



Cumbria's Holiday Activity and Food Programme - South Lakeland

Book sessions in your area now!

- Visit 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 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. Return to: 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 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



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

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

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

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

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

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

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

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

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



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



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



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

