



Newsletter Friday 13th March 2026

PARKING ISSUES



We remind everyone to park safely around both our school and the junior school.

- Please do not park on the yellow lines or on the pavement where you may be obstructing pedestrians from passing your vehicle especially if they have wheelchairs and prams.
- Please watch for children appearing between parked cars.
- Please be considerate to our local residents and neighbours and do not obstruct their driveways.

Thank you.

Feet First & Big Walk & Wheel



The Feet First challenge and Big Walk & Wheel starts on Monday, we hope you can encourage your children to walk or wheel to school as much as possible for the next two weeks!



Dear Parent / Carer,

Our school will be taking part in the county wide Feet First 5-day Active Travel Challenge starting on **Monday 23 March** and finishing on **Friday 27 March 2026**. The challenge is for pupils and their families to choose an active way of getting to school as many times as possible over the 5-day period, supporting active journeys on the school run.

There are prizes for everybody who completes the challenge, as well as the chance to win a whole school prize, so we would love everyone to take part. The challenge is also open to school staff, and we will be making every effort to take part too. Walking, using a mobility aid such as a wheelchair, cycling, skating, scooting, and park & stride are all active ways of travelling, and we hope by taking part in the challenge it will:

- Improve health and wellbeing of our pupils and families
- Encourage pupils and families to be more active
- Reduce congestion and parking problems around our school
- Reduce our school community's collective carbon footprint
- Promote active travel for the school run and encourage families to continue to do this after the challenge ends
- Be good fun!

Each child will receive their own card to record their active journeys. Those pupils who have recorded at least one active journey on the card at the end of the challenge will be awarded an individual prize.

We understand that it's not always possible for families to walk with their children to school for the entire journey, but if you live a long way from school, you can still take part by parking further away and walking the last part of your journey, (Park & Stride), or by car sharing with another family. Children who use school transport during the active challenge week will be able to collect stickers as this helps to reduce individual car use.

Many thanks,



Reports and Parent's Evening

All parents should have had the opportunity to book a parents' evening appointment for the last week of term. If you have any problems please get in touch.

We will also make our Spring Term reports live on Monday the 23rd March. These are sent by email using INSIGHT (as we did in with the December reports).

The AUTUMN term reports provided an overview of teacher assessments, a personal comment and next steps for your child.

The SPRING term reports provides details of teacher assessment and your child's next steps/targets will be shared at parents' evening.

The SUMMER reports are our end of year reports which will contain more detail about your child's progress and achievement across the year as well as next steps/ targets. The summer term reports also show details of any statutory assessments such as Phonics screen checks or Early Years Foundation Stage Profile outcomes.

If you have any questions please contact the school office or your child's teacher.

Comic Relief - Friday 20th March



Next Friday children can come to school in non-uniform or wearing something red as we are raising funds for Comic Relief.

Cash donations of £1 welcomed for this charity, thank you

PINS Meeting

Please come and join the meeting in school next week if you can.



Nursery Applications - September 2026

If you know of anyone who is looking for a nursery place for their child for September 2026 you must apply by 27th March 2026.

Please contact the school office for an application form.

Carlisle Music Festival

The Year 2 Choir enjoyed singing in St Cuthbert's Church this morning, performing in the 'Children's Action Songs' category of The Carlisle Music Festival.


They performed two songs with a piano accompaniment - 'Underneath The Ocean' and 'Rockpool Rock' with their own actions.

In his summary, the judge said "Your faces were so expressive. You projected your voices very well and all the actions were strong and expressive too." The children were awarded Honours overall.



Parent Governor Election

Please see letter regarding a vacancy for a parent governor.



Kingmoor Nursery and Infant School

Hether Drive, Lowry Hill,
Carlisle, CA3 0ES
01228 558892

www.kingmoorinfants.com
admin@kingmoor-inf.cumbria.sch.uk

Headteacher: Mrs N. Corfield

Loving Learning; Enjoying, Discovering, Growing, Together.

13th March 2026

Dear PARENT/CARER,

PARENT GOVERNOR ELECTION – KINGMOOR NURSERY AND INFANT SCHOOL

I am writing to inform you of 1 vacancy on the school governing board for a parent governor. Details of the process to fill the vacancy follow.

