



*Independent Community Autism Activity Network  
Activities for Autism in West Cumbria*

*Do you or a member of  
your family have  
autism?*

I CAAN is a voluntary community group for people and their families affected by autism to access sports and leisure activities in Allerdale and Copeland.

*Activities include...*

- *Swimming*
- *Roller Skating*
- *Horse Riding*
- *Fun Sports Sessions*

See our website [www.icaan.org.uk](http://www.icaan.org.uk) for more information and a registration form.

**I CAAN**

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