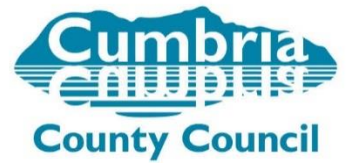




School Summer Holidays 2020



South Lakeland

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/childrensservices/childrenandfamilies/cfis>.

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

Follow us on Facebook [@ChildrenandFamiliesInformationService](https://www.facebook.com/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

Blossom Trees Nursery Ltd

Kendal

Available from 20 July 2020

Sessions from 7.00am - 6.30pm

Age Range 0 to 5

01539 822400

jeffery.nick@gmail.com

Daisies Day Nursery

Kendal

Available from 20 July 2020

Sessions from 7.45am - 5.30pm

Age Range 1 to 5

01539 736343

suedaisies@hotmail.co.uk

Carole Quill's Kids Club After School Club

Windermere

Available from 20 to 31 July 2020

Sessions from 9.00am - 3.30pm

Age Range 5 to 11

015394 44226

cquill@windermere.cumbria.sch.uk

Outdoor Play Creative Art Safe, challenging and fun!

Ghyllside Out of School Club After School Club

Kendal

Available from 20 July to 14 Aug 2020

Sessions from 8.00am - 6.00pm

Age Range 3 to 11

01539 814930

ywilliamson@ghyllside.cumbria.sch.uk

Joeys @ Milnthorpe Family Centre

Milnthorpe

Available from 20 July 2020
Sessions from 7.45am - 6.00pm
Age Range 4 to 11
015395 64090
helen@joeysnursery.co.uk

Full inclusive childcare and activities based on what the children want to do. Both indoor and outdoor provision.

K & K Childcare

Ambleside

Available from 20 July 2020
Sessions from 8.00am - 5.00pm
Age Range 7 to 11
015394 34040
kandkchildcare@gmail.com

Outdoor Activities, Fell Walking.

Meadow View

Kendal

Available from 20 July 2020
Sessions from 8.00am - 5.00pm
01539 722888
meadow_view@btconnect.com

Pennington Nursery

Ulverston

Available from 20 July 2020
Sessions from 8.00am - 3.00pm
01229 582212
carrie.viney@penningtonnursery.co.uk

Lots of outside play.

Penny Bridge Nursery

Ulverston

Available from 20 July 2020
Sessions from 7.45am - 6.00pm
Age Range 2 to 11
01229 861777
admin@pennybridgenursery.org.uk

Outdoor play, baking, arts & crafts.

Smile Day Nursery

Carnforth

Available from 20 July 2020
Sessions from 7.30am - 6.00pm
Age Range 4 to 11
015242 73700
info@smiledaynursery.co.uk

Sunny Brow Daycare - Bankfield

Kendal

Available from 20 July 2020
Sessions from 7.45am - 5.45pm
Age Range 0 to 8
01539 729437
Peter@sunnybrowdaycare.co.uk

Sunnybrow @ Castle Park Day Nursery

Kendal

Available from 20 July 2020
Sessions from 7.45am - 5.45pm
Age Range 2 to 4
01539 729437
janesunnybrow@hotmail.co.uk

Lakeside Day Camps

Newby Bridge, Ulverston, Cumbria LA12 8BD
20 July to 28 August (Monday – Friday)
Age Range 5 to 14
01539 539 000

£135 per child. Limited to 36 places per week. Transport not available this year so parents will have to drop off and pick up.

<https://lakesideymca.cinolla.com/lakeside/courses/summer-day-camps>

The Outward Bound Trust Adventure Days

Available during August
Age Range 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>

Thornleigh Day Nursery Windermere

Available from 27 July 2020
Sessions from 8.00am - 5.30pm
Age Range 3 to 7
015394 48399

carlacutolo@aol.com

Sedbergh School Summer Courses

Casterton School

W/C 27th July, 3rd August, 10th August
Age Range 6 to 11

Sport Skill Development, Inspiring Activities and most of all Fun!

01539 244025

<https://summercourses.sedberghschool.org>

Keppleway Holiday Club Keppleway Centre

Broughton in Furness Cumbria LA20 6HE
Every Monday-Thursday throughout the holidays.

To book your places contact us at Keppleway stay@keppleway.org.uk or call us on (01229) 716936.

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



Food

Ambleside

Ambleside Parish Centre Foodbank and Fareshare

Ambleside Parish Centre, Vicarage Road,
Ambleside, LA22 9DH
015394 34172
manager@amblesidepc.org.uk

The centre will be closed during the week commencing 20 July so if food is required, please contact the Windermere & District foodbank (see Windermere details).

