

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

Monday 20 July to Friday 21 August 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Family Hub in the Port Ennerdale Road Maryport CA15 8HN	Development Review Clinic (Appointment Only) 9:30am - 4:30pm	Development Review Clinic (Appointment Only) 9:30am - 4:30pm Messy Babies (Bookable) 10:00am - 11.00am 21 & 28 July 4, 11 & 18 August Play Space Drop in 1:00pm - 3:00pm 4 August Summer Fun 0-12s Drop in 1:30pm - 3:00pm 28 July 11 & 18 August	Summer Sunset Drop In 12+ 3:30pm - 5:30pm 22 July & 12 August	Early Help Advice Drop in 9:30am - 11:30am Play Space Drop in 1:00pm - 3:00pm 23 & 30 July 6, 13 & 20 August	

	Monday	Tuesday	Wednesday	Thursday	Friday
Keswick Family Hub Trinity Way, Keswick, CA12 4HZ	Play Space Drop in 1:00pm - 3:00pm 20 July & 10 August				

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.

Messy Babies: Bring your little one along for some messy sensory play. Suitable for babies aged 0-12 months. Remember to bring some spare clothes and a towel. **Please contact the Family Hub to book.**

Summer Fun: Spend quality time as a family enjoying a range of crafts, messy and imaginative play, games and much more. (Age range 0-12 year old's). **Please contact the Family Hub to book.**

Summer Sunset Sessions: Drop in for ages 12+

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.

**Our next timetable will start in September.
Please keep a look out on our Facebook page.**