



Sport can be played by anyone
and should be enjoyed by all



South Cumbria CADS (Children's Able and Disabled Sports) Programme

SUMMER HOLIDAYS 2010



INCLUSIVE
HOLIDAY SPORTS
PROGRAMME
10.00am - 3.00pm
28th - 30th July 2010
And 1st - 3rd September 2010
Lakes Leisure Ulverston

FOOTBALL TENNIS FUN SPORTS HAVE FUN
RUGBY CRICKET ATHLETICS BOCCIA
MEET FRIENDS CLIMBING T-BALL

Seashell

Trust

Cumbria
COUNCILS
County Council

Supported By

lakes leisure

Kendal • Ulverston • Windermere



'Sport can be played by anyone and should be enjoyed by all'

WHAT IS THE PROGRAMME?

Children's Able and Disabled Sports (CADS) Holiday Programme is a unique opportunity for children and young people of any ability between the ages of 5 and 19 to take part in many different sport, fitness and leisure activities. Participants will have the opportunity to take part in activities such as climbing, tennis, rugby, boccia, athletics and many more along with their peers. The CADS Programme is unlike any other event or activity as we pride ourselves on the fact that it is totally inclusive. Participants are separated into groups purely by age and the professionalism of the coaches and volunteers ensure that all children and young people regardless of their disability or ability level are able to participate fully in all the activities.

PROGRAMME DETAILS

The Programme will take place as follows:

Time: 10.00am - 3.00pm

Week 1 Dates: 28th - 30th July 2010

Week 2 Dates: 1st - 3rd September 2010

Venue: Lakes Leisure Ulverston , Priory Road
Ulverston, Cumbria, LA12 9HT

Cost: £30.00 (*per 3 days programme per child*)

'Its a great way for my child to take part in fun activities along with is brother and sister. He now loves lots of different sports which he hadn't tried before he went to CADS'
Parent

' I really love going to CADS Events it makes me feel like everyone else. I have learnt how to play loads of new sports and look forward to meeting new friends every time I go. Its such good FUN!
Participant

CONTACT

For additional booking forms and general enquires regards the CADS Programme please contact:

Caroline Smith (CADS Co-ordinator)

Tel: 01229 584110 or 07982075179

Email: c.smith@lakesleisure.org.uk

PLEASE NOTE

Children can be dropped off and picked up by parents or guardians if they do not need one to one support. Unfortunately for children with more complex social care needs we are not able to provide one to one support, however one to one support provided by a parent, guardian or carer is welcomed. If you are unsure whether your child requires one to one support please contact us.

Trained Coaches, Support Staff and Volunteers who attend CADS will abide by Safeguarding and Protecting Children and Young People policies and procedures and ensure that all participants enjoy sport within a safe and secure environment where they feel protected and empowered to make the most suitable choices.



South Cumbria CADS Programme

Summer Term 2010

booking form

A separate form must be completed for each child/young person. The form can be photocopied.

If you would like to book a place on the **SUMMER CADS PROGRAMME** please complete and return this form (along with payment) no later than **2 WEEKS BEFORE THE PROGRAMME**

PARENT / GUARDIAN DETAILS: Mr / Mrs / Miss / Ms *(Delete as appropriate)*

Forename: _____ Surname: _____

ADDRESS: _____

Post Code: _____

Home Tel No: _____ Work Tel No: _____

Mobile No: _____

Please indicate which of the above is an emergency contact no: _____

Email: _____

CHILDS DETAILS: Male/Female *(Delete as appropriate)*

Forename: _____ Surname: _____

Age: _____ Date of Birth: _____

Your Relationship to Child: _____

YOUNG PERSONS NEEDS

Does your child have a Disability or Special Needs? Yes/No *(Delete as appropriate)*

If **YES** please give brief details: _____

This information will be used to assist your child in the enjoyment of the activities.
(Continue on a separate sheet if necessary)

YOUNG PERSONS MEDICAL REQUIRMENTS *(Please give details)*



South Cumbria CADS Programme Summer Holidays 2010

booking form

YOUNG PERSONS TRAVEL ARRANGEMENTS

There will be a minibus service with an escort available from various fixed locations across South Cumbria. If you wish your child to be picked up and returned to one of the fixed locations please tick here: (Please book minibus early as places are limited)

YOUNG PERSONS SPECIAL DIETARY REQUIREMENTS (Please give details)

Participants will **NOT** be provided with food and drink during the programme. Please provide your child with refreshments and a packed lunch each day including plenty to drink.

PHOTOGRAPHY

We would like to take photographs / videos of the participants during the programme of activities for publicity purposes. If you **DO NOT** wish your child's photograph to be taken, please tick here:

PAYMENT

The Cost of each weekly CADS Programme (3 days) is £30.00 per child.
(Please tick the CADS Programme which you enclose payment).

Please make cheques payable to Lakes Leisure Ulverston

Week 1 (28th - 30th July). Cost £30.00 per child

Week 2 (1st - 3rd September). Cost £30.00 per child

Week 1 and 2. Cost £60.00 per child

DECLARATION

I certify all information is correct and that this information is confidential.

Signed:

Date:

Please take a copy of this form for your records and return the original(s) with your payment no later than **TWO WEEKS BEFORE THE PROGRAMME**

IMPORTANT

Demand for places is expected to be very high. Due to limited places being available some applicants may not be successful in accessing the programme on this occasion. You will be informed no later than one week after the closing date.

Please return the booking form(s) to:

Caroline Smith
CADS Co-ordinator
Lakes Leisure Ulverston
Priory Road
Ulverston
Cumbria
LA12 9HT