

What's on at Westfield Family Hub and Workington area

Tuesday 1st September to Friday 18th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Bookable Little Learners 9:30am - 11:00am Play Space 1:30pm - 3:30pm	Sensory Room Bookable Infant Massage 10:00am - 11:30am Bookable (1 st to 29 th September) Little Learners 1:00pm - 2:30pm Growing Together Antenatal 4:00pm - 5:00pm Bookable (15 th September to 13 th October)	Sensory Room Bookable Play Space 9:30am - 11:30am Baby Buddies 1:00pm - 2:00pm Little Strollers 2:00pm - 3:00pm Time Together SEND Group 3:30pm - 4:30pm	Sensory Room Bookable Family Hub Cuppa & Chat 9:30am - 11:30am Play Space 1:00pm - 3:00pm	Sensory Room Bookable Baby Buddies 1:30pm - 2:30pm (4 th September to 23 rd October) Weaning Workshop 2:30pm - 3:30pm (25 th September & 23 rd October)
				Music & Rhyme @ Seaton Library 10:00am - 11:00am (11 th September to 23 rd October) Music & Rhyme @ Seaton Library 1:30pm - 2:30pm (6 th November to 18 th December)

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.

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.

Infant Massage: An opportunity to help you to learn the techniques of baby massage and the benefits to your baby. Suitable from 6 weeks - mobile.

Please contact the Family Hub to book.

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

Time Together SEND Group: 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 the Family Hub team.

Growing Together Antenatal: For women who are over 27 weeks pregnant, parents to be and their birth partners. Led by our Family Hub team and a midwife we offer lots of advice and support about your pregnancy, preparing for birth and taking care of baby. Please contact the Family hub to book.

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

Little Strollers: A relaxed buggysling walk for parents and carers to enjoy fresh air, gentle exercise, and the chance to connect with other local families.

Family Hub Cuppa & Chat: A friendly drop in for parents and carers to chat about parenting, family life and any worries you have. Come and find out what support is available from your local Family Hub.

Music & Rhyme: For ages 1-4 years old. With a range of different activities to make song time fun, including parachute games, popping bubbles, musical instruments and singing!

Weaning Workshop: Join us for a friendly session to help parents and carers feel confident as their baby begins the journey onto solid foods.

Seaton Library - Ling Beck Park, Workington CA14 1JD