

What's on at Westfield Family Hub and Workington area

Monday 23rd February to Friday 27th March 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Westfield Family Hub	Music & Movement 10:00am - 11:00am Play Space Drop in 1:00pm - 3:00pm	Infant Feeding 10:30am - 11:30am Little Learners 1:30pm - 2:30pm Hub2u 3:00pm - 6:00pm <i>(24th February to 24th March)</i> <i>(Venue tbc)</i>	Baby Buddies 1:00pm - 2:00pm Time Together (SEND Group) 3:30pm - 4:30pm (Ages 0-6 years old)	Infant Massage (Bookable) (TBC)	
Workington Library Vulcans Lane Workington CA14 2ND				Toddler Tales 1:30pm - 2:15pm	

Westfield Family Hub, (Back of Westfield School), Moorclose Road, Workington, CA14 5AP
 Call Us: 01400 706 140 Email us: familyhubs2@cumberland.gov.uk
 Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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: For ages 1-4 years old. 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. **Workington Library.**

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.

Hub2u: is Cumberland's mobile Family Hub. It brings essential support services directly to families and young people, especially in rural and remote areas.

The pop-up service travels to local communities across Cumberland, providing access to a wide range of family and youth support services
(Location to be confirmed, please check out our Facebook page)