

Welcome

Welcome to the latest joint Newsletter for Short Breaks. Providers have teamed up to inform everyone of the activities on offer for children with additional needs for over the summer period 2014.



Carlisle
MENCAP



Children and Young People at West House



The Oaklea Trust

Carlisle Mencap	2
Carlisle Barnardo's	3
Eden Mencap	4
Workington Children's Centre	5
Maryport, Flimby, Wigton, Silloth, Aspatria and surrounding areas	6
West House	7
South Lakes / Furness	8
South Lakes Children Centres	9
Barrow Borough Sports Council	9
Furness Children's Centres	10
Millom Children's Centre	11
Cumbria Deaf Vision	12

Carlisle Mencap

**Carlisle
MENCAP**



Weekends at Grace Little Centre

We are currently taking names for children who would like to come and stay at Grace Little for a weekend. Cost is £30

Sunday Activities at Grace Little Centre

Sensory play day, indoor and outdoor activities.
10am-3.30pm Cost £10 Please bring a packed lunch
Dates-- 20 July - 10 Aug - 14 Sept

Sportstime-Sports and Social Club

5.30-7.30pm Monday
Evenings- £2.50 each session
At The Sands Centre, Carlisle. Term Time only restarts on the 8 September
£2.50 each session

Theatre Arts Club

Thursday evenings 4.30-6.30
At YMCA, Shaddongate Carlisle
Term Time only restarts on the 18 September
£2.50 each session.

Family Fun Evening

At our Grace Little Centre
Every Wednesday 5-7pm
Cost £5 one sibling goes free
Adult supervision required.
Term Time Only

Under 8's Support

We can provide support for young children in their own homes for up to 2 hours a week initially for a period of 9 months.

Go Getters- Saturday Club in Wigton

In conjunction with Westhouse. Every other Saturday 10-3 at, Thomlinson Junior School, Wigton continues throughout school holidays.

Activity Days

Cost £10 for each trip

13 July

Miles without Stiles Mystery Tour suitable for all
10-00 –16.00 Packed Lunch and Outdoor Clothing

6 August

Sandcastles and Ice Creams, West Cumbria
Venue confirmed nearer time
10.00—16.00 Packed Lunch Outdoor Clothing

7 September

Lake District Animal Park Keswick
An education day including animal handling.
10-00 –16.00 Packed Lunch and Outdoor Clothing



To book call Carlisle Mencap on **01228 674 393**
or email **enquiries@carlisle Mencap.co.uk**
Charity No: 1115348 Company Limited by guarantee No: 5595628

Activities for Children with Additional Needs

These sessions are for children with additional needs under 10 years of age and their families- all children must be supervised by an adult.

Please contact the Short Breaks Team on 01228 227 196 if you would like more information on the activities below.



Music and Dance

Come and join Alison our Harpist and the Children's Centre staff for a free fun session of music, singing and dance. Each session will be tailored to the individual needs of the children attending. Relax and enjoy watching your children as they are encouraged and supported to fully participate in their own individual ways

Age range 0 – 10 years Wednesday 4.15pm – 5.15pm (excluding school holidays) Petteril Bank Community Centre, Burnett Rd, Carlisle, CA1 3BX

Thursday Club

Come and join the Children's Centre staff and our sports facilitator for some free sports, games and other physical activities. Thursday Club helps children of all abilities develop their physical skills while increasing their confidence through a range of fun games and activities

Age range 3 – 10 years Thursday 5.00pm – 6.30pm (excluding school holidays) St James's Church Hall, St James's Road, Carlisle, CA2 5PD *
Please note on 8 and 22 May Thursday club will be at Carlisle West Children's Centres on Shady Grove Road CA2 6JP with a creative play theme.

