



Activities & Events for SEND

For Your Interest



February 2023



Schools Out!



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.

PIAS Workshops

Our parenting team will be running the following workshops for parent/carers in February and March:

- How to understand my child's communication.
- How to understand my child's behaviour.
- How to understand and support our children's social skills and play.
- How to use visuals for communicating.

[Find out more](#)



Connect with us on Facebook

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



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/



Contents...

Welcome & Youth Ascends	2-3
PIAS Support for Parents	4
PIAS Workshops	5
Solihull Approach Free Courses	6
Family Help & Information Line	7
Short Breaks	8
Plymouth Parent Carer Voice	9
Routeways	10-11
Friends & Families	12-13
Creative Curiosities South West	14
Give a Child a Chance	14
Fit and Fed	15
Art, Craft & Laughter	15
Moor Vision	16
Blind Sport—First Steps Project	17
Activities Online	18-19
Plymouth Libraries & The Box	20
National Marine Aquarium	21
Dartmoor Zoo	22
Crownhill Fort	22
National Trust	23
Walking Trails	24
Green Minds & Burrator	25
Theatre in Plymouth	26-27
Devon FA: Disability Football	28-29
Argyle Community Trust	30-31
Disability Sport	32-33
Park Tennis / Tennis for Free	34
YMCA Inclusive & Holiday Clubs	35
EXIM Dance	36
Super Tramp	37
Gym Bubbas	38
Mountbatten Activities Centre	39
Livewell Southwest	40-41
Research	42-46
Noticeboard & Disability Information	47-49
Parent Support & Groups	50-53
Armed Service Families	54
SEND Support	55-62
General Support	63-68

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.

The team have been busy running themed workshops over the past few months and the feedback has been incredibly positive. Parents attending the Next Steps for Send workshops told us that their confidence in the area of choosing a school for their child had improved and 100% were satisfied or very satisfied with the sessions.



The parenting team delivered 2 new workshops understanding of “How to understand my child’s communication” and “How to understand and support our child’s social skills and play”. The feedback from these was incredibly positive and the following workshops are planned for February and March:

- **How to Understand my Child’s Communication**
Thursday 23 February or 9 March 2023, 9:30-11:30am
- **How to Understand my Child’s Behaviour**
Thursday 2 or 16 March 2023, 9:30-11:30am
- **How to Understand and Support our Children’s Social Skills**
Thursday 23 March 2023, 9:30-11:30am

You can register your place on these workshops at:
<https://www.plymouthias.org.uk/information-support/workshops/>



Youth Ascends

Youth Ascends is made up of children and young people aged between 9 and 25 with special educational needs and disabilities (SEND). Youth Ascends gives Children and Young People with SEND a space to have fun, build confidence, meet others and ensure young people's views are taken into account within strategic planning provision in Plymouth.



Youth Ascends have continued its incredible work and have released their new film to attract new members.

The film can be viewed at Youth Ascends:

<https://www.plymouthias.org.uk/young-people-support/youth-ascends/>

Please share the film far and wide and if you have any children or young people who may be interested in joining the group please contact Youth Ascends on 01752 258933 or email: YPForum@plymouth.gov.uk

Helen

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



PIAS Support for SEND Enquiries

If you would like information or support regarding SEND issues, please complete the online enquiry form at: www.plymouthias.org.uk/contact-us/

Parenting Programmes

We are delivering our Parenting Programmes face-to-face and accepting requests for both our Incredible Years and Strengthening Families 10-14 UK courses. Apply at: www.plymouthias.org.uk/parenting-programmes

If you have a parenting programme query, please call us on 01752 258933 or 0800 953 1131 and select option 2.

Office Hours

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

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

Email us at: pias@plymouth.gov.uk

Stay up to date with the latest news and information by

following us on Facebook: www.facebook.com/plymouthias/

Helpline at Contact

Contact is a national charity for families with disabled children. They have a free helpline for parents and carers where you can get information and advice about special educational need and disabilities (SEND). Contact also produce a range of publications and other resources about SEND.

