenting books read
3. Hospital bag packed
4. Vaccinations done

The pregnancy to-do list can feel overwhelming, but we're here to help your baby and you. Speak to your midwife to get the information and support you need on vaccinations recommended during pregnancy.

Find out more <https://www.nhs.uk/pregnancy/keeping-well/vaccinations/>

## 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](mailto:FamilyHub.WestCarlisle@cumberland.gov.uk)

**Carlisle East area - main hub: Petteril Bank**

01228 227 465, \_

[FamilyHub.EastCarlisle@cumberland.gov.uk](mailto:FamilyHub.EastCarlisle@cumberland.gov.uk)

**Millom area - main hub: Family Hub in Millom**

01229 404 045, [FamilyHub.Millom@cumberland.gov.uk](mailto:FamilyHub.Millom@cumberland.gov.uk)

**Maryport area - main hub: Family Hub in the Port**

01900 706 164,

[FamilyHub.Maryport@cumberland.gov.uk](mailto:FamilyHub.Maryport@cumberland.gov.uk)

**Longtown area - main hub: Family Hub on the Border**

01228 226 697,

[FamilyHub.Longtown@cumberland.gov.uk](mailto:FamilyHub.Longtown@cumberland.gov.uk)

**Whitehaven area - main hub: Family Hub on the Border**

01946 506 378,

[FamilyHub.Whitehaven@cumberland.gov.uk](mailto:FamilyHub.Whitehaven@cumberland.gov.uk)

**Workington area - main hub: Westfield Family Hub**

01900 706 140,

[FamilyHub.Workington@cumberland.gov.uk](mailto:FamilyHub.Workington@cumberland.gov.uk)

**Wigton area - main hub: Wigton Family Hub**

01228 226 081, [FamilyHub.Wigton@cumberland.gov.uk](mailto:FamilyHub.Wigton@cumberland.gov.uk)

# **Find out more about becoming a cadet during National Cadets Week**

Whether your child enjoys outdoor activities, meeting new people, learning practical skills or taking on new challenges, joining the Cadets can help them build confidence, resilience and leadership skills in a fun and supportive environment. National Cadets Week celebrates the positive impact cadet forces have on young people, families and communities across the UK. There are a number of open event being held on Saturday 10 October, Find Detachments in Cumbria | Army Cadets UK

Cadets come from all backgrounds, and the focus is on personal development, friendship and having fun. The experience can help young people grow in confidence, try new things and develop skills that benefit them throughout their lives.

National Cadets Week is also an opportunity to recognise the dedicated adult volunteers who make cadet experiences possible.

Find out more by searching 'army cadets Cumberland' or 'Sea cadets Cumberland'.



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