



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

### 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.

### Barrow AFC Community Trust (BAFCCT) and Furness Education and Skills Partnership (FESP)

**Description:** Lots of fun activities each day to encourage fitness and build life skills!

**Age range:** 7 - 11

**Dates:** 25-28 Jul, 1-4, 8-11, 15-18 Aug

**Booking instructions:** Request booking forms from: [community@barrowafc.com](mailto:community@barrowafc.com)

### Friends of Bram Longstaffe Nursery and Community Hub

**Description:** Arts and crafts, cooking, sports and physical activities, themed days.

**Age range:** 5 - 11

**Dates:** 25-28 Jul, 1-4, 8-11, 15-18 Aug

**Booking instructions:** Email: [davemorison1966@hotmail.com](mailto:davemorison1966@hotmail.com)



Department  
for Education

### 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.

### Love Barrow Families

**Description:** A programme of exciting, inspirational activities to promote, emotional wellbeing, physical health and creativity.

**Age range:** Nursery - 16

**Dates:** 25-27 Jul, 1,3,6,8,10, 15 Aug

**Booking instructions:** Book through Love Barrow Families Facebook Page

### The Keppleway Centre

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

**Age range:** 8 - 16

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

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

**Activities on the next page**

## Available in Barrow

### Ulverston Canoe Club

**Description:** Explore Windermere by canoe or kayak, enjoy lunch and games on the lake shore! Transport available from Ulverston on request

**Age range:** 12 - 18

**Dates:** 1-4 Aug

**Booking instructions:** Email: ucchaf@gmail.com

### Walney Community Trust

**Description:** Games, sports, crafts, activities, for all ages! Transport may be available.

**Age range:** Pre School - 18

**Dates:** 1-4, 8-11, 15-18, 22-25 Aug

**Booking instructions:** Contact Ros on 07553 173189 or email: ros@walneycommunitytrust.org

### Wellness at Greenacre

**Description:** Outdoor activities, petting animals, nature trails, den building, bouncy castle, colour run

**Age range:** 5 - 11

**Dates:** 21, 25-27 Jul, 22-23 Aug

**Booking instructions:** Email: info@wellnessatgreenacres.co.uk

### Drop Zone Youthability

**Description:** Photography, art, yoga, walks, football, games, beach days.

**Age range:** 8 - 16 depending on organisation

**Dates:** 1-5, 8-12, 15-19, 22-26 Aug

**Booking instructions:** Call 01229 812888(DZ) or 07734 209095(YA)

### RV Projects (Barrow)

**Description:** Introduction to DJing and Music Production. Events Management, Live Performance, Rap and Lyric Writing.

**Age range:** 7 - 18

**Dates:** 25-28 Jul, 1-4, 15-18, 22-25 Aug

**Booking instructions:** Email: Horizonstudiosnw@gmail.com

### RV Projects (Millom)

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

**Age range:** 7 - 18

**Dates:** 22-26 Aug

**Booking instructions:** Email: jonathandonatriv@gmail.com

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

**Description:** Join us for 4 days of fun and excitement at your local fire station!

**Age range:** 12 - 16

**Dates:** 1-4 Aug

**Booking instructions:** Email: hart@cumbria.gov.uk

### Advantage! Barrow Riders Community Foundation

**Description:** Multi sports such as rugby, football, cricket, dodgeball, athletics and other activities!

**Age range:** 5 - 16

**Dates:** 26-29 Jul, 9-12 Aug, 16-19 Aug, 23-26 Aug

**Booking instructions:** Email: Advantage@barrowrfdc.com

### Furness Education Trust

**Description:** Multi-sport and well-being holiday camp!

**Age range:** Primary School aged children

**Dates:** 1-5, 22-26 Aug, 29 Aug-2 Sep

**Booking instructions:** Email: officeadmin@parkside-academy.co.uk

### Family Action

**Description:** Daily swimming along with a variety of activities such as dodgeball, nerf wars, football and gymnastics

**Age range:** 5 - 11

**Dates:** 25-29 Jul, 1-5, 9-12 Aug

**Booking instructions:** Email: Alicia.beswick@family-action.org.uk

### Cumbria Cricket Ltd

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

**Age range:** 5 - 11

**Dates:** 25 Jul, 1 Aug, 26 Aug, 2 Sep

**Booking instructions:** Call: 015395 69924

### 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 on request

**Age range:** 8 - 18

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

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