



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 	Date: Thursday 1 st August Time: 11-2pm	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. Venue: Meet at Silloth Arcades Cost: This activity is free; however don't forget to bring some 2ps and a packed lunch.
Climbing and Mining 	Date: Wednesday 7th August Time: 1:30-4pm	Join us as we attempt to conquer a range of climbing walls. We will then navigate the caves. Venue: Clip and Climb- Maryport Cost: £8 per person
Nature Scavenger Hunt 	Date: Thursday 15 th August Time: 1-3pm	We are having a scavenger hunt with a difference. Can you spot the otters or a rare butterfly? For this activity, you can bring the whole family. Venue: Siddick Nature Reserve. Directions to the reserve can be found at www.siddickponds.co.uk . Cost: This activity is free.
Whinlatter ZOG trail 	Date: Monday 19 th August Time: 11-3pm	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 Venue: Whinlatter Forest Cost: This activity is free; however don't forget your packed lunch.
Badminton 	Date: Wednesday 28 th August Time: 10-11am	Whether you like to unleash your competitive side or play for fun. Come along to our badminton session and show what you can do! Venue: Workington Leisure Centre Cost: £1

Booking is essential! To book onto an activity or for more info please contact **Stef** on stefanie@wearepeoplefirst.co.uk, **07763546116** or **0300 303 8037** (Option 2)