From 27 July, the foodbank and the fareshare will be open on Tuesdays and Thursdays from 11.00am to 1.00pm.

The centre is open at those times for people to help themselves to food from the fareshare table and for those who have found themselves in financial difficulties to browse the food store for items they need. For anyone facing financial hardship, who can't get to the centre, you can email to arrange a confidential discussion about support which is available to you.

Kendal

King's Food Bank

<http://www.kingsfoodbank.org.uk/>

Referrals only from Barnardos, Age UK South Lakeland, Fairoak Housing, Home Group Housing, Impact Housing, South Lakes Housing, Manna House, NHS – health visitors, Mental Health Services, Probation Service, Unity, Social Workers, Primary and Secondary schools in Kendal.

If you are not in existing contact with any of these organisations, please contact South Lakes Citizens Advice by calling 01539 446464.

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

Grange

Allithwaite Community Food Hub St Mary's Church

Mondays, 1.00pm to 1.45pm for collection of food from St Marys Church. Members need to sign up to receive a free weekly bag of food.

The food is mainly donations from local food retailers, including rescued food which would otherwise have been wasted. Whilst all the food is fine it might have a short used by date.

To sign up to receive food see the website at Allithwaitecommunityfoodhub.blogspot.com.

Grange

Grange Food Group

Old NatWest Bank, Main Street
015395 33022
twbs2020@gmail.com

Saturdays, 10.00am – 2.00pm.

The centre is open at those times for people in need of food and those who have found themselves in financial difficulties. The food is provided by Fareshare so the group cannot guarantee what food will be available to share. Pay what you can and make some new friends!

Kendal

Waste Into Wellbeing (Kendal Peoples Café)

Currently running 3 food shares each week. These shares are free of charge and open to anyone.
Mondays from 10am - Outside In Play Centre, Beezon Road
Thursdays from 4pm - Hallgarth Community Centre
Fridays from 4pm - Salvation Army, Gillinggate.

Details are subject to change, see [facebook.com/kendalpeoplescafe](https://www.facebook.com/kendalpeoplescafe) or visit www.slacc.org./wiw/ for the latest information.

Kendal

Sandylands Residents Association
adamedwards72@aol.co.uk
<https://www.facebook.com/groups/219386378270091/>

Sandylands Residents Association run a community food share for anyone who needs additional food. Surplus food from supermarkets and local retailers is available, free of charge, for collection. As collection days vary, please contact SRA or see their Facebook page for more details.

Kirkby Lonsdale

Kirkby Lonsdale Community Cupboard

015242 36404 (10am to 4pm)
klcommunityhub@gmail.com

Food and other household products are available for individuals and families facing financial difficulties. This is a discreet/confidential service. Food can be collected from a local point or delivered if requested.
Food parcels will be provided on a family size basis.

Sedbergh

Sedbergh & District Covid-19 Support Group

07872 017730
cvsd@sedbergh.org.uk

There are 3 food cupboards located at:
bus shelter at Maryfell
outside the Spar
St Andrews Church gate in Sedbergh.

These are to support anyone in financial difficulties who are invited to take what they need. People can also donate to them. Additionally, the Covid-19 Support Group is able to help families in need with weekly food packs. If you or someone you know needs help, you can telephone or email in total confidentiality to arrange a weekly food pack which can be delivered to you.

Milnthorpe

Milnthorpe Food Bank

07582 166564 - Mary Slater

Short term emergency food parcels to those living in and around the Milnthorpe area.

Monday to Friday 9.00am to 5.00pm
(telephone service).

Kendal

Manna House

01539 725534

Manna House provide free food 'top ups' for individuals and families, referrals to Kings Food Bank as well as help and advice with a range of issues for anyone in need. Call Manna House for more details or to discuss your circumstances in confidence.

Ulverston

Ulverston Foodbank

Bethany Christian Church, Ulverston

01229 343410

Monday and Thursday, 11.00am to 1.00pm

Referral only via South Lakes Citizens Advice, Ulverston Town Council and local schools (which are linked to the foodbank).

Alternatively, please call the foodbank for a confidential conversation who will provide advice on the most appropriate route to access support.

Deliveries are possible, please call to arrange.

Please note: additional vouchers are available from the foodbank for child holiday meals, please speak to your school directly about this. If your school isn't linked to a foodbank please call Barrow Foodbank to discuss obtaining vouchers on 01229 343436.

Ulverston

Ulverston Fareshare

The Free Grace Baptist Church, Quebec Street

07494074822

ulverstonfoodwaste@gmail.com

Food share drop-in every Tuesday, Wednesday, Friday and Saturday from 9.00am – 11.00am.

