

Get to know Heathlands

Supported learning and leisure

Free taster days



Welcome to Heathlands

We'd like to invite you to visit and get to know Heathlands on a free taster day. Our experienced, talented and trained team are available Monday to Saturday to support you with the following:

- Prepare and enjoy lunch with the team.
- Explore the kitchen and make bread or cake to take home.
- Design a t-shirt to take home.
- Explore the outdoors and meet our hens.
- Enjoy Art and Crafts.
- Join Heathlands members at Boccia - friendly, healthy competition accessible to all.
- Join in with Gaming - simple fun team games.
- Explore Animation.
- Make music together with Gamalan: explore rhythm and produce music
- Meet new friends and socialise.

To find out more about Heathlands:

Visit our website www.heathlandscumbria.org

Email info@heathlandscumbria.org

Call **01228 674950**

Visit **Heathlands, Harker Road Ends, Carlisle CA6 4HN**