



What's on at Westfield Family Hub and Workington area

BABY WEEK 2026 Saturday 14th to Friday 20th November



Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Week Launch Whitehaven Library Lowther street, CA28 7QZ</p> <p>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</p>	<p>Sensory Room Bookable</p> <p>Little Learners (Baby Week Focus) 9:30am - 11:00am</p> <p>Play Space 1:30pm - 3:30pm</p>	<p>Sensory Room Bookable</p> <p>Little Learners (Baby Week Focus) 1:00pm - 2:30pm</p> <p>Baby Essential Paediatric First Aid 1:30pm - 2:30pm @Valley Family Hub (Please see information on reverse of timetable)</p>	<p>Sensory Room Bookable</p> <p>Baby Buddies (Baby Week Focus) 1:00pm - 2:00pm</p> <p>Little Strollers 2:00pm - 3:00pm</p> <p>Time Together SEND Group 3:30pm - 4:30pm</p> <p>Baby Shower 4pm - 6pm</p>	<p>Sensory Room Bookable</p> <p>Family Hub Cuppa & Chat 9:30am - 11:30am</p> <p>Play Space 1:00pm - 3:00pm</p>	<p>Sensory Room Bookable</p> <p>Story Hunt Walk @Hub on the Harbour - Whitehaven 9:30am - 11am</p> <p>Infant Massage 10:00am - 11:30am Bookable</p>
					<p>Music & Rhyme @ Seaton Library 1:30pm - 2:30pm (6th November to 18th December)</p>

Westfield Family Hub, (Back of Westfield School), Moorclose Road, Workington, CA14 5AP Call Us: 01400 706 140 Email us: familyhub.workington@cumberland.gov.uk Follow us on Facebook/Instagram: @CumberlandFamilyHubs

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. [Baby Week will focus on physical and pre-writing skills through our fun play dough session.](#)

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.

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.](#)

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!

Seaton Library - Ling Beck Park, Workington CA14 1JD



The poster for Baby Week Events 2026 features a light orange background with decorative wavy borders in green, purple, and teal. At the top, logos for 'BEST START IN LIFE', 'Cumberland Council', 'Cumberland Family Hub', and 'DAISY FIRST AID' are displayed. The main title 'BABY WEEK EVENTS' is in large, bold, black letters. Below it, the dates '14 - 20 November 2026' are shown. A subtitle reads 'For babies and under 5's, parents & carers & professionals!'. The events are listed in colored boxes: SAT 14 Nov (blue), TUES 17 Nov (green), WED 18 Nov (orange), and FRI 20 Nov (light blue). Each event includes a time slot, location, and description. A QR code is provided for booking. At the bottom, it states 'All of our sessions are FREE.' and provides contact information for the Family Hub.

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 FIRST AID | 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 QR code:

WED 18 Nov
BABY SHOWER | 4:00pm - 6:00pm
@Millom Valley Hub, Lapstone road, LA18 4LP
Pregnant? Come along partners welcome

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 Baby First Aid 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