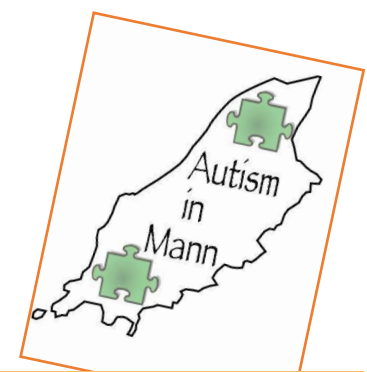




Your Guide to our 2023 Summer Holiday Activity Scheme!



Autism in Mann and Manx Mencap are beyond excited to be partnering this summer to bring families of school-age children a summer of fun! Our Summer Holiday Activity Scheme is intended for any school-age child with autism/social communication needs and/or learning disabilities Please note some events have **VERY** limited capacity and will operate on a first-come, first-served basis— these events require you to sign-up in advance (see information below).

A responsible adult is required to support their young person at **all** activities, and siblings are welcome to attend only where listed.

We hope you will find something here you can enjoy with your child from the many activities on offer.

Have a wonderful summer!



Lester's Yard Disability Play Sessions-

Ballaughton Park, Douglas (nr Albany Tennis Club)

Mondays 10am-12pm

(24 & 31 Jul | 7 & 21 Aug | 4 Sept)

Suitable for all school-age children (& siblings)

Appropriate clothing & footwear recommended

Responsible adult required to accompany child

Register: <https://tinyurl.com/lestersregister>



Dragons Castle Disability Play Sessions

Villa Marina, Douglas

(24 Jul | 2, 9, 16, 21 Aug | 1 Sept)

Suitable for younger school-age children

Responsible adult required to accompany child

Sponsored by Manx Mencap

Sign-up: <https://tinyurl.com/disabilityplay>



Manx Mencap Disability Swim Sessions-

Glencrutchery Pool, Greenfield Road, Douglas

(25 & 27 Jul | 1, 3, 8, 10 Aug)

Suitable for all school-age children

Responsible adult required to accompany child

in the water

Heated pool; Lifeguard on duty

Sign-up: <https://tinyurl.com/glencrutchery>



Tiny Hooves Therapy (with Miniature Shetland Ponies)-

Clarum Farm, Ballaragh, Laxey, IM4 7PL

(On the left, past King Orry's Grave)

Wednesdays 10-11am (26 Jul & 30 Aug)

Responsible adult required to accompany child

Appropriate clothing & footwear recommended

Sign-up: Email autisminmann@manx.net



MSR Disability Sports Sessions-

NSC, Groves Rd, Douglas (Secondary Sports Hall)

Wednesdays 2-3pm Disability Multi-sports

Wednesdays 3:30-4:30pm Disability Glow Sports

Suitable for school ages 4-18 years

Informal session facilitated by MSR Staff

Drop-in or sign-up

<https://msr.gov.im/nsc/online-booking/>

Singing Jo Sensory-Friendly Session-

Sports Hall, Centre 21, Greenfield Rd, Douglas

Thursdays 9:30-11am (27 Jul & 3 Aug)

Quieter session sponsored by Manx Mencap

Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Sign-up not required

<https://tinyurl.com/sensorysigningjo>



Bike4Life Cycling Sessions-

NSC Raceway, Groves Rd, Douglas

Fridays 10:30am-12pm (No session 25 August)

'British Cycling' qualified instructors will support all ages and all needs (& siblings)

Responsible adult required to accompany child

Selection of bikes available, or bring your own!

Drop-in or sign-up

<https://msr.gov.im/nsc/online-booking/>



Skianagh Inclusive Dance School-

Sports Hall, Centre 21, Greenfield Rd, Douglas

Friday 28 July 1-2pm

Celebrate the joy of movement and having fun!

Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Comfortable clothing & footwear recommended

Sign-up: <https://tinyurl.com/skianagh>



Autism In Mann Lego Club-

Family Library, Nobles Hall, Westmoreland Rd, Douglas

Thursdays 3 Aug, 17 & 24 Aug (10am-12pm)

Free-build lego session suitable for all school-age children (& siblings). Lego provided.

