

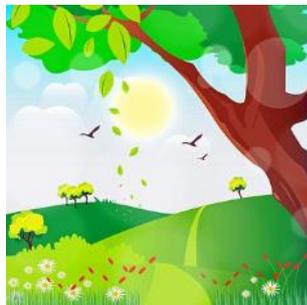
Activities & Events for SEND

For Your Interest

May 2022

Schools Out... for Whitsun!

Are you looking for activities for families in the Plymouth area, including activities for those with additional needs?



If so, you've come to the right place and some activities are **FREE!**

Note: Please check with providers for latest activity and event updates.

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please sign-up at: www.plymouthias.org.uk/



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PLYMOUTH
PARENT CARER
VOICE



PLYMOUTH
CITY COUNCIL



PLYMOUTH
INFORMATION ADVICE
AND SUPPORT FOR SEND

S.E.N.D.

(Special Educational Needs and Disabilities)

CONFERENCE

When?

Wednesday 15th June
9.30 - 2.30

Where?

Plymouth Guildhall
PL1 2BJ

For parents, carers, professionals
and young people with SEND

SEND Conference
Wednesday 15 June 2022, 9:30am-2:30pm,
 Plymouth Parent Carer Voice (PPCV) [SEND Conference](#)

Connect with us on Facebook

Stay up to date with information, activities and events in the Plymouth area by liking us at Facebook.



www.plymouthias.org.uk

Email: pias@plymouth.gov.uk



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Welcome to Plymouth Information, Advice and Support for SEND (PIAS) newsletter.

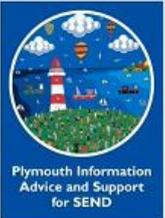
PIAS is the SENDIASS service for Plymouth. We are a free, impartial, and confidential service which aims to empower children, young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.

This month we have created our first ever webinar – “Introduction to PIAS” which is now available on our website at: <https://www.plymouthias.org.uk/>
A huge thank you to Janine and Holly for producing this. We will be uploading more content in the coming months so come and subscribe to our You Tube Channel: [Plymouth IAS](#)

OFFICIAL

An introduction to PIAS

Plymouth
Information
Advice and
Support for SEND



Support for parents, carers, children and young people, regarding special educational needs and disability (SEND – age 0-25)

We have been out and about across the City meeting families at the city wide Step by Step group, Friends and Family Little Steps Together group and the Plympton Health and wellbeing Event. Many thanks to our Volunteer Edith who has supported us in doing this.

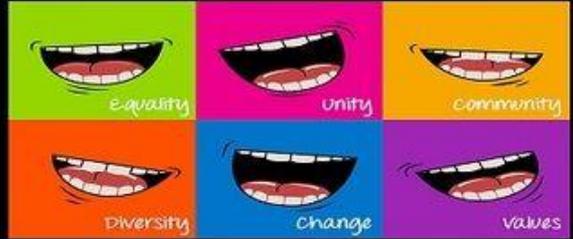
Our new volunteers are part way through their training and have been contacting families to gather feedback about the service they have received from the team.

The SENDIASS case workers have been incredibly busy and are currently supporting over 400 children and young people and 360 families. If you would like to speak to a member of the team then please contact us.

The parenting team have returned to face to face delivery of parenting programmes and have welcomed 2 new parent programme facilitators. A huge thank you to Steve, who has been fantastic in keeping the parenting programmes going while we wait for the new team members to join us. Welcome Jo and Kathryn.

YOUTH ASCENDS

A voice for a positive future



Youth Ascends

Youth Ascends is made up of children and young people aged between 9 and 25 with special educational needs and disabilities (SEND). The group acts to ensure young people's views are taken into account within strategic planning provision in Plymouth.

The group discuss issues that affect them and other children and young people with SEND in Plymouth. They advise from their own experiences and have a passion to make sure that young service users opinions are valued, their views heard equally with other members of society and by professionals in the city.

Recently Youth Ascends has been a part of a National research project with the Children Commissioner office who are researching the impact of the pandemic on school attendance for children and young people with SEND.

The young people had the chance to share their experiences of the pandemic and how they struggled with attending school during this time. This report will be published soon.



Young people can engage with the forum through their educational/post 16 providers/ youth groups or agencies by attending facilitated discussion groups, drop ins, school council meetings or by surveys, email and text communication.

For further information of how you can be involved please contact Youth Ascends on 01752 258933 or email: YPForum@plymouth.gov.uk

We hope you enjoy the information in the newsletter and that the sun shines over the half term break.

Helen

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



PIAS Support to Parents

You can call PIAS for information, advice and support. We are providing our usual service by telephone, email, through our website and Facebook pages.

Parenting Programmes

We have resumed delivering our Parenting Programmes face-to-face. We are currently unable to take any new requests for Strengthening Families 10-14 UK until further notice, but are still accepting applications for future Incredible Year courses. Apply at: www.plymouthias.org.uk/parenting-programmes

Please call us on **01752 258933** or **0800 953 1131** and press

- **Option 1** for **SEND Enquiries**
- **Option 2** for **Parenting Programme or enquiries**

For Enquiries

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Submit an enquiry through our website at: www.plymouthias.org.uk/contact-us/

Alternatively you can email us at: pias@plymouth.gov.uk

Please contact us if you would like to arrange an appointment.

Visit our website at: www.plymouthias.org.uk

Stay up to date with the latest news and information by following us on Facebook: www.facebook.com/plymouthias/



Solihull Approach Online Course

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understand Your Baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 years)

Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



Access Code: TAMAR

Go to <https://inourplace.co.uk/>

Apply the 'access code' for FREE access!

Fill in some details to create an account.

To return to the course(s) go to <https://inourplace.co.uk/> and sign in.

Website: <https://solihullapproachparenting.com/>

Email: solihull.approach@heartofengland.nhs.uk

Telephone: 0121 296 4448, Mon-Fri: 9am-5pm

SHORT BREAKS

Holiday activities for disabled children...



Short Breaks

Holiday activities for disabled children aged 8-18 years.

Tuesday and Thursday, 10:30am-3:30pm

Cost: £15 per person

Short Breaks school holiday sessions for young people with additional needs run twice per week from Devonport Park Activity Centre on:

- Tuesday 31st May 2022:
Off site activity
- Thursday 2nd June 2022:
On site activity



For more details call Lucy on 01752 856702
To book visit: www.bookwhen.com/shortbreaks

Routeways are the broker for all short break activities for children and young people with an additional need in Plymouth.

All enquiries for Short Breaks should contact Routeways in the first instance on **01752 300700**.

Routeways will then discuss with families what they can offer and if it is felt that they cannot meet a young persons needs, Routeways will contact the Short Breaks Team direct.

Please note: It is not always the case that a young person attending a Special School will automatically meet the criteria for Short Breaks and there may be an activity in which that young person can still participate without a specialist package.

Creative Curiosities Sw

Blended social, creative arts, adventurous and mental/sensory wellbeing experiences for neurodivergent children and young people and/ or those with a SEND diagnosis



Social adventurous creative experiences



Bricks for Autism Groups



Drawing and talking



Weekly Youth Music & Theatre workshops



Private tuition Qualified teacher.

www.tickettailor.com/events/creativecuriositiessw

We are an inclusive charitable company working with neurodivergent children and young people across the South West. We are focussed on mental wellbeing, inclusion, and aspirations for all. We offer blended Creative, Therapeutic and Adventurous Activities.

Achievers Crew

Tuesday's, 11am-2pm, Price: £10

The Plot, Union Street, PL1 3EZ

Work experience and skills development for neurodivergent young people age 16+ years. We will draw up an individual scheme of work for you based on your interests.

Performers Workshops

Thursday's, 5-7pm (term-time)

Price: Free

Oxford House Creative Hub, PL1 1TW

Theatre, music, dance and stage combat workshops for neurodivergent young people and/or young people with a SEND diagnosis aged 11 years plus.

A safe place to explore performance skills and learn about the theatre industry from professionals and make sense of emotions through storytelling, drama and real life experiences.

FREE sessions supported by Children in Need.

Creative Curiosities South West

For more details and to book visit:

<https://www.tickettailor.com/events/creativecuriositiessw>

Any queries call or text on 07764 737620

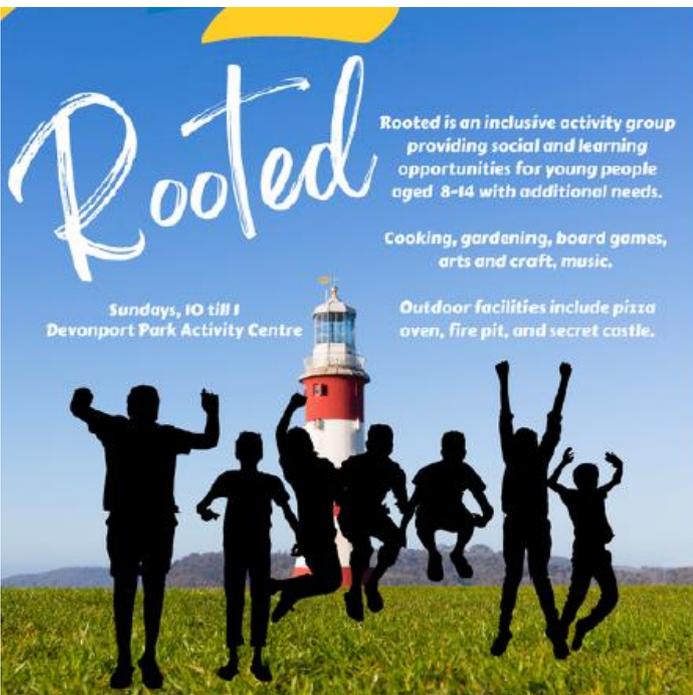
or email: hello@creativecuriosities.org.uk

Little Seeds

Thursdays, 10am-12pm,
£4 per family with 1 child and
£1 additional child

Friendly, social stay and play group for Under 5's and their parents/carers. We welcome children of all abilities and needs and encourage positive interaction with peers. We have experienced staff to support children with disabilities, so come along and chat with us and other carers in a safe and inclusive environment.

Join us for music, gardening, baking, arts and crafts, sensory play and so much more!



Rooted

Sunday's, 10am-1pm
£15 per session

Rooted is an inclusive activity group providing social and learning opportunities specifically for young people aged 8-14 with additional needs at Devonport Park Activity Centre, Fore Street, Plymouth PL1 4BU.

Cooking, gardening, board games, arts and craft, music. Outdoor facilities include pizza oven, fire pit and secret castle.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

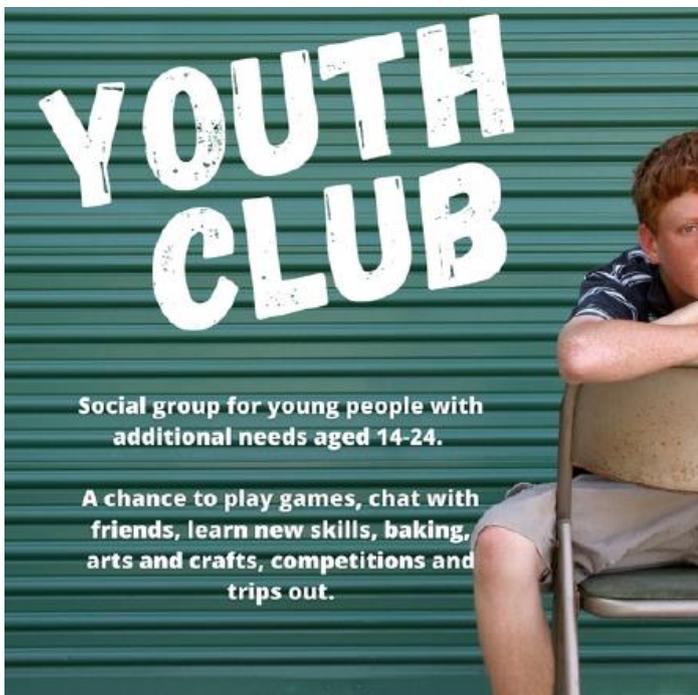
<https://bookwhen.com/routeways>

Growing Together

Transition Group

Friday's, 10:30am-3:30pm (half-day option available)

A social group for young people with a disability aged 16-24 offering vocational opportunities to learn and improve their skills in cooking, gardening, woodwork, computers, personal development and employability skills, social enterprise and other social activities held at Devonport Activity Centre.



Youth Club

Thursday's, 7pm-9pm

£8 a session, booking essential.

Social group for young people with additional needs aged 14-24 alternating between Devonport Park Activity Centre and The Beckly Centre.

A chance to play games, chat with friends, learn new skills, baking, arts and crafts, competitions and trips out.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>

A poster for the SEND Conference. At the top, it features logos for Plymouth Parent Carer Voice, Plymouth Council, and Plymouth Information Advice and Support for SEND. The main title 'S.E.N.D. CONFERENCE' is in large, bold, white letters, with '(Special Educational Needs and Disabilities)' in smaller text below it. A small photo of a smiling child is to the right of the title. Below the title are two boxes: 'When?' with the date 'Wednesday 15th June 9.30 - 2.30' and 'Where?' with the location 'Plymouth Guildhall PL1 2BJ'. A section titled 'What?' lists activities: '1:1 meetings with professionals.', 'Bookable talks and presentations.', 'FREE lunch.', and 'Stalls full of information and activities for parents, carers & families of children & young people with SEND.' At the bottom, it says 'Further information to be announced soon. Priority bookings for registered members of PPCV. Register at Plymouthpcv.co.uk/join/'.

Plymouth Parent Carer Voice (PPCV) annual **SEND Conference** will take place on Wednesday 15th June 2022, 9:30am-2:30pm at Plymouth Guildhall, PL1 2BJ for parents, carers, professionals and young people with SEND.

- 1-1 meetings with professionals
- Bookable talks and presentations
- Free lunch
- Stalls full of information
- And activities for parents, carers, and families of children and young people with SEND.

Find out more at: [SEND Conference 2022](#)

You will need your unique PPCV number to register for the SEND Conference. Register at: www.plymouthpcv.co.uk/join/

Plymouth Parent Carer Voice



NEW Sensory Library

You can borrow new toys, books and activities that stimulate, activate and calm children with SEND

★ ★ ★
READ...
LEARN...
THINK...
CREATE...
DREAM...
ACHIEVE...

Join the library free, using your unique registration number and for a low cost, you can borrow up to 3 different toys for 14 days

Based at PPCV Office
46 City Business Park, Plymouth
PL3 4BB

See our website for more details
www.plymouthpcv.co.uk

Visit the
Plymouth Parent Carer Voice
website at:

www.plymouthpcv.co.uk

Friends & Families of Special Children Young Carers Fun & Freedom Club



Young carers do lots to help someone in their family to get up, to get washed and dressed or to get around in a wheelchair. Some do lots of the household chores like shopping, cleaning, cooking, and maybe look after younger brothers and sisters as well. Do you do some of these things?

The Fun and Freedom Club can offer you:

- Lots of fun with weekend clubs, days out, trips away and activities
- A chance to make new friends in a similar situation to you
- Someone who will listen when you need it and who is on your side
- Information and advice for the whole family.

Joining the club is FREE and all of the activities are subsidised. The club hold monthly meetings, allowing you time to meet other young carers, have some fun away from your caring role and to give you some support and help with any worries or problems that you have.

For more information or to register call **01752 204369**.

Friends and Families also run fun Family Activity days for families with children with additional needs, the whole family can enjoy state of the art facilities including hydro therapy pool, rebound (trampoline) therapy, sensory and interactive rooms. Meet other families and relax in our welcoming and friendly atmosphere.

Activities and Events

Friends and Families offer a range of activities for families with children with additional needs. You can find the latest event on their events page at:

<http://www.friendsandfamilies.org.uk/events/>

To participate in activities you will need to register at:

<https://www.friendsandfamilies.org.uk/register/>

You can find out more about Friends and Families of Special Children by visiting their website at:

<https://www.friendsandfamilies.org.uk/>



Little Steps Together

Are you a parent or carer of a child aged 0-5 with a disability or awaiting a diagnosis?

Join us at Friends & Families for our Little Steps Together sessions.

We will be hosting a fortnightly playgroup, alternating between sessions held at Virginia House and trips/activities out and about.

These sessions are designed for your child to have enriching experiences, opportunities to play with other children, learn new skills and have fun.

Alongside these sessions there will be a parent support group. This will provide the opportunity to meet other parents and carers, gain some information and advice, or just come along for a cup of tea or coffee and relax!

