



Independent Community Autism Activity Network

*Activities for Autism in West Cumbria*

[www.icaan.org.uk](http://www.icaan.org.uk)

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### **Watchtree Wheelers, Watchtree Nature Reserve**

**Saturday 18<sup>th</sup> February 10:30am - 12:00pm**

*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.*

*If you would like to take part in this session please register by e-mailing Shani at [info@icaan.org.uk](mailto:info@icaan.org.uk)*

### **Bowling at Eclipse Leisure Workington**

**Monday 20<sup>th</sup> February, 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 teams when I have all the names.*

*If you would like to take part in this session please register by e-mailing Shani at [info@icaan.org.uk](mailto:info@icaan.org.uk)*

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PO Box 81  
Cockermouth  
Cumbria  
CA13 3AQ

e-mail: [info@icaan.org.uk](mailto:info@icaan.org.uk)

website: [www.icaan.org.uk](http://www.icaan.org.uk)

*Registered as a charity in England and Wales*

**Registered Charity No:1156551**



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### **Craft Session - Crafty Workshop Workington**

**Wednesday 22<sup>nd</sup> February, 4:15pm - 5.30pm**

Each registered person will be able to choose from a wide range of pottery which they can then paint. You could also paint letters or do "deco-patch" (sticking patches of coloured paper onto an object of your choice). 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.

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](http://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](mailto:info@icaan.org.uk)

### **Autism-Friendly Cinema Screening - Kirkgate Centre Cockermouth**

**Thursday 23<sup>rd</sup> February 2:00pm**

Enjoy an autism -friendly screening of Angry Birds. 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.

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

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### **Swimming Calvert Trust Keswick**

**Friday 24<sup>th</sup> February 10.30am - 11:30am**

Fun family swim session. The group must all enter the swim area together at the start of the session and leave at the correct time to allow the next group to enter.

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

### **Soft Play at Jordan's Jungle Funhouse**

**Saturday 25<sup>th</sup> February, 4:30pm - 6:30pm**

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](mailto:info@icaan.org.uk)

**CLOSING DATE FOR ALL ACTIVITIES MONDAY 13<sup>TH</sup> FEBRUARY**

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

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