



## Cumbria's Holiday Activity and Food Programme

### Book sessions in your area now!

- Visit [cumbria.gov.uk/holidays](http://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](http://cumbria.gov.uk/holidays) for full details.
- Dates are liable to change, please contact the activity provider for more information.

### Endorphins (Moorclose Community Centre)

**Locality:** Allerdale

**Description:** Fun filled festive activities for all abilities and a meal, with SEND provision

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st, 22nd, 28th and 29th Dec

**Booking information:** <https://endorphins.uk/events-page/>

### Sport Works (Cockermouth School)

**Locality:** Allerdale

**Description:** Inclusive Multisport Camp and a meal

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st-23rd Dec & 3rd Jan

**Booking information:** Visit: [www.bookwhen.com/sportworksnorthwest](http://www.bookwhen.com/sportworksnorthwest)

### 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](http://cumbria.gov.uk/holidays) to book holiday activities now! Or use the booking information provided.

### The North Lakes Foodbank (Remote Offer)

**Locality:** Allerdale & Copeland

**Description:** Food hampers and activity packs

**Times:** Contact North Lakes Foodbank

**Age range:** 5-18

**Dates:** Across the Christmas holidays

**Booking information:** Vouchers will be distributed via schools



Department  
for Education

## SEND Appropriate Activities

### West House, Cockermouth (Face to Face)

**Locality:** Allerdale

**Description:** Christmas Party Sessions for SEN Children and a meal

**Times:** 9am-1pm & 1pm-5pm

**Age range:** 5-16

**Dates:** 17th Dec

**Booking information:** Email [mark.swanston@westhouse.org.uk](mailto:mark.swanston@westhouse.org.uk)

### West House (Remote)

**Locality:** Allerdale

**Description:** Christmas Food Hampers for SEN Children

**Times:** Contact West House

**Age range:** 5-16

**Dates:** Collection from 19th—21st Dec

**Booking information:** Email [mark.swanston@westhouse.org.uk](mailto:mark.swanston@westhouse.org.uk)

### Cowran Farms (Pennington, Ulverston)

**Locality:** Barrow & South Lakes

**Description:** Outdoor fun with animals and a meal

**Times:** 10am-2pm

**Age range:** 8-16

**Dates:** 21st-23rd Dec

**Booking information:**  
Email [education@cowranestate.com](mailto:education@cowranestate.com)

### Youthability (Walney Community Centre)

**Locality:** Barrow-in-Furness

**Description:** Christmas pantomime, activities and lunch for young people with SEN

**Times:** 10am-2pm

**Age range:** 8-16

**Dates:** 19th & 20th Dec

**Booking information:** [lesmcleese@youthabilityservices.org](mailto:lesmcleese@youthabilityservices.org)

### Carlisle Community Help (Remote Offer)

**Locality:** Carlisle

**Description:** Food hampers and activity packs

**Age range:** 5-16

**Dates:** 20th Dec—4th Jan

**Booking information:** Search Facebook: Carlisle Community Help or call 07394 546877

### Carlisle MENCAP (Holme Head House)

**Locality:** Carlisle

**Description:** Making a Christmas meal, river walk and festive crafts

**Times:** 10am-3pm

**Age range:** 8-18

**Dates:** 22nd Dec

**Booking information:** Email: [children@carlisle Mencap.co.uk](mailto:children@carlisle Mencap.co.uk)

### Carlisle MENCAP

**Locality:** Carlisle

**Description:** Trip to Theatre by the Lake and a meal

**Times:** 10am-3pm

**Age range:** 8-18

**Dates:** 28th Dec

**Booking information:** Email: [children@carlisle Mencap.co.uk](mailto:children@carlisle Mencap.co.uk)

### Endorphins (James Rennie School)

**Locality:** Carlisle

**Description:** Fun filled festive activities for all abilities and a meal, with SEND provision

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st, 22nd, 28th & 29th Dec

**Booking information:** Visit: [www.endorphins.uk/events-page](http://www.endorphins.uk/events-page)

### Sport Works (Trinity School Sports Hall)

**Locality:** Carlisle

**Description:** Inclusive Multisport Camp and a meal

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st-23rd Dec & 3rd Jan

**Booking information:** Visit: [www.bookwhen.com/sportworksnorthwest](http://www.bookwhen.com/sportworksnorthwest)

### Endorphins (Whitehaven Youth Harbour Project)

**Locality:** Copeland

**Description:** Fun filled festive activities for all abilities and a meal, with SEND provision

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st, 22nd, 28th & 29th Dec

**Booking information:** Visit: [www.endorphins.uk/events-page](http://www.endorphins.uk/events-page)

## **Annie Mawson's Sunbeams Music Trust (Penrith)**

**Locality:** Eden

**Description:** Music and sensory sessions and a meal for SEN children

**Times:** 11am-3pm

**Age range:** 5-21

**Dates:** 17th, 21st & 22nd Dec

**Booking information:** Call Liesl 01768 892909 or email [liesl@sunbeamsmusic.org](mailto:liesl@sunbeamsmusic.org)

## **Oaklea Trust (The Appleby Hub)**

**Locality:** Eden

**Description:** Crafts, cooking, play and a meal for SEN children

**Times:** 10am-2pm

**Age range:** 5-15

**Dates:** 21st, 22nd, 28th & 29th Dec

**Booking information:** Email [jane.farkins@right2work.org.uk](mailto:jane.farkins@right2work.org.uk)

## **The Salvation Army (Remote Offer)**

**Locality:** Eden

**Description:** Food hampers and activity packs

**Times:** N/A

**Age range:** 5-16

**Dates:** Throughout the Christmas holidays

**Booking information:** Call 01768 866732 or Email [carole.donaldson@salvationarmy.org.uk](mailto:carole.donaldson@salvationarmy.org.uk)

## **Endorphins (St Martin and Marys Church, Windermere)**

**Locality:** South Lakes

**Description:** Fun filled festive activities for all abilities and a meal, with SEND provision

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st, 22nd, 28th & 29th Dec

**Booking information:** Visit: [www.endorphins.uk/events-page](http://www.endorphins.uk/events-page)

## **The Oaklea Trust, Kendal (Lads and Girls Club)**

**Locality:** South Lakes

**Description:** Christmas creations, sport and a meal

**Times:** 10am-2pm

**Age range:** 5-16

**Dates:** 21st Dec

**Booking information:** Email: [enquiries@oakleatrust.co.uk](mailto:enquiries@oakleatrust.co.uk)

## **South Workington Youth Partnership (Remote)**

**Locality:** Allerdale

**Description:** Food hampers and activity packs

**Times:** N/A

**Age range:** 5-18

**Dates:** W/C 19th Dec

**Booking information:** Call 07713864850 or email [swyp@hotmail.co.uk](mailto:swyp@hotmail.co.uk)

## **South Workington Youth Partnership (Face to Face)**

**Locality:** Allerdale

**Description:** Christmas themed activities and party

**Times:** 10am-4pm (19th), 10am-8pm (20th & 21st)

10am -7pm (22nd)

**Age range:** 7-16

**Dates:** 19th—22nd Dec

**Booking information:** Call 07713 864850 or email [swyp@hotmail.co.uk](mailto:swyp@hotmail.co.uk)

