





Monday 23 <sup>rd</sup> July	Tuesday 24 <sup>th</sup> July	Wednesday 25 <sup>th</sup> July	Thursday 26 <sup>th</sup> July	Friday 27 <sup>th</sup> July	Saturday 28 <sup>th</sup> July	Sunday 29 <sup>th</sup> July
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP					<b>Family Swim</b> 2:45pm-3:45pm Morton Pools, Wigton Road CA2 6LB
Monday 30 <sup>th</sup> July	Tuesday 31 <sup>st</sup> July	Wednesday 1 <sup>st</sup> August	Thursday 2 <sup>nd</sup> August	Friday 3 <sup>rd</sup> August	Saturday 4 <sup>th</sup> August	Sunday 5 <sup>th</sup> August
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP			<b>Themed Family Swim</b> 10:00am-11:00am Morton Pools Wigton Road CA2 6LB		<b>No family swim due to triathlon</b>
Monday 6 <sup>th</sup> August	Tuesday 7 <sup>th</sup> August	Wednesday 8 <sup>th</sup> August	Thursday 9 <sup>th</sup> August	Friday 10 <sup>th</sup> August	Saturday 11 <sup>th</sup> August	Sunday 12 <sup>th</sup> August
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP 		<b>Picnic in the Park:                      Olympic Theme</b> 11:00am-2:00pm Morton Manor Morton, Carlisle CA2 6JP 	<b>Themed Family Swim</b> 10:00am-11:00am Morton Pools Wigton Road CA2 6LB 		<b>Family Swim</b> 2:45pm-3:45pm Morton Pools Wigton Road CA2 6LB 

<b>Monday 13<sup>th</sup> August</b>	<b>Tuesday 14<sup>th</sup> August</b>	<b>Wednesday 15<sup>th</sup> August</b>	<b>Thursday 16<sup>th</sup> August</b>	<b>Friday 17<sup>th</sup> August</b>	<b>Saturday 18<sup>th</sup> August</b>	<b>Sunday 19<sup>th</sup> August</b>
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP	<b>Sensory Experience</b> 10:00am-11:30am The Belah Centre CA3 9SR	<b>Music and Dance</b> 2:30pm-3:30pm Small Hall, Morton Manor CA2 6JP	<b>Themed Family Swim</b> 10:00am-11:00am Morton Pools Wigton Road CA2 6LB		<b>Family Swim</b> 2:45pm-3:45pm Morton Pools Wigton Road CA2 6LB
<b>Monday 20<sup>th</sup> August</b>	<b>Tuesday 21<sup>st</sup> August</b>	<b>Wednesday 22<sup>nd</sup> August</b>	<b>Thursday 23<sup>rd</sup> August</b>	<b>Friday 24<sup>th</sup> August</b>	<b>Saturday 25<sup>th</sup> August</b>	<b>Sunday 26<sup>th</sup> August</b>
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP		<b>Music and Dance</b> 2:30pm-3:30pm St James's Church Hall, Denton Holme CA2 5PD	<b>Themed Family Swim</b> 10:00am-11:00am Morton Pools Wigton Road CA2 6LB		<b>Family Swim</b> 2:45pm-3:45pm Morton Pools Wigton Road CA2 6LB
<b>Monday 27<sup>th</sup> August</b>	<b>Tuesday 28<sup>th</sup> August</b>	<b>Wednesday 29<sup>th</sup> August</b>	<b>Thursday 30<sup>th</sup> August</b>	<b>Friday 31<sup>st</sup> August</b>	<b>Saturday 1st September</b>	<b>Sunday 2nd September</b>
<b>Bank Holiday</b>	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP		<b>Music and Dance</b> 2:30pm-3:30pm Petteril Bank Community Centre CA1 3BX			<b>Family Swim</b> 2:45pm-3:45pm Morton Pools Wigton Road CA2 6LB
<b>Monday 3<sup>rd</sup> September</b>	<b>Tuesday 4<sup>th</sup> September</b>	<b>Wednesday 5<sup>th</sup> September</b>	<b>Thursday 6<sup>th</sup> September</b>	<b>Friday 7<sup>th</sup> September</b>	<b>Saturday 8<sup>th</sup> September</b>	<b>Sunday 9<sup>th</sup> September</b>
	<b>Soft Play</b> 10:45am -11:45am Harraby Community Centre CA1 3PP					<b>Family Swim</b> 2:45pm-3:45pm Morton Pools Wigton Road CA2 6LB

**Please note:** These sessions are for children with additional needs and their families, including brothers and sisters. Children must be accompanied by an adult.

For more information on all our activities please visit:

[www.barnardos.org.uk/carlislesouthcc](http://www.barnardos.org.uk/carlislesouthcc)

[www.barnardos.org.uk/carislewestcc](http://www.barnardos.org.uk/carislewestcc)

Please contact Anne Tweddle on 01228 227196 to discuss how we may be able to support you and your child to fully access and enjoy our activities

**Petteril Bank  
Community  
Centre**  
Burnett Road  
Carlisle  
CA1 3BX

**St James's  
Church Hall**  
St James Road  
Carlisle  
CA2 5PD

**Morton Pools**  
Richard Rose  
Morton Academy,  
Wigton Road  
Carlisle  
CA2 6LB

**Harraby  
Community  
Centre**  
Edgehill Road  
Carlisle  
CA1 3PP

**Morton Manor**  
Wigton Road  
Carlisle  
CA2 6JP

**The Belah  
Centre**  
Briar Bank  
St. Anns  
Carlisle  
CA3 9SR