



AUTUMN HALF TERM HOLIDAYS 2020

Eden

To make it easier for parents who are looking for childcare and activities for their children over the Autumn half term break, the Local Authority and partners have pulled together this list of available services and activities. This list is available on our website at

<https://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis>.

If you have information about activities to add to the list, please contact emma.robinson2@cumbria.gov.uk.

Please note that Cumbria County Council are not the organiser of the advertised events and the information contained in this publication is for information purposes only. Where we provide information about external organisations or services providers, we are not able to offer a guarantee on the quality of their services.



CHILDCARE AND HOLIDAY CLUBS

First Class Kids

Penrith

Available from 27 July 2020

Sessions 08.00am - 5.30pm

Age Range 4 to 11

01768 894078

firstclasskids@btconnect.com

We offer a wide range of activities mainly being outdoor, baking and craft activities.

Newcastle Falcons Girls Rugby Camp

Penrith Rugby Club

27 to 28 October 2020

10am-3pm

Each camp includes a range of rugby skills, activities and games and is open to ages 6-16.

For information and to sign up:

<https://www.rugbycamps.co.uk/booker-search-results>

Kiddlywinks - The Meadows Day Nursery and Holiday Club

Penrith

Available from 20 July 2020

Sessions Mon – Thurs 08.00am - 5.30pm

Age Range 4 to 8

01768 210500

karenjames2000@btinternet.com

Shining Stars Nursery

Appleby

Available from 20 July 2020

Sessions 08.00am - 6.00pm

Age Range 0 to 5

017683 53333

shiningstarsnursery@btconnect.com

Muddy Boots Nursery

Penrith

Available w/c 20 July only

Sessions 08.00am - 5.00pm

Age Range 3 to 7

01768 868080

ggarvey@sky.com

Outdoor play, Forest Schools

Bolton Nursery

Appleby-in-Westmorland

Available from 20 July 2020

Sessions 08.00am - 4.30pm

Age Range 4 to 11

017683 62468

bolton-nursery@btconnect.com

The Outward Bound Trust Adventure Days

Available 19, 20, 22, 23, 26, 27, 28 and 29
October

Age Range 10-17

9.15am-4pm

FREE to those who are eligible to free
school meals (£30 per day for others)

Held at the Ullswater Centre,
Watermillock, Penrith, CA11 0JL

For more information and to book:

<https://www.outwardbound.org.uk/adventure-days>

Carlisle United

Penrith Soccer School

Ullswater Community College

27 to 28 October 2020

9am-2pm

Holiday courses are restricted to 40
places and will be on a first come first
serve basis.

Our holiday courses will follow
government and FA guidelines as well as
social distancing rules. Courses must be
booked for all 2 days as participants will
be in the same group throughout.

For information and to sign up:

<https://officialsoccerschools.co.uk/carlisleunited/penrith-soccer-school-5005.html>

54 Degrees Sport

October Holiday Sports Camps

Beaconside Primary School, Penrith

27, 28 and 29 October 2020

8.45am – 3.15pm

Ages 5-13

3 day camp £50 per child (ask about sibling discount)

Full camp bookings only. Booking essential. For more information see <https://www.facebook.com/54DegreesSport> or email info@54-sport.co.uk or call 07717378879.



FOOD

Shap FareShare

Co-ordinated by Pauline Harron
07538 587613

A list of food available is sent out to all households via email and letters through doors with telephone numbers for orders. All orders are bagged up and distributed by volunteers. Vulnerable households are prioritised, orders are then delivered on a first come first served basis.

Kirkby Stephen FareShare

Co-ordinated by Conrad Lynch
07887 587613
conradlynch@outlook.com

If anyone would like to access a food donation, they must email or telephone Conrad and register their details. All households registered will receive a weekly donation, unless they call to cancel. Geographical remit for deliveries is Kirkby Stephen and Upper Eden.

Penrith Salvation Army Food Bank

Alan & Carole Donaldson

01768 866732

penrith.corps2@salvationarmy.org.uk

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.

Call 0800 783 1966 or see

<https://cumbria.gov.uk/coronavirus/help/ine.asp>.

