What's on at the Family Hub in the Port and Maryport area
Tuesday 1st September to Friday 11th December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Buddies 10:00am - 11:00am **Home Education Girls Group** 12:30pm - 2pm (2nd November to 7th December) **Play Space** 1:00pm - 3:00pm	**Music & Rhyme** 10:00am - 11:00am (1st September to 20th October) **Toddler Tales** 10:00am - 11:00am (3rdNovember to 15th December)	**Little Learners** 1:30pm - 3:00pm **Family Hub Hangout 5 - 11** 3:30pm - 5:30pm	**Family Hub Cuppa & Chat** 9:30am - 11:30am **Play Space** 9:30am - 11:30am **Home Education Drop-in** 10:00am - 12:00pm (5th November) **Infant Massage** Bookable 1:30pm - 3:00pm (24th September to 29th October)	**Play Space** 9:30am - 11:30am
	Little Learners **@ Keswick Family Hub** 1:30pm - 3:00pm		**Little Learners** **@ 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.

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.

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!

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

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.

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.

Home Education Girls Group: A friendly and supportive group for home-educated girls to socialise, build friendships, develop confidence, and take part in fun, creative, and educational activities in a safe and welcoming environment.

Home Education Drop-in: A welcoming drop-in session for home-educating families to access advice, information, and support, ask questions, and connect with local services and other home-educating parents.

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

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