



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

Swimming Calvert Trust Keswick

Saturday 10th February 11:30am - 12:30pm

Saturday 17th February 11:30am - 1:30pm 2 HOUR SESSION

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 11th February, 4:00pm - 6:00pm NEW TIME

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 12th 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

Clip 'n' Climb - The Wave Centre, Maryport

Tuesday 13th February, 1:30pm - 3:00pm

This session lasts for 90 minutes which includes a compulsory 30 minutes briefing and kitting up. Register only those wanting to climb.

Limited numbers, first come first served.

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Craft Session - Crafty Workshop Workington

Wednesday 14th February, 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

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Autism-Friendly Cinema Screening - Kirkgate Centre Cockermouth

Thursday 15th February 2:00pm

Enjoy an autism-friendly screening of *Minions The Movie*. 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

Maryport Prom Walk followed by Auquaruim for refreshments

Friday 16th February 2:00pm

Join I CAAN to walk, cycle, scooter along the prom at Maryport - whichever you prefer. Meeting outside Maryport Aquarium at 2pm followed by refreshments in the café at 3pm (they have wifi). A table/room will be reserved for the group but you must purchase your own refreshments.

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 MONDAY 5TH FEBRUARY

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

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