



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

Bowling at Eclipse Leisure Workington

Monday 23rd July 11:00am – 12:00pm

Monday 13th August 11:00am – 12:00pm

Private I CAAN session 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 these sessions please register by e-mailing Shani at info@icaan.org.uk

BLACKPOOL DAY TRIP Thursday 26th July

Day trip to arrive at Blackpool approximately 11am dropping off and picking up at Pleasure Beach main pick ups at Whitehaven, Workington, Maryport and Cockermouth exact places and times to be confirmed. Limited numbers, first come first served.

If you would like places on this trip 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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Buttermere Walk

Saturday 28th July 10.30 am

Join other I CAAN families on a walk around Buttermere stopping half way for a picnic (bring your own). Meeting at the Fish Hotel, remember change for parking. This walk will depend on the weather.

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

Swimming Calvert Trust Keswick

Sunday 29th July 1:30pm – 3:30pm

Tuesday 14th August 1:30pm – 2:30pm

Saturday 25th August 10:30am – 12:30pm

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.

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Jump Mania at Workington

Monday 30th July 6:00pm – 7:00pm

Monday 27th August 6:00pm – 7:00pm

Private I CAAN session open to the whole family. Please register for only those who will be jumping. I CAAN will pay for this session but you must fill in a Jump Mania waiver form online. Keep a note of this number to give to the Jump Mania staff on arrival. You will also need your special jumping socks which you can purchase on arrival. Lights and music will be on at 6:30pm

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

Craft Session – Crafty Workshop Workington

Wednesday 1st August 4:15pm – 5:30pm

Wednesday 29th August 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.

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I CAAN will pay for each registered person (kids only) 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

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

Watchtree Wheelers, Watchtree Nature Reserve

Saturday 4th August 1:00pm – 2:30pm

Friday 24th August 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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Cream O Galloway Day Trip Monday 6th August

Day trip to Cream O Galloway to arrive at approximately 11am main pick ups at Whitehaven, Workington, Maryport and Cockermouth exact places and times to be confirmed. . Limited numbers, first come first served. I CAAN will pay for the bus to Cream O Galloway but you must pay for your own entry.

If you would like places on this trip please register by e-mailing Shani at info@icaan.org.uk

Autism-Friendly Cinema Screening – Kirkgate Centre Cockermouth

Thursday 9th August 2:00pm

Enjoy an autism–friendly screening of Incredibles. 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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DISCO at Embleton Village Hall

Saturday 11th August 6pm -9pm

Disco for the whole family, dance to your favourite songs, fun party games, glitter tattoos drinks and sweets for the kids.

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

Lightwater Valley Day Trip Wednesday 15th August

Day trip to Lightwater Valley to arrive at approximately 11am. Main pick ups at Whitehaven, Workington, Maryport and Cockermouth exact places and times to be confirmed. I CAAN will pay for the bus to Lightwater Valley but you must pay for your own entry . Limited numbers, first come first served.

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Soft Play at Jordan's Jungle Funhouse

Sunday 19th August 4:00pm – 6:00pm

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

Mabie Farm Park Day Trip Tuesday 21st August

Day trip to Mabie Farm Park to arrive at approximately 11am main pick ups at Whitehaven, Workington, Maryport and Cockermouth exact places and times to be confirmed. . Limited numbers, first come first served. I CAAN will pay for the bus to Mabie Farm Park but you must pay for your own entry.

If you would like places on this trip please register by e-mailing Shani at info@icaan.org.uk

CLOSING DATE FOR REGISTRATION FRIDAY 13th JULY

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

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