

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Family Hub in the Port</b> Maryport	<b>Cumberland 0-19 Public Health Session</b> 9:30am - 4:30pm	<b>Cumberland 0-19 Public Health Session</b> 9:30am - 4:30pm  <b>Child Centred Policing Team Online Safety Drop-in</b> 12:00pm - 5:00pm	<b>0-8 Holiday Activity Just Drop in</b> 1:30pm - 3:00pm	<b>Early Help Drop in</b> 9:30am - 11:30am  <b>Infant Massage (Bookable)</b> 1:30pm - 2:30pm  <b>Play Space Drop in</b> 1:00pm - 2:30pm	
<b>Flimby Family Hub</b> Sand Lane, Flimby, CA15 8QE	<b>Cumberland 0-19 Public Health Session</b> 9:00am - 5:00pm	<b>Cumberland 0-19 Public Health Session</b> 9:00am - 5:00pm	<b>Cumberland 0-19 Public Health Session</b> 9:00am - 2:00pm		<b>Cumberland 0-19 Public Health Session</b> 9:00am - 4:30pm

Family Hub in the Port, Ennerdale Road, Maryport CA15 8HN Call Us: 01900 706 164 Email us:

[familyhubs4@cumberland.gov.uk](mailto:familyhubs4@cumberland.gov.uk)

Follow us on Facebook/Instagram: @CumberlandFamilyHubs

**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.

**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.

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

**Cumberland 0-19 Public Health Session:**

To contact the Cumberland health visiting service please visit:

<https://hdfchildrenshealthservice.co.uk/ourservice/growing-healthy-0-19-cumberland/> or call **0300 304 9029**

**0-8 Activities:** Come and join us at our FREE February half-term fun holiday activity. Our theme will be based on a family favourite book whilst spending quality time as a family enjoying a range of crafts, messy and imaginative play, games and much more.