THE NOMINATION OF PARENTS AS CANDIDATES

Each parent* of a pupil attending the school is to be given the opportunity of putting their name forward with a view to becoming a parent governor. If you want to submit a nomination on your behalf you should do so, in writing,

to the clerk to governors @ admin@kingmoor-inf.cumbria.sch.uk.

Letters of nomination, enclosed, must be countersigned by two sponsors, who must also be parents of children currently attending the school. The closing date for the receipt of nominations by the school is 9am **Friday 17th March 2026**. Please note that incomplete nominations will not be accepted.

In the event of there being no more than one nomination, the person nominated will automatically be elected, unopposed as a parent governor.

THE ELECTION PROCEDURE








If the school receives more nominations than vacancies, an election by secret ballot will be held as soon as possible. Each parent* of a child who at the time of the election is a pupil at the school will be entitled to vote.

In the event of an election, the clerk to the governing body will issue all parents with further details concerning the way in which the ballot (which will be entirely secret and as foolproof as possible) is to be organised and supply the official ballot papers.

CANDIDATES' CONTRIBUTION TO THE ELECTION

Candidates will be given the opportunity to write a short statement, which will be circulated to all parents of the school. Should candidates wish to seek support in any other way, this will be entirely their own responsibility.

Following an election, parents will be told the name of the successful candidate(s).



Kingmoor Nursery and Infant School

Hether Drive, Lowry Hill,
Carlisle, CA3 0ES
01228 558892

www.kingmoorinfants.com
admin@kingmoor-inf.cumbria.sch.uk

Headteacher: Mrs N. Corfield

Loving Learning: Enjoying, Discovering, Growing, Together.

TERM OF OFFICE OF PARENT GOVERNORS

An elected parent governor will hold office for a period of four years.

PARENTS' PARTICIPATION

It is very important for the efficiency and effectiveness of schools, that parents should be encouraged to have an active involvement in their children's education. Consequently, parents are encouraged to participate and take an interest in the election process, whether as candidates or voters.

If you would like to know more about what the role of a governor entails, or you have any other queries at this stage, please contact the clerk of Governing Body @ admin@kingmoor-inf.cumbria.sch.uk, who will be pleased to try to help you.

Yours faithfully

MRS NICKY CORFIELD
HEADTEACHER

***DEFINITION OF "PARENT"**
See Section 576 of the Education Act 1996



Kingmoor Nursery and Infant School

Hether Drive, Lowry Hill,
Carlisle, CA3 0ES
01228 558892

www.kingmoorinfants.com
admin@kingmoor-inf.cumbria.sch.uk

Headteacher: Mrs N. Corfield

Loving Learning: Enjoying, Discovering, Growing, Together.

Appendix B

Parent Governor Nomination Form

Name of Nominee:
Address of nominee:
Signature of nominee:

The above-named has a child at the school, is willing to serve if elected, and is hereby nominated to stand for election.

Sponsored by (Name in capitals and address):

Signature of sponsor:

Sponsored by (Name in capitals and address):

Signature of sponsor:

Candidate's statement for inclusion on ballot paper (limited to one side of A4):

Completed nomination must be returned to the school by: 9AM on FRIDAY 17TH MARCH 2026



KNIS Friends, Parent and Teacher Association

Thank you to parents who have shown interest in supporting our NEW FPTA group! We had a fantastic first meeting.

Our next meeting is Monday 13th April at 5pm in school. If you would like to join us pop along!

Our new group will be supporting school to raise funds to develop our outdoor provision for all children. We want to purchase storage and resources to enhance play opportunities.

Easter Chocolate Raffle



Our new FPTA are organising an Easter Chocolate Draw! Please can children each bring into school a donation of 'chocolate' on Friday 20th March. This could be a chocolate bar, small box or even a an Easter egg! We will then use these donations to create a range of hampers which will be raffled on Friday 27th March. Draw tickets will be available from Monday 23rd March

FPTA Summer Raffle

The FPTA want to have a FANTASTIC raffle in the last week of the summer term.

