

What's on at Wigton Family Hub

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Youth Connect Drop In 1.30-4.30pm (6 October)</p> <p>Little Learners @ Silloth Family Hub, Liddel Street, Silloth, CA7 4DD (Term Time only) 1.30-2.30 (Starting 6 October)</p>	<p>Health Visitor Child Health Clinic 9.15am-12.15pm (Call 03003 049029 to book)</p> <p>Baby Buddies (Term Time only) 1.30-2.30pm</p> <p>Cumberland Youth Voices 4.30-6.00pm (9 September & 14 October)</p>	<p>Infant Feeding Support 10.30-11.30am</p> <p>Little Strollers 11.45am- 12.15pm</p>	<p>Health Visitor Child Health Clinic 9.15am-12.15pm (Call 03003 049029 to book)</p> <p>Time Together (SEND Group) (Starting 18 September) 1.30-2.30pm</p> <p>Toddler Tales @ Aspatria Family Hub, Market Square, Aspatria CA7 3EZ 10.00-11.00am (Starting 18 September- 16 October)</p>	<p>Play Space Drop In 9.30-11.30am</p> <p>Infant Massage Book via email/phone 1.00-2.00pm (12 September- 10 October)</p>

Find Us at: Wampool Place, Wigton, CA7 9SA

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01228 226081 Email us: familyhubs5@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.

Infant Feeding Support: 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.

Little Strollers: join for a gentle walk with your little one in a pushchair. Parents to be are welcome too. The walk is followed by a play and cuppa in the hub.

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities as well as you having the opportunity to speak to our experienced SEND workers who can offer arrange of support and advice.

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.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes.

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.

Sensory Room: Sensory lights and equipment to develop and engage senses. Suitable for ages 0-19 (25 with SEND). Bookable via Telephone or email familyhubs5@cumberland.gov.uk

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

Cumberland Youth Voices: These relaxed 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.