Helpline: 0808 808 3555 – Monday-Friday, 9:30am-5pm.

Press 1 to speak to an education adviser, press 2 for all other helpline enquiries.

Email: helpline@contact.org.uk

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



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Workshops

PIAS are running some free workshops for parent/carers at Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ.

Some workshops are repeated, so you will only need to book ONE of the dates.

How to Understand my Child's Communication

Thursday 23 February or 9 March 2023, 9:30am-11:30am

If you have a child whose communication is delayed, they aren't communicating what they need/want or they have special educational needs and you need some strategies to help increase communication, then this workshop is a great start for you.

You will attend a group workshop that will cover:

- Why communication is so important
- The ways we communicate, Vocal, PECS, Sign, ACC
- The 'How to' use communication methods.



How to Understand my Child's Behaviour

Thursday 2 or 16 March 2023, 9:30am-11:30am

If you are looking for strategies to support your child's challenging behaviour, this workshop would be a great start.

The workshop will cover:

- Why your child is behaving the way they are
- How to support your child at home with their behaviour
- Different strategies to reduce challenging behaviour.

How to Understand & Support our Children's Social Skills & Play

Thursday 23 March 2023, 9:30am-11:30am

If you have a child whose social skills are delayed, has special educational needs or doesn't attempt to access play or social environments with confidence, then this workshop is a great start.

The workshop will cover:

- What is play? – the ages and stages as well as the types of play
- Strategies to support children through play
- How to support children with their social development – imitation, playdates and use of social stories.



How to Use Visuals for Communicating

Thursday 30 March 2023, 9:30am-11:30am

If you have a child who finds it difficult to communicate and may benefit from using visual aids, then this workshop would be a great start.

The workshop will cover:

- Using pictures or objects to support your child's communication
- Help to put pictures in place to ensure your child can communicate their needs
- Teaching your child how to use the visuals from school.

To book, please visit: <https://bit.ly/PIAS-workshops>

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)

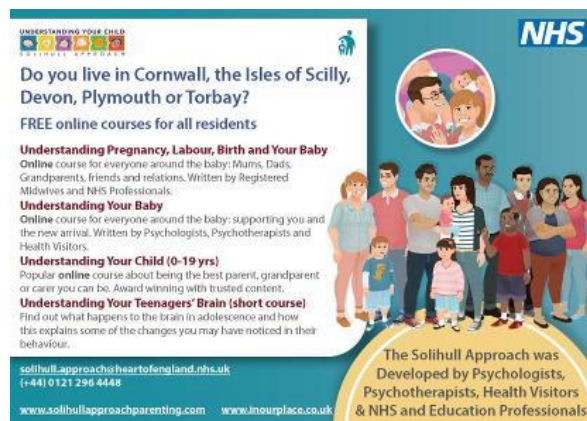
Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

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.

Understanding Your Child with Additional Needs

An online course for parents, relatives and friends of a child who may have a physical or learning disability or who may have autistic traits.



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



FAMILY HELP AND INFORMATION LINE

**Need help or advice about your own family?
Are you a practitioner who wants to get some advice about a family
you are working with?**

Get in touch using our new Early Help and SEND Advice Line.

Our Family Support Workers are here to talk about worries or answer your questions.

We can offer support around:

- Parenting guidance
- Emotional Wellbeing
- Social and emotional development
- Relationship worries
- Education worries
- School attendance
- SEND concerns
- The SEND Process



Book a conversation now at www.plymouth.gov.uk/familyhelp

SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL

Short Breaks

Holiday activities for disabled children aged 8-18 years.

Tuesday, 10:30am-3:30pm

Cost: £15 per person

Short Breaks school holiday sessions for young people with additional needs are running once a week from Devonport Park Activity Centre on:

- Tuesday 14 February 2023:
Off-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 person's 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.



Plymouth Parent Carer Voice: Preparing for Adulthood

PPCV are offering a 'Preparing for Adulthood' course for parents and carers of a young person with SEND (age 14-25) in year 9 or above living within Plymouth local authority or who use Plymouth services.

