

Monday	Tuesday	Wednesday	Friday
Baby Buddies 10:00am - 11:00am	Family Hub Cuppa & Chat 1:00pm - 3:00pm Family Hub Hangout 11+ 4:00pm - 5:30pm Cumberland Youth Voice 4:30pm - 6:00pm 8th September, 13 th October, 10 th November, 8 th December	Play Space 1:00pm - 3:00pm	Little Learners 10:00am - 11:30am Infant Massage Bookable 1:00-2:30pm 18 th September to 23 rd October
Little Learners @ Silloth Family Hub 1:30pm - 3:00pm			Infant Massage @ Aspatria Family Bookable 1:00pm - 2:30pm 6th November to 18 th December Play Space @ Aspatria Family Hub 1:00pm - 3:00pm

Wigton Family Hub, 10/12 Wampool Place, Wigton, CA7 9SA Call Us: 01228 226 081

Email us: familyhub.Wigton@cumberland.gov.uk Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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

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.

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.

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.

Family Hub Hangout 11+: A drop-in session for children and young people aged 11+ in a relaxed space to socialise, take part in activities and develop new skills. Come along to talk to the family hub team to get information or support on things that matter to you.

Cumberland Youth Voice: A group to empower young people to have their voices heard, influence decisions on issues that matter to them, and understand their rights, choices, and opportunities.