

	Monday	Tuesday	Wednesday	Thursday	Friday
Westfield Family Hub	Infant Feeding 11:30am - 12:30pm (24 th November, 1 st & 15 th December)	Play Space 1:30pm - 3:00pm (Starting 18 th November)	Play Space 9:30am - 11:30am (Starting 19 th November)		
Workington Library Vulcans Lane Workington CA14 2ND				Toddler Tales 1:30pm - 2:15pm (Ends 4 th December)	
Seaton Library Ling Beck Park Seaton CA14 1JD	Infant Feeding 11:30am - 12:30pm (Ends 17 th November)				

Westfield Family Hub, (Back of Westfield school), Moorclose road, Workington, CA14 5AP

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

Call Us: 01900 706 140 Email us: familyhubs2@cumberland.gov.uk

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

Infant Feeding: 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.

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