This course covers:

- Health, safety and safeguarding
- Money, benefits and running a home
- Mobility, self-advocacy and education
- Emotions of trusting, letting go and managing risk.

For more information email: info@plymouthpcv.co.uk

For more information on course availability see: [PPCV Events](#)

Plymouth Parent Carer Voice: Sensory Library

Borrow new toys, books and activities that stimulate, activate and calm children with SEND. 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 Plymouth Parent Carer Voice Office,
46 City Business Park, Plymouth PL3 4BB

See our website for more details:

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

Visit the
Plymouth Parent Carer Voice
website at:

www.plymouthpcv.co.uk

Plymouth Parent Carer Voice

NEW Sensory Library

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

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

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

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.

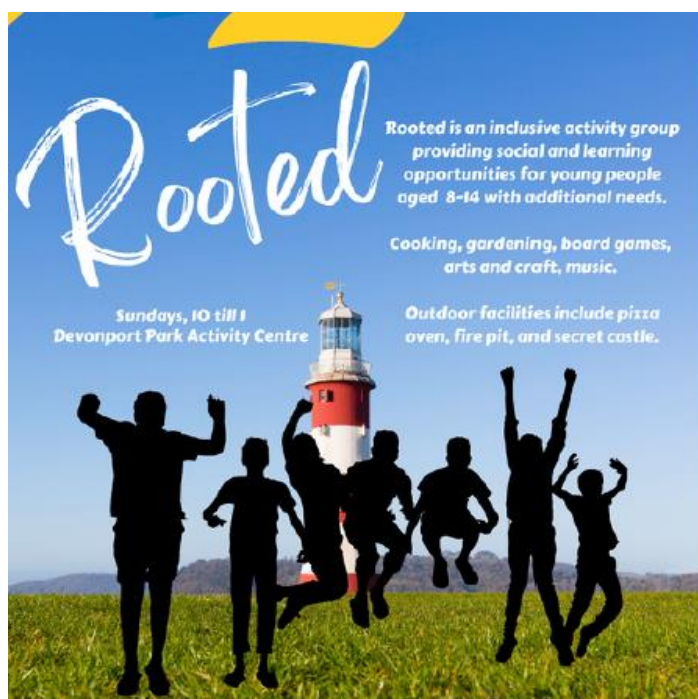
Join us for music, gardening, baking, arts and crafts, sensory play and so much more!



Little Seeds

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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:

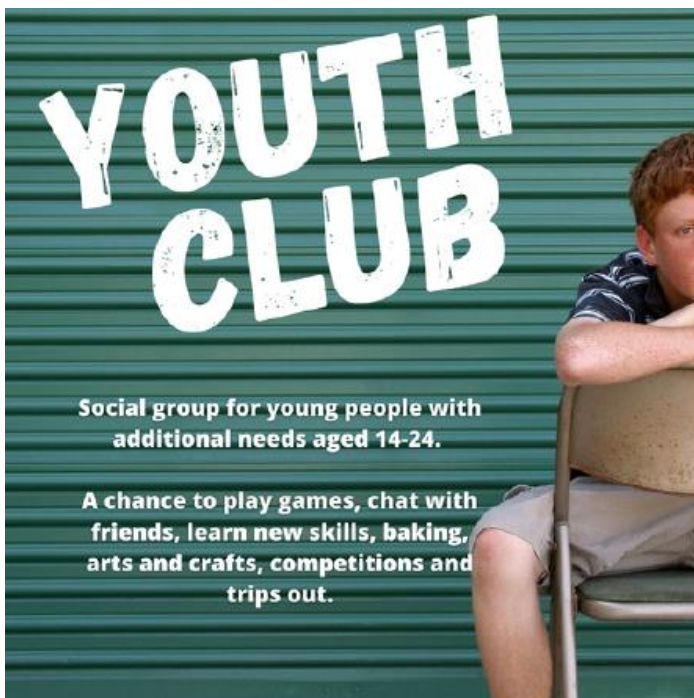
<https://bookwhen.com/routeways>

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>

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. Upcoming events can be booked at: <https://friends-and-families.checkfront.com/reserve/>

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.

