

0 – 19 Child and Family support services - Carlisle

What's on!
All of our services are **FREE**

These sessions are for parents/carers and their children

JULY				
DAY	DATE	SESSION	TIME	VENUE
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC
Mon	1st	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	2nd	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	2nd	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	2nd	Time Together	11:00 - 12:00	Harraby CC
Thurs	4th	Bump and Baby Social	10:00 - 11:00	Harraby CC
Fri	5th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	8th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	9th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	9th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	9th	Time Together	11:00 - 12:00	Harraby CC
Thurs	11th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	12th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	15th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	16th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	16th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	16th	Time Together	11:00 - 12:00	Harraby CC
Thurs	18th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	19th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Tues	23rd	Breastfeeding Support Group	10:00 – 11:00	Newtown C&F Centre
Wed	24th	Summer Community Activity	1:00 - 3:00	Longtown C&F Centre
Thurs	25th	Bump and Baby Social	10:00 - 11:00	Belah CC
Tues	30th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	30th	Breastfeeding Support Group	10:00 – 11:00	Newtown C&F Centre
Wed	31st	Summer Community Activity	1:00 - 3:00	Petteril Bank C&F Centre
AUGUST				
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC
Tues	13th	Stay and Play	10:00 - 11:30	Longtown C&F Centre

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Thurs	15th	Summer Community Activity	1:00 - 3:00	Morton C&F Centre
Tues	27th	Stay and Play	10:00 - 11:30	Longtown C&F Centre

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What's On:

SEPTEMBER				
DAY	DATE	SESSION	TIME	VENUE
Thurs	5th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Mon	9th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Mon	TBC	Mums' Minds Matter	2:00 - 3:00	TBC - SEPT
Tues	10th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	10th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	10th	Time Together	11:00 - 12:00	Harraby CC
Thurs	12th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	13th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	16th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	17th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	17th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	17th	Time Together	11:00 - 12:00	Harraby CC
Thurs	19th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	20th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	23rd	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tues	24th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	24th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tues	24th	Time Together	11:00 - 12:00	Harraby CC
Thurs	26th	Bump and Baby Social	10:00 - 11:00	Belah CC
Fri	27th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	30th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre

