



Cumbria's Holiday Activity and Food Programme - Allerdale

Book sessions in your area now!

- Visit cumbria.gov.uk/holidays to search the range of activities available.
- Bookings will work on a first-come-first served basis – and places are limited.
- Some activity providers offer transport. Visit cumbria.gov.uk/holidays for full details.
- Dates are liable to change, please contact the activity provider for more information.

Aspatia Dreamscheme (Aspatia)

Description: Sports, games and craft activities for young people in Aspatia and surrounding villages.

Age range: 6 - 16

Dates: 26-28 Jul, 2-4 Aug, 9-11, 16-18, 23-25 & 26 Aug

Booking instructions: Please email: office@dreamscheme.club

Field Studies Centre Blencathra (Threlkeld)

Description: Outdoor adventure, environmental and craft activities including: ghyll scrambling, canoeing and more! Transport provided from Maryport, Cockermouth, Workington and Keswick.

Age range: 8 - 16

Dates: 21-22, 26-29 Jul, 2-5, 9-12 Aug, 5-6 Sep

Booking instructions: Email: enquiries.bl@field-studies-council.org

Who is it for?

- The Holiday Activity Programme is aimed at all school-age children and young people (age 5 – 16).
- Places are FREE for young people who receive benefits-related Free School Meals and eligible children in particular circumstances. All children who attend will also be provided with a meal.
- Some places are exclusively for eligible young people, please contact the providing organisation for more information.
- Interested in any of the activities listed in this leaflet? Visit cumbria.gov.uk/holidays to book holiday activities now! Or use the booking information provided.

Carnegie Music Centre provided by Carnegie Theatre Trust (Workington)

Description: Three days of fun and friendly Music lessons. No experience necessary and an opportunity to show off your new skills with a performance for parents on the 3rd and final day!

Age range: 8 - 18

Dates: 23-25 Aug

Booking instructions: Visit: www.carnegietheatre.co.uk/summerschool

Activities on the next page



Department
for Education

Available in Allerdale

CDEC/The Laal Collective (Workington)

Description: Have fun, make new friends and create an exciting community project you can share with others! Transport provided for those who are not within walking distance.

Age range: 10 and 11 year olds

Dates: 8-11, 15-18 Aug

Booking instructions: Please email: office@cdec.org.uk

Endorphins (Workington)

Description: Inclusive, engaging themed activity sessions for Children with SEND

Age range: 4 - 16

Dates: 1-5, 8-12, 15-19, 22, 24-26 August

Booking instructions: Visit: <https://endorphins.uk/events-page/> or email: bookings@endorphins.uk

Family Action (Keswick / Wigton / Maryport)

Description: Multiple fun and active sessions available throughout the summer! Visit the website or enquire using the booking information for more details. Transport is available for some activities.

Age range: 7 - 11

Dates: 3-4, 10-11, 17-18, 24-25 Aug

Booking instructions: Please email: Michaela.lawman@family-action.org.uk

GLL (The Wave Centre Maryport)

Description: Clip n Climb Activity, Arts and Crafts, Fun Games

Age range: 5 - 11

Dates: 28-29 Jul, 4-5, 11-12, 18-19 Aug

Booking instructions: Please email: Clip.climb@gll.org

GLL (Workington Leisure Centre)

Description: Swimming, Football, Fun Games, Badminton and more

Age range: 5 - 11 & 12-15

Dates: 5-11 years: 25-27 Jul, 1-3, 8-10, 15-17 Aug, 12-15 years: Mondays and Tuesday throughout Summer

Booking instructions: Please email: Workington.lc@gll.org

Happy Healthy Kidz (Keswick)

Description: A huge variety of multi-sports activities all day, every day from 10am until 2pm!

Age range: 5 - 14

Dates: 25-28 Jul, 1-4, 8-11, 15-18 Aug

Booking instructions: Visit: www.happyhealthykidz.co.uk

Netherhall School (Maryport)

Description: Wide range of sporting, musical, dramatic and academic sessions, alongside a healthy food awareness session!

