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
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 **Little Learners** **(Baby Week Focus)** 9:30am - 11:00am **Play Space** 1:00pm - 3:00pm	**Sensory Room** Bookable **Little Learners** **(Baby Week Focus)** 1:00pm - 2:30pm **Baby Essential Paediatric First Aid** 1:30pm - 2:30pm **@Valley Family Hub** (Please see information on reverse of timetable)	**Sensory Room** Bookable **Baby Buddies** **(Baby Week Focus)** 1:00pm - 2:00pm **Little Strollers** 2:00pm - 3:00pm **Time Together SEND Group** 3:30pm - 4:30pm **Baby Shower** 4pm - 6pm **@Millom Family Hub**	**Sensory Room** Bookable **Family Hub Cuppa & Chat** 9:30am - 11:30am **Play Space** 1:00pm - 3:00pm	**Sensory Room** Bookable **Story Hunt Walk** **@Hub on the Harbour - Whitehaven** 9:30am - 11am **Infant Massage** 10:00am - 11:30am **Bookable**
					Music & Rhyme **@ Seaton Library** 1:30pm - 2:30pm (6th November to 18th December)

Westfield Family Hub, (Back of Westfield School), Moorclose Road, Workington, CA14 5AP Call Us: 01900 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