Upper Eden Food Bank

07596 690902

upperedenfoodbank@gmail.com

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.

Call 0800 783 1966 or see

<https://cumbria.gov.uk/coronavirus/help/ine.asp>.

Alston Moor Food Bank

07890 345901

alstonfoodbank@gmail.com

Referral only.

The Coronavirus Emergency Support Helpline can assist with food referrals.

Call 0800 783 1966 or see

<https://cumbria.gov.uk/coronavirus/help/ine.asp>.



SUPPORT SERVICES

0-5 Health Visiting Service

Offer a wide range of support and advice for families with 0-5 year olds including baby clinics, behaviour, growth and development, immunisations, minor ailments, nutrition, and support groups.

We can also connect you with other agencies if you need advice or support around housing, benefits or debt.

Contact your local team:

Alston: 01768 245615

Appleby: 01768 354964

Kirkby Lonsdale: 01524 279177

Penrith: 01768 245615

E-School Nurse Clinic

Twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old.

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you.

In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the E-School Nurse video clinic please visit www.cumbria.gov.uk/ph5to19 or call 0300 30 34 365 for an appointment.

Together We CIC

Talk and Fitness

Together We CIC empowers people to take control over their physical and mental health with free and low cost programs.

Together We Talk offers FREE 1:1 and group work including mental health support, counselling and CBT. We help individuals take back control over their mental and physical health and wellbeing.

Together Fitness offers in person and online group fitness and wellbeing sessions. Find out more at:

www.togetherwe.co.uk
referral@togetherwe.co.uk

Tel: 0808 196 1773

<https://en-gb.facebook.com/togetherwecic>

Kooth

Kooth.com

A web-based confidential support service available to young people aged 11 to 18.

A safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Offers text-based conversations with a qualified counsellor.

Counsellors are available from 12.00pm to 10.00pm on weekdays and 6.00pm to 10.00pm at weekends, every day of the year.

Young people can access regular booked online counselling sessions as needed.

Outside counselling hours' young people can message our team and get support by the next day.

Your Voice Advocacy

Carlisle Eden Mind

One-to-one advocacy for young people who are experiencing issues that are impacting on their mental wellbeing.

Currently delivered remotely via video, telephone or messaging.

<https://cemind.org/our-services/children-and-young-people-services/>

enquiries@yourvoicecumbria.org

0300 0120103 (24-hour voice mail service)

Targeted Careers Information Advice and Guidance

Inspira

Inspira has been commissioned by the Cumbria County Council to provide careers information, advice and guidance, and support with progression planning to targeted priority groups of young people including:

Children Looked After

Care Leavers (up to the age of 21)

Children attending Pupil Referral Units and by extension those receiving support through the Hospital and Home Tuition Service

Children in receipt of an Education and Health Care Plan

16 18-year-olds who are NEET or at risk of becoming NEET without identified education and employment progression at 16 and 17

Our delivery staff maintain a non-judgmental, person centred approach; providing advice that is fair, informed, and focused upon the interests of young people; and actively challenge any attempt to restrict or undermine their impartiality. Impartiality lies at the heart of our commitment to service users. It is fundamental to our integrity as an organisation and to our provision of high-quality CIAG.

Should you or your child feel they would benefit from discussing their options following school or college please contact your local Inspira office or contact us on **0345 658 8647**.

Christians Against Poverty

Eden CAP Debt Centre
Penrith Methodist Church
Wordsworth St, Penrith, CA11 0BH

Free face-to-face or online help (via Google Meet) with debt through award-winning debt counselling. Our Service is free and available to all individuals.

CAP's debt help service is specifically tailored to help financially and socially disadvantaged people. Geared to accommodate those with complex needs, the combination of one-to-one appointments, a befriending service and in-depth counselling empowers individuals to break free from credit dependency and work their way out of debt. 91% of people who used CAP's debt help service described it as 'life-transforming' or 'a great help'.

The service includes budgeting, specialist advice, creditor negotiation, a full insolvency service and Debt Management Plans.

Book your CAP Debt Help appointment by calling Freephone 0800 328 0006 (Lines open Monday to Thursday, 9:30am to 5pm; Friday, 9:30am to 3:30pm).

