

Monday

Healthy Me Healthy You
Family Learning
10am – 12pm

Cumbria Youth Alliance
offers a range of services
to young people.

To find out
more visit
www.cya.org.uk

Tuesday

Download activity
sheets from
[West Cumbria Rivers
Trust](http://www.westcumbriarivers.org.uk)

Join the Summer
Reading Challenge with
the Silly Squad
by visiting

[https://summerreading
challenge.org.uk/](https://summerreadingchallenge.org.uk/)

Cook Well on a Budget
Online course for under
25's. Complete all 8 online
sessions and receive a £25
supermarket voucher!

To sign up email
[shayla.johnston@groundw
ork.org.uk](mailto:shayla.johnston@groundwork.org.uk)

Week 1

Monday 20 – Friday 24 July 2020

Healthy Me Healthy You

Improve your fitness and sleep, and create a healthy and nutritious diet with your children –
join our free online, active course for both parents/carers and children.

Delivered using Zoom, each fun session lasts two hours.

This is a five session course - the dates and times are:
20th, 24th, 27th, 29th and 31st July, all from 10am – 12pm.

For more information and to reserve a place contact:

E mail: copelandclas@cumbria.gov.uk

Phone: 01946 506416

For regular updates please visit [Children and Families Information Service](#)

Wednesday

Silly Squad Lego Challenge
every Wednesday
at 2pm

[Whitehaven Library's
Facebook Page](#)

Soundwave works with
young musicians aged
11-19 years old. Free
weekly sessions online
Instagram:
[@SOUNDWAVECA14+](#)
Facebook: SOUNDWAVE
CUMBRIA

Friday

Healthy Me Healthy You
Family Learning
10am – 12pm

Snack Attack!
Make healthy swaps at
snack time. Make a fruit
and veggie bug with
Phunky Foods!
Click [here](#) for inspiration

Thursday

Coding Club
every
Thursday at
2pm [Whitehaven
Library's Facebook Page](#)

Email a photo and recipe of
your best leftovers recipe to
win a Leftovers Cook Book!

Visit [Recycle for Cumbria
Facebook Page](#). Closing
date is Friday 24 July. Email
[waste.prevention@cumbria
.gov.uk](mailto:waste.prevention@cumbria.gov.uk)

Join your local library –
sign up online [here](#).