They are asking for raffle prizes from any local companies of gifts, items, vouchers, services etc.. Donations welcomed, thank you in advance.

Willow Weaving Workshop



Our next workshop at school is on MONDAY 16TH MARCH at 1pm to continue our outdoor 'willow weaving' workshop. Reminder adults only but any adults over the age of 16 years are welcome.

The session will start with a sausage sandwich and Tea/Coffee/Hot chocolate/ cold drinks and biscuits during the afternoon. Willow Weaving supports Mental Wellbeing, Creativity and you can learn a new skill whilst meeting new people.

If you or any friends/family members are free to join us, please complete the attached form.

[Willow Weaving Workshops at Kingmoor Nursery and Infant School – Fill out form](#)

Talents & Achievements

Well done to the children sharing their talents and achievements with us this week!





Ruben - Class 3
Swimming Award



Lara - Class 2
Swimming Award



Makaton

Here are this week's alphabet letters in Makaton, remember when saying someone's name, you use the Makaton sign for the first letter of their name.



p - make a 'p' shape with your two forefingers



q - make a circle with one hand and add the other forefinger to make a 'q'



r - make a r using a hooked finger on an open palm

Stars of the Week!



Nursery Star:

Lunchtime Award: Aidan P Lotus K Arthur B Beatrice H Evie F

Class 1 Star: Cora

Lunchtime Award: Natalya-Rosa S

Class 2 Star: Lily

Lunchtime Award: George I

Class 3 Star: Elisha

Lunchtime Award: Taiwo O

Class 4 Star: Elisse

Lunchtime Award: Jonathan D

Class 5 Star: Lily

Lunchtime Award: Hudson G-G

Class 6 Star: Erin

Lunchtime Award: Jaxon P

Class 7 Star: Harriet

Lunchtime Award: Ella F

Class 8 Star: Eldon

Lunchtime Award: Bethany M

Class 9 Star: James L

Lunchtime Award: Alfie H

School Attendance

Unfortunately many of the children in school (especially in Year 1) have got chicken pox! We hope you all feel better very soon and we look forward to seeing you back in school.

Our school attendance for this week was 85.2%.

Calendar Dates

Monday – Friday 16 th – 27 th March (2 weeks)	Big Walk & Wheel 2026	
Tuesday 17 th March	Year 1 Class 6 Tullie House Trip	AM
Wednesday 18 th March	U Dance	PM
Thursday 19 th March	Reception Live phonics session	2.45pm
Friday 20 th March	Comic Relief Day – Non uniform - £1 donations for Comic Relief	
Monday 23 rd March	Year 2 Class 9 Stocks Wood Trip	AM
Tuesday 24 th March	Year 1 Class 5 Tullie House Trip	AM
Tuesday 24 th March	Year 2 Class 7 Stocks Wood Trip	AM
Wednesday 25 th March	Year 2 Class 8 Stocks Wood Trip	AM
Wednesday 25 th March	Year 1 Class 4 Tullie House Trip	AM
Friday 27 th March	Easter Chocolate Raffle Draw	
Friday 27 th March	Last day of term	
Monday 13 th April	First day of term	
Monday 13 th April	KNIS Friends, Parent and Teacher Association meeting in school	5pm

Menu for week commencing 9th March

	Choice 1	Choice 2	Pudding
Monday	Kingmoor Kitchen prepared Creamy Cheesy Pasta or Tomato Pasta served with cheesy or tomato & basil sauce, garlic bread and seasonal vegetables	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Vanilla Ice Cream & Fruit Salad or Fresh Fruit or Yoghurt
Tuesday	Turkey Dinner Or Quorn Fillet Dinner served with yorks and roasts, veg with gravy	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Chocolate Brownie or Fresh Fruit or Yoghurt
Wednesday	Pork Sausage or 'Meat Free' Sausage served with waffles and baked beans	Freshly Made Roll Filled with a choice of tuna, ham or cheese served with fresh salad	Golden Cookie Or Fresh Fruit or Yoghurt
Thursday	Crispy Chicken or Crispy Quorn Fillet served with seasoned potatoes and salad sticks	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Sticky Toffee Pudding, Toffee Sauce & Cream or Fresh Fruit or Yoghurt
Friday	'Fishy Friday' or Cheese Whirls served with skinny fries, spaghetti hoops and vegetables	Freshly Made Wrap Filled with a choice of tuna, ham or cheese served with fresh salad	Mousse (choc/toffee/strawberry) or Fresh Fruit or Yoghurt

Useful Information

TOGETHERNESS 

Emotional health learning for everyone

Parenting ideas you can trust

FREE online support for bumps, babies, school, and beyond.