Food Clubs are held on Monday and Thursday, members need to sign up to receive a free weekly bag of food. Both of these schemes are open to all, regardless of income. For more information email ulverstonfoodwaste@gmail.com or see

<https://www.facebook.com/ulvfoodwaste/>

Windermere

Windermere & District Foodbank

01539 422569

07789728811

info@windemeredistrict.foodbank.org.uk

Mondays 12.00pm to 3.00pm during the school holiday period to specifically support those families who find themselves in financial difficulties.

Families can be provided with a week's worth of food based on family size. Food for 'picnic style' lunches will be included so that each child in those families will have a lunch provided for every day.

For anyone facing financial hardship, who can't get to the foodbank, please email to arrange a confidential discussion about support which is available to you.



Support services

Inspira

Ongoing online support for Year 11 Students (Aged 15-16)

Support also offered to 18-24 year olds
<https://www.inspira.org.uk/next-steps-after-year-11-and-year-13>

Information can be found on Facebook
[@inspiraforlife](https://www.facebook.com/inspiraforlife)

Action for Children

Offering Healthy Lifestyle Sessions for parents and children
Referral only.

For more information contact
south.lakeland@actionforchildren.org.uk
or course facilitator Joan Hanson on 07725 782198.

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 or call 0300 30 34 365 for an appointment.

Kooth

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.

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:

Dalton: 01229 407770

Grange: 01539 777254

Greengate: 01229 404595

Kendal: 01539 718155

Kirkby Lonsdale: 01524 279177

Windermere: 01539 447625

Ulverston: 01229 484010

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

referral@togetherwe.co.uk

0808 196 1773

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

The Healthwatch Chattyheads

Tuesdays at 12:30

Age range 13-21 year olds

An informal group who meet virtually via Zoom to discuss a range of topics relating to health and social care. If you are interested in joining please email

Rebecca.knagg@healthwatchcumbria.co.uk.

This group will be running throughout summer.

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



Activities and events

Activity Club

Grange Food Group

Old NatWest Bank, Main Street

Every Saturday in August, 12.00pm -2.00pm.
All children and young people welcome,
under 16's must be accompanied by an adult.

Arts, crafts and games accompanied by a
packed lunch. Free.

For more information call 015395 33022 or
email twbs2020@gmail.com.

Active Cumbria

Various online activities for all ages.

<https://www.activecumbria.org/behealthybeactive/stay-work-out/>

<https://www.activecumbria.org/behealthybeactive/physical-activity-search/>

Recycle for Cumbria

Countywide

Over the summer months, the CCC Waste
Prevention team will be hosting 2
competitions on the Recycle for Cumbria
Facebook page

Leftovers Recipe competition- This will start
on Monday 6th July, and the closing date is
Friday 24th July.

Family Scarecrow making competition-This
will start on Monday 3rd August, and the
closing date is Friday 28th August.

Email: Katharine.banks@cumbria.gov.uk or
Judith.bradshaw@cumbria.gov.uk

Sandylands Resident Association

Kendal Youth Zone

All ages – ongoing
01539 730810

www.facebook.com/groups/kendalyouthzone

Activities will be held every day online with
physical activities being planned – details of
which will be advertised on Facebook Page

KEY Summer Holidays Youth Activities

Milnthorpe area

Starting 28 July

Age Range 11+

Join us to get active, creative and have fun. Activities are free and will be open to all young people 11+ (Year 6 plus) who live in Milnthorpe, Arnside, Levens, Storth and surrounding villages or who have a connection with Dallam School.

Contact Emma on 07944 129126 or Lesley on 07493 721173

Lakeside

Newby Bridge, Ulverston, Cumbria LA12 8BD
01539 539 000

Lakeside Canoe & Kayak hire

<https://lakesideymca.cinolla.com/lakeside/courses/kayak-hire>

Lakeside Camping in Tented Village

<https://lakesideymca.cinolla.com/lakeside/courses/camping---in-our-tented-villages> for availability and prices

Ragtag Arts & Community Scrapstore

Ragtag Arts are hosting several online workshops as part of the Yorkshire Festival of Stories. These are all free, online and open to all.

Marvelous Art workshop

<https://yorkshirefestivalofstory.com/event/marvellous-art-workshop/>

Learn to juggle workshop

<https://yorkshirefestivalofstory.com/event/learn-to-juggle/>

Castles in the air

<https://yorkshirefestivalofstory.com/event/castles-in-the-air-creative-workshop/>

Also join in with the Envelopes of Expression project by 30 September to be part of their exhibition.

<https://www.ragtagarts.co.uk/envelopesofexpression>

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

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如果您希望通过母语了解此信息，请致电

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