Family Swimming Sessions

Free weekly swimming sessions are available for children 10 years and under with additional needs and their immediate family. Whilst a lifeguard will be present at each session children must be supervised. Children who are under 4 years old the ratio is 1-1 and children under 8 years old the ratio is 2 – 1. **Sundays 2.45pm-3.45pm (Every Sunday) Morton Pools, Richard Rose Academy (Morton), Wigton Road, CA2 6LB**

Fox cubs

Come and meet the Children's Centre staff, make new friends, share experiences and receive support. Children will love the safe, bright and colourful environment that supports learning through a sensory experience. Soft play session for children aged 0-5 with additional needs and their immediate family

Age range 0 – 5 years Tuesdays 10.45am - 11.45am 10 June, 8 July and 9 September Whale of a Time Soft Play - Harraby Community Centre, Edgehill Rd, Carlisle CA1 3PP

A Sensory Experience

Come and join the Children's Centre staff and explore two stimulating environments. Enjoy the calming experience of the sensory environment or try out the variety of messy activities to help your children develop through play

Age range 0 – 10 years Wednesday 23rd July, Wednesday 6 August and Wednesday 27 August. 10.00am – 11.30am The Belah Centre, Briar Bank, Carlisle, CA3 9SR

The Big Toddle Short Breaks Swim

The Big Toddle Swim will be a sponsored water challenge for children to raise money for the UK's most vulnerable under 5s. No matter what target you set for your child they will have an hour of fun and laughter helping to raise money to give children the best start in life. Children will be awarded with a certificate and medal at the end of the swim for their achievements. Please see Children's Centre staff for an application pack prior to the event. **Age range 0 – 10 years Sunday 27 July 2.45pm-3.45pm Morton Pools, Richard Rose Academy (Morton), Wigton Road, CA2 6LB**

Family Swimming Sessions

Free swimming sessions for children 10 years and under with additional needs and their immediate family. Whilst a lifeguard will be present at each session children must be supervised. Children who are under 4 years old the ratio is 1-1 and children under 8 years old the ratio is 2 – 1. **Age range 0 – 10 years Sunday 3, 10, 17, 24, 31 August 2.45pm-3.45pm Morton Pools, Richard Rose Academy (Morton), Wigton Road,**

Soft Play

Free holiday soft play sessions at Whale of a Time Soft Play **Age range 0 – 8 years Tuesdays; 22, 29 July. 5, 12, 19 and 26 August 10.45am – 11.45am Whale of a Time Soft Play - Harraby Community Centre, Edgehill Rd, Carlisle CA1 3PP**

Eden Mencap



Life Skills Day

Once again we are holding a life skills cooking day at the Evergreen Centre in Penrith...Ready.. Steady...Cook!!!

Dates: 22/8/2014 Time: 10-3pm

Where: Evergreen Centre, Penrith Cost: £10

Children's Short Breaks For children aged 8-19 years old

Eden Rock

Come and climb your way through Eden Rocks numerous climbing walls

Date: 20/8/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

Cinema and Shanghi Shanghi

Come and join us with your friends to watch one of the newest films out and then for a buffet lunch

Date: 26/8/2014 Time: 9.30-3.30pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop Cost: £10

Manchester United Museum Tour

Join us as we take a look around one of England's most successful football clubs museums...History and Sport combined..

Date: 29/8/2014 Time: 9.30-4.30pm

Depart: Sandgate Bus Station

Return: Sandgate Bus Station Cost: £10

Day at the Seaside: Silloth

Get your bucket and spade ready for a day at the seaside (Lunch will be provided)

Date: 27/7/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop Cost: £10

Brockhole- Get Biking

Join us to learn new and exciting biking skills at Brockhole

Date: 22/7/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

Cinema and Toby Carvery

Get your popcorn ready as we go and see Hollywood's latest release

Date: 30/7/2014 Time: 9.30-3.30pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

Activity Saturday

Join us at our office in Penrith for lots arts and crafts....

Date: 2/8/2014

Time: 10-3pm

Where: Our Office

Cost: £10

Alston Train Day

Come along with us to take a ride on the South Tynedale Railway

Date: 1/8/2014 Time: 9.30-3.30pm

Depart: Sandgate Bus Station

Return: Sandgate Bus Station

Cost: £10

Children's Holiday: Silloth

Our annual holiday to Silloth will be taking place again this summer, so please register your interest....

Dates: 7th until 8th August 2014

Depart: Sandgate Bus Stop at 10am
7th August

Diggerland

Join us for a fun day of digging at one of Durham's best attractions.....

