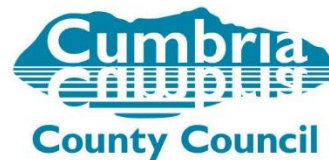




School Summer Holidays 2020



Allerdale

To make it easier for parents who are looking for childcare and activities for their children over the summer break, the Local Authority and partners have pulled together this list of available services and activities.

This list will be updated on a weekly basis during the summer holidays as we get more information and is available on our website at <https://www.cumbria.gov.uk/childrensservices/childrenandfamilies/cfis>.

If you have information about activities to add to the list, please contact childrens.information@cumbria.gov.uk.

Follow us on Facebook [@ChildrenandFamiliesInformationService](https://www.facebook.com/ChildrenandFamiliesInformationService) for more information and ideas.

Please note that Cumbria County Council are not the organiser of the advertised events and the information contained in this publication is for information purposes only. Where we provide information about external organisations or services providers, we are not able to offer a guarantee on the quality of their services.



Childcare and holiday clubs

Cockermouth After School Scheme

Scout Centre, St Helen's Street, Cockermouth

Available from 20 July 2020

Sessions 08.00am - 5.30pm

Age Range 4 to 11

01900 828199 or 07419 126195

cockermouthafterschoolscheme@btconnect.com

Facebook [@casscockermouth](https://www.facebook.com/casscockermouth)

Happy Hours Private Day Nursery

Seaton

Available from 20 July 2020

Sessions 07.45am - 5.30pm

Age Range 0 to 11

01900 602962

stamperv@aol.com

Sports Activities

St Joseph's Catholic High School,
Workington

Four weeks of sports activities over the
summer. Full week bookings only.

Ages 4 to 6 and ages 7+

20 to 24 July 2020

27 to 31 July 2020

17 to 21 August 2020

24 to 28 August 2020

Sessions 10.00am to 2.00pm

For more information and to book:

<https://sjchs.uk/2020/07/08/sports-activities/>

The Outward Bound Trust Adventure Days

Available during August

Age Range 11-17

FREE to those who are eligible to free school
meals (£30 per day for others)

Held at the Ullswater Centre, Watermillock,
Penrith, CA11 0JL

For more information and to register your
interest:

<https://www.outwardbound.org.uk/adventure-days#adventure-days-interest-form>

Chance Camp 2020

Cockermouth RUFC

Three or five day camps available. Full camp
bookings only.

Groups:

Didi Star (4-7)

Mini Star (8 - 10)

All Star (11-14)

For more information and to book:

<https://www.chancecamp.co.uk/book-now>

Learning Land Nursery

Workington

Available from 20 July 2020

Sessions 08.00am - 5.30pm

Age Range 0 to 12

01900 601222

learninglandltd@aol.com

Little Monkeys Day Nursery

Keswick

Available from 20 July 2020

Sessions 08.00am - 6.00pm

Age Range 0 to 4

017687 78192

manager@lauramonkeys.co.uk

Little Monkeys Forest School

Keswick

Available from 21 July 2020

Sessions Tuesday to Friday, 09.00am -
5.00pm

Age Range 4 to 10

0791 285 6215

littlemonkeysforestscool@hotmail.com

Little Stars

Workington

Available from 20 July 2020
Sessions 7.30am - 5.00pm
Age Range 0 to 8

01946 834439

laura.drabble@hotmail.com

Low Moor Pre-School

Wigton

Available from 20 July 2020
Sessions 08.00am - 4.00pm
Age Range 0 to 4

016973 45549

lowmoorpreschool@hotmail.com

Stepping Stones Day Nursery

Maryport

Available from 20 July 2020
Sessions 07.30am - 5.30pm
Age Range 0 to 11

01900 812773

ctunstall01@aol.com

Toddler Town Nursery

Workington

Available from 20 July 2020
Sessions 08.00am - 4.00pm
Age Range 0 to 5

01900 870222

toddletown123@yahoo.co.uk



Food

North Lakes Foodbank

St Mary's Church, Netherhall Corner,
Maryport, CA15 6LL

Tuesday and Thursday 12.00pm to 2.00pm
Fridays 4.00pm to 6.00pm

Referrals and vouchers only.

info@thefoodbank.org.uk

The Coronavirus Emergency Support Helpline
can assist with food referrals. Call 0800 783
1966 or see

[https://cumbria.gov.uk/coronavirus/helpline.
asp](https://cumbria.gov.uk/coronavirus/helpline.asp).