Responsible adult required to accompany child

Sign-up not required



Manx Carriage Driving 4 Disabled-

Ballavartyn Equestrian Centre, Santon

Must be able to attend both 1-2pm sessions

Fridays 4 Aug (Taster) & 18 August (Lesson)

Suitable for all school-age children

Appropriate clothing & footwear recommended

Responsible adult required to accompany child

Sign-up: Email autisminmann@manx.net



Western Playground Meet-Up: Tynwald Nat'l Park & Arboretum-

Peel Rd, St. John's

Tuesday 8 Aug 2-4pm

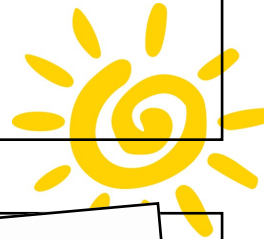
Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Appropriate clothing & footwear recommended

<https://tinyurl.com/TynwaldPark>

Sign-up not required



Autism in Mann Meet-Up: Curraghs Wildlife Park-

Main Rd, Ballaugh

Thursday 10 Aug 9:30am Meet at main entrance

Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Appropriate clothing & footwear recommended

<https://www.curraghswildlifepark.im/>

Sign-up not required



Northern Playground Meet-Up: Bride Village Park-

Corner of Lamb Hill & Cranstal Rd, Bride

Monday 14 Aug 10am-12pm

Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Appropriate clothing & footwear recommended

<https://tinyurl.com/brideplayarea>

Sign-up not required



Manx Mencap Summer Picnic-

Picnic Area, Silverdale Glen, Ballasalla

Friday 25 Aug 12-2pm (Rain date Mon 28 Aug)

All family members welcome to join us for food and games in a beautiful setting!

Sign-up: Email mencap@manx.net by Mon 21

Aug with the number attending in your party so we can plan accordingly.

<https://tinyurl.com/silverdaleglen>



Southern Playground Meet-Up: Poulsom Park-

Off Victoria Rd, Castletown

Tuesday 29 Aug 10am-12pm

Suitable for all school-age children (& siblings)

Responsible adult required to accompany child

Appropriate clothing & footwear recommended

<https://tinyurl.com/poulsompark>

Sign-up not required



Sailing For The Disabled Sessions-

Meeting location: The tongue, Douglas Inner Harbour, Douglas (opp. Portofino/1 West Quay)

Meet 1 hour BEFORE sail time

Tuesday 15 Aug 10:15am-1:15pm (9:15am meet)

Tuesday 22 Aug 1:15pm-4:45pm (12:15pm meet)

Thursday 31 Aug: 10:15am-2:15pm (9:15am meet)

* Please note sailings are subject to weather—if a sailing is cancelled, you will be notified.

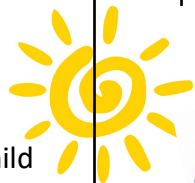
Suitable for all school-age children

Responsible adult required to accompany child

Advice:

- Likely to be colder out sailing so be prepared by wearing more layers, a few thinner layers are better.
- Wear soft soled shoes (white sole if possible)
- There is a toilet on board.
- Hot drinks and biscuits are provided.
- Consider bringing your own soft drinks/ water and snacks or lunch.

Sign-up: <https://tinyurl.com/>



Autism in Mann Arts & Crafts-

Jurby & Northern Community Centre, Jurby West Industrial Estate, IM7 3BB (opp. Motor Museum)

Thursday 31 Aug 2-4pm

Suitable for all school-age children

Materials provided or bring your own project!

