

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

## Monday 23<sup>rd</sup> February to Friday 27<sup>th</sup> March 2026

	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>Baby Buddies</b> 1:30pm - 2:30pm	<b>Cumberland 0-19 Public Health Session</b> 9:30am - 4:30pm  <b>Toddlers Tales</b> 10:00am - 11:00am	<b>Little Learners</b> 1:30pm - 2:30pm	<b>Early Help Drop in</b> 9:30am - 11:30am  <b>Play Space Drop in</b> 1:00pm - 3:00pm	
<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
<b>Keswick Family Hub</b> Trinity Way, Keswick, CA12 4HZ		<b>Play Space Drop in</b> 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.

**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.

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

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