Date: 14/8/2014

Time: 9.30-4.30pm

Depart: Sandgate Bus Station

Return: Sandgate Bus Station

Cost: £10

Lake District Animal Park

Come along to see some very exciting animals with us, and even meet some of them

Date: 6/8/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

Keswick Pencil Museum

Join us for a day of drawing and crafts.....

Date: 12/8/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

Watchtree Wheelers

Join us for a wheelie good day of bike riding

Date: 17/8/2014 Time: 10-3pm

Depart: Sandgate Bus Stop

Return: Sandgate Bus Stop

Cost: £10

To book onto any of these trips or for anymore information about them please feel free to contact the office on **01768 892014** or by emailing **Stuart@edenmencap.org.uk**

Workington Children's Centre

The Minto Centre



“Short Breaks Summer Activities” Regular Weekly Groups!

Little V.I.Ps 0-5

9.30-10.45am Friday morning @
Workington Children's Centre

V.I.Ps 5+

4.00-5.30 Friday afternoon @ Workington
Children's Centre

Little V.I.P.s / V.I.P.s are groups for parents/
carers with a child with a disability or
undergoing diagnosis. The groups will
offer professional support, activities &
an opportunity to look at yours child's
development.

Fun Times for 5-8's

Group work is encouraged as much as
possible, getting the children working together
to take turns, listen and negotiate. There is a
large focus on fun within the group...! Limited
places in this group so please ring and book.

For more information contact Sue on:
01900 706146

**Please contact us to book your place or to
discuss how we may be able to support you
and your child to fully access and enjoy our
activities:**

Action For Children
Workington Children's Centre
The Minto Centre
Westfield
Workington
Cumbria. CA14 5BD
(01900) 325251



Maryport, Flimby, Wigton, Silloth, Aspatria and surrounding areas.



Short Break Activities for children with additional needs....

Multi-sensory Room

West Allerdale Children's Centre has links with Maryport Infants School Sensory room. For more information on how to book this facility contact Louise on **01900 818726**



Children's Centre Services accessible for all

We have summer holiday activities planned for the school holidays for more information contact your local Children's Centre.



Support Coffee Mornings

These drop-in sessions for parents/carers of children with additional needs are held monthly. This support group gives parent/carers the opportunity to meet in an informal friendly environment. Drop in to.....

- **North Allerdale Children's Centre (Aspatria) 17 September 9.30-11.30am**
- **North Allerdale Children's Centre (Wigton) 9.30-11.30am on Wednesday 2 July.**

Contact details:

**North Allerdale Children's Centre (Wigton) 10-12 Wampool Place, Wigton Cumbria, CA7 9SA
Tel No: 016973 49555.**

**West Allerdale Children's Centre (Maryport) Ennerdale Rd, Maryport, Cumbria, CA15 8HN
Tel No: 01900 818726**

Tea Time Fun

A free weekly **term time only** session for children with additional needs aged between 0-8 years. Children can come along to enjoy play and craft activities, make their snacks and have access to outdoor play in a safe relaxed atmosphere. **Booking essential!**

Monday's from 3.45 - 4.45 p.m. at West Allerdale Children's Centre (Maryport).

For more information or to book a place contact Alison Cain on 01900 818726.

Tuesday's from 3.45 - 4.45 p.m. at North Allerdale Children's Centre (Wigton).

For more information or to book a place contact Angela Thurlow on 016973 49555.