North Lakes Foodbank

Lorton Street Methodist Church, Lorton
Street, Cockermouth, CA13 9RH

Tuesday, Wednesday and Thursday
10.00am to 12.00pm

Referrals and vouchers only.

info@thefoodbank.org.uk

The Coronavirus Emergency Support Helpline
can assist with food referrals. Call 0800 783
1966 or see

[https://cumbria.gov.uk/coronavirus/helpline.
asp](https://cumbria.gov.uk/coronavirus/helpline.asp).

North Lakes Foodbank

Bridge Centre, Central Square, Workington,
CA14 3BG

Monday, Wednesday and Friday
12.00pm to 2.00pm

Referrals and vouchers only.
info@thefoodbank.org.uk

The Coronavirus Emergency Support Helpline
can assist with food referrals. Call 0800 783
1966 or see
[https://cumbria.gov.uk/coronavirus/helpline.
asp](https://cumbria.gov.uk/coronavirus/helpline.asp).

North Lakes Foodbank

Cornerstone Methodist Church, 50 High
Street, Wigton, CA7 9PG

Tuesday and Friday, 10.00am to 12.00pm

Referrals and vouchers only.
info@thefoodbank.org.uk

The Coronavirus Emergency Support Helpline
can assist with food referrals. Call 0800 783
1966 or see
[https://cumbria.gov.uk/coronavirus/helpline.
asp](https://cumbria.gov.uk/coronavirus/helpline.asp).

Cockermouth Community Fareshare Food Pantry

Highfield Community Centre
Highfield Road, Cockermouth, CA13 9JF

Second Friday of each month, usually
11.00am to 1.00pm

Contact via Facebook at
[https://www.facebook.com/Highfield-
Community-Association-421444837986213/](https://www.facebook.com/Highfield-Community-Association-421444837986213/)

Workington Community Fareshare Food Pantry

The Oval Centre, Salterbeck (currently
working from Moorclose Community Centre
and offering delivery instead)

First Friday of each month, usually 11.00am
to 1.00pm

Contact antonymcguckin@talktalk.net
07505 243677

Harriston Community Fareshare Food Pantry

Harriston Village Hall, Harriston, Aspatria,
CA7 2ED

Weekly food club (Thursdays)

Referrals only.

Contact harristonvillagehall@gmail.com or
Facebook [@harristonvillagehall](https://www.facebook.com/harristonvillagehall)

Seaton Food Pantry

Based at The Methodist Chapel, Low Seaton,
CA14 1PP

Monday to Saturday 10.00am to 4.00pm

Contact via Facebook through the Seaton
Food Distribution Centre Group
[https://www.facebook.com/groups/5018691
34033005/](https://www.facebook.com/groups/501869134033005/)

Workington Community Fareshare Food Pantry

Royal British Legion, Workington (currently working from Moorclose Community Centre and offering delivery instead)

Third Friday of each month, usually 11.00am to 1.00pm

Contact antonymguckin@talktalk.net
07505 243677

Flimby Food Pantry

Flimby Vulnerable Persons Group

Every Friday 10.30-12:30

Flimby Band Room

Contact via Facebook through the Flimby Community Vulnerable Persons group
<https://www.facebook.com/groups/545282559432075/>

Maryport Community Fareshare Food Pantry

The Settlement, Castle Hill, High Street,
Maryport, CA15 6BQ

First Friday of each month, usually 11.00am to 1.00pm

Contact via Facebook [@maryportsettlement](https://www.facebook.com/@maryportsettlement)

Moorclose Community Centre

Needham Drive, Moorclose, Workington,
CA14 3SE

Food Pantries and emergency food parcels available most days

Contact via Facebook
[@moorclosecommunitycentre](https://www.facebook.com/@moorclosecommunitycentre)

Aspatria Rainbow Response

Emergency food parcels

Contact via 07470 024756 or
aspatriaresiliencegroup@gmail.com

Workington Community Emergency Response Group

Emergency food parcels

Contact via 07959 119228 or
wcerg@outlook.com

Maryport Emergency Response Group

Emergency food parcels available for delivery on Mondays and Wednesdays

Requests can be made via text or phone on 07479 388409 or email
Maryport.cer@gmail.com

