



## Cumbria's Holiday Activity and Food Programme - Eden

### 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.



Activities on the next page

### 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.



Department  
for Education

## Available in Eden

### 54 Degrees Sport (Penrith)

**Description:** A varied range of activities, ranging from team games, individual sports, and some very popular extra-curricular activities.

**Age range:** 5 - 13

**Dates:** 21-22, 26-28 Jul, 2-4, 16-18 Aug

**Booking instructions:** Visit:

<https://www.54-sport.co.uk/holiday-clubs/>

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

**Description:** Sunbeams Music For Life® Sessions. A fun musical day with exciting songs and sensory activities, a hot and healthy lunch and time together with others.

**Age range:** 4 - 21

**Dates:** 2, 9, 13, 16, 23, 24, 30 Aug

**Booking instructions:** Email:

[liesl@sunbeamsmusic.org](mailto:liesl@sunbeamsmusic.org)

### Euphoric Circus CIO (Penrith / Appleby / Alston)

**Description:** Healthy activities based on social circus including games and training in acrobatics and aerial acrobatics plus a healthy nutritious cooked meal and healthy snacks throughout the day.

**Age range:** 6 - 16

**Dates:** 25-26, 28-29 Jul, 1-2, 4-5, 8-9, 11-12, 15-16, 18-19, 22-23, 25-26 Aug

**Booking instructions:** Email:

[euphoriccircusyt@gmail.com](mailto:euphoriccircusyt@gmail.com)

### Cumbria Fire and Rescue Service (Penrith Fire Station)

**Description:** Join us for 4 days of fun and excitement at your local fire station. Learn about the work of firefighters, get up close and hands on with the equipment and discover how firefighters work as a team. The course is all about participation and you will take part in a range of activities using real fire service equipment. Our experience staff will be there to give you expert support and demonstrations and we will be there to guide you throughout the course, to ensure that you have a fun, rewarding and memorable time with us.

**Age range:** 12 - 16

**Dates:** 30 Aug - 2 Sep

**Booking instructions:** Email: [hart@cumbria.gov.uk](mailto:hart@cumbria.gov.uk)

### The Appleby Hub / Oaklea Trust / Right2work

**Description:** Days of craft, wholesome cooking and outdoor Play.

**Age range:** 5 - 18

**Dates:** 25-28 Jul, 1-2, 8-11, 15-18, 22-23 Aug

**Booking instructions:** Email:

[Comms.admin@oakleatrust.co.uk](mailto:Comms.admin@oakleatrust.co.uk)

### Carlisle United Community Sports Trust

**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:** 9-12 Aug

**Booking instructions:** Email:

[admin@carlisleunitedcst.co.uk](mailto:admin@carlisleunitedcst.co.uk)