We will be inviting other professionals to come and talk to you such as Jess from our Lending Library, PIAS (Plymouth Information Advice and Support for SEND), Occupational Therapists and more.

Sessions can be booked at:

www.friendsandfamilies.org.uk/services/events/

If you have any questions, please contact Holly at holly@friendsandfamilies.org.uk

If you book for an event or activity and then are unable to attend, please contact us as soon as possible so that we can offer the place to another person. Thank you.

(01752) 204 369 or email: info@friendsandfamilies.org.uk



Supporting Families of Children, Young People and Parent/Carers with Vision Impairment in Plymouth, Devon and Cornwall

Moorvision is a Devon based charity supporting families of children & young people (0-25) and parent/carers who are blind or vision impaired in the South West.

We offer regular family activities, support groups, training days and residential trips. We have a newsletter, website and Facebook page. We enable families to meet others for support and friendship and activities.

We've had a busy start to the year with swimming and theatre trips plus the first of our Press Play Audio Adventure days.

Coming up we have a Sports Day, Outdoor Pursuits, Sailing and a Residential Trip.

We also offer information, advice and support on eye conditions, education, habilitation, large print, audio and braille books, IT, benefits, sports, arts and leisure activities and lots more!

See more about our activities at:
www.moorvision.org/events-whats-moorvision

For further information, please contact us:

Tel 01752 891934 / 07581 566690

Email: info@moorvision.org Web: www.moorvision.org

Facebook: www.facebook.com/groups/161483982931



British Blind Sport First Steps Project



First Steps Goes National!

At BBS we are helping children with sight loss get active with a free sport and fitness pack delivered straight to their door. Our First Steps pack helps children to build confidence, develop skills and, most importantly, have fun.

If your child is aged 3 to 11 with a visual impairment and wants to become active for life, then it's time for them to start their journey with Jangles!

Sign up now to our First Steps project and receive:

- Audible Ball (aka Jangles)
- Exciting Activity Booklet
- Progress Stickers
- Progress Poster
- 1-1 support from our First Steps Officer

For more information, please visit: bit.ly/BBSFirstSteps

Email: firststeps@britishblindsport.org.uk

Call: 01926 424247

Charity number: 1168093 Company Limited by Guarantee Number 10009918

To register, visit:
<https://bit.ly/BBSFirstSteps>



Give a Child a Chance is a local charity based in Plymouth. Our aim is to support Children and Adolescents with emotional, behavioural, and mental health difficulties.

We support the Child and Adolescent Mental Health (CAMHS) teams at Mount Gould Hospital as well as those out in the community. We also award grants to families, community groups, schools and organisations for equipment, transport, building work and activities – anything, in fact, that can help make a positive difference to children’s lives.

Aside from fund & awareness raising we also provide our FREE bi-weekly family friendly BUD Club, to help the whole family where a child is affected by mental health or neurodevelopmental difficulties.

Website: <https://www.giveachildachance.org.uk/>

Facebook: <https://www.facebook.com/giveachildachanceplymouth/>

Email: giveachildachance@sky.com



Plymouth City Council’s Sports Development Unit have received funding from the Department for Education to deliver a city-wide holiday activity and food programme during the 2022 Easter, Summer and Christmas holidays to support families with school aged children from Reception to Year 11 who receive benefit related free school meals.

Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children, Young Carers, children of recognised refugees and children from asylum seeking families. The next Fit and Fed holiday club programmes will be taking place over the summer holiday with details being released in June 2022 at: <https://www.plymouth.gov.uk/fitandfed>

Activities

Giant's Jubilee Tea Party & Parade

Thursday 2 June 2022, 12pm-4pm
at Keyham, Ford & North Downs Park, PL2 2AQ

The Giant Puppets are returning to Keyham and Ford to celebrate the Queens Platinum Jubilee.

There will be:

- A giant puppet parade
- Party games
- Music
- Free cake
- ... and lots more!

Please come long, bring the sunshine, a picnic, blankets and party hats. FREE to attend.



Neighbours & Friends of St. Levan Community Street Jubilee Party

Saturday 4 June 2022, 11am-3pm
along Ronald & Alexandra Terrace

Celebrating the Queen's Platinum Jubilee with neighbours—bring tables, chairs and picnic.

Let's make it a party to remember...

- Make decorations/bunting
- Make food to share
- Provide entertainment/quiz
- Prepare crafts, games etc
- Litterpick before and after.

Got more ideas? Need help?

Join the conversation on Facebook
[@StLevanCommunity](#)





3 Wishes Fairy Festival

Friday 17-Sunday 19 June 2022

at Mount Edgcumbe Country Park, Cremyll,
Torpoint PL10 1HZ

Cost: from £40 per day, under 7's free.

Celebrating the 16th Anniversary.

3 days and nights of camping, glamping and live music, family friendly fairy fun!

100+ free workshops and talks included in ticket price from £40 daily, under 7's free.

Vegan food, fairies, mermaids, unicorns and elves.

Book online at: www.fairyfestival.co.uk

Road Closures for Queen's Platinum Jubilee Celebrations

45 streets will be closed to traffic for street parties over the extended Bank Holiday weekend which runs from Thursday 2 June to Sunday 5 June 2022.

Thursday 2 June 2022

- Whiteleigh Green

Friday 3 June 2022

- Brentor Road
- Stenlake Terrace
- Cardigan Road
- Salisbury Road
- Knighton Road
- Onslow Road Lane East

Saturday 4 June 2022

- Agaton Road
- Glendower Road
- Ronald Terrace, Alexandra Terrace
- Gilwell Avenue
- Eastbury Avenue
- Whiteford Road until Monday 9am
- Pinewood Close
- Pennycross Park Road Lane West
- Linketty Lane West
- Thornill Road until Monday 9am
- Princess Avenue
- Huxham Close
- Fanshawe Way
- Nicholson Road
- Mowhay Road
- Palmerston Street
- Powisland Drive
- Honicknowle Green

Sunday 4 June 2022

- Compton Avenue
- Clevedon Park Avenue
- The Grove
- Rendle Stree
- Shirburn Road
- Rosslyn Park Road
- Vine Gardens
- Beechwood Terrace
- Springfield Avenue
- Linketty Lane West
- Park Street
- Alfred Street
- Chestnut Road
- Glenavon Road
- Boringdon Road
- Draco Drive
- Hotham Place
- Manor Street Central Street
- Honicknowle Green

Find out about more events going on in Plymouth for the Bank Holiday weekend at:

[Platinum Jubilee](#) and [Visit Plymouth](#)

May Half Term at Dartmoor Zoo

Sounds of the Wild!

Sat 28 May—Sun 5 June 2022

Who made that squeak? Whose roar can you hear? Visit Dartmoor Zoo this May half term and celebrate the music and sounds of the animal kingdom. Successfully complete our interactive sounds of the wild trail to discover the crazy noises made by our animals and win a musical prize!



Book online at:

<https://www.dartmoorzoo.org.uk/events/may-half-term-sounds-of-the-wild/>

Roar 'n' Snore

Sat 4 Jun, 16 Jul & 20 Aug 2022

Ever wanted to spend a night in the zoo? Roar 'n' Snore is back offering a unique opportunity to see and hear what life is like after the gates close between dusk and dawn, when many residents come out to play.

With a private close encounters session, a keeper-led tour of the zoo and a campfire, experience an unforgettable camping trip like no other.



Book online at: <https://www.dartmoorzoo.org.uk/events/roar-n-snore/>

Churchwood Forest School—Family Forest Days 2022

Come and explore our magical woods, at Churchwood in Wembury. Build dens, use tools, set fires, create some wild art and make wonderful family memories.

Dates:

- Sunday 3 April
- Sunday 1 May
- Sunday 5 June
- Sunday 3 July
- Sunday 3 July
- Sunday 7 August
- Sunday 4 September
- Sunday 2 October
- Sunday 6 November
- Sunday 4 December

A promotional graphic for Churchwood Forest School's Family Forest Days 2022. It features a green background with white text. The text includes 'DATES' followed by a list of dates from Sunday 3rd April to Sunday 4th December. Below that is 'PRICE' followed by '£8 per person non-walkers are free optional camp fire lunch £5 adults / £3 children'. To the right is the Churchwood Forest School logo and a description: 'Come and explore our magical woods, at Churchwood, in Wembury. Build dens, use tools, set fires, create some wild art and make wonderful family memories.' There are also three small images showing children participating in the activities.

To book your place, please go to: www.bookwhen.com/churchwoodforestschool

Price: £8 per person, non-walkers are free.

Optional camp fire lunch £5 Adults / £3 children

Book your place at: www.bookwhen.com/churchwoodforestschool



Helping you
enjoy storytime
from home

#BookTrustHomeTime



HomeTime for children aged 5 and under

Fun stories and activities to keep you and your child entertained at home:

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>



Free fun activities!

You can find lots of free and exciting activities inspired by the wonderful characters in David Walliams' books. Download the free activity sheets for hours of fun and learning at home.

See: [The World of David Walliams Activities](#)

Whizz-Kidz have some really exciting online activities running for young wheelchair users aged 8-25 via zoom. We offer fun activities like disco's, crafts, baking, coffee mornings and so much more. We are also running Employability Days and Employability hubs.

All services are free of charge. The young person or their parents will just need to fill out a form.

If you would like to find out more information, please contact Ria Dummelow on **07867 124901** or email: r.dummelow@whizz-kidz.org.uk



See Website: <http://www.whizz-kidz.org.uk/>
See Facebook: <https://www.facebook.com/whizzkidz/>

Whizz-Kidz, 2nd Floor, 30 Park Street, London SE1 9EQ
Company limited by guarantee. Registered in England and Wales (No. 2444520). Registered Charity No. 802872.



@AccessSport #StayActiveWithAccess #StayInWorkout

For a full list of opportunities, go to www.accesssport.org.uk/inclusive-activities



Funded By:



Access Sport have put together lots of inclusive great resources and activities. See their website at: www.accesssport.org.uk/Pages/Category/inclusive-activities

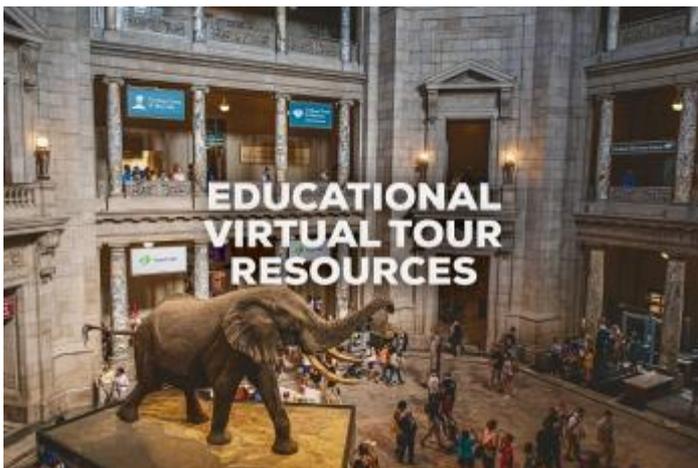
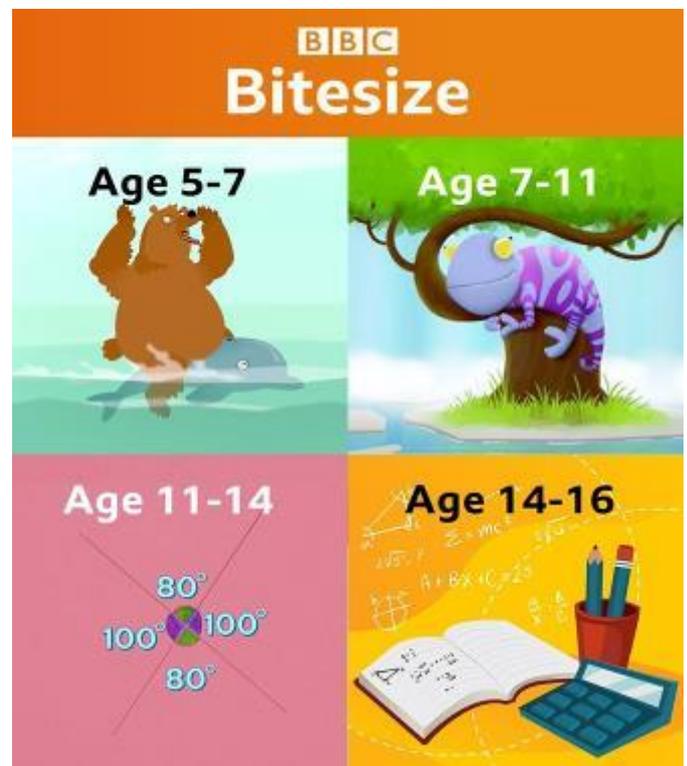
You can also find lots of [online activities](#) where you can join in ‘live sessions’ in real time or do in your own time at home.

[Sign up](#) to their weekly newsletter.

Find them on Facebook: www.facebook.com/AccessSport/

Bitesize have put together lots of resources for years 1 to 9 which can be used for home-learning or in the classroom.

<https://www.bbc.co.uk/bitesize>



[Free Virtual Tours of World Museums, Educational Sites & Galleries for Children](#)



Find local activities with free app Hoop including activities for young people with special educational needs and disabilities.

<https://hoop.co.uk>



Free to join!

Who we are

We are a youth-led charity offering a range of free, inclusive activities and projects on Zoom, every week.



What do you do?

From choir to exercise, talent shows to crafts, and everything in between! The best thing is, you can join in from the comfort of your own home.

Joining in is free and really easy!

Find our more and register here: [keenuk.org/virtualkeen](https://www.keenuk.org/virtualkeen). We'll be in touch straight away to get you online with us!



100%

of new participants wanted to return for the next session!

Follow us! @loveinclusion



info@keenuk.org | www.keenuk.org
07729 286992

Register at: <https://www.keenuk.org/virtualkeen>

ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

We offer

Art & Craft Days

for adults with Learning Disabilities
in a small, creative, safe space



Tuesdays & Thursdays

10am – 4pm



Come for an hour or all day, the choice
is yours.

Booking essential

William Sutton Community Hall, 6 Shelley Way, St Budeaux,
Plymouth PL5 1QF

ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

Due to ongoing success
our

Mental Health & Wellbeing Art & Craft Group

is now open

Wednesdays & Fridays

10am – 4pm



Come for just an hour or all day, the
choice is yours.

Booking essential

William Sutton Community Hall, 6 Shelley Way, St Budeaux ·
Plymouth PL5 1QF



National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm

Timed entry—tickets must be booked online and a time slot chosen

There are now 3 ticket types **Saver, Standard and Peak** depending on when you visit but regardless of time, the following will always be true:

- All tickets come with a complimentary free year pass to the Aquarium
- Child tickets are always half the price of adult tickets
- Senior tickets are always £2 less than adult tickets
- Student tickets are always £5 less than adult tickets
- If you live in a PL postcode, you can now purchase a **Locals Pass** meaning you'll always pay the **Saver** ticket price.



[Book online](#)



Aquarium Toddler Club
Thursday's, 10:30am-11:30am
Price: £3 per child, suitable age 2-4 years (pre-book online essential)
Join our Ocean Discovery Rangers in the Waves Café on Thursday mornings for adventures around the Aquarium, crafts, songs and stories.

[Book online](#)



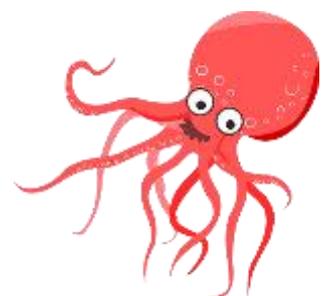
Quiet at the Aquarium
Monday's 30 May, 1 & 29 Aug, 24 Oct & 19 Dec 2022
Time: 5pm-7pm or 5:30pm-7:30pm
Price: £8 per child / £10 per adult / Carers (1:1 ratio) and under 3s FREE
A special after hours two hour event that allows families and people with autism and / or other sensory needs to enjoy our exhibits without the noise and distractions of our daily shows.

[Book online](#)



**National Marine Aquarium,
Rope Walk, Coxside, Plymouth, PL4 0LF**

For more details see website:
www.national-aquarium.co.uk
or call 0844 8937938



Visit Wembury Marine Centre to learn about the surrounding area and it's wildlife through interactive and informative displays, regular Rockpool and Snorkel Safaris and other marine themed events. Open between April and September, Tues—Sun, 10am-4:30pm. For more information visit www.wemburymarinecentre.org Booking Essential for all events. Bring your wellies or other sturdy shoes which can get wet for rockpool safari's! All children must be accompanied by an adult (except Snorkel Safari's)



Rockpool Safari

Sun 29 May – 11am-12:30pm

Sun 19 Jun – 3pm-4:30pm

Price: £5 per person (suitable age 4+)

Children must be accompanied by a paying adult.

