




Talk-Active, through a range of activities and workshops, supports young people with learning difficulties (aged 10-18) to develop key skills and knowledge around 6 areas of life; A healthy life, safe life, expressive life, future life, skills for life and relationships.

Activity	Day & Time	Description of Activity and additional information
Silloth Day out 	Thursday 1 st August 11am-2pm	Join us for a day by the seaside. We will have a stroll by the sea, a picnic by on the green and fun in the arcades. Location: Silloth Cost: Free. But don't forget your 2ps for the amusement arcade and a packed lunch!
Tovertafel & chill 	Monday 5 th August 10am-12am	The Tovertafel is a visual and interactive experience with a range of games and activities to try. This Tovertafel is only the second of its kind in England so come along and see what all the excitement is about. Afterwards we will go to Costas for a hot chocolate and chat. Location: Carlisle Library Cost: Free
Climbing and Mining 	Wednesday 7 th August 1.30pm-4pm	Join us as we attempt to conquer a range of climbing walls and then try to navigate the caves. Location: Clip & Climb, Maryport Cost: £8
Cinema Trip – The Lion King 	Tues 13 th August Approx. 1pm start, this will be confirmed closer the time.	HAKUNA MATATA... It means no worries!! Join us to watch the remake of a Disney classic. Location: VUE Cinema, Carlisle Cost: £5
Nature Walk & ZOG trail 	Monday 19 th August 11am-3pm	Join us as we march through the forest and search for ZOG and his friends. Whilst doing so, release your inner Tarzan and slide through the trees. Additional info: Attendees must bring a packed lunch. Location: Whinlatter Forest Cost: Free
Canoeing 	29 th August 5.45pm -8pm	This is one for fans of extreme sports! Come along and learn from professional coaches. Experience is not necessary. Meeting point: Sands Centre Reception. Price: £10 for 2 sessions. Free for people who attended in July.

Booking is essential! To book onto an activity or for more info please contact Chris on chris.tolley@wearepeoplefirst.co.uk or 0300 303 8037 (option2)