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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:

<https://friends-and-families.checkfront.com/reserve/>

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

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.

For more details and to book activities visit:

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

If you have any queries, call or text: 07764 737620 or email: hello@creativecuriosities.org.uk



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 co-ordinate a city-wide holiday activity and food programme during the 2023 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 take place from Monday 3 to Thursday 6 April 2023 and Tuesday 11 to Friday 14 April 2023.

Book at:

<https://www.plymouth.gov.uk/fitandfed>

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



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 year so far with swimming, theatre, canoeing, bushcraft, sports day, audio adventures, Eden project and much more!

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!

Our 2023 programme of activities is now up and running and includes accessible swimming, climbing, science and nature days, rock-pooling, sailing, surfing, dance and theatre.

We look forward to welcoming any new families of children with vision impairment to the group.

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

Sign up at:

<https://bit.ly/BBSFirstSteps>



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

Whizz
-kidz

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

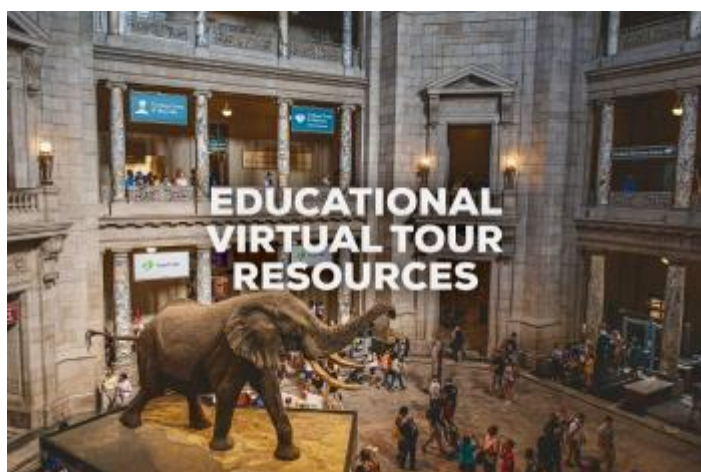
You can also find lots of [online activities](#) where you can join in 'live sessions' in real time or do in your own time at home.

[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](#)

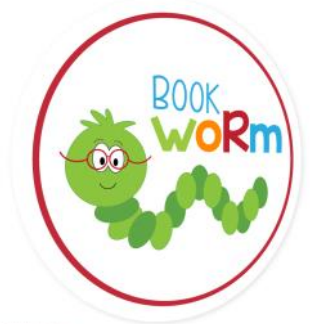


Find local activities with free app Hoop including activities for young people with special educational needs and disabilities.

<https://hoop.co.uk>

Plymouth Libraries

Find out [what's on](#) at your local library.
Call 01752 305900 or email library@plymouth.gov.uk
Follow the [Plymouth Library Facebook](#)



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:

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

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](#).

Find out what's on at: [The Box Events](#)



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

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



National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm



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](#)



Ocean Todds at the Aquarium

Tuesday'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 Tuesday mornings for adventures around the Aquarium, crafts, songs and stories.

[Book online](#)



Quiet at the Aquarium

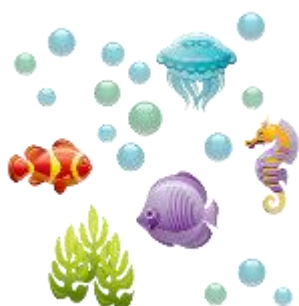
Monday's 3 Apr, 14 Aug 2023

Time: 5:30pm-8:00pm

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](#)

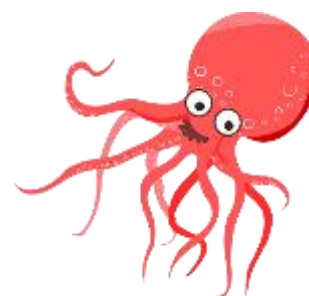


**National Marine Aquarium,
Rope Walk, Coxside, Plymouth, PL4 0LF**

For more details see website:

www.national-aquarium.co.uk

or call 0844 8937938



Dartmoor Zoological Society

Little Paws Pounce & Paint

Sat 11—Sun 19 Feb 2023

February half-term family fun including bouncy castle, face painting, craft activities, games and more as part of your general admission ticket!

