



Westmorland  
& Furness  
Council

[westmorlandandfurness.gov.uk](http://westmorlandandfurness.gov.uk)

# Cumbria's Holiday Activity and Food Programme

Eden

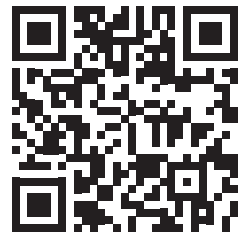


## Book sessions in your area now!

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

## Who is it for?

- The Holiday Activity Programme is aimed at all school-age children and young people (Reception-Year 6).
- 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.
- Interested in any of the activities listed in this leaflet? Visit [Westmorlandandfurness.gov.uk/holidays](https://Westmorlandandfurness.gov.uk/holidays) to book holiday activities now! Or use the booking information provided.
- The HAF email for enquiries: [HAF@Westmorlandandfurness.gov.uk](mailto:HAF@Westmorlandandfurness.gov.uk)
- If you are not eligible for a free place many providers offer paid places – please contact them to discuss your options.
- Many of our providers cater for children with additional needs, please contact the provider to discuss your child's needs and suitability of the session.



Department  
for Education

## **54 Degrees Sport (Beaconside CofE School, Penrith)**

**Description:** Fun and engaging Sports and Activities provision suitable for ages 5-13 years. Meals included.

**Age range:** 5-13

**Dates:** 20th, 21st, 25th-27th July, 1st-3rd, 15th-17th Aug

**Times:** 8.45am-3.15pm

**Booking information:** Call 077173 78879 or Email ricarmstrong7@hotmail.com

## **Annie Mawson's Sunbeams (Redhills, Penrith)**

**Description:** A fun and interactive musical day for SEND Children with exciting songs, sensory activities and special guest appearances. A hot and healthy lunch is provided, time with others and a sensory nutrition activity pack to take home.

**Age range:** 5-18

**Dates:** 25th July, 2nd, 9th, 16th, 23rd, 30th Aug & 2nd Sep

**Times:** 11am-3pm

**Booking information:** Call 01768 892909 or email liesl@sunbeamsmusic.org

## **Barnardo's Eden 0-19 Child and Family Support Service (Appleby Children's Centre)**

**Description:** Fun Summer sessions and freshly prepared food for children in our local communities.

**Age range:** 5-18

**Dates:** 27th July, 10th & 24th Aug

**Times:** 11am-3pm

**Booking information:** Call 01768 899901 or Email enquiries.eden@barnardos.org.uk

## **Barnardo's Eden 0-19 Child and Family Support Service (Garrigill Village Hall, Alston)**

**Description:** Fun Summer sessions and freshly prepared food for children in our local communities.

**Age range:** 5-18

**Dates:** 26th July, 9th & 23rd Aug

**Times:** 11am-3pm

**Booking information:** Call 01768 899901 or Email enquiries.eden@barnardos.org.uk

## **Barnardo's Eden 0-19 Child and Family Support Service (Kirkby Stephen Rugby Club)**

**Description:** Fun Summer sessions and freshly prepared food for children in our local communities.

**Age range:** 5-18

**Dates:** 28th July, 11th & 25th Aug

**Times:** 11am-3pm

**Booking information:** Call 01768 899901 or Email enquiries.eden@barnardos.org.uk

## **Barnardo's Eden 0-19 Child and Family Support Service (Kirkby Thore Children's Centre)**

**Description:** Fun Summer sessions and freshly prepared food for children in our local communities.

**Age range:** 5-18

**Dates:** 25th July, 8th & 22nd Aug

**Times:** 11am-3pm

**Booking information:** Call 01768 899901 or Email enquiries.eden@barnardos.org.uk

## Euphoric Circus (Alston Moor Federation, Alston)

**Description:** Fun filled days of activities such as circus skills, free running, acrobatics, Acro balance, aerial acrobatics, crafty activities, group games, cooking and much more. Meal included.

**Age range:** 6-16

**Dates:** 24th-28th July, 31st July-2nd August

**Times:** 11am-3pm

**Booking information:** Email euphoriccircusy@gmail.com

## GLL Penrith Leisure Centre

**Description:** Multi skills holiday camp open to young people aged 5 to 16. Meal included.

**Age range:** 5-16

**Dates:** 31st July-3rd Aug & 7th-10th Aug

**Times:** 9.30am-3.30pm

**Booking information:** Email ann.rylands@gll.org

## My Community Penrith-4Eden (St Andrews Parish Centre)

**Description:** SEND HAF Club, movement, Activities and Art and Crafts. Meals provided.

**Age range:** 5-18

**Dates:** 28th July, 4th, 11th, 18th & 25th Aug.

**Times:** 10am-2pm

**Booking information:** To book please visit: <https://www.eventbrite.com/cc/my-community-penrith-2303229>

## Penrith Methodist Church (Wordsworth Street, Penrith)

**Description:** Craft activities, games, healthy eating education and tasty food. Trips out on the 8th & 29th August, places are limited and booking is required.

**Age range:** 4-11

**Dates:** 1st, 8th, 22nd & 29th Aug

**Times:** 11am-2pm

**Booking information:** Call 01768 862787 or email admin@penrithmethodist.co.uk

## Right2Work/ Oaklea Trust (Appleby Hub, Chapel Street)

**Description:** 16 days of Holiday Activity & Food Programme including a hot meal at lunchtime; games, crafts and trips.

**Age range:** 5-18

**Dates:** 24th-27th July, 1st-3rd Aug, 7th-9th Aug, 14th-16th August & 21st-23rd Aug

**Times:** 10am-2pm

**Booking information:** Call 01539 735025 or Email enquiries@oakleatrust.co.uk

