



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

Swimming Calvert Trust Keswick

Saturday 31st March 11:30am - 1:30pm 2 HOUR SESSION

Tuesday 10th April 1:30pm - 2:30pm

Fun family swim session. The group must all leave promptly at the end of the session to allow the next group to enter.

Limited numbers, first come first served.

If you would like to take part in these sessions please register by e-mailing Shani at info@icaan.org.uk

Soft Play at Jordan's Jungle Funhouse

Sunday 8th April, 4:00pm - 6:00pm

Private I CAAN session, soft play, bouncy castle. Café open for food, drinks and snacks.

If you would like to take part in this session please register by e-mailing Shani at info@icaan.org.uk

PO Box 81
Cockermouth
Cumbria
CA13 3AQ

e-mail: info@icaan.org.uk

website: www.icaan.org.uk

Registered as a charity in England and Wales

Registered Charity No:1156551



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Bowling at Eclipse Leisure Workington

Monday 2nd April, 11:00am - 12:00pm

Monday 9th April, 11:00am - 12:00pm

Private I CAAN session at Eclipse bowling in Workington. This session is open to the whole family please register only those bowling. I will arrange lanes when I have all the names.

If you would like to take part in these sessions please register by e-mailing Shani at info@icaan.org.uk

Jump Mania at Workington

Wednesday 4th April 6:00pm - 7:00pm

Private I CAAN session at Jump Mania. This session is open to the whole family please register for only those who will be jumping. I CAAN will pay for this session but you must fill in a waiver form online. Keep a note of this number to give to the Jump Mania staff on arrival. At the end of this session (last 15 minutes) we are going to have some disco mania - lights and music.

If you would like to take part in this session please register by e-mailing Shani at info@icaan.org.uk

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Watchtree Wheelers, Watchtree Nature Reserve

Thursday 12th April 1:00pm - 2:30pm

Friday 13th April 1:00pm - 2:30pm

Come along to try out the bikes or just join us for a walk. I CAAN will pay for bike hire but no transport is provided.

The simple pleasure of riding a bike is often taken for granted. Watchtree Wheelers aim to make it possible for everyone to ride.

They have a fleet of adapted bikes, a glorious nature reserve for riders to explore and a wealth of knowledge in their experienced instructors.

When registering please only register those who will be riding a bike and also let me know which type of bike you would like.

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Craft Session - Crafty Workshop Workington

Wednesday 11th April, 4:15pm - 5.30pm

Each registered person will be able to choose from a wide range of pottery which they can then paint. Please note your items will be left at the end of the session so it can be glazed and fired. It will be ready for collection later in the week. If you would like to do something different speak to the ladies and they will advise.

I CAAN will pay for each registered person an item up to £10. This will give you a wide range to choose from. If you do choose anything which is over £10 you will have to pay the difference to Crafty Workshop on the day.

You can visit their website for more information:

www.thecraftyworkshop.co.uk

If you would like to take part in this session please register by e-mailing Shani at info@icaan.org.uk

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Autism-Friendly Cinema Screening - Kirkgate Centre Cockermouth

Thursday 5th April 2:00pm

Enjoy an autism-friendly screening of Hop. Lights will be up and sound will be down. This will be a screening just for I CAAN members. There will be an interval for refreshments. Maybe even an Easter Egg?

If you would like to take part in this session please register by e-mailing Shani at info@icaan.org.uk

**CLOSING DATE FOR REGISTRATION FRIDAY 23RD
MARCH**

**YOU MUST ALWAYS PROVIDE YOUR OWN
SUPERVISION FOR ALL I CAAN ACTIVITIES**

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