



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/carers 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



14 - 20 November 2026

BABY WEEK EVENTS

For babies and under 5's, parents & carers & professionals!

**SAT
14 Nov**

BABY WEEK LAUNCH | 10:00am - 2:00pm
Whitehaven Library, Lowther street, CA28 7QZ
Meet Paddington Bear. Story Sacks, Story Telling.
Advice from professionals and partners.

**TUES
17 Nov**

BABY MASSAGE | 1:30pm - 2:30pm
@Valley Family Hub, Whinlatter road, CA28 8DA
(1 adult per family, for those with babies under 1)
£5* Booking essential. Please book via link
<https://booking.daisyfirstaid.com/book/cb42f87c09da0baf>

**WED
18 Nov**

BABY SHOWER | 4:00pm - 6:00pm
@Millom Valley Hub, Lapstone road, LA18 4LP
Pregnant? 28 weeks or more? you are invited, just drop-in

**FRI
20 Nov**

STORY HUNT WALK & ACTIVE STORY SESSION
9:30am - 11:00am
@Family Hub on the Harbour, Swingpump Lane, CA28 7LZ
Were going on a story hunt around the harbour, engaging with Dear Zoo and Going on a Bear Hunt

All of our sessions are FREE.

However the Infant Massage has a cost of £5.
These sessions are part funded by the Cumberland Family Hubs. If you would like to attend but are unable to do so due to cost. Please get in touch with;
Familyhub.Whitehaven@cumberland.gov.uk

BABY WEEK 2026 | www.babyweek.co.uk #LittleMomentsMatter