



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

### 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.

### CDEC/The Laal Collective (Distington)

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

**Age range:** 10 and 11 year olds

**Dates:** 25-28 Jul, 1-4 Aug

**Booking information:** Email: [office@cdec.org.uk](mailto:office@cdec.org.uk)

### E.S.K.K Martial Arts and Fitness

**Description:** Laser Martial arts, fitness and more!

**Age range:** 6-11

**Dates:** 25, 27, 29 Jul

**Booking information:** Visit: [www.eskk.co.uk](http://www.eskk.co.uk) or message us on Facebook: <https://www.facebook.com/eskk.co.uk>

### 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.

### Family Action

**Description:** We will offer 2 days a week for 4 week. One day will be in the centre doing arts and crafts and outdoor games. The second day we will be away from the centre and these activities will include, Brochole tree top nets, Fusion trampoline, Walby Farm Park and hoping a beach day by train.

**Age range:** 8-13

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

**Booking information:** Email: [Emma.moorhead@family-action.org.uk](mailto:Emma.moorhead@family-action.org.uk)

Activities on the next page



Department  
for Education

## Available in Copeland

### Football Fun Factory - Autism Mini Camps (Whitehaven)

**Description:** Football Camps - Alongside our main camp we will be offering mini camp experiences for children with Autism & their families.

**Age range:** 4-16

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

**Booking information:** Email:

Scott@thefootballfunfactory.co.uk

### GLL (Whitehaven Sports Centre)

**Description:** Multi sports Camp - Badminton, short tennis, table tennis, football, rounders, cricket, hockey, rollerskating, play ground games, art & crafts.

**Age range:** 5-11

**Dates:** 1, 15 Aug

**Booking information:** Email: Joanne.lee@gll.org

### GLL (Whitehaven Sports Centre - Gymnastics)

**Description:** Gymnastics

**Age range:** 5-11

**Dates:** 22 Aug

**Booking information:** Email: Joanne.lee@gll.org

### Little Explorers Holiday Club (Cleator Moor)

**Description:** Daily themed activities include, Arts and Crafts, Cooking, Ice-cream making, Free Play, Messy and Wet Play, Construction challenges, games, dance, out-door play and games.

**Age range:** 5-7

**Dates:** 27-29 Jul, 8-10, 15-17, 22-24 Aug

**Booking information:** Facebook: @Little Explorers

### Millom Recreation Centre

**Description:** Arts, Crafts, Circus Skills, Nerfscape, Laser Tag, Multi sports

**Age range:** 5-14

**Dates:** 25-27 Jul, 1-3, 8-10, 15-17, 22-24, 30 Aug

**Booking information:** Visit: <https://www.millomrecreationcentre.co.uk/june-holiday-events>

### South Whitehaven Youth Partnership

**Description:** Fit. Fun. Fed Programme- a mix of sports, games and crafts. Activities held in Whitehaven and Mirehouse.

**Age range:** 8-12

**Dates:** 26, 28 July 2, 4, 9, 11, 16, 23, 25, 31 Aug

**Booking information:** Facebook Messenger: South Whitehaven Youth Partnership

### St Bees School

**Description:** Combining STEAM (Science, Technology, Engineering, Art and Mathematics) with LEGO®, children will learn to code their own robots, gain confidence through LEGO® challenges both inside and outside of the classroom, lead teams and generally have fun while learning essential skills and boosting their personal development.

**Age range:** 6-16

**Dates:** 25-29 Jul, 1-5, 8-12 Aug

**Booking information:** Email: Ann.stott@stbeesschool.co.uk

### Together We CIC (Egremont)

**Description:** We will be running courses for mental health and wellbeing including Emotional Resilience, Wellness Recovery Action Planning, Body Image and Self Esteem, Assertiveness and Deciders Life Skills with Fun and engaging exercise.

**Age range:** 8 - 11

**Dates:** 3, 10, 17, 24 Aug

**Booking information:** Call: 0808 196 1773

### Wath Brow Hornets (Cleator Moor)

**Description:** A fun day of sporty activities including mid morning Rugby Skills sessions with our qualified coaches

**Age range:** 5-10

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

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

### Endorphins (Whitehaven)

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

**Age range:** 4-16

**Dates:** 1, 3, 4, 5, 8, 10, 11, 12, 15, 17, 18, 19, 22, 24, 25, 26 August

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

## The Keppleway Centre (Broughton-in-Furness)

**Description:** Exciting, action-packed outdoor activities on land and water (varies each day). Nutritious packed lunch to take out.

**Age range:** 8-16

**Dates:** 22-26 Aug, 29 Aug, 2 Sep

**Booking information:** Either by calling 01229 716936, or emailing us at [stay@keppleway.org.uk](mailto:stay@keppleway.org.uk)

## Football Fun Factory (Whitehaven)

**Description:** Football camps.

**Age range:** 4-16

**Dates:** 25-29 Jul, 1-5, 15-19 Aug

**Booking information:** Email: [scott@thefootballfunfactory.co.uk](mailto:scott@thefootballfunfactory.co.uk)

## RV Projects (Cleator Moor)

**Description:** Introduction to DJing and Music Production

**Age range:** 7-18

**Dates:** 15-19 Aug

**Booking information:** Email: [jonathandonatr@gmail.com](mailto:jonathandonatr@gmail.com)

## Cumbria Fire and Rescue Service (Whitehaven/Millom/ Frizington)

**Description:** Join us for 4 days of fun and excitement at your local fire station! Participating Fire stations include: Whitehaven, Millom and Frizington.

**Age range:** 12-16

**Dates:** Whitehaven: 23-26 Aug, Frizington: 29 Jul, Millom: 19 Aug

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

## Cumbria Cricket Ltd (Whitehaven)

**Description:** Cricket, Football and Multi Skills

**Age range:** 5-11

**Dates:** 26-27 Jul, 30-31 Aug

**Booking information:** Please visit Cumbria's Holiday Activity and Food Programme website

## Rosehill Youth Theatre

**Description:** Enjoy a variety of fun activities such as dancing, gymnastics and more!

**Age range:** 5-16

**Dates:** 25, 26 Jul, 3, 4, 10, 11, 15, 17, 22, 23 Aug

**Booking information:** Email: [thesolwayhallactivities@outlook.com](mailto:thesolwayhallactivities@outlook.com)

## GLL (Cleator Moor Activity Centre)

**Description:** Multi sports Camp (short tennis, table tennis, football, rounders, dodgeball, hockey, play ground games, art & crafts).

**Age range:** 5-11

**Dates:** Weekly Monday, Tuesday, Thursday and Friday. W.B - 25th July, W.B - 1st August, W.B - 8th August, W.B - 15th August

**Booking information:** Email: [cleator.moorac@gll.org](mailto:cleator.moorac@gll.org) or phone 01946 815100

