



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

Bowling at Eclipse Leisure Workington

Monday 24th July 11:00am - 12:00pm

Monday 14th August 11:00 – 12:00 pm

Private I CAAN session at Eclipse bowling in Workington. This session is open to the whole family, please register only those bowling.

If you would like to take part in these sessions please register by Monday 10th July e-mailing Shani at info@icaan.org.uk

Football at Workington Leisure Centre

Tuesday 25th July 1pm – 4pm

Come and join in a football afternoon learning new skills and playing football. A coach from Cumberland FA will take the session. It will be a fun session with lots of different activities.

If you would like to take part in this session please register by Monday 10th July 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

Craft Session – Crafty Workshop Workington

Wednesday 26th July, 4:15pm - 5.30pm

Each registered person will be able to choose from a wide range of craft activities. Please note any painted pots 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.

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Calvert Trust Swim - Calvert Trust – Keswick

Monday 31st July 2:30pm – 3:30pm

Monday 7th August 2:30pm – 3:30pm

Tuesday 22nd August 1:30pm – 2:30pm

Tuesday 29th August 1:30pm – 2:30pm

Fun family swim sessions. 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 Monday 10th July e-mailing Shani at info@icaan.org.uk

Blackpool Day Trip – Wednesday 2nd August

Join I CAAN on a day trip to Blackpool. I CAAN will cover the cost of the bus only. The bus will pick-up and drop-off at central points in Whitehaven, Workington, Maryport and Cockermouth, arriving at Blackpool around 11:00am and leaving around 5:00pm.

The closing date to register for this trip Monday 10th July. To register please e-mail names and pick up points to Shani at info@icaan.org.uk

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Clip 'n' Climb – The Wave Centre, Maryport

Friday 4th August 2:30pm – 4:00pm

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

Please note additional staff will be available to avoid waiting and staff will help children struggling to sit through the briefing session.

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Watchtree Wheelers, Watchtree Nature Reserve

Saturday 5th August 2:00pm – 3:30pm

Friday 25th August 2:00pm – 3:30pm

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 all people 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 these sessions please register by Monday 10th July e-mailing Shani at info@icaan.org.uk

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Lightwater Valley Day Trip – Thursday 10th August

Join I CAAN on a day trip to Lightwater Valley. I CAAN will cover the cost of the bus only. The bus will pick-up and drop-off at central points in Whitehaven, Workington, Maryport and Cockermouth, arriving at Lightwater Valley around 11:00am and leaving around 5:00pm.

The closing date to register for this trip Monday 10th July. To register please e-mail names and pick up points to Shani at info@icaan.org.uk

Soft Play at Jordan's Jungle Funhouse

Sunday 13th August 4:30pm - 6:30pm

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

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Autism Friendly Cinema Screening - Secret Life of Pets - Kirkgate Centre Cockermouth

Wednesday 16th August 2:00pm

Enjoy an autism screening of Secret Life of Pets. 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 attend this screening please register by
Monday 10th July e-mailing Shani at info@icaan.org.uk**

I CAAN Buttermere Walk

Sunday 20th August starting at 11am

Bring along family and friends to walk with us around Buttermere. Meeting at 11am at the Fish Hotel. Bring your own picnic and we will stop at half way point for lunch. This walk will be dependent on the weather an email will be sent out on the morning of the walk to inform everyone if it will go ahead.

**If you would like to take part in this walk please register by
Monday 10th July e-mailing Shani at info@icaan.org.uk**

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Chester Zoo Day Trip – Monday 21st August

Join I CAAN on a day trip to Chester Zoo. I CAAN will cover the cost of the bus only. The bus will pick-up and drop-off at central points in Whitehaven, Workington, Maryport and Cockermouth, arriving at Chester Zoo around 11:00am and leaving around 5:00pm.

The closing date to register for this trip Monday 10th July. To register please e-mail names and pick up points to Shani at info@icaan.org.uk

Roller Disco Party – Whitehaven Sports Centre

Sunday 27th August 1:00pm – 2:30pm

Fun family roller disco party, skates provided but you can use your own skates if you prefer. Bring along your favourite cd for us to play. McDonalds party food provided in the party room.

If you would like to take part in this session please register by Monday 10th July e-mailing Shani at info@icaan.org.uk

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

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