

What's on at the Family Hub in Wigton and surrounding area

Monday 3rd November to Friday 19th December 2025

Keep an eye out for a separate timetable for: Baby Week 14th November to 21st November

	Monday	Tuesday	Wednesday	Thursday	Friday
Wigton Family Hub Wigton		Health Visitor Clinic Bookable 9:15am - 12:15pm Baby Buddies 1:30pm - 2:30pm	Infant Feeding 10:30am - 11:30am Family Help Advice Drop In 10:30am - 11:30am	Health Visitor Clinic Bookable 9:15am - 12:15pm Time Together (SEND Group) 2:00pm - 3:00pm	
Aspatia Library Market Square Aspatia CA7 3EZ				Toddler Tales 10am - 11am (Ends 11 th December)	
Silloth Family Hub Liddel Street, Silloth, CA7 4DD	Little Learners 1:30pm - 2:30pm				

Wigton Family Hub, Wampool Place, Wigton, CA7 9SA Call Us: 01228 226 081 Email us: familyhubs5@cumberland.gov.uk
Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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

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. **(Silloth Family Hub)**

Time Together: For children 0-5 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes. **(Aspatia Library)**

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.

Family Help Advice drop in: Offering advice and support about how Early Help can support your family.

Health Visitor Clinic: Bookable - 03003 049 029