Enter the Access Code: **WORDSWORTH**
FREE for residents of: **Cumberland**



  togetherness.co.uk

STANWIX
FOOTBALL CLUB

NEW JUNIOR BOYS & GIRLS TEAMS



Stanwix FC are looking for **boys and girls** in years 1 and 2 to build new teams for next season


We have up to 30 spaces available and players of all experience and ability levels are welcome

Training starting this summer 2026
Season starts September

To register interest, please contact:
John Easton ☎ 07870 101170
Anna ☎ 07795 373947
www.stanwixfootballclub.co.uk



ACCREDITED CLUB ★★ ★
PART OF ENGLAND FOOTBALL



INSIGHT UK DARSHANA

Exhibition on the
Hindu Civilisation


Explore the timeless essence of Hindu Dharma through an immersive journey into its traditions, spirituality, arts, sciences and contributions to humanity. Discover, learn and celebrate the wisdom of the most ancient yet living civilisation in the world!

📍 : TULLIE, CASTLE STREET, CARLISLE, CA3 8TP

📅 : Sunday 22nd March 2026
🕒 : 11:00 AM to 4:00 PM

With Hindu themed Make and Create Sunday!
 Open to All – Free of charge

No need to Book!



INSIGHTUK.ORG | INFO@INSIGHTUK.ORG

Teen to 25 Mum Meets *Launch Day*
 Wednesday, 18th March 2026


People First Conference Centre 10am - 2.30pm
 Milbourne Street CA2 5XB Drop-In

Join us for a drop-in day of pampering, crafting & little luxuries especially for younger mums and mums-to-be.

Bring a friend, partner, parent or support worker

- 1 free digital image Available 11am-1pm
- Professional Mum & Mini portraits
- Yoga Taster
- Sensory Play
- Goodie Bags
- Sling Library
- Phone charm making
- Canvas Footprint Memories
- Make a Bath Bomb
- Hand & Arm Massages
- Prize Draw
- Refreshments (care on site for bigger bites)
- Help us create the on-going support you want and need

With Lush





Community Sports Trust

Prize Draw

'Help our charity, Help its Community' by raising funds for our non-funded CST projects and having a chance to win one of our amazing prizes at the same time'

Buy a ticket → Help your Community → Win a great prize

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Carlisle United Community Sports Trust are delighted to launch their unmissable prize draw.

Buy a ticket → Help your Community → Win a great prize

Enter at:
<https://www.givewheel.com/fundraising/12539/cufc-cst-prize-draw-matchday-box-x2-season-tickets/>

Find out all the details below.



Community Sports Trust

Prize Draw

'Help our charity, Help its Community' by raising funds for our non-funded CST projects and having a chance to win one of our amazing prizes at the same time'

Buy a ticket → Help your Community → Win a great prize

Prizes to be won:

- 🔥 Hospitality box for one game during the 2026/27 season
- 🔥 Two season tickets for the 2026/27 season
- 🔥 Carlisle United Home Shirt signed by the 2025/26 First Team playing squad

🔥 One entry - £5
 🔥🔥🔥 Three entries - £10

Enter here: 

"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."

Prize winners will be drawn on the last game of the season on April 25th at home against Brackley Town.

Winners will be announced via social media on the day.

Enter Now!

