

0 – 19 Child and Family support services - Carlisle

At Brampton

Brampton Community Centre, Union Lane, Brampton CA8 1BX

Bump and Baby

**For expectant parents or parents and carers
to a baby up to 6 months**

Join us to meet and chat with other new parents and learn more
about a range of topics

Stay and Play

For children 6 months to 5 years

A session for children to play, move & explore with fun
activities and useful information



**Join us every
Thursday 10:00am – 11:00am
from September 21st during term
time only!**

FREE and no need to book!

If you have any questions, please contact:

Fiona on 07977 635 514 or fiona.marsden@family-action.org.uk

Elaine on 07816 086 564 or elaine.harty@family-action.org.uk