Join Devon Wildlife Trust for a guided rockpool safari to meet and learn about some of Wembury's most famous inhabitants, from crabs to starfish and everything in between!

[Book Online](#)

Platinum Rockpool Safari

Tue 31 May – 12pm-1:30pm

Wed 1 Jun – 12:30pm-2pm

Thur 2 Jun – 1pm-2:30pm

Price: £5 per person (suitable age 4+)

Children must be accompanied by a paying adult.

Our expert team will take you on a guided rockpool safari to meet and learn about some of Wembury's most famous inhabitants, from crabs to starfish and everything in between!

[Book Online](#)

Tots & Toddler Rockpool Safari

Sat 18 May – 10:30am-11:30am

Sun 12 Jun – 10:30am-11:30am

Price: £5 per child / adult free (suitable 4 years and under)

Join Devon Wildlife Trust for a mini rockpool safari aimed at tots and toddlers.

[Book Online](#)

Snorkel Safari

Sat 18 Jun – 1pm-3:30pm

Sat 25 Jun – 10am-12:30pm

Sat 2 Jul – 12:30pm-3pm

Sat 16 Jul – 12:30pm-3pm

Sat 28 Jul – 10am-12:30pm

Sat 13 Aug – 12pm-2pm

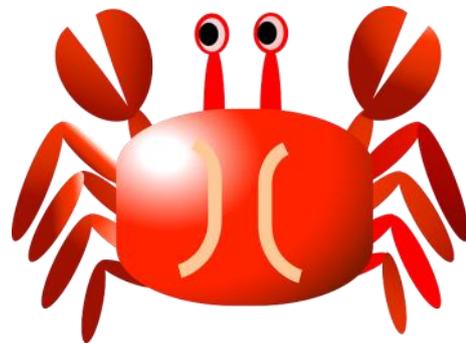
Price: Adult/Child £25

(+ £20 cash deposit for kit, returnable)

Suitable: Adults / children age 8+, beginners or more advanced snorkelers, competent swimmers.

Join our fully trained BSAC Snorkel Instructors for a guided snorkel safari around the stunning Wembury Bay! We will cover basic snorkelling techniques followed by a snorkel around Wembury's famous rocky reefs searing for and identifying underwater marine life. Full kit can be provided and is included in the cost.

[Book Online](#)



Wembury Marine Centre

Church Road, Wembury, PL9 0HP

Tel: 01752 862538

info@wemburymarinecentre.org

Plymouth Libraries

Plymouth Libraries are open to the public for browsing books, book returns, collection of reserved books and pre-bookable PC use. Find out opening days and times of each library and information on safety measures when visiting from our website:

[Coronavirus \(COVID-19\) Information about Libraries](#)

Find activities and events in [Plymouth Libraries](#).

Follow [Plymouth Library Facebook](#):

- **Storytimes**—Every Monday and Friday at 10am



Sign up for a free Library Card

You can join the library [online](#).

The library will then be in touch via email to confirm a few details and then email you your library card number.

If you join the library online, you'll need to visit a library to pick up your card.

With your Library Card Number and PIN you can:

- [Download eBooks and eAudiobooks](#)
- [Download Kids eBooks and eAudiobooks](#)
- [Download free digital magazines and comics](#)
- [Reserve and renew items online](#)
- Use the computers and Wi-Fi in libraries for free
- Use [online resources](#) including dictionaries, encyclopaedias, streaming music, newspapers, homework help and more.

FINDALOTS Library Challenge

The FINDALOTS are aliens sent to earth to discover more about our world. Aimed at 4 to 11 year olds, all children who sign up will receive a special Findalots library card and activity journal.

To receive a sticker, children need to read 4 books each month.

Sign up at any [Plymouth Library](#)



Big Up Your Book

Wednesday's, 4pm-4:30pm (via MS Teams)

This is a digital book group for children every Wednesday.

To find out more or to book, email: library@plymouth.gov.uk with your child's name and library card number.



The Box

The Box is Plymouth's new heritage centre incorporating a museum, gallery and archive. It also features a café, shop and bar along with an "archive in the sky" with research and learning facilities and a major new public square for gigs, performance, theatre and events.



The Box promises an incredible experience and boasts six outstanding national collections, over two million artefacts, archives, film, photographs, figureheads, the Mayflower and a mammoth!

To visit, [book online](#).

Events

[Another Crossing - Artist Revisit the Mayflower Voyage](#)

Until Sunday 5 June 2022, 10am-5pm

Cost: Free admission.

10 artists. 4 nations. Centuries of making. This exhibition is part of our ongoing Mayflower 400 commemorations.

[Family Fun: Jubilee Bunting and Flags](#)

Date: Sat 28, Sun 29 & Tue 31 May 2022

Times: 10:30am-12:30pm or 1:30pm-3:30pm

Cost: Free, no need to book. Drop in session.

Join us during May half term to cut, colour, stitch and decorate triangles to add to The Box bunting ribbon or make a flag to wave as the nation marks the Queen's Platinum Jubilee.

[Family Fun: T-shirts to Tote Bags and Peg People](#)

Date: Wed 1 – Sat 4 Jun 2022

Times: 10:30am-12:30pm or 1:30pm-3:30pm

Cost: Free, no need to book. Drop in session.

Bring in an unwanted long or short sleeved t-shirt and work with our creative experts to transform it into a really cool bag. If you don't have an old t-shirt to repurpose we'll also be making peg people.

For more information and events see: [The Box Events](#)

For more information and to keep up-to-date see The Box website:

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



Pease check National Trust website for latest updates.

 National Trust

Saltram

Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-5pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. The house is open from Thurs—Mon, 11am-4pm each day. The Park Café is open from 10am-5pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) offering a range of hot and cold drinks and food.

For the latest information, see: [Saltram](#)

Saltram Pillars Walk

Take an easy one-mile walk from Saltram House that follows parkland and woodland, providing distant views of the estuary, Plymouth and Cornwall.

Saltram Boundary Walk

This walk follows parkland and woodland, providing views of the estuary and Blaxton saltmarsh.

More Information: Admin Office 01752 333500
saltram@nationaltrust.org.uk



Plymbridge Woods

Plympton PL7 4SR

The Plym Valley consists of varied habitats from riverside meadows, ancient woodland and the wilderness of Dartmoor. Car parks at Plymbridge, Cadover Bridge and Shaugh Prior provide good starting points to explore the area on foot or bike. For the latest information, see: [Plymbridge Woods](#)



Plymbridge Wood Family Cycle Trail

Follow the route of the old Great Western Railway track taking in industrial remains, towering quarry faces and breathtaking viaducts as you travel through glorious woodland before emerging out into open countryside. Start at the Plymbridge Woods car park (grid ref SX523585) for a 10 mile (16km) ride taking approximately 1 hour. See: [Plymbridge Woods Family Cycle Trail](#)

Woodland Wander Walking Trail

Enjoy a dog friendly circular walk alongside the River Plym through ancient woodland. Start at the Plymbridge Woods car park (grid ref SX523585) for a 1 mile (1.6km) walk taking approximately 30-40 minutes. See: [Woodland Wander](#)

Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail

Step back in time on a walk through Dewerstone, the site of many archaeological finds dating back as far as the Bronze Age. Start at Shaugh Bridge National Trust car park, near Shaugh Prior (grid ref SX533637), Plymouth PL7 5HD for a 3.5 miles (5.6km) walk taking 2-3 hours. See: [Bricks, Boulders & Bronze Walk at Dewerstone](#)

More Information: Admin Office 01752 341377
plymbridgewoods@nationaltrust.org.uk

Crownhill Fort

The Landmark Trust

Crownhill Fort is the best preserved of Plymouth's Victorian defences and has been managed by The Landmark Trust since 1987. The fort has 12 acres of grounds open to the public and also museums with exhibits from the late 19th and 20th centuries.

Crownhill Fort have a number of open days / evening and pre-booked tours available to book throughout the year including Friday 27May 2022.

Find out: [What's on at Crownhill Fort](#)

Admission Prices:

£5.00 Adults / £3 Child (age 5-15)

Tickets must be purchased in advance.

For more information contact the Fort Office on 01752 793754

Visit the [Crownhill Fort](#) website.

Buckland Abbey

Yelverton, PL20 6EY

Buckland Abbey gardens and estate walks are open daily from 10am-5pm. The Abbey (11am-4:30pm) and Great Barn (10am-5pm) are also open daily. The Ox Yard Café is open 10am-5pm with limited indoor seating for takeaway and eat in light lunches and snacks.

For the latest information see: [Buckland Abbey](#)

Abbey Walks

Buckland Abbey has three estate walks all starting from the Great Barn and are also suitable for walking dog walking (please keep on lead). There's a walk for everyone with an easy, medium and hard route. The Yellow walk is a buggy and wheelchair friendly 15-20 minute walk taking you over the fields with an excellent view of the valley and Cistercian buildings.

Queen Bee Trail

Dates: From Sat 28 May 2022 through Summer, 10am-5pm

Cost: Free, booking not required. Normal admission applies.

This summer come and find out what makes a Queen Bee buzz at Buckland Abbey. Bees are a vital part of our ecosystem and an important part of nature. So head out on our yellow route and follow the bee trail to discover important facts about what makes a bee a Queen and how you can keep bees safe. Collect your trail sheet from the Visitor Welcome and fill in the facts. Pushchair friendly route.

History of the Abbey through Art

Dates: Most Monday's, 2pm-3:30pm

Cost: Free event, booking not required. Normal admission applies.

Each Monday at 2pm, you can come and discover the history of Buckland Abbey told through the artwork on the walls. Collect a ticket from Visitor Welcome, then meet the tour guide at the entrance to the Abbey. Tours available most Mondays, but please check website for specific dates.

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk

Antony

Torpoint, PL11 2QA

Antony is open Tuesday, Wednesday and Thursday each week, (Fri 3 Jun) and Sunday's from June. The garden's and café are open from 12:30-4:30pm and the house 12-5pm. Before visiting, please check the [opening-times calendar](#)

For more information see: [Antony](#)

Platinum Jubilee Party

Dates: Tue 31 May—Fri 3 Jun & Sun 5 Jun 2022, 12 noon-5pm

Cost: Free, booking not required. Normal admission applies.

Join in with the regal festivities at Antony this May half-term. There's lots to see and do including a raising of the flag ceremony (1pm daily), jubilee party bags (cost £3, includes paper crown, union jack flag, red, white and blue seeds and garden quiz) and a picnic garden party.

More Information: Admin Office 01752 812191

antony@nationaltrust.org.uk



Lydford Gorge

Lydford, EX20 4BH



Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10:30am-4:30pm.

Please Note: The Devil's Cauldron trail and viewing platform remain closed for extended repairs. The River trail, taking in most of the gorge trail and shorter Waterfall trail are both open.

For the latest information see: [Lydford Gorge](#)

Lydford Gorge Waterfall Trail

Head into Lydford Gorge to find the Whitelady Waterfall that has been drawing visitors since Victorian times. Take the scenic route back up through semi-ancient oak woodland and along the route of the old Great Western Railway. Start at Lydford Gorge Waterfall car park (grid ref SX501831) for a dog friendly 1 mile (1.6km) walk, taking approximately 1 hour. For a trail map and directions see: [Lydford Gorge Walking Trail](#)

Lydford Gorge River Trail (Closed from Monday 1 November 2021)

The walk begins as a woodland walk before the trail heads off down into the gorge to find the towering Whitelady Waterfall. Then follow the river up stream past Tunnel Falls to the tranquil Pixie Glen back to where you began. Start at the Lydford Gorge Devil's Cauldron car park (grid ref SX508844) for a challenging 2.5 miles (4km) walk, taking approximately 2 hours. For more information see: [Lydford Gorge River Trail](#)

Charcoal Drawing Workshop

Dates: Thur 26 May 2022, 11am-1pm

Cost: £8, booking not required. Normal admission applies.

Join Learn Devon for a charcoal drawing workshop. This is a fun art session with no drawing experience necessary. Take a walk and soak up inspiration from the natural environment. Sharpen your powers of observation, have a go at mark-making, and play with different techniques to help you capture Lydford Gorge in charcoal.

More Information: Admin Office 01822 820320

lydfordgorge@nationaltrust.org.uk

'50 Things' to do Outdoors Activity Guide

Want to make some of your own fun? You can download a '50 Things' activity sheet and challenge yourself to tick off as many **'things to do before you're 11 and 3/4'**... including get to know a tree, go on a welly walk, have a picnic in the wild and find some funky fungi!

Download your activity sheet at:

<https://www.nationaltrust.org.uk/documents/50-things-activity-list.pdf>



Cotehele

St Dominick near Saltash, PL12 6TA

Cotehele gardens are open daily from 10am-5pm, the estate and quay from dawn to dusk. Cotehele House is open from 11am-4pm daily and Cotehele Mill from 11am-4:30pm. Please note that due to flood damage, the mill is currently unable to operate and produce flour. The Barn restaurant located in the garden at Cotehele is open daily from 10am-5pm serving hot and cold drinks, lunches, cream teas and light snacks. For the latest information see: [Cotehele](#)

Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there are lots of walks you can take your dog on. There are 4 dog waste bins on the estate. Download the [Walkies: Dogs at Cotehele Guide](#)

Cotehele Quay

Visit the historic Cotehele Quay on the banks of the River Tamar where goods were once shipped to and from Plymouth. Built in Plymouth in 1899, you can also see 'Shamrock', the only fully-restored Victorian ketch-rigged sailing barge in the world. Parking: The pay and display car park on the quay is open from dawn to dusk. National Trust members can park for free by scanning their membership card at the parking machine.

Brilliant Bees at Cotehele Mill

Dates: Daily, 11am-5pm

Cost: Free, booking not required. Normal admission applies.

This summer we're celebrating our Brilliant Bees with a trail on the meadow at Cotehele Mill. Pick up a trail sheet from reception at the Mill and explore to find the six different bees hiding among the wildflowers.

Platinum Jubilee Picnics at Cotehele

Dates: Sat 28 May—Sun 5 Jun 2022, 10am-5pm

Cost: Free, booking not required. Normal admission applies.

There's lots going on at Cotehele and Cotehele Mill to celebrate the Queen's Platinum Jubilee. Bring a picnic, pick up a blanket from reception and follow the afternoon tea-trail to the orchards to join the fun.

More Information: Admin Office 01579 351346 press 0
cotehele@nationaltrust.org.uk



**National
Trust**

For more events and places to visit see
[The National Trust](#) website.
www.nationaltrust.org.uk

What is the Green Minds Project?

Green Minds is a project that is helping Plymouth become a better place for wildlife and people. We run free nature-themed events in Central Park and other greenspaces in the city.

Find out more about the Green Minds Project at: www.greenmindsplymouth.com

Green Mind Events

Wed 15 Jun 2022, 6pm-7pm Butterflies in Plymouth (online talk)

Join Jess Smallcombe from Devon Biodiversity Records Centre to learn which species you're likely to see in Plymouth and how to identify them. What do butterflies need to prosper? We'll give you tips on how you can help.

Wed 16 Jul 2022, 10am-1pm Invertebrates—Celebrating some of our Smallest Creatures

Join us to find out more about the amazing insects that live all around us but often go unnoticed. We will search for mini-beasts such as butterflies, bees and beetles that live at Central Park, learn how to identify them and discover more about their lives.

Wed 13 Jul 2022, 6pm-7pm Plymouth Sound's Amazing— Marine Life on our Doorstep (online talk)

Join this online talk to find out more about the intriguing marine life around Plymouth Sound. From fish that build nests, crabs that decorate themselves to sea-slugs that recycle weapons, Devon-based marine biologist Paul Naylor will tell their stories through his underwater photographs and video clips.

Thur 4 Aug 2022, 10am-12pm Green Minds Project—Summer Wildflower Walk

Join Jess Smallcombe from Devon Biodiversity Records Centre us to explore the wildflower meadows of Central Park, Plymouth. Learn about the different wildflowers that grow here and the work Green Minds is involved in at Central Park.

