



## **AUTUMN HALF TERM HOLIDAYS 2020**

### **Carlisle**

To make it easier for parents who are looking for childcare and activities for their children over the Autumn half term break, the Local Authority and partners have pulled together this list of available services and activities. This list 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 emma.robinson2@cumbria.gov.uk.

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**

#### **Carlisle Youth Zone HITZ Holiday Club**

Full day £12  
Short day £10

Limited capacity in sessions so please book a place in advance. To book see <https://www.carlisle-youthzone.org/young-people/hitz/holiday-club-membership/>

For more information contact 01228 516 280 or INFO@CARLISLEYOUTHZONE.ORG

#### **Carlisle United Football Camps**

Harraby Sports Centre and pitches

27-30 October 2020

Bookable places £40

Holiday courses are restricted to 60 places and will be on a first come first serve basis.

For information and to book see <https://officialsoccerschools.co.uk/carlisle-united/carlisle-soccer-schools-3197.html>.

## **The Outward Bound Trust Adventure Days**

Available 19, 20, 22, 23, 26, 27, 28 and 29  
October

Age Range 10-17

9.15am-4pm

**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 book:

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

## **Morton Community Centre Playscheme**

Morton Community Centre Wigton Rd,  
Carlisle CA2 6JP

26, 28 and 29 October 2020

10.00am-3.00pm with lunch

£3.50 per child

For more information and to book call  
01228 531105.

## **Munchkins Nursery**

Sessions 07.00am - 6.00pm

Age Range 0 to 5

01228 592099

[munchkinsnursery@yahoo.co.uk](mailto:munchkinsnursery@yahoo.co.uk)

## **Crosby Nursery**

Sessions 08.00am - 6.00pm

Age Range 0 to 10

01228 573111

[crosbynursery2005@gmail.com](mailto:crosbynursery2005@gmail.com)

## **Wendy House Nursery Ltd**

Sessions 07.30am - 6.00pm

Age Range 4 to 8

01228 402102

[wendy.house3@btinternet.com](mailto:wendy.house3@btinternet.com)

Will be outside as much as possible  
utilising the big garden with activities.

## **Little Owls Nursery Carlisle**

Sessions 07.45am – 5.45pm

Age Range 5 to 12

Various age appropriate activities,  
outside area and trips with the children.

Flexible childcare

01228 550503

[tracysouthall08@aol.com](mailto:tracysouthall08@aol.com)

## **Brampton Area Action Group and SHINE Sports and Activity Camps**

One-day camps providing activities and lunch provision for children over the half term period. Max one camp per child.

Ages 5 - 18 years.

£4 per child (cost will be capped at £10 per family and includes lunch. So a family with three children or more will pay no more than £10 per camp).

Please note payment is direct to the providers.

### **Talkin Adventures at Talkin Tarn (card payment only)**

27 October 9.30am-3.00pm, ages 9-13

27 October 9.30am-3.00pm, ages 13-18

30 October 9.30am-3.00pm, ages 9-13

30 October 9.30am-3.00pm, ages 13-18

### **Multisports at William Howard School (cash only)**

28 October 9.00am-3.00pm, ages 5-13

29 October 9.00am-3.00pm, ages 5-13

For more information and to book, please contact 01697 927006.

### **Kinder Park Nursery Services**

Sessions 08.00am - 5.30pm

Age Range 0 to 5

01228 533125

[info@kinderpark.co.uk](mailto:info@kinderpark.co.uk)

### **Mother Goose Day Nursery**

Sessions 08.00am - 5.30pm

Age Range 0 to 4

01228 536454

[mothergoose.carlisle@outlook.com](mailto:mothergoose.carlisle@outlook.com)

### **Houghton Nursery Group**

Sessions 08.00am – 6.00pm

Age Range 2 to 11

01228 558888

[admin@houghtonnursery.com](mailto:admin@houghtonnursery.com)

### **Pear Tree Nursery**

Sessions 08.00am - 6.00pm

Age Range 0 to 5

01228 791005

[peartreenursery@btconnect.com](mailto:peartreenursery@btconnect.com)

### **Stone Eden Nursery School**

Sessions 08.00am to 6.00pm

Age Range 4 to 11

01228 599400

[david.farrell@stoneeden.co.uk](mailto:david.farrell@stoneeden.co.uk)

We will hopefully be able to have day trips, going for walks, bowling and Mabie Farm were popular activities during previous holiday clubs.

