



## Cumbria's Holiday Activity and Food Programme - South Lakeland

### 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.

### Cowran Farm (Barrow)

**Description:** Large Animal care, including Sheep and their lambs, Pigs and their piglets and horses. We also have small animals such as Ferrets, Rabbits, Guinea Pigs and Poultry. \*Transport available

**Age range:** 8-18

**Dates:** 21-22, 25-29 Jul, 1-5, 8-11 Aug

**Booking information:** To book a place, please ask for a parental consent form, which now includes dates of attendance and transport from [education@cowranestate.com](mailto:education@cowranestate.com). Return to: [education@cowranestate.com](mailto:education@cowranestate.com)

### Endorphins (Windermere)

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

**Age range:** 4-16

**Dates:** 8-11, 15-18, 22-25, Aug, 29 Aug - 1 Sep

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

**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.

### Ford Park Community Group (Ulverston)

**Description:** Informal, engaging participant led outdoor art and creative activities combined with multi-sport activities

**Age range:** 5-12

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

**Booking information:** Email: [Ashleigh.wigley@ford-park.org.uk](mailto:Ashleigh.wigley@ford-park.org.uk)



Department  
for Education

## Available in South Lakeland

### Ambleside Adventure & Adventure Peaks (Ambleside)

**Description:** Ghyll scrambling, indoor climbing, adventure hikes and more! Free Transport from Kendal, Staveley, Windermere, Bowness, Ulverston, Ambleside depending on the activity. Check website as transport varies day to day.

**Age range:** Ages vary depending on date, check website

**Dates:** Dates vary, check website for more information

**Booking information:** Visit: <https://www.amblesideadventure.co.uk/product-category/cumbria-haf/>

### A Ghyll Head Outdoor Education Centre (Windermere)

**Description:** Outdoor activities; zip wire climbing and canoeing/motor boat ride on the lake or Children with SEND.

**Age range:** 6-18

**Dates:** 21-22 Jul, 24-26 Aug

**Booking information:** Email: [ghyllhead@gll.com](mailto:ghyllhead@gll.com)

### GLL (Windermere Outdoor Adventure)

**Description:** Water Sports Activity Days. Kayaking, Paddleboarding, Sailing, Raft Building and more.

**Age range:** 7+

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

**Booking information:** Email: [Windermere.outdoor@gll.org](mailto:Windermere.outdoor@gll.org)

### GLL (Ulverston Leisure Centre)

**Description:** Multi Sports and Craft Days. Team games football, rounders, parachute play, art & craft.

**Age range:** 5+

**Dates:** 25-26 Jul, 1-2, 8-9, 15-16 Aug

**Booking information:** Email: [Lucy.segger@gll.org](mailto:Lucy.segger@gll.org)

### GLL (Kendal Leisure Centre)

**Description:** Multi Sports and Craft Days. Team games football, rounders, parachute play, art & craft.

**Age range:** 5+

**Dates:** 2-3, 9-10, 16-17, 18 Aug

**Booking information:** Email: [Mandy.coates@gll.org](mailto:Mandy.coates@gll.org)

### Kendal Rugby Club (Kendal)

**Description:** Fun rugby based activity sessions, learning about healthy eating and making summer inspired crafts to take home.

**Age range:** Key Stage 2

**Dates:** 1-2, 22-23 Aug

**Booking information:** Email: [Info@kendalrugby.co.uk](mailto:Info@kendalrugby.co.uk)

### KEY (Milnthorpe)

**Description:** Young people will be able to take part in a range of activities including: cooking such as ready steady cook challenges, art/crafts such as fashion lab, traditional and non-traditional sports and games such as taskmaster challenge. There will also be some outdoor activity days.

**Age range:** 11-17

**Dates:** 2- 26 Aug

**Booking information:** Email: [emmabanksey@yahoo.co.uk](mailto:emmabanksey@yahoo.co.uk)

### Ulverston Canoe Club (Newby Bridge)

**Description:** Explore Windermere by canoe or kayak, enjoy lunch and games on the lake shore and wrap up with a warming bowl of soup at the end of our journey. Boats and safety kit provided and our qualified leaders will make sure you have a day to remember!

**Age range:** 12-18

**Dates:** 1, 2, 3, 4 August

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

### Cumbria Fire and Rescue Service (Ulverston and Kendal)

**Description:** Join us for 4 days of fun and excitement at your local fire station! Participating firestations include: Ulverston and Kendal.

**Age range:** 12-16

**Dates:** Ulverston: 8-11 Aug, Kendal: 16-19 Aug

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

## Tiny Wild Fox (Grange-over-Sands)

**Description:** Each morning you'll join us for a gentle Yoga session before creating Dance and Movement Pieces with our dance teacher, after lunch we get creative and turn the dance and movement you've learnt into your own play! You'll be dancing, jiving, making and creating and having the time of your life!

**Age range:** 6-11

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

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



## Tiny Wild Fox (Ulverston)

**Description:** Join us in Ford Park as we create a play in a day! Gentle Yoga Warm ups will start your day before you join us to combine dance, theatre and performance and create your own play in a day in and around the grounds of Ford Park! Lunch is included. We will be using outdoor spaces within this session.

**Age range:** 6 - 11

**Dates:** 5, 12, 26 Aug

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



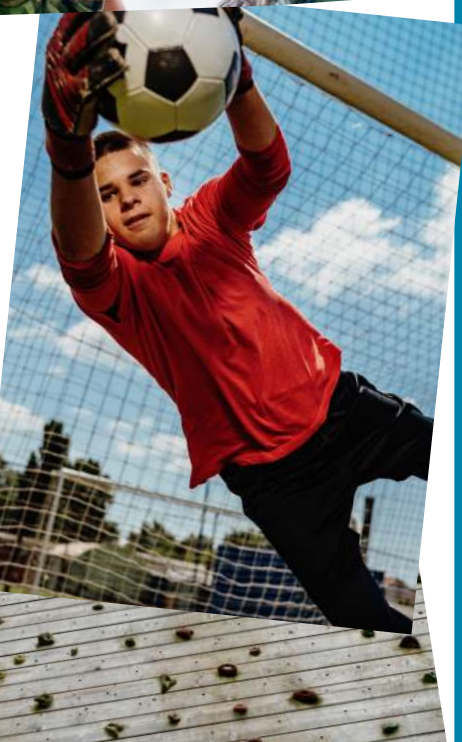
## Cumbria Cricket Ltd (Ulverston)

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

**Age range:** 5-11

**Dates:** 28-29 Jul, 3-5, 11-12, 18-19, 25-26 Aug, 1-2 Sep

**Booking information:** Please visit Cumbria's Holiday Activity and Food Programme for details.



## Oaklea Trust (Kendal)

**Description:** Multi activity sessions to include: physical activities; football, dodgeball, basketball, swim fishes swim and more!

**Age range:** 5-18

**Dates:** 25-26 Jul, 1-2, 5, 8-9, 15-16, 18, 22-23, 26, 30 Aug, 1, 6 Sep

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



## Ragtag Arts (Hallgarth Community Centre)

**Description:** A wide variety of activities from circus days, scrap challenges and puppet theatres!

**Age range:** 7-11

**Dates:** 5, 12, 19 August

**Booking information:** Bookings: made via our website [www.ragtagarts.co.uk/whats-on](http://www.ragtagarts.co.uk/whats-on)