For more events and to book, visit:
<https://greenmindsplymouth.com/events>

Love Exploring

Have you ever visited a place and wished there was more to do? Love exploring includes free games, trails and detailed maps to help you discover more about a place and have fun. Explore together with the free Love Exploring app which includes the Dinosaur Safari trail at Central Park.

Find out more about the [Love Exploring App](#)

Download the android app at: [Google Store](#)

Download the iOS app at: [Apple Store](#)



Interactive Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails app features self-guided walking trails throughout Plymouth and gives visitors and locals alike the chance to explore the city through new eyes and discover more about its complex history.

The app includes three new tailored trails: **Mayflower Trail**, **City Centre Trail** and **Plymouth Hoe Trail**. It also hosts free partner trails including the **American Trail** and the **Sutton Harbour Heritage Trail**. Other trails will be added in the future.

The app is available to download on Android or iOS. The app and core trails are available in English, French, Spanish and German.

[Find out more](#)



Explore the Nature Trail in Ham Woods

The Friends of Ham Woods have been busy creating a nature trail across the site for you and your families to follow during the summer months.

There are 15 wooden discs to find across the woods which will be hidden in the trees, each with a different animal depicted on it. Information about each animal will be posted to their [Facebook Page](#).



For more information on parks and greenspace in Plymouth contact wildlife@plymouth.gov.uk





Burrator, Devon

Burrator Reservoir is the jewel of Dartmoor and lies within Dartmoor National Park. Surrounded by open moorland and dramatic tors, historic settlements and a Nature Reserve it offers a unique day out for families, nature enthusiasts and historians alike.

Walking at Burrator

Explore miles of open moorland, including an easy access 1.5km wildlife trail in the Arboretum suitable for wheelchairs and pushchairs.

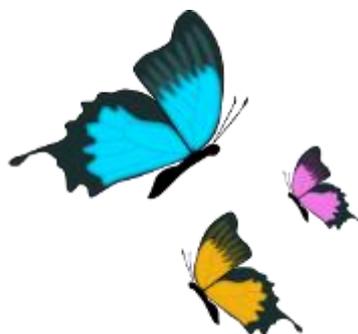
Burrator Discovery Centre, Yelverton, Devon PL20 6PE

Open 11am-4pm daily

Visit the Discovery Centre to find out how the reservoir was constructed, the location of historical sites, where you can walk in the area and lots more! Pick up your free map of the site or download: [Welcome to Burrator Reservoir](#).

Find out more about Burrator Reservoir at:

<https://www.swlakestrust.org.uk/burrator>



What's On

Young Company

Theatre opportunities for everyone age 5-25

Work with professional artists to develop your skills for the stage or behind the scenes. The Theatre Royal Plymouth's Young Company is a great way to increase your skills and confidence in a fun and friendly environment.

Young Company courses are now open to non-members.



Holiday Activities

Date: Wed 13—Sun 17 Apr 2022

Venue: The Lyric

Tickets: From £13

TRP offer intensive week-long Theatre Academies in the Easter and Summer Holidays giving young people the chance to develop their skills with professional theatre-makers in a fun and exciting week of activities.

Look out for family-friendly workshops filled with lots of movement, rhyme, storytelling and fun.



[See What's On](#)

Call the Box Office on **01752 267222**

Les Misérables

Date: Tue 24 May—Sat 11 Jun 2022

Venue: The Lyric

Tickets: From £56

Suitability: Age 8+

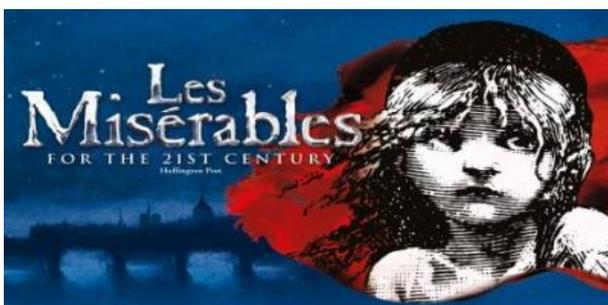
Running Time: 2 hours 55 mins

Returning by popular demand following a sell-out run, Les Misérables is undisputedly one of the world's most popular musicals.

Audio described performance—Thu 2 Jun 2022, 7:30pm

Captioned performance—Thu 9 Jun 2022, 7:30pm

BSL interpreted performance—Fri 10 Jun 2022, 7:30pm



The Play that Goes Wrong

Date: Mon 27 Jun—Sat 2 Jul 2022

Venue: The Lyric

Tickets: From £18

Suitability: Age 8+

Running Time: 2 hours (includes interval)

Mischief's multi award-winning international smash hit comedy returns to Plymouth. The Cornley Drama Society are putting on a 1920s murder mystery, but as the title suggests, everything that can go wrong... does!

Don't miss this brilliantly funny comedy that's guaranteed to leave you aching with laughter!



Stiltskin at the Soapbox Children's Theatre

On the corner of Milne Place and Exmouth Road, Devonport Park, Plymouth PL1 4RD

Stiltskin's Soapbox Children's Theatre is Devon's award winning independent children's theatre based in Plymouth and one of only a handful of theatres in Britain that specialise in producing theatre and cultural events for children.

Pipsqueak—The Adventures of a Baby Dragon

Sat 28 May—Sat 4 Jun 2022, Various Times

Price: £10/12 (early bird tickets), under 1 free

Suitable: 18 months—8 years plus big people.

Pipsqueak the dragon lived in a pot, that sat on the stove because it was hot. Join the adventures with Pipsqueak and friends.



The Secret Storyteller

Sat 18 Jun 2022, 1pm

Price: £6.50 (Children under 3 free)

Suitable: All the family, age 4 years+

Come and join us somewhere, not far from Plymouth, in a secret location for a mystery story from The Secret Storyteller. The day before the event, you'll be sent instructions for what you need to bring and how to find us. The location will be in an area of natural beauty or historical interest... or both!



Family Twilight Tales

Fri 8 Jul 2022, 6pm-7pm

Price: £6.50 child/adult (under 1 yrs free)

Suitable: All the family

Toast, jam, hot chocolate and a great story... What better way to end the week? Storytelling performances with The Soapbox Theatre's in-house storyteller extraordinaire, Jacqueline Slade.



Workshops & Clubs

Stiltskins Children's Theatre Company also offer pre-school activities during the day and after school and holiday clubs for children age 4-15 years.



For more information see:

<https://stiltskin.org.uk/>



ReBels

Opportunities for young people at the Barbican Theatre... Register your interest at joining ReBels at [ReBels Training](#)

Barbican Theatre talent development classes have returned for 12-25 year olds—only £60 for an entire year and you can choose as many sessions as you like for your age group!

ReBels Summer 2021 Programme

- [ReBels ages 12-15](#)
Theatre, dance, music, writing, film and more.
- [ReBels ages 14-18](#)
Theatre, dance, music, writing, film and more.
- [ReBels ages 18-25](#)
Theatre, dance, music, writing, film and more.
- [ReBels Music ages 15-25](#)
Giving young people access to explore all lines of work in the music industry.
- [Digital ReBels Online Classes ages 14-18](#)
Weekly via Zoom,
- [ReBels Masterclasses](#)
Theatre, dance, technical, producing, finance and more (via Zoom).

ReBels BHive

This is an online group to develop online content like podcasts, films and live-streaming. So if you're not ready for face-to-face yet, you can still be part of the [ReBels B-Hive](#).

Follow: [Barbican Theatre Facebook](#)

Visit the Barbican Theatre website:
<https://barbicantheatre.co.uk/>

Sport Activities

Devon FA



DISABILITY FOOTBALL IN PLYMOUTH

Pan Disability Football

- Across the County, the Devon Ability Counts League offers competitive and participation opportunities for youth and adults players with physical and learning disabilities
- Within Plymouth there are opportunities to join local disability Football teams and sessions within the area including Plymouth Argyle Youth, Keyham Kolts Active Autism, Plymouth Warriors, Club Plymouth FC and Special Olympics Plymouth Football sessions (see over leaf)



Power Chair Football

- Ocean City Power Chair Football originated in the city in 2013 and has participated in Wheelchair and Power Chair Football Festivals across Devon. The club is currently part of the South West Powerchair Football League.
- The club train on a monthly basis in Plymouth. If you're a wheelchair user and would like further information, please contact Jenny Brooks to sign up and for further details: 07581 363366 / oceancitypfc@outlook.com



Youth Pan Disability Football

- Barne Barton Rangers Junior FC Disability Football sessions at the Riverside Primary School.
- If you would like to attend a Football session please contact Michelle (Head Coach) by phone 07841 020162 / seachelle73@sky.com



DISABILITY FOOTBALL IN PLYMOUTH

Team / Session	Age	Day	Venue	Contact
Keyham Kolts Autism Active	Youth (5-16 years)	Tuesday 6pm-7pm	Devonport High School, Plymouth, PL2 3DL	Sarah Brooks: 07827 336086 taffytilder@yahoo.co.uk
Plymouth Argyle Ability Counts Club	Adult (16+) Male and Female	Wednesday 7.30-8.30pm	Manadon Sports & Community Hub, St. Peter's Road, Plymouth PL5 3DR	Male and Female Teams Alice Young: 07519 773640 Alice.Young@pafc.co.uk
Plymouth Argyle Ability Counts Club	Youth (5-16 years)	Tuesday 5.30-6.30pm	Goals Soccer Centre, Outland Road, Plymouth PL2 3DE	As above
Special Olympics Plymouth Football	Adult (16+)	Sunday's 10am-12pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Male and Female Teams Ralph Stubbs: 07469 195006
Tavistock Specials Football Club	Adults and Youth	Friday's 6pm-7pm	Tavistock AFC, Crowndale, Tavistock PL19 8BY	Allen Lewis 07749 798808
Club Plymouth Parkway FC	Adults (16+)	Friday's 7.30-8.30pm	Lipson Community College, Bernice Terrace, Lipson, Plymouth PL4 7PG	Graham Eyles Phone: 07805403301 eyles19@hotmail.com
Ocean City Powerchair Football Club	Adults and Children	Saturday's	Plympton Academy, Moorland Road, Plympton PL7 2RS	Jenny Brooks 07581 363366 oceancitypfc@outlook.com
Plymouth Warriors	Adults (16+)	Thursday's 7pm-8pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Luke Childs 07772 336694 lukechilds.pwfc@yahoo.com
Plymouth Warriors	Youth (8-16 years)	Thursday's 6-7pm Sunday's 12pm-1pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Luke Childs 07772 336694 lukechilds.pwfc@yahoo.com

If you would like to get involved in Disability Football as a player, coach, club or volunteer please contact Ashley Harris, Disability Development Officer.

Phone: 01626 323560 / 07912 089838 / Email: ashley.harris@devonfa.com

Whitsun Holiday Soccer Roadshows 2022



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 4-15 years and run from 9:30am—3:30pm (except Mini Kickers for age 3-6 years from 10am—11am). Registration opens at 9am.

Venue	Date	Cost	Theme	No.
Manadon Sports Hub	Mon 30 May	£20	Football Roadshow	P1
Plympton Academy	Mon 30 May	£20	Strikers & Goalkeepers	P2
Manadon Sports Hub	Mon 30 May	£20	Girls Only	P3
Hooe Primary	Mon 30 May	£14	Football Roadshow	P4
Wembury Primary	Tue 31 May	£14	Multi Sports	P5
Lipson Vale Primary School	Tue 31 May	£14	Multi Sports	P6
Hooe Primary	Tue 31 May	£14	Multi Sports	P7
Ivybridge Community College	Tue 31 May	£20	Football Roadshow	P8
Ivybridge Community College	Tue 31 May	£20	Girls Only	P9
Plympton Academy	Wed 1 Jun	£20	Football Roadshow	P10
Manadon Sports Hub	Wed 1 Jun	£20	PDC Training Day	P11
Manadon Sports Hub	Wed 1 Jun	£20	Multi Sports	P12
Plympton Academy	Wed 1 Jun	£20	Girls Only	P13
Manadon Sports Hub	Wed 1 Jun	£5	Mini Kickers—age 3-6 (10am-11am)	P14
Hooe Primary	Wed 1 Jun	£14	Football Roadshow	P15
Manadon Sports Hub	Thur 2 Jun	£12	Jubilee Special	P16

Book your course online at
www.argylecommunitytrust.co.uk

Disability Soccer Roadshows

Argyle Community Trust run the following disability soccer roadshows:

- **Short Breaks**—Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and Educational Health and Care Plan (EHCP). 10am-1pm
- **PAN Disability Roadshow**—A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition aged 5-15 years. 10am-3pm.

Venues	Date	Cost	Time	Theme	No.
Plympton Academy	Tue 31 May	£17	10am-3pm	PAN Disability	D1
Manadon Sports Hub	Wed 1 Jun	£8	10am-1pm	Disability Short Breaks	D2

All bookings and payments must be made online. To book any of these activities, including Short Breaks or Disability Roadshows please book via: [Roadshows in Plymouth](#).

For further information please contact: stewart.walbridge@pafc.co.uk



Book your course online at
www.argylecommunitytrust.co.uk

Junior Ability Counts

Monday's, 5pm-6pm

at Manadon Sport Hub

£4 per session, Free taster session

Football for young people with a disability. Play and train in an inclusive and fun environment for children aged 5-16 (term time only). Open to all abilities.



JUNIOR ABILITY COUNTS

FOOTBALL FOR YOUNG PEOPLE WITH A DISABILITY

Play and train in an inclusive and fun environment for children aged 5-16 (during term time only). Open to all abilities.

🕒 Monday, 17:00-18:00

📍 Manadon Sport Hub, PL5 3FD

💰 £4 per session

FREE Taster session



ALICE.YOUNG@PAFC.CO.UK
01752 562 561 (4)

ARGYLE TRUST
COMMUNITY

ABILITY COUNTS

DISABILITY FOOTBALL

EVERY WEDNESDAY
WOMEN'S & MEN'S TEAMS 19:30-21:00

Sessions for those 16+ with a disability whether physical, learning or mental. Fun and friendly for all needs and abilities. No need to book just turn up, pay and play.

£3 PER SESSION
MANADON SPORTS HUB, PL5 3FD

ALICE.YOUNG@PAFC.CO.UK
01752 562561 (4)

Adult Ability Counts – Men and Women's Teams

Wednesday's, 7:30pm-9pm
at Manadon Sports Hub

£3 per session. Taster session **FREE**.

Sessions for those age 16+ with a disability whether physical, learning or mental. Fun and friendly for all needs and abilities. No need to book, just turn up and play.

For more information about Junior Ability Counts or Adult Ability Counts contact alice.young@pafc.co.uk or call 01752 562561 (ext 4)

Book online at:

<https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/plymouth-booking/>



Plymouth Argyle Powerchair Football Club

Saturday's, 12pm-2pm
Plympton Academy, Moorland Road,
Plympton PL7 2RS
Cost: £10 per week

Inclusive football sessions for all ages from children aged 5-55 with a variety of disabilities. Children and adults do not have to be a wheelchair user to access this provision. Powerchairs are supplied on site to those that attend.

For more information email:
stewart.walbridge@pafc.co.uk

[Book Online](#)

Premier League Kicks Timetable

The Premier League Kicks projects is for children and young people aged 8-16 years. It is totally FREE... just turn up and play.

Monday

Manadon Sports Hub, PL5 3JG, 5-6pm (invite only)
 Honicknowle Green MUGA, PL5 3PH, 6-8pm

Tuesday

Southway Youth Centre, PL6 6TB, 6:30-8:30pm
 Granby Street, PL1 4BL, 4:30-6pm

Wednesday

Fox Field Close, PL3 6DF, 5-7pm (currently paused)
 Keyham Green Places MUGA, PL2 2DT, 5:30-7:30pm

Thursday

Efford Youth Centre, PL3 6HU, 6-7:30pm
 Chaddlewood Multi-use Games Area, PL7 2XS, 5-7pm
 Goals Soccer Centre, PL2 3DE, 5:30-6:30pm (referral only)

Friday

Woodview Campus, Sir John Hunt, PL5 4AA, 6-8pm
 St. Budeaux, The Barn, PL5 1EJ, 6-8pm

For more information email: alice.young@pafc.co.uk
 or call: 01752 562561(4)

For up-to-date information on sessions see:
[Premiere League Kicks](#)



Plymouth Argyle Football Club – Autism Packs

Plymouth Argyle Football Club offer FREE Autism packs. They have been designed for supporters – particularly children with autism, who attend matches, to make the match-day experience more accessible and enjoyable. They are part of the clubs commitment to be more autism-friendly.