🎁 Hospitality box for one game in the 2026/27 season



🎁 Two season tickets for the 2026/27 season



🎁 Carlisle United Home Shirt signed by the 25/26 First Team playing squad



For further information: [Phone: 01228 554169](tel:01228554169) or [Email: Enquiries@carlisleunitedcst.co.uk](mailto:Enquiries@carlisleunitedcst.co.uk)



YouTube Safety Update: New Parental Controls

YouTube have published their latest update on how parents can support their child on YouTube. YouTube will now allow parents to set the amount of time viewing shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screentime. Furthermore, parents will also be able to set bedtime and 'take a break' reminders. You can find out more here:

<https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available:

<https://support.google.com/youtube/answer/103154207?hl=en&ref=topics&sjid=152725282118002181205-EU>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowledgecs.org.uk/march-2026/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have: <https://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE Online Safety Hub

EE has published age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here: <https://ee.co.uk/internet-online-safety>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age: <https://www.smartphonefreechildhood.org/>

What device?

When you think it is the right time for your child to have a phone, then 'Which?' provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTz>

Virtual Private Networks

A Virtual Private Network (VPN) helps make your connection between a device and the internet more secure and can help protect personal information and add privacy. However, whilst a VPN has benefits, it is important that you are aware that if your child is using a VPN, they may be able to get round Wi-Fi restrictions, access blocked or restricted websites and bypass parental controls. It may also mean that their browsing history is hidden.

The NSPCC provides a helpful overview of VPNs, plus top tips and conversation starters here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/vpns-and-online-safety/>

Five Nights at Freddy's

Five Nights at Freddy's is a horror game designed to frighten players with jump scares or creepy characters. It can be accessed from several places, for example on an Xbox (PEGI rating of 12) and on the App Store (age rating of 13+). There is merchandise available, which may suggest that it is child friendly. We would recommend that you preview the game first to ascertain its suitability for your child. You can view Bark's review here: <https://www.bark.us/content-reviews/five-nights-at-freddys-review/>

Social Media Algorithms

What is an Algorithm?
Algorithms influence what we see on social media platforms and predict what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you. It will then show you this content more, for example, in the explore tab on Instagram.



What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well. They can lead to increased screentime as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can for example, exacerbate negative body image or heighten access to misogynist content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

Further information

- <https://cybersmarties.com/behind-the-screen-how-algorithms-shape-what-kids-see-online/>
- The BBC discuss algorithms in this article about doomscrolling: <https://www.bbc.co.uk/bitesize/articles/zwnk3qt>

Users of this guide do so at their own discretion. No liability is accepted. Current as of the date released 01.03.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites. Documents or videos are not used in violation of any laws.

Screen time and online harms

The Royal College of Paediatrics and Child Health have created a page that brings together key resources on screen time. Find out more here: <https://www.rcpch.ac.uk/resources/screen-time-online-harms-resources-members>

New government campaign: Is your child influenced by toxic content?

The Government have launched a new campaign providing guidance to parents on safety settings, conversation prompts and advice for tackling misinformation and harmful content. It also includes a quiz to help you and your child spot misleading or unreliable information online. You can find out more here: <https://www.gov.uk/government/news/is-your-child-influenced-by-toxic-content-new-government-campaign-supports-parents-to-talk-about-harmful-online-content>



Cumberland Family Hubs

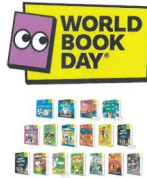
What's On - March 2026

New spring timetables available



Pop into your local Family Hub to pick up the new spring timetable. You can also look [online](#) to find activities and download the timetable, search for Cumberland Family Hubs. All groups and sessions are free. You don't need to book unless stated.

World Book Day - 5 March



Look out for World Book Day tokens appearing in your child's school or nursery bag.

Your child can use the token to pick up one of the specially released books for free. There are lots of books available, pop into your local book shop or redeem your book token on the Books2Door website.

Join World Book Day sessions near you



Join us next week, from Monday 2 March to Friday 6 March, for Little Learners and Toddler Tales sessions celebrating World Book Day with a special book-themed twist. We'll be enjoying family favourite stories, sharing books together and exploring the benefits of reading with young children. There's no need for costumes or spending any money, just come along and enjoy stories together.



Funded Easter fun through the Holiday Activity and Food programme

If your child receives means-tested free school meals, they're eligible for the Holiday Activities and Food (HAF) Programme – packed with exciting activities and a free meal included each day. Check if you are eligible, search for [Holiday activities and food \(HAF\) programme on the Cumberland Family Hubs website](#).

