

# CAAP February Half Term 2019 Activities



Please read the following information carefully before you email us on [info@caapuk.co.uk](mailto:info@caapuk.co.uk) with your booking requests, failure to provide full details of your request and membership number may result in your booking being rejected:

## KEY:

**DC** = Disabled Child    **DYP** = Disabled Young Person    **Child** = any child    **YP** = any young person  
**SIBS** = Event just for siblings of a registered DC or DYP    **Shiner Day** = an activity where a Shiner is working  
**Mobiloo Day** = an activity where the unit is present

**REMEMBER BOOKINGS CAN ONLY TAKEN VIA [INFO@CAAPUK.CO.UK](mailto:INFO@CAAPUK.CO.UK)**

Date	Activity	Venue	Description	Time & Cost	Age
<b>Saturday 16.02.19</b>	<b>Wacky World Inflatable Fun!</b>	<b>Sir Ben Ainslie Leisure Centre Truro TR1 1TH</b>	The perfect way to burn off energy, enjoy the giant bouncy castle, interactive play system, assault courses and football shootout. There are also challenges such as a human wrecking ball, last man standing, total meltdown, the big ball challenge, and duck and run.  Cafe onsite for snacks and drinks, wear suitable clothing.	<b>£10 each £5 carers Non participating adults Free</b>  <b>10.00am-11.30am</b>	<b>All</b>
<b>Monday 18.02.19</b>	<b>Family Day</b>	<b>Newquay Zoo TR7 2NL</b>	Our first family attraction day of 2019 will be a good old Newquay Zoo! Not only to enjoy all they have to offer at their site including animals and play area but to try out their all new singing and dancing Changing Place, recently installed. Cafe onsite but picnicking actively encouraged!  Please be available for a group photo at a time yet TBC for local press.	<b>DC + 1 X Carer FREE all other adults 9.75 all other children 7.75</b>  <b>10am</b>	<b>All</b>
<b>Tuesday 19.02.19</b>	<b>Nerf Battle</b>	<b>Wesley Buildings Redruth TR15 2EG</b>	Shoot it out in your teams to hit the targets and each other with Nerf darts – safety equipment and artillery provided be prepared to get shot and all players <b>MUST</b> wear the protective glasses etc!!!  Please wear appropriate clothing and bring a drink.	<b>£5 per player</b>  <b>10am</b>	<b>5+</b>
				<b>£5 per player</b>  <b>1pm</b>	<b>5+</b>
<b>Wednes day 20.02.19</b>	<b>Virtual Reality</b>	<b>Player-Ready Pool TR15 3RH</b>	2 hours to experience Virtual Reality* (space landing, deep sea encounters, dinosaurs etc) try the Driving Simulators and play with the retro consoles in the Cafe Bar. *VR - You <b>MUST</b> be able to tolerate the headset but, no physical movement is necessary to participate in some of experiences. However, more interactive 360 degree scenarios are available should your young person wish. <b>VERY</b> inclusive.	<b>£5 each</b>  <b>9am – 11am</b>	<b>6+</b>
<b>Wednes day 20.02.19</b>	<b>Trampolining</b>	<b>Jump4 Pool TR15 3RT</b>	<b>EXCLUSIVE CLOSED SESSION FOR CAAP MEMBERS</b> - Bounce yourselves silly, please wear appropriate clothing.  Cafe onsite for refreshments etc	<b>£5 EVERY person bouncing (price includes socks)</b>  <b>1pm</b>	<b>All</b>

<b>Thursday</b> <b>21.02.19</b>	<b>Angel Fit Dance Session</b>	<b>Lanivet Community Centre</b> <b>PL305HG</b>	Family friendly inclusive Zumba session incorporating different styles of music and a bit of pilates.  Please bring a drink and wear comfortable clothes for dancing.	<b>£3 each</b> <b>-12s</b> <b>12pm</b>	<b>All</b>
				<b>£3 each</b> <b>12+</b> <b>1pm</b>	
<b>Thursday</b> <b>21.02.19</b>	<b>Soff Play</b>	<b>Bull Pen Dairyland</b> <b>TR8 5AA</b>	Run off some steam in this closed session at the Bull Pen, cafe will be open for food and drinks.	<b>£3 each</b> <b>5.30pm –</b> <b>7.30pm</b>	<b>All</b>
<b>Friday</b> <b>22.02.19</b>	<b>Cinema – The Greatest Show Man</b>	<b>Longboat Inn Penzance</b> <b>TR18 2HZ</b>	We are trying out the little 16 seat cinema at The Longboat Inn* in Penzance to watch The Greatest Show Man followed with a meal in the cinema's own eating area. Very limited spaces. *There are 5 steps to access the screen and one step to access the cinema restaurant.  STOP PRESS: Now showing The Greatest Show Man after results of poll and not Trolls, plus open to all ages :-)	<b>£5 each including lunch</b> <b>10.30am</b>	<b>All</b>
<b>Friday</b> <b>22.02.19</b>	<b>Horse Riding</b>	<b>Barguse Riding Stables</b> <b>PL26 8RT</b>	An hours horse experience including, grooming and some riding. All equipment included but riders should wear shoes/ boots with a small heal for the stirrups.  Tea & Coffee available.	<b>£10 per rider</b>  <b>12pm/1pm/</b> <b>2pm</b>	<b>All</b>

Please make sure you have read the dos and don'ts of how to book CAAP activities before you send your request email, thank you!!!!

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## *Upcoming Dates in your diary!!!*

<b>Monday</b> <b>25.02.19</b>	<b>Inset Day Activity</b>	<b>West Coast Academy Treleigh</b> <b>TR16 4AX</b>	2 x 45min sessions at £3 each person, per session.  Open to all CAAP members who attend the Special Partnership Trust. Please bring a drink and wear comfy clothes for being active!!	<b>£3 Dance 11am</b>	<b>All</b>
				<b>£3 Gym 12pm</b>	
<b>Friday</b> <b>01.03.19</b>	<b>Carers Event Taking care of you</b>	<b>St Agnes Football Club</b> <b>Postcode TR5 0SS</b>	'Taking care of you. Asking for help. Why we should, how do we do it and who do we ask?' An informal workshop to look at how we can all get overwhelmed by our daily lives and what actions we can take to make life just that bit easier. A chance to have a coffee with friends, share experiences and learn new skills. Workshop facilitated by Nicola Medicott an experienced counsellor, mediator, mum and mental health survivor.	<b>£5</b> <b>10am – 12pm</b>	<b>Carers Only</b>
<b>Sunday</b> <b>03.03.19</b>	<b>Family Swim Session</b>	<b>Newquay Waterworld</b> <b>TR7 2LZ</b>	Our regular family swim session in the fun pool with slides! Please bring your friends and family along if you wish.	<b>£3 per child + 1</b> <b>x carer free</b> <b>All others £3</b> <b>4pm – 5pm</b>	<b>All</b>