Age range: 11 (year 6 into year 7 students)

Dates: 15 -19 Aug, 22 - 26 Aug

Booking instructions: Visit: www.netherhall.cumbria.sch.uk

Cumberland FA/Reds in the Community

Description: Football Camp for 6-13 Year Olds each camp is 5 days long and we have 5 different camps each 5 days

Age range: 6 - 13

Dates: 25-29 Jul, 1-5, 9-12, 15-19, 22-26 Aug

Booking instructions: Visit: <https://workingtonredsinthecommunity.class4kids.co.uk/camps>

South Workington Youth Partnership (SWYP) (Workington)

Description: Four individual weeks of activity: 1 Food crafts, 2 Sport, 3 Emotional resilience/theatre, 4 Out & about

Age range: 5 - 18

Dates: 26- 29 Jul, 2-5, 9-12, 16-19 Aug

Booking instructions: Please email: swyp@hotmail.co.uk

Sport Works (Cockermouth)

Description: Choose from: Basketball, Benchball, Handball, Boccia, Archery, Tennis, Football, New Age Kurling, Ultimate Frisbee, Rock-it-Ball and much more!

Age range: 5 - 16

Dates: 22-25 Aug, 30 Aug - 2 Sep

Booking instructions: Please email: Connor.howlett@sportworks ltd.co.uk

St Joseph's Catholic High School

Description: A mixture of sports, dance, drama and arts & crafts

Age range: 4 - 16

Dates: 25 -29 Jul, 1-5, 22-26 Aug, 30 Aug - 2 Sep

Booking instructions: Please email:
david.wise@sjchs.uk

Together We CIC (Workington)

Description: Mental health and wellbeing sessions

Age range: 8 - 11

Dates: 2, 9, 16, 23 Aug

Booking instructions: Through our social media pages

Wigton Baths (Wigton)

Description: Fun Swimming Sessions!

Age range: 4 - 16

Dates: 26-28 Jul, 2-4, 9-11, 16-18, 23-25, 30-31 Aug

Booking instructions: Email:
trust@wigtonbaths.co.uk

Wigton Youth Station

Description: Arts, crafts and ball games! Transport to venues other than Wigton Youth Station will be provided.

Age range: 11 - 16

Dates: 26, 28 Jul, 2, 4, 9, 11, 16, 18, 23, 25 Aug

Booking instructions: Email:
wigtonyouthstation@hotmail.com

Football Fun Factory (Workington)

Description: Football Camps

Age range: 4 - 16

Dates: 8-12 Aug

Booking instructions: Email:
scott@thefootballfunfactory.co.uk

RV Projects (Workington)

Description: Introduction to DJing and Music Production!

Age range: 7 - 18

Dates: 25 - 28 Jul, 1 Aug

Booking instructions: Email:
jonathandonatr@gmail.com

Cumbria Fire and Rescue Service (Workington / Silloth/ Cockermouth / Wigton / Keswick)

Description: Join us for 4 days of fun and excitement at your local fire station! Participating fire stations include: Workington, Silloth, Cockermouth, Maryport, Wigton and Keswick.

Age range: 12 - 16

Dates: Workington: 25-28 Jul, Silloth: 10 Aug, Cockermouth: 26 Jul, Maryport: 11 Aug, Wigton: 17 Aug, Keswick: 31 Aug

Booking instructions: Email: hart@cumbria.gov.uk

Stepping Stones Day Nursery (Maryport)

Description: Outings, crafts, games, baking/cooking

Age range: Reception upwards

Dates: 21, 22, 25 Jul, 11, 12, 15, 16, 18, 19, 22, 23, 25, 26, 30 Aug, 1, 5 Sep

Booking instructions: Email: ctunstall01@aol.com

Carlisle United Community Sports Trust (Wigton)

Description: CUFC Football Camps give children the chance to train just like a professional footballer in an environment that allows children to have fun, make new friends and develop their footballing skills. *Early drop off is available from 08:30 at all camps.

Age range: 7-13

Dates: 26-29 Jul

Booking instructions: Email:
admin@carlisleunitedcst.co.uk