Alternatively you can contact Jon Cook – Centre Manager on 07464939138 or email – joncook@capuk.org.

For more information about CAP, please visit www.capuk.org.

Find out about additional support for you and your family at <https://www.cumbria.gov.uk/welfare/>.



ACTIVITIES AND EVENTS

Early Years Home Learning Activities

Cumbria County Council Early Years Team

The Early Years Team will share one activity a day, including Saturday and Sunday.

Each week is based on a theme, the activities are available through the Children and Families Information Service facebook page:

www.facebook.com/ChildrenandFamiliesInformationService/

All activities are designed to be easy to do with low cost/no cost resources.

North Pennines Stargazing Week 2020

23 October to 1 November 2020

Instead of the usual festival, we are launching 'North Pennines Stargazing Week' running throughout the October half-term holiday, from Friday 23 October to Sunday 1 November. There will be a star-studded programme of virtual events, how-to guides and online content to immerse you in the glorious dark skies of the North Pennines AONB.

See the event hub at

<https://www.northpennines.org.uk/what-we-do/dark-skies/north-pennines-stargazing-festival/>.

The Winter Droving Projects

28 October - 31 October 2020

6pm-9pm

St Andrew's Church

We are lighting up St Andrew's Church in a colourful display for the 2020 Winter Droving. Join us in St Andrew's Churchyard from 28th - 31st October 2020 to see the display (this is a live event).

The projection display will last approximately 20 minutes. Donations welcome.

Booking essential at

<https://www.edenarts.co.uk/projects/winter-droving-2020>.

Become a Squirrel Detective

12 October – 23 November 2020

Aira Force, near Watermillock, Penrith, CA11 0JS

We're nuts about red squirrels at Aira Force. It's one of the few remaining places in England where you can still see native red squirrels, we love them and we're working hard to make Aira Force their ideal home. Kids (young and old) can tackle our Cyril's red squirrel ramble. Follow the map and Cyril Squirrel's clues to unlock the password and become a squirrel detective, just like Cyril! Available to buy from the welcome building at the main Aira Force car park.

<https://www.nationaltrust.org.uk/aira-force-and-ullswater>

Spooky Fun

Barnado's Eden

29 October 2020, 1.30pm-2.30pm

Via Zoom

Ages 0-12

A fun session for adults and children to do together. If you would like to book a place please call Erica on 07890447781.

https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/?ref=page_internal&path=%2FEden-0-19-Child-and-Family-Support-Services-158104721059964%2F

Let's Get Spooky

Barnado's Eden

28 October 2020, 10.00am-11.00am

Via Zoom

Ages 0-5

A fun session for adults and children to do together. If you would like to book a place please call Erica on 07890447781.

https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/?ref=page_internal&path=%2FEden-0-19-Child-and-Family-Support-Services-158104721059964%2F

Let's Get Spooky Babies

Barnado's Eden

26 October 2020, 10.00am-11.00am
Via Zoom

Babies aged 0-24 months

A fun session for adults and children to do together. If you would like to book a place please call Erica on 07890447781.

https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/?ref=page_internal&path=%2FEden-0-19-Child-and-Family-Support-Services-158104721059964%2F

Spooky Rhymes and Stories

Barnado's Eden

30 October 2020, 1.30pm (pre recorded video)

Ages 0-12

Join on via Facebook

https://www.facebook.com/Eden-0-19-Child-and-Family-Support-Services-158104721059964/?ref=page_internal&path=%2FEden-0-19-Child-and-Family-Support-Services-158104721059964%2F

Active Cumbria

Various online activities for all ages.

<https://www.activecumbria.org/behealth/ybeactive/stay-work-out/>

<https://www.activecumbria.org/behealth/ybeactive/physical-activity-search/>

Spy Mission Treasure Trail

Penrith

Are you looking for something to do with family and friends or seeking a fun day out with the kids in Penrith?

Then why not explore Penrith on this self-guided Spy Mission themed Treasure Trail.

£9.99 available at

<https://www.treasuretrails.co.uk/things-to-do/cumbria/penrith>