Book online at: [Little Paws Pounce & Paint](#)

See more upcoming events at: [Events Calendar](#)



Intro to Zoo Life Course

13 Feb, 15 Feb, 17 Feb, 11 Mar, 30 Apr, 20 May, 25 Jun & 8 Jul 2023, 10am-3pm

Our one-day Intro to Zoo Life course gives you an insight to behind the scenes of a zoo and gives anyone thinking about a zoo career some top tips. The course is open to anyone age 16+ and will have a maximum of 12 delegates for each session.

See: [Intro to Zoo Life Course](#)

Crownhill Fort

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.

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

The Landmark Trust

Admission Prices:

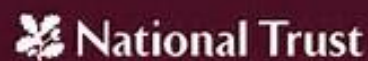
£5.00 Adults / £3 Child (age 5-15)

Tickets must be purchased in advance.

For more information contact the Fort Office on 01752 793754

Visit the [Crownhill Fort](#) website.

Pease check the National Trust website for the latest updates on what's on at each location.



Saltram—Plympton, Plymouth, PL7 1UH

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

Admin Office: 01752 333500 or email: saltram@nationaltrust.org.uk

Plymbridge Woods—Plympton PL7 4SR

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

Admin Office: 01752 341377 or email: plymbridgewoods@nationaltrust.org.uk

Buckland Abbey—Yelverton, PL20 6EY

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

Admin Office: 01822 853607 or email: bucklandabbey@nationaltrust.org.uk

Lydford Gorge—Lydford, EX20 4BH

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

Admin Office: 01822 820320 or email: lydfordgorge@nationaltrust.org.uk

Cotehele—St Dominick near Saltash, PL12 6TA

For the latest information see: [Cotehele](#)

Admin Office: 01579 351346 press 0 or email: cotehele@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>



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



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





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

Find out about and book events run by Green Minds at:
<https://greenmindsplymouth.com/events>

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](http://www.swlakestrust.org.uk/burrator).

Find out more about Burrator Reservoir at:
<https://www.swlakestrust.org.uk/burrator>

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

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.



Find out what's on at Theatre Royal Plymouth at:

<https://www.theatreroyal.com/whats-on/list>

Call the Box Office on **01752 267222**



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.

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

For more details on what's on at the Box Office and workshops 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 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 or club or volunteer please contact Ashley Harris, Disability Development Officer.

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

School Holiday Soccer Roadshows 2023



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including a number in the Plymouth area at various locations. Courses are open to boys and girls of all abilities aged 4-14 years and run from 9:30am—3:30pm.

Holiday Soccer Roadshows

Holiday Soccer Roadshows include the following types:

- Football Roadshows
- Strikers & Goalkeepers
- Girls Only
- Multi-Sports

For holiday courses in the Plymouth area, please see: [Plymouth Holiday](#)

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
- **SEND Football 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 4-16 years. 10am-3pm.

During the holidays, Argyle Community Trust are running the following disability roadshows:

- **PAFC, Home Park - SEND Football Roadshows**
Mon 13 Feb, 10am-3pm
- **Manadon Sports Hub - Disability Short Breaks, 10am-1pm**
Thur 16 Feb, 10am-1pm

For Short Breaks or Disability Roadshows please book via: [Plymouth Disability](#)

For further information please contact: eoin.donovan@pafc.co.uk



For more information see:
[Argyle Courses](#)

Junior Ability Counts

Monday's, 5pm-6pm

at Manadon Sport Hub

£1 per session (term block)

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.



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 5-100 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.

