



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

**Soft Play at Jordan's Jungle Funhouse - Sunday 22nd October,
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

**Bowling at Eclipse Leisure Workington - Monday 23rd October,
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 join other families or would like to bowl with a particular family or would prefer to bowl on your own please can you let me know to avoid any disappointment?

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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Clip 'n' Climb - The Wave Centre, Maryport

Tuesday 24th October, 1:30pm - 3:00pm

This session lasts for 90 minutes which includes a compulsory 30 minutes briefing and kitting up. To register send names and ages of all the people wanting to climb.

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

Craft Session - Crafty Workshop Workington

Wednesday 25th October, 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

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Autism-Friendly Cinema Screening - Kirkgate Centre Cockermouth

Friday 27th October 2:00pm

Enjoy an autism -friendly screening of Paddington. 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

Swimming Calvert Trust Keswick

Saturday 28th October 11:30am - 12:30pm

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

CLOSING DATE FOR ALL ACTIVITIES FRIDAY 20TH OCTOBER

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

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