



Short Breaks

Summer Holiday Activities

Come along and take part in some fun, free activities in the summer holidays. Come and make new friends, share experiences and receive support. For children with **additional needs or disabilities** and their immediate family. Ages vary per activity.



Sensory Messy

Children aged 0 – 8 years
10.30am – 11.30am
Denton Holme Community Centre, Morley Street, CA2 5HQ



Wednesday 7th August 2019
Wednesday 21st August 2019

Swimming

Children aged 0 – 10 years
1.00pm – 2.00pm
Morton Pools, Richard Rose Morton Academy, Wigton Road, CA2 6LB



Sunday 11th August 2019
Sunday 1st September 2019

Soft Play

Children aged 0 – 8 years
10.45am – 11.45am
Whale of a Time Soft Play, Harraby Community Campus, Edgehill Road, CA1 3SN

Every Tuesday throughout the Summer Holidays



ALL children MUST be accompanied and supervised by an adult. Please contact **Carlisle Children's Centres** on **01228 223417 / 01228 593810** to discuss how we may be able to support you and your child to fully access and enjoy our activities.