



West Cumbria Branch  
[www.nas-westcumbria.org.uk](http://www.nas-westcumbria.org.uk)

11<sup>th</sup> June 2010

Dear Parent / Carer,

**Subject: National Autistic Society (West Cumbria Branch) - Summer Activities 2010**

Please see below details of the activities organised for Summer 2010 for people and families affected by Autism.

**Activities for All Ages**

- Chester Zoo day-trip ([www.chesterzoo.org](http://www.chesterzoo.org)) – Saturday 24<sup>th</sup> July 2010.
- Activity day at The Bendrigg Trust, Kendal ([www.bendrigg.org.uk](http://www.bendrigg.org.uk)).– Friday 20<sup>th</sup> August 2010. Climbing wall, archery, obstacle course, slide and treasure hunt.
- Horse Riding / Trap Riding at Calvert Trust ([www.calvert-trust.org.uk](http://www.calvert-trust.org.uk)) – Various dates. (Please note: Weight restrictions apply to horse riding)

If you would like to attend the Chester Zoo day-trip or the Bendrigg activity day please fill out the attached application form for **each** person you would like to attend. If you would like to attend the horse riding / trap riding sessions please contact Shani Tomlinson on 07824373771.

**Activities for Children (During the School Summer Holidays)**

- Trampoline and soft play sessions at Workington Leisure Centre and pool – Various dates see attached.
- Swimming sessions and soft play sessions at Workington Leisure Centre and pool – Various dates see attached.

If you would like to attend the trampoline and swimming sessions please contact Shani Tomlinson on 07824373771.

As you are aware all of the above activities are expensive to organise. To try and ensure we can run similar activities next year a voluntary donation towards the cost of each activity would be appreciated. As a guide, £1 per person per activity-day would greatly assist the funding of these activities next year. If you would like to make a donation please make cheques payable to the National Autistic Society – West Cumbria Branch.

Please note that places are limited and subject to availability. Please apply as soon as possible as **no applications will be accepted after Friday 2<sup>nd</sup> July 2010.**

### **Social Group for Adults (16+) with Asperger Syndrome**

The National Autistic Society has a social group in West Cumbria for people over the age of 16 with Asperger Syndrome. If you would like to join this group please contact me for further details.

### **Would You Like To Help?**

The West Cumbria Branch is totally run by volunteers and all the activities we run are paid for by local fundraising. If you would like to help the branch in any way you can, either by donating your time to help with any of the activities or donating money to help fund any of the activities, please let me know.

### **Next Meeting**

Our next meeting is on Wednesday 16<sup>th</sup> June 2010. All are welcome to attend. See details below.

|                                         |        |                                                                                    |                                                                                                                                                                                                                                          |
|-----------------------------------------|--------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday<br>16 <sup>th</sup> June 2010 | 7:30PM | All Saints' C of E School<br>Slatefell Drive<br>Cockermouth<br>Cumbria<br>CA13 9BH | <b>Talk – Connexions Cumbria</b><br>Connexions Cumbria provides advice, guidance and personal development support to all young people aged 13-19 and up to the age of 25 for young people with learning difficulties and/or disabilities |
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Yours faithfully

Gary Tomlinson  
Branch Officer