### **The Highgrove Nursery School**

Sessions 07.30am - 6.00pm

Age Range 2 to 8

01228 534333

[info@highgrovenursery.plus.com](mailto:info@highgrovenursery.plus.com)

Our intention weather permitting is to promote outdoor activities most of the time. We have a very beautiful garden for the children to enjoy play outside.

### **Little Jems Nursery (Cumbria) Limited**

Sessions 08.00am - 5.00pm

Age Range 4 to 11

01228 543964

[info@littlejemsnursery.co.uk](mailto:info@littlejemsnursery.co.uk)



## **Food**

### **S.H.I.N.E**

S.H.I.N.E. continues to provide emergency food parcels, including fruit and vegetables for anyone who is in need.

Contact the S.H.I.N.E. Help Desk on 01697 927005 for more information.

## **Brampton Affordable Food Hub**

Brampton Area Action Group have launched Brampton's first Affordable Food Hub in partnership with Carlisle Community Help, for those families who are on benefits or finding it difficult to make ends meet in the current climate. All orders are provided with free fruit and vegetables.

Register with the Affordable Food Hub on [www.carlislecommunityhelp.co.uk](http://www.carlislecommunityhelp.co.uk) or contact S.H.I.N.E. Help Desk on 01697 927005 for more information.

## **Carlisle Community Help group**

Have launched a network of affordable food hubs across the city to address the needs of affordable food in Carlisle. Our aim is to provide a quality service for those on low incomes so we have set an eligibility criteria. If you don't fit this right now you can still give us a call if you think you might qualify for help.

*Eligibility: Benefits including tax credits Housing Benefits Low income / Furloughed (not on 100%)*

You can choose from a list of items from our stocks but only pay a low set price each week. Availability will differ depending on donations or our ability to purchase stock, and we will top up your shop with donated surplus food.

Register with the Affordable Food Hub on [www.carlislecommunityhelp.co.uk](http://www.carlislecommunityhelp.co.uk) or contact 07394 546 877

## **CARLISLE FOOD BANK**

<https://www.carlislefoodbank.org.uk>

Provides emergency food parcels for people most in need.

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

<https://cumbria.gov.uk/coronavirus/help/ine.asp>.

## **LONGTOWN FOOD BANK**

<https://www.carlislefoodbank.org.uk>

Can provide emergency food parcels for people who have run out of food and who have no other way of accessing food either because of self-isolation, lack of support or temporary financial hardship.

Contact Karen Johnson on 01228 791739 or [apc791739@gmail.com](mailto:apc791739@gmail.com).



## Support Services

### **YOUR VOICE ADVOCACY**

#### **Carlisle Eden Mind**

One-to-one advocacy for young people who are experiencing issues that are impacting on their mental wellbeing. Currently delivered remotely via video, telephone or messaging.

<https://cemind.org/our-services/children-and-young-people-services/>

[enquiries@yourvoicecumbria.org](mailto:enquiries@yourvoicecumbria.org)  
0300 0120103 (24-hour voice mail service)

### **CARLISLE KEY**

Carlisle Key works with young people 16-25 who are homeless or at risk of homelessness.

Young people can call 01228 595566 to make an appointment with a Project Worker.

Counselling sessions offered on Tuesdays and Thursdays.

If you are street homeless in an emergency you can access the drop-in, 12.20pm- 3.30pm, Monday to Friday at Guildhall Chamber, 29 Fisher Street, Carlisle CA3 8RF

<https://www.carlislekey.co.uk/>

## **Together We CIC**

### **Talk and Fitness**

Together We CIC empowers people to take control over their physical and mental health with free and low cost programs.

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.

Together Fitness offers in person and online group fitness and wellbeing sessions. Find out more at:

[www.togetherwe.co.uk](http://www.togetherwe.co.uk)  
[referral@togetherwe.co.uk](mailto:referral@togetherwe.co.uk)

Tel: 0808 196 1773

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

## **Kooth**

[Kooth.com](http://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.