West House



Family play afternoon

Drop in sessions based at Wild West Children Resource Centre Cockermouth. Meet other families and the community Nursing team while children have fun and play in a safe, relaxed environment. Dates:- 23 July, 6 and 20 August 2014 between 2pm and 4pm For more information please contact **Katy Seal** on **01900 828451**

Activity Days Programme July 2014

- 19 – Millom – Venue to be confirmed
- 22 – Keswick Launch and Golf
- 23 – Crafts at Helena Thompson
- 24 – Archery at Brockhole
- 29 – Beach activities at St Bee's
- 31 – CADs Workington Sports Centre

All Above activity days are charge at £10.00 per day. For more information or to book a place please contact Katy Seal on **01900 828451**

Youth Clubs

We have clubs running on Monday, Wednesday, Thursdays and Fridays during term time. For more information please contact Katy Seal on **01900 828451**

Activity Day Programme August 2014

- 1 – CAD's Workington Sports Centre
- 5 – Dodd Wood / Mirehouse
- 6 – Circus day At Brockhole
- 7 – Watch Tree Activity Day
- 12 – Swimming and Park activities
- 13 – Winlatter Activity Day
- 14 – Silloth activities
- 19 – Canoeing at Brockhole
- 21 – Birds of Prey at Brockhole
- 23 – Millom – Venue to be confirmed
- 26 – Trotters Farm
- 27 – Cinema / Swimming
- 28 – Watch Tree Activity Day

All Above activity days are charge at £10.00 per day. For more information or to book a place please contact Katy Seal on **01900 828451**

Under 8's

West house can deliver an individual based service for under 8's. Please contact Mark Swanston on **01900 872270** email marks@westhouse.org.uk or Katy Seal on **01900 828451** or more information visit our website www.westhouse.org.uk



South Lakes / Furness



The Oaklea Trust

Our Summer Programme includes the following activities:

South Lakes

July (Dates are confirmed)

- 21 - Dragon Hunt / Forest Fun
- 25 – 27 - Summer Residential Break at Keppleway Activity Centre (£25 per child)
- 31 - Activity Day

August (Dates are provisional)

- 5 - Kids Zone with Cumbria's Emergency Services
- 12 - Sensory Session/Hydro Pool
- 19 - Canoeing at an Outdoor Activity Centre
- 23 - Saturday Family Fun Day
- 29 - Pamper Day

Furness

July (Dates are provisional)

- 12 - Saturday Family Fun Day
- 24 - Fun in the Forest – Guided Walk and Treasure Hunt
- 28 - Bowling followed by Burger and Fries
- 29 - Sensory and Playmax Session

August (Dates are provisional)

- 8 – 10 - Summer Residential Break at Keppleway Activity Centre (£25 per child)
DATES CONFIRMED
- 14 - Kids Zone with Cumbria's Emergency Services
- 19 - Canoeing at an Outdoor Activity Centre
- 26 - Game Play at LazerZone



The summer programme is still in planning and dates for some activities have still to be finalised. more information to follow soon.

Barnardos - South Lakes Children's Centres

(Kendal, Windermere, Ambleside, Sedbergh, Milnthorpe, Flookburgh)

Summer Holiday Family Activities

Fun activities for families with children up to 11 years. The activities will run in different venues across our 4 Children's Centre areas.

Venues and times to be confirmed – please phone Kendal West Children's Centre for more details **01539 239150**.

The activities will run on the following dates:

Tuesday 22 July
 Thursday 24 July
 Monday 28 July
 Tuesday 29 July
 Wednesday 30 July
 Thursday 31 July
 Monday 4 August
 Tuesday 5 August
 Wednesday 6 August
 Thursday 7 August
 Tuesday 12 August
 Wednesday 13 August
 Tuesday 19 August
 Tuesday 26 August



Barrow Borough Sports Council

For a list of Sports Council activities ring 01229 407312 or visit barrowsportscouncil.org.uk/equity

Believe in
 children
 Barnardo's



Furness Children's Centres



Short Break Holiday Activities and regular, weekly sessions

Little Stars

0-4yrs @ Hindpool Children's Centre Every Tuesday 1 - 2.30pm Little Stars is a drop-in group for parents/carers with a child with a disability/ additional need or undergoing diagnosis. The group offers support, networking opportunities for parents/ carers and activities to promote children's individual learning and development including Makaton supported Rhyme Time.

All of Us

5-8yrs @ Hindpool Children's centre Every Tuesday 3.15 - 4.45pm

All of Us is an fun afterschool club for children with a disability or additional need and their brothers and sisters. It provides opportunities for families to enjoy activities together with extra support from our special needs team.

