



Independent Community Autism Activity Network

*Activities for Autism in West Cumbria*

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

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

*CLOSING DATE FOR REGISTRATION FRIDAY 8<sup>th</sup> FEBRUARY*

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

### **Fun family swim session at Keswick Spa**

**Sunday 17<sup>th</sup> February 3:00pm – 5:00pm**

Private I CAAN family swim session. There are limited places for this session and it will cost £3 per participant payable to I CAAN to secure your places, parents/carers free.

Places will be allocated on first come first served.

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

**Monday 18<sup>th</sup> February, 11:00am – 12:00pm**

Private I CAAN session which is open to the whole family please register only those bowling. I will arrange lanes when I have all the names.

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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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### **Swimming Calvert Trust Keswick**

**Sunday 24<sup>th</sup> February 1:30pm – 3:30pm**

*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.*

### **Energi at Carlisle**

**Tuesday 19<sup>th</sup> February 5:00pm – 6:00pm**

*This is NOT an exclusive session but I have reserved places for the autism and sensory session. The cost will be £3 per person money payable to I CAAN to secure your place, carers go free but I will need the names of everyone who will be jumping. Juice and biscuits are included. I will organise a group waiver on the night so you do not need to register with Energi.*

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### **Craft Session – Crafty Workshop Workington**

**Wednesday 20<sup>th</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. 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](http://www.thecraftyworkshop.co.uk)*

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

**Thursday 21<sup>st</sup> February 2:00pm**

*Enjoy an autism-friendly screening of Toy Story 2. 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.*

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