

What's on at Family Hub in the Port, Maryport

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Buddies (Term Time only) 10.00-11.00am</p> <p>Starting Solids Workshop @ Flimby Family Hub, Sand Lane, Flimby, CA15 8QE Book via email/phone 2.00-3.00pm (6 October)</p>	<p>Music & Rhyme (Term Time only) 10.00-11:00am (Starting 16 September)</p> <p>Infant Massage Book via email/phone 1.00-2.00pm (Starting on 9 September- 7 October)</p>	<p>Little Learners (Term Time only) 10.00-11.00am</p> <p>Home Education & Inspira Drop In 11.00am-1.00pm (1 October)</p> <p>Youth Connect Drop In 1.30-3.30pm (8 October)</p> <p>Little Learners @ Keswick Family Hub Trinity Way, Keswick, CA12 4HZ (Term Time only) 1.30-2.30pm</p>	<p>Play Space Drop In 9.30-11.30am</p> <p>CADAS Family Support Drop In 10.00-11.00am (11 September & 9 October)</p> <p>Inspira Drop In 1.00-3.00pm (11 Sept, 25 Sept, 9 Oct & 23 Oct)</p> <p>Little Strollers @ Maryport Promenade Cafe 1.30-2.30pm</p>	<p>Play Space Drop In 1.00-2.30pm</p> <p>Little Learners @ Flimby Family Hub, Sand Lane, Flimby CA15 8QE (Term Time only) 10.00-11.00am</p>

Find Us at: Ennerdale Road, Maryport CA15 8HN

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01900 706164 Email us: familyhubs4@cumberland.gov.uk



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

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

Music and Rhyme- is led by our Family Hub team who will give you lots of tips about making song time fun. With a range of different activities including parachute games, popping bubbles and musical instruments you will have lots of opportunities to practice singing and moving together as a family.

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.

Infant massage: A short course to help you to learn the techniques of baby massage and the benefits to your baby, promoting one to one time together. Suitable from 6 weeks - mobile. Must be booked in advance.

Starting Solids Workshop: is a FREE session for parents with babies who are thinking about introducing solid foods to their babies. You will get lots of information, support and advice so you can confidently get weaning off to the right start. Email to book your place.

Inspira Drop In: Offering advice and guidance around further education, training, employment and careers.

Youth Connect drop in: Offering advice and raising awareness to encourage positive connections for children and young people within their network and local community.

Home Education & Inspira Drop In: For more information email ElectiveHomeEducation@cumberland.gov.uk

CADAS Family Support Drop In: Contact CADAS on 0300 111 4002 for more information.