The Sensory packs for autistic children are completely free of charge and will be available from Home Park throughout the 2021/22 season. There are a limited number of packs available, so they will be issued on a first-come, first-served basis.

The Sensory packs include:

- A drawstring bag
- Ear defenders
- Fidget spinners
- Sensory ball
- Awareness card
- Lanyard
- Further match-day information.

For more information and to apply for an Autism packs visit:

<https://www.pafc.co.uk/news/sensory-packs-now-available>



Plymouth Warriors FC

We are an inclusive / disability football club for everyone (mental health, physical, learning difficulties, ADHD, ASD etc), all genders for age 4 and up.

Get active, build confidence, make friends and learn football skills with our FA qualified coaches in a safe and comfortable environment. Even if you're struggling at your club level there is an opportunity for extra training sessions to grow yourselves while remaining in your league club.

Sessions are:

- Men's: Monday's, 9pm-10pm & Thursday's, 7pm-8pm
- Youth: Thursday's, 6pm-7pm & Sunday's 12pm-1pm
- Ladies: Sunday's, 12pm-1pm

Prices start at:

Small Bundle - £10 a month (£5 a sibling) for 1 session a week plus £4 if you turn up to another unscheduled session / Large Bundle - £18 a month (£9 a sibling) for 2 sessions a week. A yearly signing on fee of £20 for youths and adults includes registration and insurance costs.

For more information contact Luke Childs on 07772336694 or email: lukechilds.pwfc@yahoo.com
See: <https://plymouthwarriors.co.uk/> / Facebook: Plymouth Warriors CIC / Twitter: @plymwarriors

COME AND TRY US FOR 2 FREE SESSIONS

We are an inclusive/disability football club for everyone (mental health, physical, learning difficulties, ADHD, ASD etc) all genders, age 4 and up. Get active, build confidence, make friends and learn football skills with our FA qualified coaches in a safe and comfortable environment. Even if you are struggling at your club level there is an opportunity for extra training sessions to grow yourselves whilst remaining at your league club.

For Training Times see www.plymouthwarriors.co.uk

All Saints School on 3G

Prices start at:
Small Bundle - £10 a month (£5 a sibling) for 1 session a week plus £4 if you turn up to another unscheduled session
Large Bundle - £18 a month (£9 a sibling) for 2 sessions a week
A yearly signing on fee of £20 youths and adults includes registration and insurance costs

Come and find us on
f Plymouth Warnors CIC
t @plymwarriors
07495-022301

PLYMOUTH WARRIORS
Est. 2018

The FA

McDonald's

WARRIORS
STRONGER TOGETHER
Inclusive/Disability Football

LANtech Communications

JARVIS nuclear

Hunter District Football Club

Hunter District Football Club offer disability football training sessions for 7-11 year olds at Coombe Dean School in Plymstock on Friday's from 6-7pm.

Training will be held with Ross Hart, a Football Association level 1 qualified disability football coach in addition to his role of the Hunter District FC Welfare and Safety Officer. Alongside the Coach, we aim to have at least one qualified S.E.N Teaching Assistant supporting parents and children at every training session.

Team players will also have the option to participate in monthly mini tournaments commencing from September, for those who wish to.

Hunter District FC looks forward to welcoming children and their families and encouraging them to develop through football.

For further information or to register for a space for your child, please contact Ross Hart via Telephone number 07795 198899, alternatively email direct to mwelfare.hdfc@gmail.com

Win, Lose, Draw.....Learn!!!



A non-contact special needs rugby-group catering for boys and girls from the age of 4/5 upwards recognised by Devon Rugby Football Union (RFU) and with coaches who are DBS checked. These sessions are tailored to help develop hand-eye co-ordination, confidence building and social skills whilst showing that exercise can be fun. Parents are welcome to stay and join in.

Sessions take place at Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF on Sunday's from 9:30am-10:30am with sausage and chips afterwards. First 3 sessions are FREE.

For further information contact Julia on 07887 244472 or via Facebook at <https://www.facebook.com/Oaks-Rugby-Inclusive-173351259895456>



Plymouth Fusion Junior Wheelchair Basketball

Venue: Marjon's Sports Centre, Derriford Road, Plymouth PL6 8BH

Training: Saturday's

Junior (6-11 year olds) - 11am-12:30pm

Junior (11-16 year olds) - 12:30pm-2pm

For more information contact: Aaron Blyth-Palk

Mobile: 07867 380975

Email: info@plymouthfusionwheelchairbasketball.com

Website: plymouthfusionwheelchairbasketball.com



Facebook: [plymouthfusionwheelchairbasketball](https://www.facebook.com/plymouthfusionwheelchairbasketball) / Instagram: [plymouthfusionwbc](https://www.instagram.com/plymouthfusionwbc)

Park Tennis Plymouth

Looking to play tennis? Plymouth City Council have 'Pay and Play' tennis courts at Central Park and West Hoe.



- **Central Park**—Pay to play, bookable online from 7am-10pm daily.
- **West Hoe Park**—Pay to play, open daily.

There are two ways to access the courts:

- **Annual Tennis Pass**—For a one off charge of £35 per household (£25 concessions) you can play for as many times as you like in a year.
- **Pay and Play**—If you only want to play occasionally, you can register and pay just £5 per hour.

Stay up to date and book at: [Park Tennis Plymouth](#)

Email: parktennis@plymouth.gov.uk

Other places to play:

- **Devonport Park**—3 courts, free, turn up and play policy.
- **Tothill Park**—1 court open daily
- **Harewood House, Plympton**—Courts bookable via [Plympton Tennis Club](#)



Tennis for FREE at Central Park

Saturday's, 5pm-6pm

Tennis for Free sessions are for players aged 12 years and over only (due to COVID-19 guidelines).



Bring your racket and join us for some fun, active tennis drills.

See when the next sessions are available and book your place online at:

<https://clubspark.lta.org.uk/CentralParkTennis/Coaching>

For more information please contact the lead coach Claudia Castellani on 07796 172657 or email: claudia.castellani@gmail.com





Inclusive activities are offered at YMCA Plymouth centres in Honicknowle Lane and Torpoint during term-time. For details about the sessions and suitability, or to discuss a young person's needs, please [contact us](#)

Fun Days @ YMCA Plymouth	Inclusive activities are Fun Days for the whole family geared towards those with additional needs. Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more!	Cost: FREE Time: 11am-12:30pm Subject to availability - Please contact us Age: All ages
Fun Days @ YMCA Torpoint	Fun Days at Torpoint are for the whole family and geared towards those with additional needs. Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihockey, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks).	Cost: £3 per session When: Every other Saturday, 10:30am-12pm Age: All ages
YMCA Specials	This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics.	Cost: £3 per session First session FREE! Time: Wednesday 4:45pm-5:45pm Term-time only Ages: 5-16
Special Olympics 'The Specials Club'	A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more! Find out more at: www.sopd.org.uk	Cost: £3 per session First session FREE! Time: Wednesday, 6pm-8pm Age: 16+
Fun Bounce (Not currently available)	Trampoline based sessions for children and young people with mobility related disabilities and other additional needs. Sessions help improve strength and mobility while being supported by a qualified instructor.	Cost: £3 per session Time: Thursday, 4:30pm-5:30pm Age: 5-18
Trampolining (Not currently available)	A more advanced and structured version of the Fun Bounce sessions. Sessions are for young people who want to progress and develop their trampolining ability.	Cost: £3 per session Time: Thursday, 5:30pm-6:30pm Age: 8-18
Indoor Climbing (Not currently available)	Inclusive climbing sessions aiming to make climbing available to people with a wide range of ability delivered by qualified instructors using specialised equipment.	Cost: £3 per session Time: Tuesday, 5pm-6pm Age: 8-18

For further information please call **01752 201918**
 YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG
www.ymcaplymouth.org.uk/

YMCA Holiday Clubs

Holiday club is a great way for young people to get the most out of their break in the school half-terms and summer holidays. Sessions run on weekdays (except bank holidays).



Holiday club is for children aged 8-16 years and includes all kinds of activities including: team games, arts and crafts, quidditch, street surfing (in the sports hall), competitions and lots more!

The next club is from Monday 30th May to Friday 3rd June 2022.

Multi-activity day sessions start from just £15 (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-8:30pm) sessions also available for £3 each. Fit & Fed (Free funded places if meet criteria).

Food Options

Our cafe is open from Monday – Friday, 9am to 2pm, located upstairs in the main building. It offers both hot and cold food, including: sandwiches, chicken nuggets and chips, baked potatoes and vegetarian options.

For more information and to book call 01752 201918 or visit:

<https://www.ymcaplymouth.org.uk/holidayclub/>

A poster for 'Love Your Bike' by Plymouth City Council. It features a stylized pink character with sunglasses and a mohawk. The text includes 'PLYMOTION Make the connection!', 'FREE ADULT CYCLE SESSIONS', and 'COMMUTER TUTOR'. It provides contact information for cycle sessions and a website link.

LOVE YOUR BIKE

PLYMOTION
Make the connection!

PLYMOUTH CITY COUNCIL

FREE ADULT CYCLE SESSIONS

Group sessions will be held at various times and locations. These sessions are a great chance to improve your cycle skills and pick up some handy tips with our qualified cycle instructors.

COMMUTER TUTOR

We can also offer one-to-one sessions for anyone who wishes to review their route to work or place of study accompanied by one of our instructors.

Bikes are available for loan and we can cater for all levels of cycling and a range of disabilities.

For further information visit: www.cyclepssp.co.uk

Or call us on 01752 515385

Ability Ability Ability

Plymouth School Sports Partnership

EXIM Dance

YOUNG PEOPLE'S TIMETABLE

PARTICIPATION IS FREE



MONDAY
4:30pm - 5:15pm
PRIMARY DANCE - 5-10 years
Oxford House Creative Hub,
Stonehouse
5:30pm - 6:30pm
COMMUNITIES TOGETHER
(STONEHOUSE) 11 - 16 years
Oxford House Creative Hub,
Stonehouse
5:30pm - 7pm
MAKING WAVES - 13-18 years
Oxford House Creative Hub,
Stonehouse

TUESDAY
5:00pm - 6:30pm
COMMUNITIES TOGETHER
(NORTH PROSPECT) 11- 16 years
Beacon Hub, North Prospect

WEDNESDAY
MID WEEK REFLECTION - 5
minute creative mindfulness
tasks posted across our
social media

THURSDAY
4:30pm - 5:30pm
SOCIAL HOUR - 11-18 (up to 25 for
disabled people) separated into
appropriate age groups
Oxford House Creative Hub,
Stonehouse

FRIDAY
5:00pm - 6:00pm
COMMUNITIES TOGETHER
(Keyham) 11-16 years
Keyham Green Places Centre
5:00pm - 6:00pm
ADAPT - 12 - 25 for disabled people
Oxford House Creative Hub,
Stonehouse



FOR MORE DETAILS PLEASE CONTACT US!
classes@eximdance.org.uk
07864168663

 Improving Lives Through Dance
 Healthy Heart Grants
 Community Foundation
 Livewell Foundation

Movement for All

Friday's, 10:45am-11:30am (weekly term times)
at Plymouth Life Centre, 40 Mayflower Drive,
Plymouth PL2 3DF (Performance Studio).

Inclusive free fun dance movement sessions for people who identify as disabled that are 18+. The sessions are open to those with some movement experience or nothing at all.

To express an interest or for more information email:

chloe@eximdance.org.uk



WOMEN IN MIND

Women in Mind health and wellbeing dance program, specifically designed for those 18+ and that identify as women. Are you experiencing low confidence, requiring a health boost and wanting to meet like minded women all whilst in a welcoming, supportive and safe environment? Within the weekly sessions Exim Dance alongside professional wellbeing practitioners will deliver free engaging movement activities and wraparound health services to help aid and improve positive overall wellbeing.

WHEN:

Free weekly sessions

Thursdays 6:30pm - 7.30pm & Fridays 10am - 11am

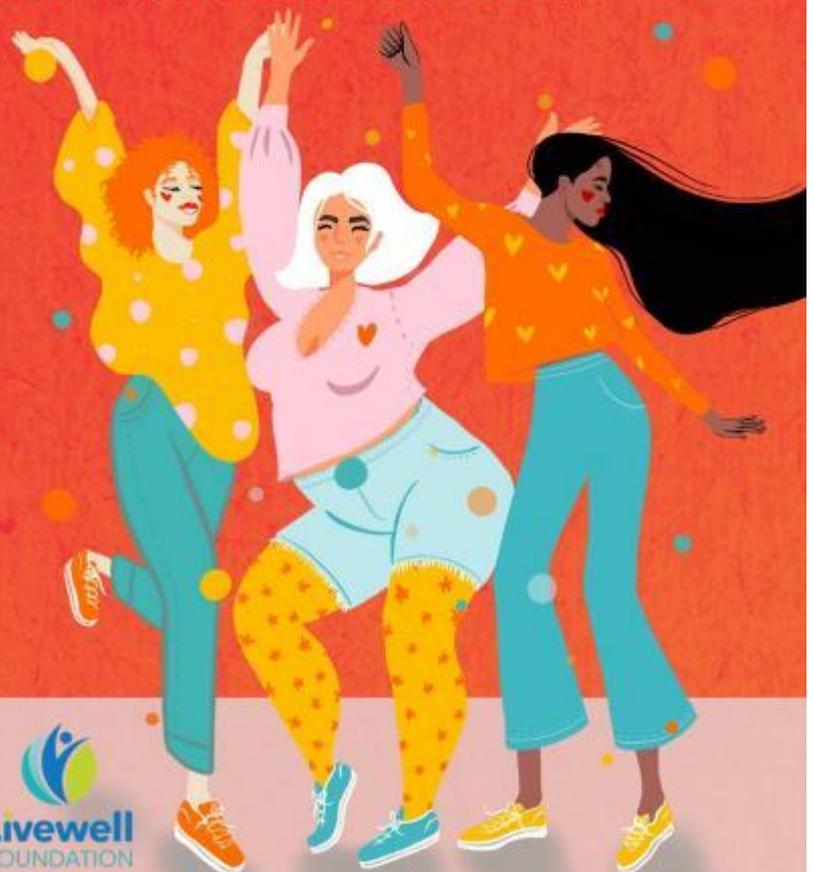
WHERE:

Oxford House Creative Hub, 29 Manor Street, Stonehouse, Plymouth, PL1 1TW.

Contact:

laura@eximdance.org.uk

07864168663



COFFEE CUP CHOIR

A weekly inclusive adult choir session for people to sing and socialise.

Thursdays 6 - 7.15pm
@ Rockets & Rascals, Plymouth, PL1 2JL
Meet us for a coffee and a catch-up from 5.30pm

£3 per session

BOOKING REQUIRED
To book a place contact farflungdt@gmail.com

Rockets & Rascals

funded through



TRP



STEERING GROUP

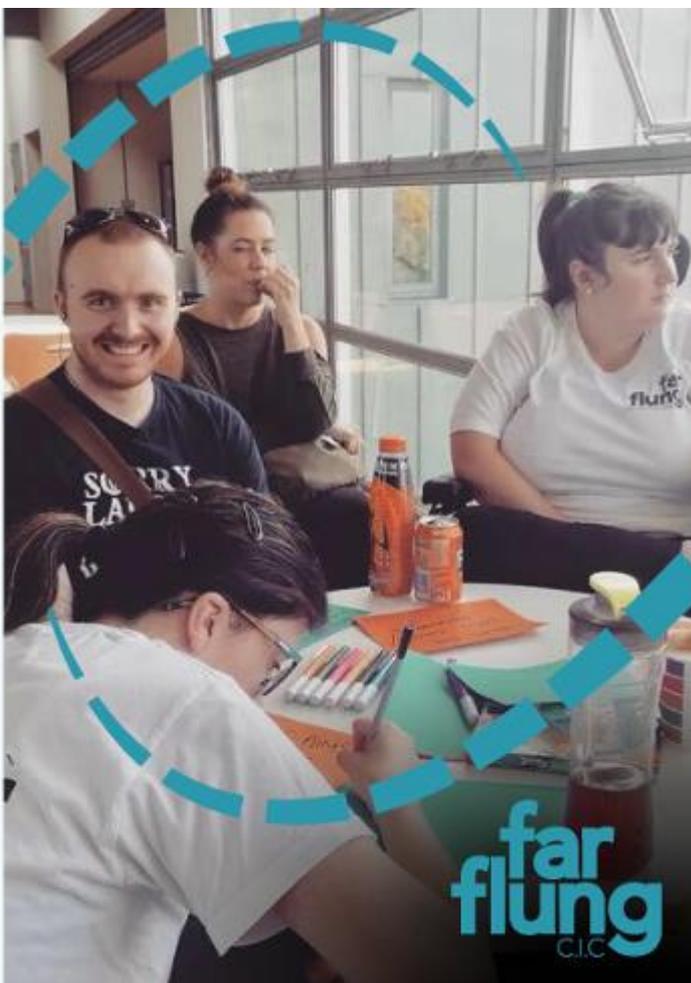
Join our monthly online steering group. This group is perfect for any adult who has a passion for equality in the arts.

