

What's on at Westfield Family Hub and Workington area

Monday 1 June to Friday 10 July

	Monday	Tuesday	Wednesday	Thursday	Friday
Westfield Family Hub Workington	Sensory Room (Bookable) Baby Buddies-Wellbeing Group (Starting 8 June) 10.30am-11.30am Play Space (Starting 8 June) 1.00pm - 3.00pm	Sensory Room (Bookable) Infant Massage (Bookable) 10.00am-11.30am Sling Library (30 June & 14 July) (11.30am-1.30pm) Little Learners 1.30pm - 2.30pm	Sensory Room (Bookable) Development Review Clinic (Appointment Only) 9.00am-12.00pm Baby Buddies & Infant Feeding Support 1.00pm - 2.00pm Time Together (SEND Group) 3.30pm - 4.30pm	Story and Play (Bookable) (Starting 11 June) 3.30pm-4.30pm	Growing Together (Bookable) 9.30am-10.30am Little Strollers (Starting 12 June) 12.45pm-1.15pm Play Space & Sensory Room (Starting 12 June) 1.30pm-3.00pm
Seaton Library Ling Beck Park Seaton CA14 1JD				Toddler Tales (Starting 11 June) 1.30pm - 2.15pm	

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.

Baby Buddies- Wellbeing Group: a gentle, supportive space for parents and carers to share, listen and take time for themselves. Share experiences with others who understand, talk about mum guilt and managing emotions, learn simple relaxation techniques, focus on self-care and healthy boundaries. An interactive group for bumps and babies 0-12 months and their parent/carers.

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.

Story and Play: Is your child beginning school in September? Are they worried about going? Come and join Bear who has been working in some local schools and learnt all about school life. Open to any child beginning school in September and their siblings.

These sessions are part of a partnership project between The Laal Collective CIC and Cumbria Development Education Centre and have been generously funded by The Paul Hamlyn Foundation. **Please contact the family hub to book.**

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.