[Book Online](#)



Premier League Kicks

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

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



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, 6pm-7pm
- Youth: Thursday's, 5pm-6pm & 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
Facebook Plymouth Warriors CIC
Twitter @plymwarriors
07495-022301

**PLYMOUTH
WARRIORS**
Est. 2018

The FA

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!!!



Training Sessions

Sunday's, 9:30am-10:30am

We are a Special Needs Non-Contact Inclusive rugby-group for boys and girls from the age of 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.

At Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF

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, 6pm-7pm

Tennis for Free welcomes all members of the local community to come and play for free. Whether you are starting out or looking for new opportunities, there is something for everyone.



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 including:

- YMCA Specials
- Special Olympics 'The Specials Club'
- Fun bounce (not currently available)
- Trampolining (not currently available)
- Indoor climbing (not currently available)

For more information about the sessions see: [YMCA Inclusive](#)

To discuss a young person's needs and the suitability of sessions, please contact us on 01752 201918 or complete the [online form](#)

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 13 to Friday 17 February 2023.

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/>

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

EXIM Dance

YOUNG PEOPLE'S TIMETABLE

PARTICIPATION IS FREE



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

MONDAY

10am - 11am
 FAMILY MOVEMENT - 1 - 4 years (Monthly sessions) Stonehouse

4:15pm - 5:00pm
 PRIMARY DANCE - 5 - 7 years (Weekly) Stonehouse

4:15pm - 5:00pm
 PRIMARY DANCE 8 - 10 years (Weekly) Stonehouse

5:30pm - 6:30pm
 COMMUNITIES TOGETHER (STONEHOUSE) 11 - 16 years (Weekly)

5:30pm - 7pm
 MAKING WAVES - 14+ years (Weekly) Stonehouse

TUESDAY

5:00pm - 6:30pm
 COMMUNITIES TOGETHER (NORTH PROSPECT) 11- 16 years (Weekly)

THURSDAY

12pm - 1:45pm
 Home Ed Sessions 5- 10 years (Weekly sessions) Stonehouse

1pm - 2:30pm
 Creative Education (Alternative Provison) Stonehouse 11 - 16 years

4:30pm - 5:30pm
 SOCIAL HOUR - 11-18 Stonehouse

5:00pm - 6:00pm
 PLKicks Dance - 10 - 15 Years Stonehouse

FRIDAY

5:00pm - 6:00pm
 ADAPT - 12 - 25 for disabled people Stonehouse





Improving Lives Through Dance






Movement for All

Friday sessions, 10:45am-11:30am or 1pm-1:45pm (weekly term times) at Oxford House Creative Hub, 29 Manor Street, Plymouth PL1 1TW

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



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







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: Thursday's 6:30pm - 7:30pm & Friday's 10am – 11am.

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

Contact: laura@eximdance.org.uk
 Tel: 07864168663



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.supertrampparks.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.supertrampparks.co.uk/plymouth>



gym bubbas

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.

See: <https://gymbubbas.co.uk/additional-needs/>

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.

Website: www.gymbubbas.co.uk

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

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

School Holiday Sessions for Primary (Age 8-11)

Half-day adventures available for 8-11 year olds include:

- Bellboat Half-Day
- Inflatable Raft & Orienteering Half-Day
- Climbing & Seashore Explore Day
- Ladder Climb, Abseil & Tower Visit
- Giant Paddleboard & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings are now open for 2023 sessions running April—October.

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



School Holiday Sessions for Secondary (Age 11-15)

Half-day adventures and courses available for those aged 11+ include:

- Kayak Half-Day
- Stand-Up Paddleboarding Half-Day
- Climbing & Abseiling Half-Day
- Inflatable Rafts & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings are now open for 2023 sessions running April—October.

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

**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

 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**



07480 635189

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



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**

Livewell
Southwest

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

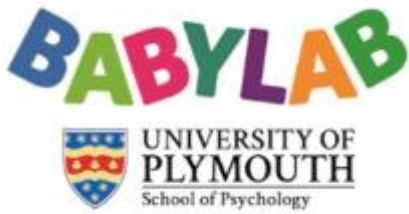
POD www.plymouthonlinedirectory.com (includes SEND local offer)

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/babylab/>

Email: plymouthbabylab@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](#)

Exploration of Parents' Experiences throughout their Child's Autism Diagnosis Journey

Who am I?

