



Independent Community Autism Activity Network

Activities for Autism in West Cumbria

www.icaan.org.uk

Watchtree Wheelers, Watchtree Nature Reserve

Saturday 26th May

11:00am - 12:30pm

1:00pm - 2:30pm

Come along to try out the bikes or just join us for a walk.

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.

We will be having a picnic lunch at 12:30pm weather permitting for both groups (please bring your own picnic lunch).

Limited numbers, first come first served.

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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Soft Play at Jordan's Jungle Funhouse

Sunday 27th May 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

Bowling at Eclipse Leisure Workington

Monday 28th May, 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 lanes when I have all the names.

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

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Jump Mania at Workington

Monday 28th May 6:00pm - 7:00pm

Private I CAAN session at Jump Mania. This session is open to the whole family please register only those jumping. I CAAN will pay for this session but you must fill in a waiver form online. Keep a note of this number to give to the Jump Mania staff on arrival. At 6:30pm we will have disco mania - lights and music.

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

Tuesday 29th May 1:30pm - 2:30pm

Sunday 3rd June 1:30pm - 3:30pm (2 HOUR SESSION)

Fun family swim session. The group must all leave promptly at the end of the session to allow the next group to enter.

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Craft Session - Crafty Workshop Workington

Wednesday 30th May, 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

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Autism-Friendly Cinema Screening - Kirkgate Centre Cockermouth

Thursday 31st May 2:00pm

Enjoy an autism-friendly screening of Moana. 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

Science Booth at Kirkgate Centre Cockermouth

Friday 1st June at 1:30pm - 3:00pm

Crazy Kitchen Chemistry - Watch a demonstration using household chemicals with lots of pops, whizzes and bangs. At the end of the demonstration you get to make your own slime.

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I CAAN disco at Kirkgate Centre Cockermouth

Saturday 2nd June 6pm-9pm

Come along and enjoy dancing to your favourite songs if you have any special favourites let us know. Bar will be open for refreshments.

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

CLOSING DATE FOR REGISTRATION FRIDAY 18th MAY

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

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