Responsible adult required to accompany child and enjoy tea/coffee and a chat

<https://tinyurl.com/jurbyart>

Sign-up not required



Autism In Mann Disability Swim-

Northern Swimming Pool, Mooragh Promenade, Ramsey

Friday 1 Sept 4-5pm

Suitable for all school-age children

Responsible adult required to accompany child in the water

<https://www.northernswimmingpool.com/>

Sign-up: Email autisminmann@manx.net



Please contact us if you have questions about any of these events:



mencap@manx.net

305849 (Kelly)

Autism in Mann

autisminmann@manx.net



Week 1



Week beginning 24 July, 2023

	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
AM	 10am-12pm Lester's Yard * with Jenny Cawte	 10:30am-12pm Glencrutchery Pool	 10am-11am Clarum Farm, Laxey * with Jenny Cawte	 9:30am-11am Centre 21	 10:30am-12pm NSC Raceway
PM	 1-3pm Villa Marina		 2-3pm Multi-sports 3:30-4:30pm Glow Sports @ NSC	 2-3:30pm Glencrutchery Pool	 1-2pm Centre 21

Week 2











Week beginning 31 July, 2023

	Monday 31	Tues Aug 1	Wed Aug 2	Thurs Aug 3	Fri Aug 4
AM	 10am-12pm Lester's Yard * with Jenny Cawte	 10:30am-12pm Glencrutchery Pool	 10am-12pm Villa Marina	9:30am-11am Centre 21   10am-12pm Family Library * with Jenny Cawte	 10:30am-12pm NSC Raceway
PM			 2-3pm Multi-sports 3:30-4:30pm Glow Sports @ NSC	 2-3:30pm Glencrutchery Pool	 1-2pm Carriage Driving Taster / Ballavartyn * with Jenny Cawte

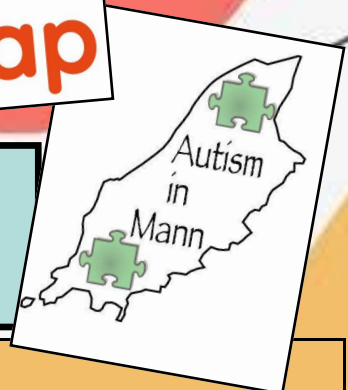
Week 3



Week beginning 7 August, 2023

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
AM	 10am-12pm Lester's Yard	 10:30am-12pm Glencrutchery Pool	 10am-12pm Villa Marina	 9:30am meet Wildlife Park * with Jenny Cawte	 10:30am-12pm NSC Raceway
PM		 2-4pm Arboretum Play- ground, St. Johns	 2-3pm Multi-sports 3:30-4:30pm Glow Sports @ NSC	 2-3:30pm Glencrutchery Pool	

Week A



Week beginning 14 August, 2023







	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
AM	 10am-12pm Bride Playground * with Jenny Cawte	 (Meet at 9:15am) 10:15am-1:15pm Douglas Inner Harbour	 10am-12pm Villa Marina	 10am-12pm Family Library * with Jenny Cawte	 10:30am-12pm NSC Raceway
PM			 2-3pm Multi-sports 3:30-4:30pm Glow Sports @ NSC		 1-2pm Carriage Driving Ballavartyn * with Jenny Cawte

Week 5



Week beginning 21 August, 2023

Manx Grand Prix Week

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
AM	 10am-12pm Lester's Yard			 10am-12pm Family Library	
PM	 1-3pm Villa Marina	 (Meet at 12:15pm) 1:15-4:45pm Douglas Inner Harbour	 2-3pm Multi-sports 3:30-4:30pm Glow Sports @ NSC		 Summer Picnic! 12-2pm Silverdale Glen Picnic Area <i>(roads close 12:30)</i>

Week 6



Week beginning 28 August, 2023

	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Fri Sept 1
AM	<p>Bank Holiday</p>	 <p>10am-12pm Poulson Park * with Jenny Cawte</p>	 <p>10am-11am Clarum Farm, Laxey</p>	 <p>(Meet at 9:15am) 10:15am-2:15pm Douglas Inner Harbour</p>	 <p>10:30am-12pm NSC Raceway</p>
PM	 <p>RAIN DATE Summer Picnic! 12-2pm Silverdale Glen Picnic Area</p>		 <p>2-3pm Multi-sports 3:30-4:30pm Glow</p>	  <p>2-4pm Arts & Crafts Jurby Health & Community Centre * with Jenny Cawte</p>	 <p>1-3pm</p> <p>4-5pm * with Jenny Cawte</p> 

Week 7



Week beginning 4 Sept, 2023

	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
AM	<p>ADVENTURE PLAYGROUND</p> <p>10am-12pm Lester's Yard</p>				
PM					