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

BABY WEEK 2026 Saturday 14th to Friday 20th November

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
Baby Week Launch **Whitehaven Library** **Lowther street,** **CA28 7QZ** **10:00am - 2:00pm** (For children aged 0-5 and their families) Meet Paddington Bear. Free Story Sack Making and take home your own story sack. Story telling sessions. Meet a wide variety of partners offering advice on babies, parenting and family life	**Baby Buddies** **(Baby Week Focus)** 10:00am - 11:00am **Play Space** 1:00pm - 3:00pm	**Baby Essential Paediatric First Aid** 1:30pm - 2:30pm **@Valley Family Hub** (Please see information on reverse of timetable) **Toddler Tales** 10:00am - 11:00am (3rd November to 15th December)	**Little Learners** **(Baby Week Focus)** 1:30pm - 3:00pm **Family Hub Hangout** **5 - 11** 3:30pm - 5:30pm **Baby Shower** 4pm - 6pm	**Family Hub Cuppa & Chat** 9:30am - 11:30am **Play Space** 9:30am - 11:30am **Infant Massage Bookable** 1:30pm - 3:00pm	**Play Space** 9:30am - 11:30am **Story Hunt Walk @Hub on the Harbour - Whitehaven** 9:30am - 11am
		Little Learners **(Baby Week Focus)** **@ Keswick Family Hub** 1:30pm - 3:00pm		**Little Learners** **(Baby Week Focus)** **@ Flimby Family Hub** 10:00am -11:30am (Starts 8th October)	

Family Hub in the Port, Ennerdale Road, Maryport CA15 8HN Call Us: 01900 706 164
Email us: familyhub.maryport@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. Developing communication and interaction skills through our special Baby Week with stories, songs and Interactive play.

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.

Little Learners: Opportunity for children to play and learn together aged 1-4 years. Baby Week will focus on physical and pre-writing skills through our fun play dough session.

Toddler Tales: A group for children 0-5 years and their families to explore stories and rhymes.

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 Hangout 5 -11: A fun and supportive session for children aged 5 -11 helping them to learn new skills, be creative, stay active and make new friends. (For 5-8 year old's, a parent/carer is required to drop off and collect their child)

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.

Keswick Family Hub - Trinity Way, Keswick, CA12 4HZ

Flimby Family Hub - Sand Lane, Flimby, CA15 8QE

