



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

If you would like to take part in any of the sessions please register by e-mailing Shaní at info@icaan.org.uk

CLOSING DATE FOR REGISTRATION FRIDAY 12th OCTOBER

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

Swimming Calvert Trust Keswick

Saturday 20th October 12:30pm – 1:30pm

Monday 22nd October 2:30pm – 4:30pm

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.

Soft Play at Jordan's Jungle Funhouse

Sunday 21st October, 4:00pm – 6:00pm

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

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 22nd October, 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.

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

Energi at Carlisle

Tuesday 23rd October 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 needed 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 you do not need to register with Energi.

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Craft Session – Crafty Workshop Workington

Wednesday 24th October, 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

Autism-Friendly Cinema Screening – Kirkgate Centre Cockermouth

Thursday 25th October 2:00pm

Enjoy an autism-friendly screening of *Hotel Transylvania*. 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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Watchtree Wheelers, Watchtree Nature Reserve

Saturday 27th October 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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