

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Family Hub on the Border Longtown | <p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Health Visitor Clinic (Bookable) 9:00am - 1:00pm</p> <p>Early Help Drop in 9:30am - 12:30pm</p> <p>Time Together (SEND Group) 10:00am - 11:00am (Starts 12th January)</p> <p>Benefits & Employment Drop in 10:30am - 11:30am (26th January, 23rd February)</p> <p>Parent and Carer Champion Meeting 1:00pm - 2:00pm (19th January)</p> <p>Infant Massage (Bookable) 1:30pm - 2:30pm (Starts 12th January)</p> | <p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Little Learners 10:00am - 11:00am (Starting 13th January)</p> <p>Cumberland Youth Voice Drop in 4:30pm - 6:00pm (20th January, 17th February)</p> | <p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>** NEW** Infant Feeding 11:00am - 12:00pm (Starts 7th January)</p> <p>Play Space 1:30pm - 3:30pm</p> | <p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Play Space 9:30am - 11:30am</p> <p>Baby Buddies 1:30pm - 2:30pm</p> | <p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Toddler Tales At Longtown Library 2:15pm - 3:00pm (Starts 9th January)</p> |

Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via phone/email.

Play Space: A parent led drop in session where parent/carers are encouraged to play and interact with your child/ren in a friendly environment. Suitable for ages 0-5.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with both interactive and independent play. Suitable for 0-5. Bookable via phone/email.

Baby Buddies: An interactive group for bumps and babies 0-12 months and their parent/carers.

Little Learners: Opportunity for children to play and learn together aged 1-4 years. Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker.

Infant Massage: A bookable short course to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.

Infant Feeding: Offering support for parents who are breastfeeding or thinking about it. This group supports parents to respond to their baby's feeding needs. From birth onwards.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes. **At Longtown Library**

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

Early Help Drop in: Offering advice and support about how Early Help can support your family.

Health Visitor Clinic: Bookable - 03003 049 029

Parent and Carer Champion: Parent and carer Champions are parents or carers of children or young people who want to help make a positive difference for families in their community. Champions act as a voice for the community ensuring that real experiences and needs are heard. No experience is required – just a willingness to get involved and help others. Meetings will be held approx. every 6 weeks. All are welcome.

Cumberland Youth Voice: These relaxed sessions are a chance to share ideas, meet others, and make a real difference to the spaces and services designed for families and young people in our communities. Snacks and drinks will be provided and no sign-up is needed.