

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

Monday 13th April to Friday 22nd May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub in the Port Maryport	Development Review Clinic (Appointment Only) 9:30am - 4:30pm Baby Buddies 1:30pm - 2:30pm	Development Review Clinic (Appointment Only) 9:30am - 4:30pm Music & Movement 10:00am - 11:00am	Little Strollers 12:45pm-1:15pm Little Learners 1:30pm - 2:30pm	Early Help Drop in 9:30am - 11:30am Play Space 1:00pm - 3:00pm	
Keswick Family Hub Trinity Way, Keswick, CA12 4HZ		Play Space Drop in 1:30pm - 2:30pm			
Titans Rugby Club Highfield Road, Cockermouth, CA13 9JF		Hub2U (Every week 14 th April - 12 th May) 4:00-7:00pm			

Best Start in Life Sessions

Play Space: 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 children 0 -5 years.

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

Little Learners: A drop-in group for children aged 1-4 years. An opportunity for children to play and learn together Regular workshop sessions will be held focusing on eating, dental health, toileting and more.

Music & Movement: A drop-in group for children aged 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

Little Strollers: Join us for a relaxed and welcoming walk for parents and carers with little ones in their buggies.

Development Review Clinic: Appointment only. To contact the Cumberland health visiting service please visit:

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

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

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