Facebook group: [Maryport Community
Emergency Response](https://www.facebook.com/MaryportCommunityEmergencyResponse)

King's Church Cockermouth

The Hub, 2 Market Street, Cockermouth,
CA13 9NJ

Emergency food parcels

Contact via admin@kingscc.org



Support services

Family Action Cumbria

Offer a variety of free virtual sessions and support including:

- Decider Skills Course for families or children
- Drawing and Talking therapeutic course for 4-10 year olds
- Risk and Resilience course for 8-12 year olds
- 1-1 family support
- Portage service for children aged 0-3 with additional needs
- Time for Talking speech and language service for ages 2-4 years
- Home based play support for ages 0-3 years

For more information and to sign up contact allderdale@family-action.org.uk or call 07815687287.
www.facebook.com/AllderdaleSupport

Together We Talk

Together We CIC

Together We Talk offers FREE 1:1 and group work including mental health support, counselling and CBT. We help individuals take back control over their mental and physical health and wellbeing.

Online sessions for ages 11+.

You can self-refer at

www.togetherwe.co.uk/referral
referral@togetherwe.co.uk

0808 196 1773

<https://en-gb.facebook.com/togetherwecic/>

E-School Nurse Clinic

Twice weekly online health support and advice for parents, carers and professionals, supporting children and young people aged 5-19 years old.

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you.

In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the E-School Nurse video clinic please visit www.cumbria.gov.uk/ph5to19 or call 0300 30 34 365 for an appointment.

0-5 Health Visiting Service

Offer a wide range of support and advice for families with 0-5 year olds including baby clinics, behaviour, growth and development, immunisations, minor ailments, nutrition, and support groups.

We can also connect you with other agencies if you need advice or support around housing, benefits or debt.

Contact your local team:

Cockermouth: 01900 705767

Wigton: 01228 602066

Workington: 01900 705173

Kooth

[Kooth.com](https://www.kooth.com)

A web-based confidential support service available to young people aged 11 to 18.

A safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Offers text-based conversations with a qualified counsellor.
Counsellors are available from 12.00pm to 10.00pm on weekdays and 6.00pm to 10.00pm at weekends, every day of the year.

Young people can access regular booked online counselling sessions as needed.
Outside counselling hours' young people can message our team and get support by the next day.

West Cumbria Carers

Arts and craft packs available to all young carers who would like to receive one.

Online Emotional Resilience Support for young carers ages 11+

Online Yoga and Mindfulness for young carers aged 10+

For further information contact 01900 821976 or general@westcumbriacarers.co.uk

For a comprehensive list of support services in your area please see the latest Allerdale Support Directory at <https://www.cumbria.gov.uk/coronavirus/communities.asp>.



Activities and events

Spy Mission Treasure Trail Keswick

Are you ready to explore Keswick?
Attention super spies! We need you for a self-guided spy mission through the heart of this market town. You'll find Clues around every corner as you search through the ancient market square, along the winding riverside and under the shadows of the mountains.

£9.99 available at

<https://www.treasuretrails.co.uk/things-to-do/cumbria/keswick>

Cook Well on a Budget Cumbria Youth Alliance

Virtual 8 week course starting Wednesday 1 July 2020

For young people aged 14-24 living in Allerdale or Copeland

Receive a £25 supermarket voucher on completion

To join the programme contact Shayla.johnston@groundwork.org.uk or call 07718447461.

Active Cumbria

Various online activities for all ages.

<https://www.activecumbria.org/behealthybeactive/stay-work-out/>

<https://www.activecumbria.org/behealthybeactive/physical-activity-search/>

Soundwave

Song writing group every Tuesday at 6.00pm via Zoom. For ages 13 and above to join a support network of song writers and take part in workshops.

Information available :

info@soundwave.org.uk

Contact via Facebook [@SoundWaveCA14](https://www.facebook.com/SoundWaveCA14)

Maryport Amateur Football Club

Seeking under 8's to join the Under 8's team for new season starting September.

Further details available from the coaches:

Kerry- 07712267456

Paul- 07914757995

Claire- 07815040898

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，请致电

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu

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