Hi, I'm Rachel, a BA (Hons) Early Childhood Studies student at the University of Plymouth. I am in my third and final year of university where I have the opportunity to carry out a research study, on a topic of my choice for my dissertation.

Alongside my studies, I also work in a local school for primary aged children with a range of needs, including SEND. Through working at the school, I am gaining invaluable experience everyday working with and empowering each and every child. I am extremely passionate about SEND, particularly Autism, there is wasn't hard to decide on a topic for my dissertation!

What is the Research?

An Exploration of Parents' Experiences throughout their Child's Autism Diagnosis Journey.

Participant criteria:

1. Must care for a child that has been diagnosed with autism.
2. Child must have been diagnosed between the ages of 0-10.

How Can You Take Part?

I would like to hear your views and experiences within an interview, roughly lasting an hour. A date and a venue for the interview will be mutually decided.

Please note that participation is voluntary and all information provided will be anonymised as well as only seen by myself and my research tutor.

Interested?

If you are interested or if you would like further information, please contact Rachel at: rachel.sheffield@students.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>



UNIVERSITY OF
PLYMOUTH

Participants Needed!

If you have a child between the age of 5-14 years old attending mainstream school with or without special educational needs and disabilities, you are being invited to take part in a research project on *Parenting Styles and Children's Peer Relationships*

The aim of this study is to explore the relationship between your child and her/his peers at school from your perspective and to learn about factors that may potentially have an impact on this relationship.

If you have any questions, please contact PhD student Tansu Ince:
tansu.ince@plymouth.ac.uk

To participate in the study, please visit:
<https://forms.office.com/r/U8zmJViuRN>

Calling Anyone with a Child with SEN in Family

Chloe Lewis is a 3rd year student at Plymouth Marjon University. She is looking for participants for her dissertation research study investigating how family life is impacted when a child with special education needs and/or disability is in the family.

Chloe would appreciate it if you could complete her questionnaire if the following applies to you:

“Within my family household there are multiple children, of which one or more have a special educational need and/or disability.”

*This could be current or previous experiences from children who are now adults.

Complete the questionnaire at: <https://forms.office.com/r/cxg43dURpz>

For more information, please contact Chloe at 20095691@marjon.ac.uk

Plymouth Youth Autism Dental Project

We need your help with research to find out how we can best support the oral health of autistic children and young people in Plymouth.

Who are we? We are a team of researchers, dentists and community engagement experts from the University of Plymouth and the Peninsula Dental Social Enterprise.



Why are we doing this research? Caring for your teeth can be difficult. For autistic children and young people there may be additional challenges. We know that autistic children and young people often have high levels of untreated tooth decay and gum disease and are more likely to have teeth taken out under general anaesthetic.

What do we want to do? We want to understand from autistic children, young people and those that care for them what influences how they look after their teeth and access dental care. The research will be used to inform the development of dental care services for autistic children and young people in Plymouth and beyond.

How are we doing it? We would like to talk to autistic children and young people about looking after their teeth and going to the dentist. We would also like to speak to the parents and carers of autistic children and young people about these issues.

You are invited to take part if you, your child or the child you care for is:

- Autistic or on the autism pathway
- Aged 5-19 years
- Living or at school, college or work in Plymouth.

As a thank you for taking part, you (or your child) will receive a £10 Love2Shop voucher.

Interested in finding out more?

Please see: <https://www.plymouth.ac.uk/research/access-to-dental-care-for-children-and-adolescents>

If you are interested in taking part, please contact lead researcher Jo Erwin at jo.erwin@plymouth.ac.uk or on 07973 902024.

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



IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?



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.

This service is a joint project run by Plymouth Vineyard Church and Redeemer Church Plymouth.