## 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](http://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

## Family Action Cumbria

Family Action's Family Line is a **FREE** helpline, for members of the family over 18 years. It provides support on all aspects of family life.

Available from Monday to Friday 9.00am - 9.00pm

Telephone: 0808 802 6666

Text: 0753 740 4282

Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)

Find out about additional support for you and your family at <https://www.cumbria.gov.uk/welfare/>.





## Activities and events

### Carlisle Youth Zone

Junior and Senior Club sessions  
Evening, Monday to Saturday  
50p per session

Limited capacity in sessions so members need to book a place in advance. To book see

<https://www.carlisle-youthzone.org/c19-booking-information/>

For more information contact 01228 516 280 or INFO@CARLISLEYOUTHZONE.ORG

### Fellfoot Forward

Talkin Tarn, Brampton  
FREE outdoor activity sessions e.g. pebble painting, guided walks.

Wed 28 October

AM – for families or small groups

PM – For Carlisle groups or those outside Fellfoot Forward scheme area.

For more information see

<https://www.northpennines.org.uk/what-we-do/fellfoot-forward/fellfoot-forward-stories-art-song/fellfoot-fables/fables-schools/>.

### Spooky Party!

#### Family Action Carlisle

28 October 2020, 1.30pm-2.15pm

For children ages 4-8

Via Zoom

Come along this half term and join us for a spooktastic party! Sing alongs, dancing and games.

For more information and to book contact: Becky on 07815 688 932 or Gemma on 07815 686 694.

Search for us at 'Carlisle Support'  
[www.facebook.com/CarlisleSupport](http://www.facebook.com/CarlisleSupport)

### Spooky Stories and Rhymes

#### Family Action Carlisle

30 October 2020, 1.00pm-1.30pm

For children ages 0-4

Via Zoom

Come and join us for some of your favourite stories and rhymes!

For more information and to book contact Becky on 07815 688 932.

Search for us at 'Carlisle Support'  
[www.facebook.com/CarlisleSupport](http://www.facebook.com/CarlisleSupport)

## **Spooky Music and Movement Family Action Carlisle**

Monday 26 October, 9.30am-10.30am via Zoom

A fun and interactive singing/moving session for parent's and children ages 0-5 years. Learn new songs and rhymes and explore moving in different ways!

To find out more or book a place please contact:

Rachel Field – 07815 688 953 or email [Rachel.Field@family-action.org.uk](mailto:Rachel.Field@family-action.org.uk)

Becky Cahill - 07815 688 932 or email [Becky.cahill@family-action.org.uk](mailto:Becky.cahill@family-action.org.uk)

Search for us at 'Carlisle Support'  
[www.facebook.com/CarlisleSupport](http://www.facebook.com/CarlisleSupport)

## **Spooky Half Term Fun! Family Action Carlisle**

Get ready for our virtual Spooky half-term holiday activities that we will soon be advertising on Facebook!

We will also be sharing the story "Spookyrumpus" on Sunday 25th October on our Facebook page and posting play ideas each day next week for you to try at home.

Look out for our sensory, creative and physical play activities to celebrate the spooky season!

Search for us at 'Carlisle Support'  
[www.facebook.com/CarlisleSupport](http://www.facebook.com/CarlisleSupport)

## THE ROCK YOUTH PROJECT

Offer detached youth work sessions with qualified youth workers

Monday 5.00pm – 6:30pm

Wednesday 3.00pm – 4:30pm

Currock and Upperby area including Hammonds Pond Park.

Tuesday and Thursday 6.00pm – 7.30pm

Petteril Bank area including Dale End Park.

For more information go to

<https://www.therockyouthproject.co.uk>

or Facebook [@therockyp](#)

[enquiries@yourvoicecumbria.org](mailto:enquiries@yourvoicecumbria.org)

0300 0120103 (24-hour voice mail service)

## CARLISLE NETWORK YOUTH CHURCH

Offer detached youth work sessions with youth workers from the Youth Church

Tuesday from 6.30pm around Heysham Park

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 norétumėte gauti šią informaciją savo kalba, skambinkite telefonu

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer

Se quiser aceder a esta informação na sua língua, telefone para o

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen numaralı telefonu arayınız