

What's on at the Family Hub in the Port and Maryport 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
Family Hub in the Port Maryport	Health Visitor Clinic Bookable 9:30am - 4:30pm Baby Buddies 10am - 11am	Health Visitor Clinic Bookable 9:30am - 4:30pm Music & Rhyme 10am - 11am Infant Massage 1:00pm - 2:30pm (4 th November to 1 st December)	Little Learners 10am - 11am Youth Connect Drop-in 1:30pm - 4:30pm (10 th December)	Family Help Drop In 9:30am - 11:30am Toddler Tales 1:30pm - 2:30pm (Ends 4 th December)	
Flimby Family Hub Sand Lane, Flimby, CA15 8QE	Health Visitor Clinic Bookable 9:00am - 5:00pm	Health Visitor Clinic Bookable 9:00am - 5:00pm	Health Visitor Clinic Bookable 9:00am - 2:00pm		Health Visitor Clinic Bookable 9:00am - 4:30pm Little Learners 10am - 11am
Keswick Family Hub Trinity Way, Keswick, CA12 4HZ			Play Space 1:30pm - 2:30pm		

Family Hub in the Port, Ennerdale Road, Maryport CA15 8HN Call Us: 01900 706 164 Email us: familyhubs4@cumberland.gov.uk

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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.

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.

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.

Music & Rhyme: With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

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

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

Health Visitor Clinic: Bookable - 03003 049 029

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

Infant Massage: A bookable short course to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.