What's on at the Family Hub on the Harbour and Whitehaven 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	**Sensory Room** (Bookable) **Howgill Babbling Babies** 10:00am - 11:00am **#Coffee & Craic** 2:00pm - 5:00pm **Family Hub Hangout 11+** 4:00pm - 6:00pm	**Sensory Room** (Bookable) **Baby Buddies (baby Week Focus)** 9:30am - 10:30am **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)	**Sensory Room** (Bookable) **Benefits & Employment Drop-in** 10:30am - 11:30am **Little Learners** **(Baby Week Focus)** 1:00pm - 2:30pm **Baby Shower** 4pm - 6pm **@Millom Family Hub**	**Sensory Room** (Bookable) **Together We Sling Library** 11:30am - 1:30pm (19th November, 3rd & 17th December)	**Sensory Room** (Bookable) **Story Hunt Walk @Hub on the Harbour** 9:30am - 11am **Play Space** 10:00am - 12:00pm **Family Hub Cuppa & Chat** 1:00pm - 3:00pm **Play Space** 1:00pm - 3:00pm
	Play Space **@ Valley Family Hub** 9:30am - 11:30am	**Infant Massage** **@ Valley Family Hub** **Bookable** 10:00am - 11:30am	**Baby Buddies** **@ Egremont Family Hub** **(Baby Week Focus)** 10:30am - 11:30am **Little Strollers** **@ Egremont Family Hub** 11:30am - 12:30pm	**Little Storytellers** **@ Egremont Family Hub** 1:00pm - 2:30pm	

Family Hub on the Harbour, Swingpump Lane, Whitehaven, CA28 7LZ Call Us: 01946 506 378

Email: familyhub.whitehaven@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.

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.

Weaning Workshop: Join us for a friendly session to help parents and carers feel confident as their baby begins the journey onto solid foods.

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.

Family Hub Cuppa & Chat: 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 +: 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.

Benefits & Employment Drop In: Offering support on finances, benefits, employment and getting back to work.

Howgill Babbling Babies: Ran by Howgill - A drop in session with stories, rhymes and activities. From birth to active walking.

Together We Sling Library: Support for parents to carry their child with different types of carriers and slings.

#CoffeeandCraic: A drop in session for care experienced young people to speak to a Personal Adviser and access support from other organisations.

Valley Family Hub - Whinlatter Road, Whitehaven, CA28 8DA

Egremont Family Hub - Southey Avenue, Egremont, CA22 2HH