Short Breaks Holiday Activities

Places are limited so please contact the individual centres to book a place and to request additional support where necessary

Newbarns Centre 01229 871974
Ormsgill Centre 01229 877220

Play Max

All ages @ Park Leisure Centre, Barrow In Furness Every Thursday 1-3pm

Play Max is an excellent Sensory and Soft Play Resource based in the local leisure Centre. Our session each Thursday is free of charge and is supported by our staff. Term time is generally used by pre-schoolers and during the holidays is opened up to all ages.

Short Breaks Presents...

Superheroes	Creative and physical activities	Monday 21 July	Newbarns Children's Centre
		Thursday 24 July	Ormsgill Children's Centre
Be our guest	Beauty and the Beast cook and eat themed Tea party	Monday 28 July 1-3pm	Newbarns Children's Centre
		Thursday 31 July 10-12am	Ormsgill Children's Centre
Frozen!	Come and explore all things icy	Monday 4 August 1-3pm	Newbarns Children's Centre
		Thursday 7 August 10-12am	Ormsgill Children's Centre
Everything is awesome	Lego and construction	Monday 11 August 1-3pm	Newbarns Children's Centre
		Thursday 14 August 10-12am	Ormsgill Children's Centre
Wheels	Transport themed session with outdoor equipment	Monday 18 August 1-3pm	Newbarns Children's Centre
		Thursday 21 August 10-12am	Ormsgill Children's Centre
My favourite Film Fantasy Disco	Throughout the shortbreak activities children will be asked to think about their favourite films and shows which will form the theme of the disco	Thursday 28 August 1-3pm	Ormsgill Children's Centre

Check out your local Children's Centres in Barrow Dalton, Ulverston and Millom for details of other Holiday activities available.

Millom Children's Centre and the local area

Activities for disabled children and their families



No need to book onto sessions but you can contact Millom's Centre for more information on **01229 311160**

All activities are free

Check out your local Children's Centres in Barrow, Dalton and Ulverston for details of other Holiday activities available.

Nature	Nature walk with picnic, crafts, games and pond dipping	Saturday 14 June 2014 10am – 2pm	Meet at Millom Children's Centre
Brunch and activity	Hot and cold buffet of food with various activities as well	Saturday 28 June 2014 11am – 1pm	Millom Network Centre
Brunch and activity	Hot and cold buffet and various activities	Saturday 26 July 2014 11am – 1pm	Millom Network Centre
Climbing	Rock climbing activity plus other activities in the centre	Saturday 23 August 2014 10am – 2pm	Meet at Millom Children's Centre
Brunch and activity	Hot and cold buffet and various activities	Saturday 30 August 2014 11am – 1pm	Millom Network Centre
La'al Ratty Adventures	Trip on the La'al Ratty	Saturday 13 September 2014 Time to be confirmed	Meet at Millom Children's Centre



Cumbria-Deaf Vision

Activities for children and young people with a hearing impairment

Teens weekend away

Calvert Trust, Keswick
Fri 11 July - Sun 13 July
Come and try some new activities, social time and make new friends.
£35 – includes activities, food, accommodation

24 June 2014 6-8.30pm
An opportunity for 2 young people to help organise a North West Youth Event for young people with a hearing impairment. A chance to organise an event where young people from the Northwest can get together, make new friendships, and have fun.

Family Sign Course

We are hoping to run a **Family sign course**. A 5 week course, beginning 16 June at the deafvision offices in Kendal. Further details to be confirmed, contact us to register your interest

Calvert Trust Swimming and Sensory Room

28 June 2.30pm
If you are aged 0-10 come and join us for 1 hour swimming in the pool and then relax in the sensory room for an hour. Free. Bring your brothers and sisters and your Mum and Dad. Free of charge.

Camping weekend

Fri 22nd August – Sun 24th August
Camping weekend, bring your own tent and join with other families in the great outdoors. More details to follow about food, activities and cost. Contact Esther to register your interest

To book or for any questions contact:

Esther Palliser
Cumbria DeafVision
Ground Floor, Civic Centre,
Carlisle, CA3 8QG
01228 210205
esther.palliser@deafvision.co.uk

