

What's on at Cumberland Family Hub - Workington

Monday 8 September to Friday 24 October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Infant Massage @ Seaton Library, Main Street, Workington CA14 1JD Book via email/phone 10.00-11.00am (Starting on 8 September-6 October) Infant Feeding Support @ Seaton Library, Main Street, Workington CA14 1JD 11.30am-12.30pm Little Strollers @ Seaton Library, Main Street, Workington CA14 1JD 12.45-1.15pm Starting Solids Workshop @ Flimby Family Hub, Sand Lane, Flimby, CA15 8QE Book via email/phone 2.00-3.00pm (6 October)	Hub2U 4.30-7.30pm	Play Space @ Minto Centre, Nilsson Drive, Westfield, CA14 5BD 9.30-11.00am (10 September- 22 October)	Toddlers Tales @ Workington Library, Vulcans Lane, CA14 2ND 1.00-2.00pm (Starting 11 September- 16 October)	Little Learners @ Flimby Family Hub, Sand Lane, Flimby CA15 8QE (Term Time only) 10.00-11.00am

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Call Us: 01900 706140 Email us: familyhubs2@cumberland.gov.uk

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.

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.

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.

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.