During the group we discuss relevant disability arts topics, our projects/groups and the future of the company.

Every last Friday of the month 12-1pm.

To express an interest on joining us or for further information, please send an email to:

Clair Sargeant | farflungdt@gmail.com



Wednesdays
4pm-5:30pm

Fridays
9am - 11am

SEN SESSIONS

Visit drakes-den.co.uk to book!



We will be holding exclusive SEN only sessions outside of our normal opening hours for your child to enjoy the full soft play experience without the hustle and bustle of regular play sessions. During this time, the children will be able to discover the soft play without the distractions of music, disco lighting and sounds. This is also a great opportunity to meet and socialise with other SEN children and families.

DRAKES & DEN

To book visit: www.drakes-den.co.uk



Super Tramp Plymouth

Book online to avoid disappointment, as there are often no walk-in spaces available on the day.

SEND & Support Sessions

SEND Session

Thursday's, 4pm-5pm

For bouncers with additional needs and their carers.

Support Session

Sunday's, 5pm-6pm

For bouncers with additional needs, their siblings, other family members and carers or parents.

How much are they?

Our SEND Session and Support Session are £8 per bouncer, this includes admission for 1 jumper and 1 accompanying adult/carer.

Everyone will need to purchase a pair of our grip socks if you don't already own a pair. They're £2.50 a pair and are yours to keep.



Super Tramp also offer SEND & Support parties.

Find out more at: <https://www.supertramparks.co.uk/send-parties>

All bouncers **must** hold a valid waiver. If you are 16 or under waiver must be completed by a parent or guardian on site.
You must be 5 years or older to bounce in General Bounce sessions.

Book online at:

<https://www.supertramparks.co.uk/plymouth>



Gym Bubbas offer gymnastic classes for age 4 months to 10 years olds... including Saturday classes from 4-5pm for those with special educational needs and disabilities.

gym bubbas

Programmes are individually developed with both parents and children's input, depending on the specific needs of each child.

With low instructor ratios, children get lots of time with the instructors to develop their skills.

Programmes help develop physical skills such as balance, strength, flexibility and coordination and also sensory, social, communication and cognitive skills.

www.gymbubbas.co.uk/additional-needs/

Website: www.gymbubbas.co.uk

Facebook: www.facebook.com/pg/GymBubbas/

You Tube Channel: www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew

Sensory Skate



This session will include low volume background music with all other noise kept to a minimum. Calm and attentive stewards will be on hand to help you at all times. This will also be reduced capacity and skating aids are included.



Sensory Skate Session at Plymouth Ice Rink

Friday 24 June 2022, 6pm-7pm

Book at: <https://www.plymouthice.co.uk/>

School Holiday Sessions for Primary (Age 8-11)

A selection of new half-day adventures are now available for 8-11 year olds.

For more information and to book see:

[School Holiday Sessions for Primary \(Age 8 - 11 Years\)](#)



	Price	Session Dates
Bellboat Half Day Adventure	£32.50 per person or £60 for 2 spaces.	Monday 30 May: 13:00 - 16:00 Friday 3 June: 13:00 - 16:00 Wednesday 27 July: 09:00 - 12:00 Tuesday 2 August: 13:00 - 16:00 Tuesday 16 August: 13:00 - 16:00 Wed 24 Aug: 09:00 - 12:00 Tuesday 30 August: 13:00 - 16:00 Wednesday 26 Oct: 13:00 - 16:00
Archery & Orienteering Half Day Adventure	£32.50 per person or £60 for 2 spaces.	Tuesday 31 May: 13:00 - 16:00 Thursday 2 June: 13:00 - 16:00 Thursday 27 October: 13:00 - 16:00
Climbing & Seashore Explore Day Adventure	£32.50 per person or £60 for 2 spaces.	Wednesday 1 June: 09:00 - 12:00 Thursday 28 July: 09:00 - 12:00 Thursday 11 August: 09:00 - 12:00 Thursday 25 August: 09:00 - 12:00 Wednesday 3 August: 13:00 - 16:00 Wednesday 17 August: 13:00 - 16:00 Wednesday 31 August: 13:00 - 16:00 Friday 28 October: 13:00 - 16:00
Orienteering & Inflatable Rafts	£32.50 per person or £60 for 2 spaces.	Friday 29 July: 09:00 - 12:00 Friday 12 August: 09:00 - 12:00 Friday 26 August: 09:00 - 12:00 Thursday 4 August: 13:00 - 16:00 Thursday 11 August: 13:00 - 16:00 Friday 1 September: 13:00 - 16:00
Giant Paddleboard & Soft Archery	£32.50 per person or £60 for 2 spaces.	Tuesday 26 July: 09:00 - 12:00 Tuesday 9 August: 09:00 - 12:00 Tuesday 23 August: 09:00 - 12:00 Friday 5 August: 13:00 - 16:00 Friday 19 August: 13:00 - 16:00 Friday 2 September: 13:00 - 16:00
RYA Youth Sailing Stage 1 and 2	£299.95 per person	Monday 1 —Friday 5 August Monday 8 —Friday 12 August Monday 15—Friday 19 August Monday 22 —Friday 26 August Monday 29 Aug—Friday 2 September 5 day course: 09:00—16:30 daily

School Holiday Sessions for Secondary (Age 11-15)

A range of new-half day adventures and courses are available for those aged 11+.

For more information and to book see:

[School Holiday Sessions for Secondary \(Age 11-15 Years\)](#)

	Price	Session Dates
Kayak Half Day Adventure	£32.50 per person or £60 for 2 spaces.	Monday 30 May: 09:00 - 12:00 Tuesday 31 May: 09:00 - 12:00 Thursday 28 July: 13:00 - 16:00 Tuesday 2 August: 09:00 - 12:00 Thursday 11 August: 13:00 - 16:00 Tuesday 16 August: 09:00 - 12:00 Thursday 25 August: 13:00 - 16:00 Tuesday 30 August: 09:00 - 12:00 Wednesday 26 October: 09:00 - 12:00
Stand-Up Paddleboarding Half Day Adventure	£32.50 per person or £60 for 2 spaces.	Wednesday 1 June: 09:00 - 12:00 Sunday 5 June: 09:00 - 12:00 Tuesday 26 July: 13:00 - 16:00 Friday 5 August: 09:00 - 12:00 Tuesday 9 August: 13:00 - 16:00 Friday 19 August: 09:00 - 12:00 Tuesday 23 August: 13:00 - 16:00 Friday 2 September: 09:00 - 12:00 Friday 28 October: 09:00 - 12:00
Climbing & Abseiling Half Day Adventure	£32.50 per person or £60 for 2 spaces.	Friday 29 July: 13:00 - 16:00 Monday 1 August: 09:00 - 12:00 Friday 12 August: 13:00 - 16:00 Monday 15 August: 09:00 - 12:00 Friday 26 August: 13:00 - 16:00 Monday 29 August: 09:00 - 12:00 Tuesday 25 October: 13:00 - 16:00
Inflatable Rafts & Soft Archery	£32.50 per person or £60 for 2 spaces.	Monday 25 July: 13:00 - 16:00 Thursday 4 August: 09:00 - 12:00 Monday 8 August: 13:00 - 16:00 Thursday 18 August: 09:00 - 12:00 Monday 22 August: 13:00 - 16:00 Thursday 1 September: 09:00 - 12:00 Thursday 27 October: 09:00 - 12:00
Royal Yachting Association Stage 1 and 2 course	£299.95 per person.	Monday 1 —Friday 5 August Monday 8 —Friday 12 August Monday 15—Friday 19 August Monday 22 —Friday 26 August Monday 29 Aug—Friday 2 September 5 day course: 09:00—16:30 daily

**Mount Batten Watersports & Activities Centre, 70 Lawrence Road,
Mount Batten, Plymouth, PL9 9SJ**

T: 01752 404567 E: enquiries@mount-batten-centre.com

www.mount-batten-centre.com

www.facebook.com/MountBattenWatersports




Staying Healthy | Illness | Feelings | Getting Help

A fun and interactive resource for learning about health

Games
Activities
Quizzes

Psst! Parents!
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

www.healthforkids.co.uk
Follow us:  livewellsouthwest  @livewellsw

 ChatHealth
Text a school nurse for confidential advice and support.



HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:

07480 635198

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SMOKING
EMOTIONAL HEALTH | BULLYING | SELF HARM
ALCOHOL & DRUGS | ANXIETY | SLEEP | PUBERTY

YOU CAN ALSO VISIT:

WWW.HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,
AND FIND OUT THE TRUTH BEHIND THE RUMOURS



Health for Kids: www.healthforkids.co.uk
 Health for Teens: www.healthforteens.co.uk



ChatHealth

NEW Health Visiting and School Nursing TEXT SERVICE

PARENTS. CARERS. YOUNG PEOPLE.

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back



**0-5 years
Parents Service
07480 635188**



**5-19 years
Parents Service
07480 635189**



**11-19 years
Young People's Service
07480 635198**



EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, young people and families to contact in PLYMOUTH



CAMHS

FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 / PARENTS / CARERS

All children and young people struggling with their mental health can call the helpline for advice and support.

Parents, carers and families or professionals with concerns about a young person's mental health can also call the number.

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



KOOTH

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

www.kooth.com/index.php

or search for Kooth on a search engine

(this service provides web based information and advice along with chat based conversations and forums)

YOUNG DEVON

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Someone to talk to for young people concerned about their mental health or emotional wellbeing.

Available remotely through video calls, phone calls, messaging or email at flexible times to suit young people.

- ◆ Wellbeing – confidential and safe conversation with one of our Team to share any concerns you may have and consider further support

- ◆ Counselling – receive counselling support
- ◆ Wellbeing café – where a group can share issues, concerns and develop coping skills /strategies helped by one of our Team

CONTACT:

Call: 08082 810 155
(Monday to Friday 9am to 5pm)

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org



Key websites

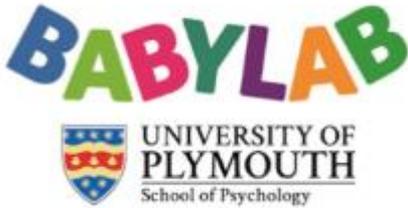
POD www.plymouthonlinedirectory.com (includes SEND local offer)

Young Devon www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit

Kooth www.kooth.com/index.php

Progeny* www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny

*Progeny is a whole school approach to supporting emotional health and wellbeing across school communities by working with schools and key partners.



School of Psychology
Plymouth University
Drake Circus, Plymouth
PL4 8AA

Babylab—University of Plymouth

Parents of newborn babies up to 6 years old!

The Plymouth Babylab is an active research facility in the School of Psychology at Plymouth University. We are looking for babies and parents to sign up and take part in this fun and unique opportunity to understand more about the extraordinary way children learn to talk, from understanding their very first words to producing complicated sentences.

When your baby is in the age range for one of our studies, we will invite you and your child once or twice to come into our comfortable and fun Babylab on a day and time that best suits you. One of our friendly researchers will welcome you, offer a tea or coffee and explain the purpose of the study.

Your child will then take part in one or two short procedures or games, either sat on your lap or in a baby chair. This can include tasks such as listening to sounds or watching sequences of pictures.

The Babylab is a five-minute walk from Drake Circus shopping centre. As a special thank you, your baby will receive a “Young Scientist” certificate, a balloon and a small gift.

For more information and to register to the Babylab please visit:
<https://www.psy.plymouth.ac.uk/bablab/>

Email: plymouthbabylab@plymouth.ac.uk

What Does Your Mental Health Pathway Look Like?

If you live in Plymouth and are aged 16-25 you can help shape and design mental health support for 16-25 year olds across the city.

Have you ever accessed mental health support, if so why not tell us about it?

Email: natasha.daniel@barnardos.org.uk
Take the survey at: <https://surveymonkey.co.uk/r/16-25>



iPoorly Project

Digital support for all parents with sick child under 12 years of age.

The iPoorly project aims to find out how websites and or mobile apps can be used to help parents when their child is sick at home. The project is being planned by a group of nurses, doctors and university staff who have lots of experience in working with parents on research projects in this area.



We want to find out how these things need to be designed to be easy for all parents to use. We want to include people from a wide range of different backgrounds to make sure that what we develop works for people who have limited budgets, different cultural beliefs, different languages and different experiences of being a parent of a child under 12 years.

We are looking for parents who would be interested in helping us to design the project so that we can apply for some funding to do the project. We are planning the project in three main areas: Plymouth, Leicester and Tower Hamlets in London, so these are the areas where we are looking for interested parents. Ideally parents would have a child under 12 years of age and are good at connecting with other parents in their communities. Is this you? Interested in helping?

We will reimburse any expenses and provide a £15 Amazon voucher for attending the Zoom meeting.

If you are interested please register at the link below and a member of the team (Heather Eardley) will be in touch with you. Please note that the information you provide will be used only for the purposes of the iPoorly project.

Register at: [iPoorly Project](#)

Email: Heather Eardley at Heather.Eardley@plymouth.ac.uk

Childcare Choices Website Survey

Parents, childcare providers and local authorities alike use the Childcare Choices website at:

<https://www.childcarechoices.gov.uk/>



The Department for Education is keen to hear any feedback and comments you may have as users. Please help by completing the two minute survey at:

[Childcare Choices Website Survey](#)

Young Fathers in Education Needed!



- Are you a young father currently studying for a degree (at any level) at a UK University or Further Education Institution?
- Have you started your degree in the academic year 2021/22, or have you completed / withdrawn from your degree within the last 2 years?
- Were you aged 25 or under when expecting your first child?
- Would you be interested in sharing your experiences of being a young student-father by taking part in one or more online or telephone interview as part of a PhD Study?



Ethics Code: ICE/2020/09

Data Collection End Date: 20/08/2022

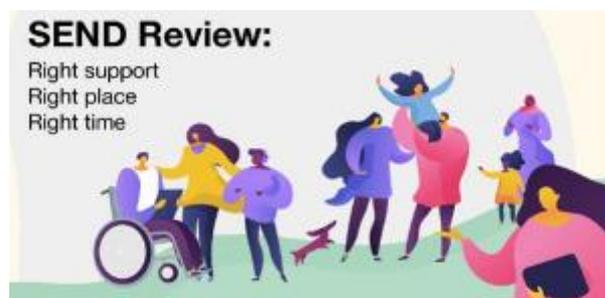
If the answer is yes, and you would like to find out more about the study and what is involved, please contact Kerry Fletcher (PGR) at: K.Fletcher@leedstrinity.ac.uk

As a thank you, all participants will receive a £10 gift voucher after each interview.

SEND Review

Share your views on proposals for the Special Educational Needs and Disabilities (SEND) and alternative provision (AP) system in England by Friday 22 July 2022.

We went to hear from a wide range of people including parents/carers, children and young people and people working in the SEND and alternative provision system.



On the GOV.UK website there are [resources to help you understand the proposals](#).

The Department for Education have now published [accessible versions](#) of the green paper that includes:

- a full British Sign Language version to support those who are deaf or have a hearing impairment
- an easy-read version to support those with learning disabilities
- a guide to help children and young people with SEND or those in alternative provision to understand the green paper and respond to the consultation.

[Take part in the consultation](#)

Healthwatch Unpaid Home Carers Survey

Are you caring for a friend or relative at home?

Together with Improving Lives Plymouth, we want to assess the impact caring responsibilities at home have on health and wellbeing.

If you have experience caring for someone at home as an unpaid carer, we are keen to hear your feedback through our short online survey.

Share your feedback at:

[Healthwatch Unpaid Home Carers Survey](#)



Healthwatch Working from Home Survey

How has working from home affected you?

Since the start of the pandemic in 2020 the need to work from home has increased significantly. For some this has been a positive experience, while for other it has impacted them negatively.



