

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

Monday 1 June to Friday 10 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub in the Port Maryport	Development Review Clinic (Appointment Only) 9.30am - 4.30pm Baby Buddies & Infant Feeding Support 1.30pm - 2.30pm	Development Review Clinic (Appointment Only) 9.30am - 4.30pm Toddler Tales 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			

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Allonby Play Park Off Main Street, Allonby				Hub2U (4 June- 18 June) 4.00pm-7.00pm	
The Green, Cycle Rte 72, opposite Mrs Wilsons Coffee House, Silloth.				Hub2U (25 June- 9 July) 4.00pm-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.

Infant Feeding: Offering support for parents who are breastfeeding or thinking about it. Supporting parents to respond to their baby's feeding needs.

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.

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