HAF is fully funded by the Department for Education (DfE). [Register your interest for HAF sessions, search for EEQU Cumberland](#) to get an alert as soon as they are available to book. Booking opens Tuesday 3 March at 8am.

Dip into bitesize learning



Parenting can feel full-on, so having the right support helps. Togetherness offers 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**.

Volunteer at your local Family Hub

If you'd like to give back to your community, volunteering with Cumberland Family Hubs is a great way to make a difference. If you're warm, welcoming and can spare a little time, you can help support children, young people and families.

Volunteering is rewarding. You'll build confidence, gain experience and learn new skills while having a positive impact locally.

If you're interested in getting involved, we'd love to hear from you. Contact familyhubsvolunteers@cumberland.gov.uk to find out more.

It's never too early to start reading and chatting together



Parents play a powerful role in helping their child develop early language skills. Simple everyday moments like chatting, smiling and responding to your baby's babbles help build confidence and communication skills from the very start.

Reading together, pointing at pictures and talking about daily activities all support early learning. These small interactions make a big difference, helping children grow their vocabulary and setting strong foundations for future reading and wellbeing.

Find simple everyday activities you can do at home to build your child's communication skills on [the National Literacy Trust site](#) and try one of the free sessions at Family Hubs designed to boost your child's communication skills such as Toddler Tales or Little Learners.



Download the free Little Moments cards, example above, from the National Literacy Trust website 'Their story starts with you'.

Help shape support for local families



Would you like to shape support for local families? Become a Parent and Carer Champion and share ideas and feedback to directly influence the design of services.

Drop in to find out more:

- Monday 9 March, 1 pm at Family Hub on the Border, Longtown
- Wednesday 11 March, 1 pm Family Hub on the Harbour, Whitehaven

More dates and locations to follow. Email parentandcarerchampions@cumberland.gov.uk for more information.

Get personalised weekly advice

Weekly e-mails tailored to your stage of pregnancy or your child's age, with personalised tips and activities to support your child's health and development. Great for practical, age-appropriate support.

[Sign up for Best Start in Life emails](#) on the Best Start in Life website.

Don't miss

New sensory room available at Westfield Family Hub, Workington

To book a visit please email familyhubs2@cumberland.gov.uk, call 01900 706140 or chat to the team. It is available Mondays, Tuesdays and Wednesdays, 9.30 am - 4.30 pm.

It is completely **free** to book and use. Chat to the team about how to use the equipment with your baby or child. Search for sensory rooms on the Cumberland Family Hubs website to find when they are available and how to book, or pop into your local hub.

Meet up with friends and their little ones at Play Space

Finding somewhere child-friendly to meet friends isn't always easy, especially when you want space for little ones to play too. Play Space sessions make it simple.

Play Space is a free, relaxed drop-in session where children aged 0-5 can play together while you enjoy a catch-up with other parents. There's plenty to keep little ones busy, giving you the chance to chat and connect.

Play Space at Cumberland Family Hubs

<p>Family Hub on the Border</p> <p>Wednesdays at 1:30pm to 2:30pm and Thursdays at 9:30am to 11:30am</p>	<p>Chances Family Hub, Carlisle</p> <p>Mondays at 1:30pm to 3:30pm and Fridays at 9:30am to 11:30am</p>	<p>Family Hub on the Harbour, Whitehaven</p> <p>Tuesdays at 1pm to 3pm and Fridays at 9:30am to 11:30am</p>
<p>Valley Family Hub, Whitehaven</p> <p>Mondays at 10am to 11:30am</p>	<p>Family Hub in Millom</p> <p>Fridays at 1pm to 2:30pm</p>	<p>Family Hub in the Port, Maryport</p> <p>Thursdays at 1pm to 3pm</p>
<p>Keswick Family Hub</p> <p>Tuesdays at 1:30pm to 2:30pm</p>	<p>Westfield Family Hub, Workington</p> <p>Mondays at 1pm to 3pm</p>	



-  @CumberlandFamilyHubs
-  facebook.com/CumberlandFamilyHubs
-  FamilyHubs@cumberland.gov.uk
-  cumberlandfamilyhubs.org.uk