We want to hear your experiences from working from home to help us understand the new way of working has impacted health and wellbeing.

Share your feedback via our short online survey:

[Healthwatch Working from Home Survey](#)

Healthwatch Plymouth—Child & Young People Feedback

Did you know...?

1 in 6 children or young people have a diagnosed mental health condition.

For children and young people dealing with mental health issues access to child and adolescent mental health services (CAMHS) can be extremely important.



Healthwatch Plymouth are gathering feedback from young people and families about your experiences of accessing CAMHS in Plymouth since the start of the COVID-19 pandemic.

Share your experiences now via our online survey at:

<https://www.surveymonkey.co.uk/r/PlymouthChildrenYoungPeople>

Help make a difference by sharing your feedback on the services you use

Share your experiences today at [healthwatchplymouth.co.uk/services/](https://www.healthwatchplymouth.co.uk/services/)

healthwatch Plymouth

Dentists		Emergency Care	
GP's		Hospitals	
Pharmacies		Social Care	
Opticians		Community Based	

Healthwatch take your experiences of using their health and care services—both good and bad and share these with those who have the power to make change happen.

Share your experiences at:
<https://www.healthwatchplymouth.co.uk/services/>



IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

All children in Reception, Year 1 and Year 2, regardless of their parent's financial circumstances, automatically get universal infant free school meals.

But if you are eligible to claim FSM and you haven't registered, then your child could miss out on any extra support available during school holidays.

Find out if you qualify and apply online at:

www.plymouth.gov.uk/freeschoolmeals



Uniform Store Plymouth

Plymouth Vineyard Church accept donations of good quality school uniform, both school logo specific and generic items. Uniform is then free to anyone that needs it.

Families can access a Click and Collect service at: [Uniform Store Plymouth—Click & Collect](#)

Donation Drop-off and Collection Points:

- Wednesday's & Friday's, 10am-12pm at Redeemer Church, St. Barnabas Terrace, Plymouth PL1 5NN (term-time only)
- Summer Holiday pop up shop (city centre)

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Email: hello@uniformstoreplymouth.co.uk

Healthy Start



Check if you're eligible at healthystart.nhs.uk

Families in Plymouth are being urged to check if they are eligible for the Healthy Start Scheme to help buy healthy food and milk.

If eligible, you'll be sent a Healthy Start card with money on it to spend on milk, plain, fresh and frozen fruit, pulses, tinned fruit and vegetables, and infant formula milk.

Find out more: www.healthystart.nhs.uk

OUT WITH THE BAGS IN WITH THE BINS

Sign up for a bin delivery at plymouth.gov.uk/gardenwaste

You old green garden waste bags will not be collected.



The Garden waste collections run on a fortnightly cycle from April to November.

You don't need to re-register for collections each year, but if you've not used the service previously you will need to register to have your garden waste collected.

Sign up at:

www.plymouth.gov.uk/gardenwaste

Concessionary Fares for Disabled Travellers

Bus Pass

If you have a disability, you may be eligible for a bus pass allowing for free travel on most local bus services in England between 9.30am and 11pm weekdays and all day at weekend and on public holidays. If you are registered blind, you can enhance your pass so that you can travel free before 9.30am (within Plymouth)



See [Plymouth City Council Bus Pass](#)

Disabled Persons Railcard

Those with disabilities may also be eligible to purchase a Disabled Persons Railcard. This will enable you (and another adult travelling with you) to get 1/3 off adult rail fares travelling on any National Rail network in Great Britain.



Find out if you're eligible for a [Disabled Persons Railcard](#)

The Stagecoach Bus App

Our mobile app has all you need—bus tracking on our live map, journey planning, live bus information and mobile bus tickets.

Download the free app now:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)

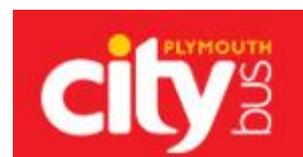


Plymouth Citybus App

Plan your journey, buy your tickets, track your bus live and follow your progress.

Download the free app now at:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)



Are you on the Autism Spectrum?

Do you know someone who is?

The Devon Autism Alert Card was originally introduced to support people on the Autistic Spectrum. The card tells the emergency services or others that they may need to change their approach or behaviours in a way to support the card holder because they are Autistic.

The Autism Alert Card is available for anyone who feels they are on the Autistic Spectrum. There is no requirement to have an official diagnosis.

The Devon Autism Card is now managed by Dimensions for Autism.

To obtain a card, please email:
devonautismcard@dimensionsforautism.life



Derriford Autism Service

Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.*

The service is for patients and staff and allows those with Autism to inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.

The service also offers Autism awareness training to staff and provides advice to those caring for patients on the Autistic Spectrum.

Tel: 01752 4(32920)

Email: plh-tr.derrifordautismservice@nhs.net

**People with Autism who also have a Learning Disability will continue to be supported by the Learning Disability Team.*

Hidden Disabilities

Sunflower Lanyard

A [hidden disability](#) is a disability that may not be immediately obvious. The free hidden disabilities sunflower lanyard act as a sign that the customer has a hidden disability and may need additional support.

How to get a sunflower lanyard for people with hidden disabilities

Just pick one up in a participating store such as Tesco, Sainsbury's, M&S, Argos, airport, station or venue at a customer service desk or checkout. The lanyards are free to keep and you won't need proof of your disability.

Alternatively you can also purchase at:

[The Hidden Disabilities Store](#)



Sensory Shop

**First Saturday of Month, 9am-10am
Drake Circus, 1 Charles Street,
Plymouth PL1 1EA**

On the first Saturday of every month between 9am and 10am, Drake Circus are offering a sensory shopping hour in partnership with Dementia Friends and the National Autistic Society.

Each store will be turning off their music and dimming their lights to create a low sensory shopping experience for all customers.



Plymouth Barnardo's Children Centres



Citywide Summer Timetable: Tue 3 May—Fri 22 Jul 2022

Monday

- Baby & Toddler Group: Church of the Holy Spirit, Southway, 9:30am-11am & Rees Wellbeing Hub, 1-2:30pm (no group 6 June).
- Latch On, Rees Well-being Hub, 1-2:30pm (no group 6 June).
- Step by Step, Tamarfolk, 9:30-10:15am.
- Baby Massage, 5 weeks (starts 6 June), Nomony, 9:30-11am.
- Baby Bookstart, 5 weeks (starts 13 June), Whitleigh, 1:30-2:30pm.

Tuesday

- Baby & Toddler Group: The Barn, 10am-11:30am & St. Mary's Church, Plymstock, 10-11:30am.
- Baby Pathway: Fourwoods, 9:30-11am & Rees, 9:30-11am.
- Step by Step: Nomony, 9:30-10:15am & 10:45-11:30am.
- Baby 1st Aid.
- Latch On, DELL, 10-11:30am.
- Young Parents Café, Hendewell Centre, Southway, 12:30-2:30pm
- Baby Massage, 5 weeks (starts 3 May), The Barn, 1-2:30pm.
- DWP Clinic—Bookable only, Rees—Phone centre to book..

Wednesday

- Baby & Toddler Group: Tamarfolk, 9:30-11am, Compton Church 1-2:30pm & Honicknowle, 1-2:30pm.
- Latch On, Nomony, 1-2:30pm.
- Twins Group, Rees Well Being Hub, 10-11:30am, 2nd & 4th Wed of month.
- Step by Step: High View, 1-1:45pm & 2:15-3pm.
- Cafés: DELL, 9:30-11:30am.
- Café Connect, The Barn, 10am-2pm.
- Sticky Kids, 3 weeks (starts 11 May), Fourwoods, 10-11am.
- Postnatal Pilates: DELL (no group 5 May).
- Driving Healthy Futures, 5 weeks (starts 8 June), Fourwoods, 11am-1pm.

Thursday

- Baby Pathway: Whitleigh, 1-2:30pm (starts 16 June) & Crownlands, 10-11:30am (please book).
- Baby & Toddler Group: High View, 10:15-10:45am & Mainstone, 9:30-11am (no group 5 May).
- Latch On: Whitleigh, 10-11:30am.
- Step by Step: Whitleigh, 9:30-10:15am & 10:45-11:30am.
- Multi-Cultural Group: Onward House, 9:30-11am.
- Postnatal Circuits: The Barn.
- Service Family Easter Group: Radford Community Centre, Plymstock, 10-11:30am (term-time only).
- DWP Clinic—Bookable only, DELL, 12-3pm .

Friday

- Baby Massage, 5 weeks (starts 17 June), Plymbridge, 1-2:30pm.
- Baby & Toddler Group: Tothill Community Centre, 10-11:30am & St. Chads, Whitleigh, 10-11:30pm.
- Latch On: Fourwoods, 10-11:30am.

Contact your local Children's Centre for further information on groups.

Bookable groups are noted. All other groups please just come along.

See Barnardo's Facebook page at:

<https://www.facebook.com/barnardosplymouth/>

Barnardo's Children Centres Contact Details

The Barn Children's Centre, Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ

Tel: 01752 362320, Email: plymouthccwest@barnardos.org.uk

Opening times: Mon & Wed 8.30am-4.30pm & Thurs 9am-4pm

Fourwoods Children's Centre, 415 Crownhill Rd, West Park, Plymouth, PL5 2LN

Tel: 01752 366795, Email: plymouthccwest@barnardos.org.uk

Opening times: Mon-Thurs 8.30am-4.30pm & Fri 8.30am-4pm

* * * * *

Tamar FOLK Children's Centre, C/O Victoria Road Primary School, Trelawney Avenue, St Budeaux, Plymouth PL5 1RH

Tel: 01752 361052, Email: plymouthccwest@barnardos.org.uk

Opening times: Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm

Nomony Children's Centre, 27 St. John's Road, Cattedown, Plymouth PL4 OPA

Tel: 01752 261844, Email: plymouthcceast@barnardos.org.uk

Opening times: Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm

* * * * *

DELL Children's Centre, 375 Blandford Road, Efford, Plymouth PL3 6JD

Tel: 01752 788992, Email: plymouthcccentral@barnardos.org.uk

Opening times: Mon—Thurs 8.40am-4.30pm & Fri 8:30am-4pm

DELL—High View Children's Centre, High View Primary School, Efford, Plymouth PL3 6JQ

Tel: 01752 788992, Email: plymouthcccentral@barnardos.org.uk

Opening times: Re-opening soon

* * * * *

Rees Well-being Hub, Mudge Way, Plympton PL7 2PS

Tel: 01752 340550, Email: plymouthcceast@barnardos.org.uk

Opening times: Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm

Plymstock Children's Centre—Temporarily relocated.

Please call Rees or Nomony Children's Centres.

Email: plymouthcccentral@barnardos.org.uk

* * * * *

Whitleigh Children's Centre, Four Greens Community Hub, 15 Whitleigh Green, Plymouth PL5 4DD

Tel: 01752 875933, Email: plymouthccnorth@barnardos.org.uk

Opening times: Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm

Plymbridge Children's Centre, C/O Plymbridge Nursery, Miller Way, Plymouth PL5 4DD

Tel: 01752 875933, Email: plymouthccnorth@barnardos.org.uk

Opening times: Re-opening soon

* * * * *

Crownlands Children's Centre, Austin Farm Primary School, Delamere Road, Plymouth PL6 5XQ

Tel: 01752 788992, Email: plymouthcccentral@barnardos.org.uk

Sweetpeas Children's Centre, Compton Church Hall, 2 Revel Road, Plymouth PL3 5LF

Tel: 01752 788992, Email: plymouthcccentral@barnardos.org.uk



**PLYMOUTH
YOUNG
PARENTS
SUPPORT GROUP**

Southway Young Parents **Community Cafe**

Are you a parent under 25?

Come and join us at the Cafe!

Something a little different in your day!

Socialise, chill, chat while your little ones play!

Every Tuesday from 12.30pm to 2.30pm

Southway Youth and
Community Centre
Hendwell Close
PL6 6TB



Plymouth Young Parents Support Group

is a private Facebook group for Young Parents or expecting mothers/parents under 25 years wanting to make new friends, get support or be part of a community.

Join at:

<https://www.facebook.com/groups/2235441169920751/>

**PLYMOUTH
YOUNG
PARENTS
SUPPORT GROUP**

Baby Bank

Southway Youth & Community Centre

We are setting up a baby bank to help and support parents.

And we need your support
We are looking for good quality donations.

- Vest
- Baby Grows
- Cardigans
- Hats
- Mittens
- Booties
- Baby Towels
- Baby Slings
- Toiletries
- Baby Clothing 0-18mths
- Baby sheets
- Baby blankets
- Bibs
- Nappies
- Baby Coats

Any donations please pass them to Southway Community Group or simply just drop them in to Southway Youth & Community Centre, Hendwell Close PL6 6TB 01752 775969

Unfortunatley we can't accept any large items
Email - natalie.griffin@plymouth.gov.uk
Email - southwaycg@outlook.com

COMMUNITY LARDER

Four Greens Wellbeing Hub
Every Thursday
4.30pm - 6pm

Do you need some support with food?

Each week we will have a range of different food available

- 15 items for £3
- 10 items for £2
- 5 items for £1

All money to be reinvested into the community larder

Please bring your own bag!

Café Connect

10:00am - 2:00pm Wednesday
The Barn, Kit Hill Crescent, Barne Barton, PL5 1EJ

Join us for a midweek Starbucks coffee and help us tackle food waste by taking away donated food from M&S, Lidl and Tesco.

Upcycle clothing - bringing something you no longer need or take something you could use.

Safe and friendly environment where all ages are welcome. Plus children's activities in the mornings

Working together for the Barne Barton community

www.thepioneersproject.co.uk | info@thepioneersproject.co.uk

Community Café
at **DELL**
Children's Centre
375 Blandford Road
PL3 6JD

Wednesday's
9.30 am - 11.30 am

You are welcome to join us for a cuppa & a friendly chat

The Dangerous Dads network supports fathers' groups across the UK and internationally. It offers a range of fun, low-cost activities all year round for fathers / male carers.

Activities offer opportunities for children aged 10 and under to play together, to explore the local environment, to meet others and to learn some new skills.

All dad's, grandad's and male carers are welcome.

Join Dangerous Dad's [Dadventures](#) Facebook group to see what's going on in Plymouth.



Free Events for Dads

Dangerous Dads offer free socially distanced events for dads and their children. Find out what is going on by emailing: bookings@dangerousdads.org.uk



DadFest is the only festival in the country just for dads and children!

The next DadFest is taking place in Cornwall from: Friday 16—Sunday 18 September 2022

[Book tickets](#)

Research—Dangerous Dads Events

Have you been to a Dangerous Dad's event in Plymouth, Cornwall or South Devon this year? We'd like to know your views for some research being carried out in partnership with Plymouth University.

Visit: <http://forms.office.com/r/k1c5CzCjc7>

Armed Services Families

Navy Mellow Mums Group

Mellow Mums is an 8-weeks digital support group for new mum's or those with a child under 2 years old aimed specifically for Naval mums. It has been developed to reduce isolation and to support better perimental health.

Groups will run in March, May and September and are open to Naval mum's across the whole of the UK.

The project is being funded through the Royal Navy and Royal Marines Charity and delivered in partnership with Home-Start South and West Devon, Home-Start Portsmouth and Home-Start Kernow.

For more information please contact 07307 873163 or email: homestart.shpt@gmail.com

To sign up, visit: [Navy Mellow Mums Group](#)



MELLOW MUMS

- Are you a Naval Mum?
- Do you have a child under 2 years?
- Would you like to meet mums in a similar situation and improve your well-being?



Believe in children
Barnardo's
SERVICE FAMILIES GROUP



COME AND JOIN US FOR OUR
BABY AND TODDLER GROUP
RUN BY BARNARDO'S

Thursday 10:00am-11:30am
(Term Time Only)

ALL SERVICE FAMILIES WELCOME

The Radford Centre
Stokingway Close
Plymstock
PL9 9JL

Building Resilience with Military Families

Bounce Forward are offering a FREE 6-week online course for armed forces families for parents to learn about the science behind emotional resilience, how to build your own resilience and also raise resilient children.

Sessions are from 8pm-9pm on:

- Thursday's from 2nd June 2022

To sign up, visit:

[Building Resilience with Military Families](#)



Raising Resilience in Military Communities

SEND Support

Time for You

Time for You is a supportive weekly Zoom group for mums of children with additional needs. In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a chance to build a toolkit to help you navigate life's ups and downs.

