

Monday 13th April to Friday 22nd May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Westfield Family Hub Workington	Sensory Room (Bookable) Play Space 1:00pm - 3:00pm	Sensory Room (Bookable) Infant Feeding 10:30am - 11:30am Sling Library (11:30am-1:30pm) (28 th April & 19 th May) Little Learners 1:30pm - 2:30pm	Sensory Room (Bookable) Development Review Clinic (Appointment Only) 9:00am-12:00pm Baby Buddies 1:00pm - 2:00pm Time Together (SEND Group) 3:30pm - 4:30pm	Infant Massage (Bookable) 10:00am-11:30am & 1:00pm-2:30pm	Growing Together (Bookable) Starts 8 th May 9:30am-10:30am Little Strollers 12:45pm-1:15pm Play Space & Sensory Room 1:30pm-3:00pm Unique Voices (24th April) 4:30pm-6:00pm
Workington Library Vulcans Lane Workington CA14 2ND				Toddler Tales 1:30pm - 2:15pm	
Annie Pit Area Mossbay Road, CA14 3TQ				Hub2U Every Thursday 16 th April - 14 th May) 4:00pm-7:00pm	

Sensory Room: A calm and engaging space designed to stimulate senses through light, sound, texture and movement. Suitable for ages 0-19 (25 with SEND). Please contact the family hub to book.

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.

Growing Together Antenatal: Suitable for pregnant women 27 weeks +. Please contact the family hub to book.

Infant Massage: A calm and nurturing space for you and your baby to relax, bond and connect. Please contact the family hub to book.

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.

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.

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

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

SEND

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.

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

Together We Sling Library: Support for parents to carry their child with different types of carriers and slings.

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

Unique Voices: We are a group for young people aged 11 to 25 years who have Special Educational Needs and Disabilities (SEND) in Cumberland.

Unique Voices is a safe place to have your voice heard. We are all supportive within the group.