

What's on at the Family Hub in the Port and Maryport area

Monday 5th January to Friday 13th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub in the Port Maryport	Health Visitor Clinic <i>(Bookable)</i> 9:30am - 4:30pm Baby Buddies 1:30pm - 2:30pm <i>(Starting 12th January)</i>	Health Visitor Clinic <i>(Bookable)</i> 9:30am - 4:30pm Music & Movement 10:00am - 11:00am <i>(Starting 13th January)</i>	Home Education Drop in 11:00am - 1:00pm <i>(28th January)</i> Little Learners 1:30pm - 2:30pm	Early Help Drop in 9:30am - 11:30am Infant Massage <i>(Bookable)</i> 1:30pm - 2:30pm	
Flimby Family Hub Sand Lane, Flimby, CA15 8QE	Health Visitor Clinic <i>(Bookable)</i> 9:00am - 5:00pm	Health Visitor Clinic <i>(Bookable)</i> 9:00am - 5:00pm	Health Visitor Clinic <i>(Bookable)</i> 9:00am - 2:00pm		Health Visitor Clinic Bookable 9:00am - 4:30pm
Keswick Family Hub Trinity Way, Keswick, CA12 4HZ		Play Space Drop in 1:30pm - 2:30pm			

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.

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

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.

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

Early Help Drop in: Offering advice and support about how Early Help can support your family.

Health Visitor Clinic: Bookable - 03003 049 029

Home Education Drop in: Are you new to home educating or want to find out more about home education? Do you want to meet other home educators and have a chat about different ideas and resources?

Come along to our information and guidance drop in sessions.