Carlisle

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/childresservices/childrenandfamilies/ccis.

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

Follow us on Facebook @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

<table>
<thead>
<tr>
<th>Multi-Sports Carlise Camps</th>
<th>Wendy House Nursery Ltd</th>
</tr>
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<tbody>
<tr>
<td>Downagate Community Centre</td>
<td>Available from 20 July 2020</td>
</tr>
<tr>
<td>30-31 July 2020 and 06-07 August 2020</td>
<td>Sessions 07.30am - 6.00pm</td>
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<tr>
<td>09.00am – 3.00pm</td>
<td>Age Range 4 to 8</td>
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<tr>
<td>Age Range 5 to 13</td>
<td>01228 402102</td>
</tr>
<tr>
<td>For more information and booking please see <a href="https://multisports.co.uk/collections/frontpage/products/carlisle-camps">https://multisports.co.uk/collections/frontpage/products/carlisle-camps</a></td>
<td><a href="mailto:wendy.house3@btinternet.com">wendy.house3@btinternet.com</a></td>
</tr>
<tr>
<td>Will be outside as much as possible utilising the big garden with activities.</td>
<td></td>
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</tbody>
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<tr>
<th>Educla</th>
<th>Houghton Nursery Group</th>
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<tbody>
<tr>
<td>High Head Castle Farm</td>
<td>Available from 20 July 2020</td>
</tr>
<tr>
<td>Available from 27 July 2020</td>
<td>Sessions 08.00am – 6.00pm</td>
</tr>
<tr>
<td>Sessions 09.00am – 4.00pm</td>
<td>Age Range 2 to 11</td>
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<tr>
<td>Age Range 3 to 16</td>
<td>01228 558888</td>
</tr>
<tr>
<td>01228 495211</td>
<td><a href="mailto:admin@houghtonnursery.com">admin@houghtonnursery.com</a></td>
</tr>
<tr>
<td><a href="mailto:jharrissmith@educla.co.uk">jharrissmith@educla.co.uk</a></td>
<td></td>
</tr>
<tr>
<td>Nursery Name</td>
<td>Available from</td>
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<td>--------------------------------------------------</td>
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</tbody>
</table>
| Little Angels Nursery (Carlisle) Ltd             | 20 July 2020   | 07.45am - 5.45pm | 5 to 12      | 01228 550503  
tracysouthall08@aol.com  
Various age appropriate activities, outside area and trips with the children. Flexible childcare. |
| Stone Eden Nursery School                        | 20 July 2020   | 07.00am to 6.00pm | 4 to 11      | 01228 599400  
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. |
| Pear Tree Nursery                                | 20 July 2020   | 08.00am - 6.00pm | 0 to 5       | 01228 791005  
peartreenursery@btconnect.com  |
| Little Jems Nursery (Cumbria) Limited            | 20 July 2020   | 08.00am - 5.00pm | 4 to 11      | 01228 543964  
info@littlejemsnursery.co.uk  |
| The Highgrove Nursery School                     | 20 July 2020   | 07.30am - 6.00pm | 2 to 8       | 01228 534333  
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. |
| The Outward Bound Trust Adventure Days          | August         |                | 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 |
Kingmoor Nursery and Infant School Holiday Club
Available 20 July to 14 August
Morning sessions 8.00am-1.00pm, afternoon sessions 1.00pm-5.45pm or all day.
Available to any child in Carlisle area aged 3-11.

Contact the school office 01228 558892 to register your child.


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**Food**

**Brampton Area Action Group (BAAG)**
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 Carol Bell on 016979 27006 or bramptonbaag@gmail.com.

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**Carlisle Covid-19 Community Help Group**
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.

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

For more information contact Lisa Brown on 07394 546877 or organiser.carlisleclp@gmail.com.
Carlisle Food Bank
https://www.carlislefoodbank.org.uk

Provides emergency food parcels for people most in need.

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

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.

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/
**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.

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**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:
Carleton Clinic, Carlisle: 01228 608953
Carlisle West Children’s Centre: 01228 608045

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**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.

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**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](http://www.togetherwe.co.uk/referral) [referral@togetherwe.co.uk](mailto:referral@togetherwe.co.uk) 0808 196 1773

[https://en-gb.facebook.com/togetherwecic/](https://en-gb.facebook.com/togetherwecic/)
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
- Home based play support for ages 0-3 years

For more information and to sign up contact carlisle@family-action.org.uk or call 07734003789.
www.facebook.com/CarlisleSupport

Inpira
Careers support and guidance for GCSE and A Level results. Whether you are worried about your grades or still not sure of your next step, our experienced advisers will be on hand to help.

We will be available digitally and for 1:1 appointments. We will be live on Facebook, and our Barrow, Carlisle and Workington centres will also be open.

See https://www.inspira.org.uk/careers-advice-on-results-day or call 0345658 8647 @inspiraforlife

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

Activities and events

Carlisle Youth Zone
Planning outreach activities in different venues across the Carlisle area over the summer.

For the latest information check out https://www.carlisleyouthzone.org or Facebook @CarlisleYZ

Active Cumbria
Various online activities for all ages.
https://www.activecumbria.org/behealthybeactive/stay-work-out/

https://www.activecumbria.org/behealthybeactive/physical-activity-search/
**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](https://www.therockyouthproject.co.uk) or Facebook @therockyouthproject

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

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**NCS**

Want to do something good for your local community but don’t know where to start?

If you can spare 16 hours (or even more) over July and August, why not donate them to a volunteering project in your local area? Sign up on our website and we’ll be in touch to let you know about the opportunities near you. You can even decide what your local community needs and set up a social action project of your own.

If you’re 15-17, find out how you can get involved and sign up at [WEARENCS.COM](http://WEARENCS.COM)

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**GoActiv Sport**

**Sport and Activity Camp @ Cummersale Primary School**

Camp 1 – Wednesday 29 & Thursday 30 July  
Camp 2 – Thursday 6 & Friday 7 August

From 9.00am – 3.00pm

Age Range 6 – 12 years

For more information or to book a place contact us on 0789 170 3116 or [Hello@GoActiv.co.uk](mailto:Hello@GoActiv.co.uk)

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**Carlisle Network Youth Church**
Offer detached youth work sessions with youth workers from the Youth Church

Tuesday from 6.30pm around Heysham Park

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**GoActiv Sport**

**Summer Football Camps @ Downagate, Warwick Bridge**

Camp 1 – Tuesday 18 – Thursday 20 August  
Camp 2 – Tuesday 25 – Thursday 27 August

From 9.00am – 3.00pm

Age Range 8 – 14 years

For more information or to book a place contact Neil on 0789 170 3116 or [Neil@GoActiv.co.uk](mailto:Neil@GoActiv.co.uk)

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

**W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer**

**Se quisier aceder a esta información en su lengua, telefone para o**

**Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen numaralı telefonu arayınız**