



Carlisle MENCAP

Aiming High
for Children
with
disabilities.

SUNDAY Events!

Ages:

8-13

April 2010:

18th — New Mills Fishing 10am - 4pm

(Trout fishing at Brampton which is suitable for all wheelchair users. Price £10).

May 2010:

16th— Watch Tree 10am - 4pm

(This adapted cycling event is suitable for all wheelchair users. Cycle and then explore the Nature Reserve on this one mile nature trail).

8-13

June 2010:

27th— Walk with the Romans 10:30

(Stroll from Waterhead to the ruins of the old Roman fort of Galva, along the banks of the River Rothy returning through Skelghyll Woods).

8-13

July 2010:

18th— Cumberland Show 10am - 4pm

(Visit hundreds of fascinating displays, stands and animals with day long entertainment and crafts at Carlisle Race-course.)

8 -13

SUNDAY Events!

Ages:

14 -19

14-19

14-19

14 -19

April 2010:

25th — New Mills Fishing 10am - 4pm

(Trout fishing at Brampton which is suitable for all wheelchair users. Price £10).

May 2010:

23rd— Watch Tree Cycling 10am- 4pm

(This adapted cycling event is suitable for all Wheelchair users. Cycle and then explore the Nature Reserve on this one mile nature trail).

June 2010:

20th— Summer Solstice Splash! 10am - 4pm

(Try out water based activities a such as Kayaking and canoeing at Brockhole, Windermere).

July 2010:

25th— Windermere Air Show 10am - 4pm

(Come and see the Air show see displays, a fair, stalls, children's activities, musical entertainment and a flight simulator).

Holiday's

WHITHAUGH for ages 14 – 19

23rd—25th April 2010

Visit Whithaugh for an activity filled weekend! With activities such as Canoeing, Climbing, Archery, Swimming, Abseiling and many more. This self catering break where the children will help to prepare their own food, has a maximum capacity of Six children. Transport is also provided. We will pick up the children from school on Friday at 15:30 returning Sunday at 17:00. This holiday is not suitable for wheelchair users and is funded through Aiming High. To take part in a range of activities ring for more information.

WHITHAUGH for ages 8 – 13

4th—6th June 2010

Charity
number:
1115348



Company Lim-
ited by Guarant-
tee
No. 5595628

Monday Night Sports Club

This Sports Club starts on 12th April 2010 at the Sands Centre Carlisle between 5:30pm and 7:30pm.

This Monday evening Sports Club offers a variety of different sporting events to all children and will run for 1 Hour and a quarter/ Half. There will then be a Social Session after the sporting activities, (if interested) running for the remainder of the time. Here the children can have a drink and socialise with their peers. The Club is divided into two age groups 14 -19 and 8 -13. The 14 -19 years session will commence on the 12th April and the 8 -13 on the 19th April. It will run every two weeks for each age group. The club will not run on Bank Holiday Monday's.

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