

What's on at the Family Hub at Westfield and Workington area

Monday 5th January to Friday 13th February 2026

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|--------|
| Westfield Family Hub | Music & Movement 10:00am - 11:00am (Starts 12 th January) Play Space Drop in 1:00pm - 3:00pm (Starts 12 th January) | Infant Feeding 10:30am - 11:30am (Starts 13 th January) Little Learners 1:30pm - 2:30pm (Starts 13 th January) | Baby Buddies 1:00pm - 2:00pm (Starts 21 st January) Time Together (SEND Group) 3:30pm - 4:30pm (Ages 0-6 years old) | Infant Massage <i>(Bookable)</i> | |
| Workington Library Vulcans Lane Workington CA14 2ND | | | | Toddler Tales 1:30pm - 2:15pm (Starts 8 th January for 5 weeks) | |

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

Call Us: 01400 706 140 Email us: familyhubs2@cumberland.gov.uk

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Play Space Drop in: 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.

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

Music & Movement: 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.

Time Together: For children 0-6 years with additional needs and their families. Your children can explore a range of sensory play activities and gain advice from a SEND worker.

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.

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.