The next Time for You groups start:

- Please contact Jo at mums4achange for details of future groups.

Booking essential—priority if on benefits. To book, please contact us via Facebook at: <https://www.facebook.com/mums4achange> or email jo@mums4achange.org

Run by Jo Ball, Life and Career coach, trainer, mum of 2 with an Arts Therapy background. Supported by Clare Gale a trained counsellor who has a son with complex medical needs.

Sessions are funded by The Peoples Health Trust.

Messy Munchkinz Sensory Play Session

When: Thursday's, 10:30am-12pm

Venue: St. Mark's Church, Sanctuary Close, Ford, Plymouth PL2 1EN

Cost: £1 per family

Messy Munchkinz in conjunction with Wolseley Trust and Whiz Kidz are offering sensory and child development play sessions for babies and pre-school children up to 5 years old.

To book email:

nickichinnock@wolseley-trust.org

Messy Munchkinz

WE ARE BACK

Messy Munchkinz in conjunction with
Wolseley Trust and Whiz Kidz
Sensory and child development play
sessions
Suitable for babies and pre school
children up to 5 years

Starting Thursday 3rd March
Time 10.30am-12pm
Cost £1 per family
Venue: St. Marks Church 1 Sanctuary Close
Ford, PL2 1EN

TO BOOK
email ~ nickichinnock@wolseley-trust.org

Mind Devon

Emotional Support for New Parents



Are you a new mother, mum-to-be, or partner?

It's very common to have concerns or experience stress about the changes that happen with parenthood.

If you would like some emotional support about these hormonal and identity changes, our qualified practitioners can provide one-to-one emotional support by telephone and online via Zoom.

To enquire about this service, please complete an online enquiry form at:
www.devonmind.com/parents

My Time Parent/Carer Support Sessions

Our regular online parent/carers sessions give you the opportunity to chat, share experiences, have fun and most importantly relax and concentrate on YOU.

Time: Thursday's (Fortnightly), 20:00-21:00
Price: FREE, Online event

If you would like more information, or to join the sessions, please get in touch with Nicky.

Tel: 01752 204369

Email; nicky@friendsandfamilies.org.uk

See Facebook: <https://www.facebook.com/events/232088921826215/>



Plymouth Group for Autistic Adults & Teenagers

Tuesday's (fortnightly), 7pm-9pm,
£2 per session
St. Budeaux Methodist Church, 73 Barne Lane,
Plymouth PL2 1RX

Recreational groups for autistic adults and teenagers alternating fortnightly.

- Adults group 18+
- Teens group age 13-17 years

To find out the dates for each group, please email:
pymautism@yahoo.com or message via their
[Facebook Page](#)



**Plymouth Group
for
Autistic Adults and Teens**

**St Budeaux Methodist Church
Tuesday 7pm to 9pm**

**Adults group 18+
Teens group 13-17**
Groups are fortnightly and they
alternate.
£2 a session

Please email to find out dates for
each group
pymautism@yahoo.com
or visit our facebook page
**Plymouth Group for Autistic
Adults and Teenagers**

Ambitious About Autism Youth Network

Ambitious about Autism have launched the UK's first online platform for autistic young people aged 16-25. The networking is a safe and moderated online space to help young people understand their autistic identity and connect with others.

Young people will be able to

- Find volunteering, work experience and apply for upcoming paid opportunities
- Sign up and access peer support sessions
- Receive updates from groups and panels
- Work together to campaign for change
- Instant message other Youth Network members
- Access a live feed of information.



For more details visit:

[Join Ambitious Youth Network](#)

A group for young people who are on the Autistic Spectrum aged 10 to 21 year, they don't have a statement or diagnosis but do need to be on the spectrum. We welcome young people with other social disabilities, such as ADHD, global delay, social anxiety.



The aim of the group, is to enable young people to build social skills, develop communication methods, to build friendships and confidence all through a variety of games and activities, whilst being in a safe and friendly space, but most of all to have fun!

We meet at Efford Youth and Community Centre,
Blandford Road, Plymouth PL3 6HU

If you wish to attend the group call 01752 307695
or email 4meandmyfriends@plymouth.gov.uk

We can also arrange pre-visits to the centre if needed.



Famallama Minecraft Server

A Minecraft Server & Online Space for the Neurodiverse

Do you have a neurodiverse child or young person who plays Minecraft on a PC or laptop computer? Famallama is a Minecraft server for those with varying degrees of Autism, ADHD or other Special Educational Needs (SEN).

Apply at: [Famallama Whitelist Application](#)

Facebook: Famallama Minecraft Server

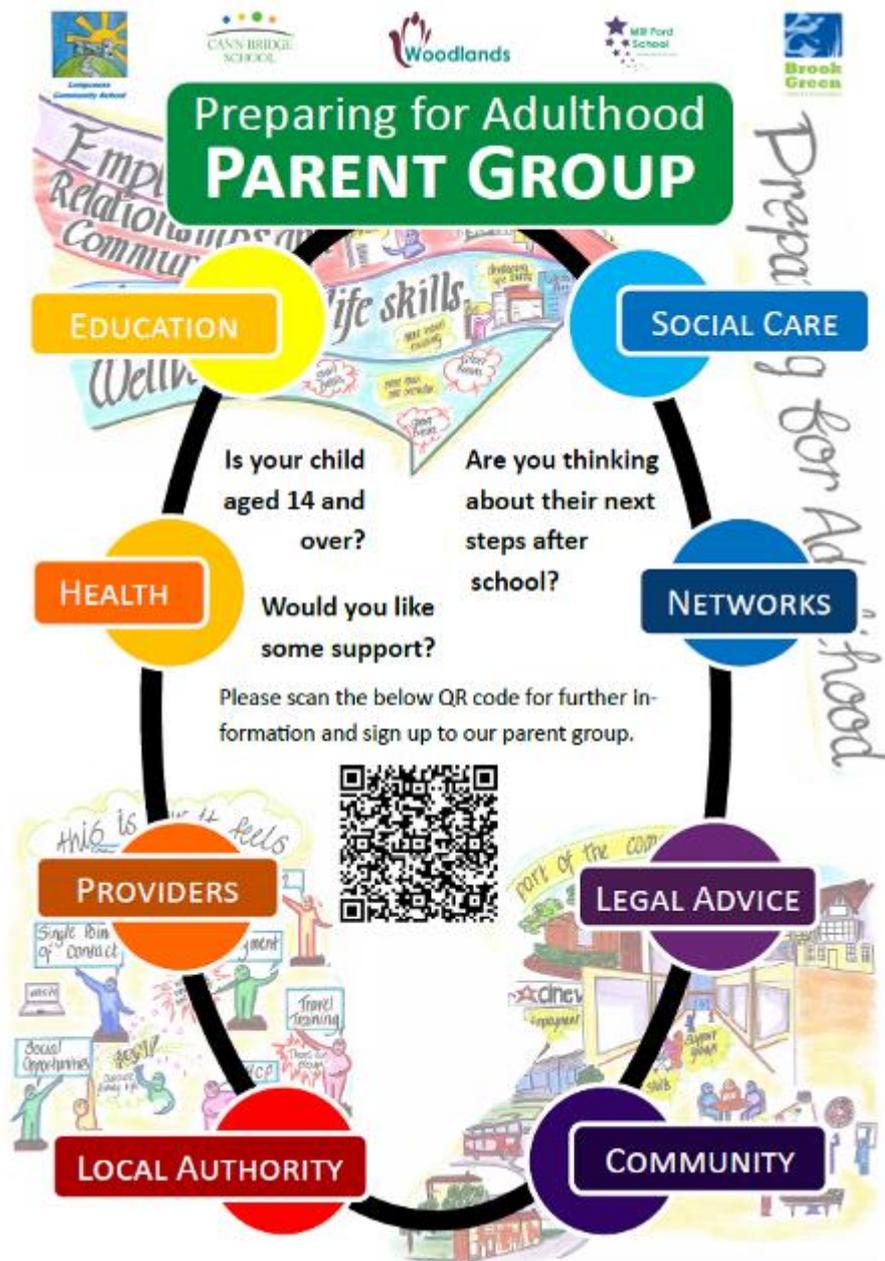
Twitter: @Famallamas

Instagram: famallama_minecraft_server

Website: www.famallama.co.uk

Email: SparkleTwinnie@gmail.com





Preparing for Adulthood—Parent Group Sign-up

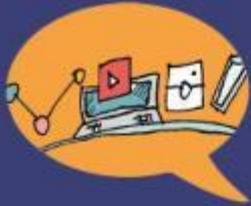
In partnership with other agencies, including Education, Social Care and Health providers; the parent group runs regularly to provide opportunities for networking, information, advice and support for parents and young people.

Preparing for Adulthood is just that, and we hope to be able to share the right information at the right time to enable students to transition into adult services, with everything they need to continue their journey.

If you would like to hear more information regarding the next meeting, please sign-up below, and we will be in touch.

[Parent Group Sign-up](#)

Email: pfaparentgroup@woodlands.plymouth.sch.uk



Time to Talk Next Steps

Free Support for Young People with Additional Needs & Their Families

About the Programme

Time to Talk Next Steps provides free support for young people aged 16-25 years in England with additional needs. It is for young people who are experiencing anxiety, isolation and who have limited or no plans for the future. In partnership with the National Development Team for Inclusion (NDTi), **Contact** are providing support, information and workshops for parents and carers about transition to adulthood. The project is generously funded by The National Lottery Community Fund.

What Support Is Available for Young People?

Depending on what each young person wants and needs, there are various types of support available:

One-to-One Online Sessions with a supporter to discuss future plans

Training Opportunities to become a peer supporter or to deliver training for professionals

Peer Support to regularly link up with other young people

Useful Contacts & Networks in your area



- Support will be tailored to each individual
- Our trained staff will focus on: strengths, reducing anxiety, building confidence and countering social isolation
- This project will help young people to think about building independence by providing encouragement and motivation for their future

What Support Is Available for Parents & Carers?

Through Time to Talk Next Steps, Contact can provide the following services to support you as a parent or carer:

Preparing for Adulthood Workshops to explore how to support young people into adulthood



Listening Ear Appointments with a family support adviser



Contact Helpline for advice, information and support



How to Request Support

Visit the webpage for more information and links to the request for support forms:

<https://www.ndti.org.uk/projects/time-to-talk-next-steps>



<https://www.ndti.org.uk/projects/time-to-talk-next-steps>

COFFEE, CAKE & CHAT

with Plymouth
PCV every
2 weeks



open to all
parent carers,
please join us

You can find all of the details on our new website under events. If you would like to request a speaker about a topic for discussion please contact us.

Coffee, Cake & Chat

Wednesday's, 10am-11am

A fortnightly virtual meeting for parents / carers of children with special educational needs and disabilities. We are here to chat, share stories and help you find the right services and information.

For the next meeting see:

<https://www.plymouthpcv.co.uk/events/>

For access codes and instructions about how to join the meeting, please message Facebook at:

<https://www.facebook.com/PlymouthPCV>
or email info@plymouthpcv.co.uk



Autism Plymouth Parent Support

Join our monthly online support meeting and catch-up.

Although we still cannot meet safely in person, we will continue to hold our support/catch-up meetings 'virtually' via Zoom. We hope you'll log on and join us with your favourite drink.

Come and join us for our monthly online support meeting and catch-up where you can share your ups and downs in a safe, non-judgemental atmosphere with people who understand and can sometimes suggest ways to make life easier. Our group is run for parent/carers by parent/carers and is completely free to attend.

Please email plymouthparentsupport.group@nas.org.uk for the ZOOM link, meeting ID and password to join from your computer or laptop. If you are joining using a tablet or phone, visit your app store and download the 'ZOOM Cloud Meetings' app, then email for the meeting ID and password.

Autism
Plymouth
Parent
Support



National
Autistic
Society

Support Services—Young People

ChildLine – 24/7. Call free – 0800 11 11.

ChildLine is here to help anyone under the age of 19 in the UK with any issue they're going through.

Kooth – 24/7.

<https://www.kooth.com>

Online Mental Wellbeing Community for young people.

Young Minds – 24/7. Text free – 'YM'85258

Young Minds is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The Zone Plymouth

Call – 01752 206626.

If you've been affected by the incident our youth support volunteers are available to support you. Call or email on

enquiries@thezoneplymouth.co.uk or arrange to come in and see us.



Support Services—For Everyone

It's OK to ask for help.

Victim Support - 24/7. Call free - 0808 1689 111.

MindLine - 24/7. Call free - 0800 138 1692.

Available to anyone in the city or wider Devon who needs emotional support.

Samaritans - 24/7. Call free - 116 123.

Support with any issues, including mental and emotional health.

Livewell Southwest - 24/7. Call free - 0800 923 9323.

First Response available to anyone in Plymouth experiencing a mental health crisis.

Giveusashout.org - 24/7. Text free - 'SHOUT' TO 85258.

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Simply Counselling Domestic Abuse

Simply Counselling offer free counselling support for domestic abuse survivors.

The support can be for practical issues with the aim of empowering the individual to make steps to resolve the issue and/or emotional support to talk through for example any fears they might have in accessing counselling.

When you need to talk...

Contact Simply Counselling on
01752 560900 / 07712 122153
or email simplycounsellingcicsw@gmail.com

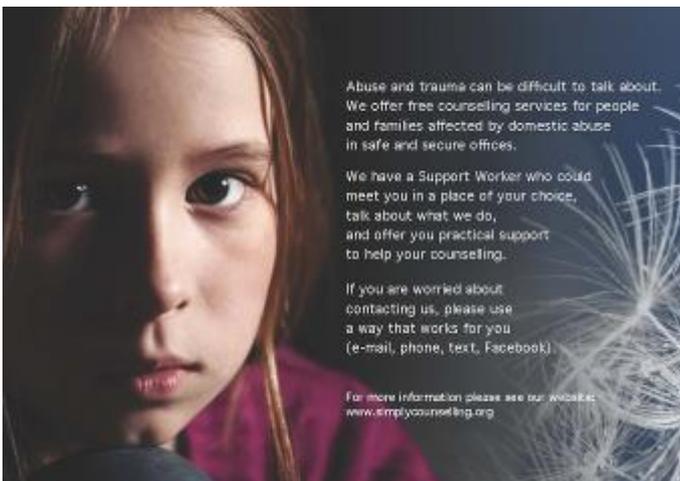


Abuse and trauma can be difficult to talk about. We offer free counselling for people and families affected by domestic abuse in safe and secure offices.

We have a Support Worker who could meet you in a place of your choice, talk about what we do, and offer you practical support to help your counselling.

If you are worried about contacting us, please use a way that works for you (email, phone, text, Facebook).

For more information see our website: www.simplycounselling.org



**Simply Counselling Domestic Abuse
Unit 4a, Stoke Damerel Business Centre
5 Church Street
Plymouth PL3 4DT**

Plymouth Domestic Abuse Service (PDAS)

Please also see [Plymouth Domestic Abuse Service](#) who can provide free confidential advice and support for victims of domestic abuse.

Tel: 0800 458 2558

**Sanctuary
Supported
Living**

MAKING CARERS COUNT

Working in partnership with Carers Trust



Improving Lives
Plymouth

A Charity supporting people since 1907

Are you a Young Adult Carer aged between 18-25?

The new Young Adult Carers service in Plymouth are looking to support you with your caring role.

A drop in session with a light meal and refreshments provided.

Stay for as little or as long as you would like.

Running on the second Monday of the month between 5:30 and 8:30pm

Location: The Salvation Army, 56 Lancaster Gardens, Plymouth, PL5 4AA



Please call, text or email for more info
YACS@improvinglivesplymouth.org.uk
Nicolle 07305043634 Alex 07496641182



YACS@improvinglivesplymouth.org.uk

Here to help

Action for Children

Have a question about parenting?

Action for Children is offering free online parenting support for families with children aged 0-19. You can ask us for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety at this challenging time.

Head to parents.actionforchildren.org.uk to read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat.

Whatever you need, Action for Children are here to listen and support you.

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Find useful resources from Action for Children at:

<https://parents.actionforchildren.org.uk/>

Activities and Events for SEND is produced for each school holiday by:

Plymouth Information, Advice and Support for SEND

Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

Telephone: 01752 258933

Freephone: 0800 953 1131

Visit our website at: www.plymouthias.org.uk



www.facebook.com/plymouthias

If you would like to be added to our mailing list to receive notification of when the next issue is published or receive other useful SEND information occasionally, you can sign up at our website:

www.plymouthias.org.uk

