

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub on the Border Longtown	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Development Review Clinic (Appointment Only) 9.00am - 1.00pm</p> <p>Music & Movement 10.00am - 11.00am</p> <p>Benefits & Employment (Appointment Only) (15 June & 13 July) 10.30am - 11.30am</p> <p>Carlisle Youth Zone Junior Youth Club 5.00pm – 6.30pm Senior Youth Club 6.45pm – 8.15pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Little Learners 10.00am - 11.00am</p> <p>Cumberland Youth Voice (16 June) 4.30pm - 6.00pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</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 & Infant Feeding Support 1.30pm - 2.30pm</p> <p>Little Strollers 2.45pm-3.15pm</p>	<p>Sensory Room (Bookable)</p> <p>Soft Play (Bookable)</p> <p>Infant Massage (Bookable) 10.30am-12.00pm</p>

Sensory Room: A calm and engaging space designed to stimulate senses through light, sound, texture and movement. Suitable for ages 0-19 (25 with SEND). Please contact the family hub to book.

Soft Play: A ball pit, moveable soft shapes and a slide designed to support children with interactive and independent play. Suitable for children aged 0-5. Please contact the family hub to book.

Best Start in Life Sessions

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 children 0 -5 years.

Infant Massage: A calm and nurturing space for you and your baby to relax, bond and connect. **Please contact the family hub to book.**

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.

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

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

Music & Movement: A drop-in group for children aged 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

Little Strollers: Join us for a relaxed and welcoming walk for parents and carers with little ones in their buggies.

Benefits & Employment: Offering support on finances, benefits, employment and getting back to work. To book an appointment please email: family_communityteam@cumbria.gov.uk

Development Review Clinic: Appointment only. To contact the Cumberland health visiting service please visit: <https://hdfchildrenshealthservice.co.uk/our-service/growing-healthy-0-19-cumberland/> or call 0300 304 9029

Cumberland Youth Voice: (11-19 year olds) These relaxed drop in 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.

Carlisle Youth Zone: What's on: Sports, Arts & Craft, Games, Fun & Friendship

Junior Youth Club (age 7-11yrs) 5pm – 6:30pm

Senior Youth Club (age 12-18yrs) 6:45pm – 8:15pm

Once you become a member for £5, sessions are 50p.

For more information go to www.carlisleyouthzone.org