The shop is currently closed for refurbishment:

- Re-opening shortly at:
93 New George Street, PL1 1RQ
- See website and Facebook for updates

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Website: [Uniform Store Plymouth](#)

Email: hello@uniformstoreplymouth.co.uk

Travel and Transport

Whether you are heading to work or into town, from 1 January to 31 March 2023, a single bus journey will cost no more than £2 on most routes across England.

Find out more about the scheme at:

[Get around by bus for £2](#)

Get around by bus for £2

Whether you are heading to work or into town, from 1 January to 31 March a single bus journey will cost no more than £2 on most routes across England.



plymouthonlinedirectory.com/costoflivingsupport



Healthy Start

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



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 need to have an official diagnosis.

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



Derriford Autism Service

The [Autism Service](#) is for those with autism who do not have a learning disability.* Autistic patients can inform staff of specific needs so that reasonable adjustments can be made to improve their care.

The service also provides advice to those caring for patients on the Autistic Spectrum.

Tel: 01752 4(32920)

Email: plh-tr.derrifordautismservice@nhs.net

**The Learning Disability Team will continue to support patients with autism who also have a learning disability.*

Hospital Passport App

University Hospitals Plymouth have launched a new hospital passport app. This has been created to support people with a learning disability so that they can inform hospital staff of their needs, likes and dislikes and any other details that might affect their care.

To download the app, search for “Hospital Passport” on your phones app store [Android](#) or visit: [Apple](#)

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.



Perinatal Peer Support Group

Friday's, 1pm-2:30pm

at Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS

A peer support group for mums-to-be or new mums struggling with their mental health and emotional wellbeing to meet for informal, friendly and free advice from our peer supporters.

For more information email: livewell.perinatalpeersupport@nhs.net

Peer Supporters

Are you a mum with experience of perinatal mental health issues who would like to offer support to new mums, and mums to be, who are struggling with their mental health and emotional wellbeing?

- You can offer friendly, non-judgemental support
- Lived experiences of perinatal mental health issues
- Face to face groups

For more information email: livewell.perinatalpeersupport@nhs.net

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 events for dads and their children.

Find out what is going on by emailing: bookings@dangerousdads.org.uk

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>



**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 you're support
We are looking for good quality donation's.

- 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

Unfortunley we can't accept any large iteams
Email - natalie.griffin@plymouth.gov.uk
Email - southwaycgc@outlook.com

SOUTHWAY COMMUNITY GROUP

PLYMOUTH YOUNG PARENTS SUPPORT GROUP



BABY PANTRY

THE BABY PANTRY IS A FREE SERVICE FOR THOSE IN NEED

PRE-LOVED BABY ESSENTIALS FOR ALL THOSE WHO REQUIRE EXTRA SUPPORT.

CLOTHING, TOILETRIES AND NAPPIES
FOR CHILDREN UNDER 24 MONTHS
FREELY AVAILABLE

TO APPLY PLEASE SCAN THE QR CODE AND FOLLOW THE DETAILS

Southway Youth & Community Centre
Hendwell Centre
Southway
PL66TB
Southway_BabyPantrycg@outlook.com

SOUTHWAY COMMUNITY GROUP

PLYMOUTH YOUNG PARENTS SUPPORT GROUP

Please note, we can not guarantee everything, but we will try our best to help

Bringing Up Baby

Text Catch Up Service from Home Start – South & West Devon

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you. (Not suitable if your family is at Child in Need or Child Protection level)

If you have a new baby or child under 12 months, we will text you every two weeks for an initial 12 week, just to check in and see how things are going.

For further information or to request the text service, contact Emma at:
emmaflood.homestart@gmail.com



Bringing Up Baby

Text Catch Up Service

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you.

If you have a new baby or child under 12 months, we will text you every two weeks, for an initial 12 weeks, just to check in and see how things are going.

For further information or to request the text service contact Emma on the email below

(Please note this service is not suitable if your family is at CIN or CP level)

emmaflood.homestart@gmail.com

HOME START South & West Devon

PLYMOUTH YOUNG PARENTS SUPPORT GROUP

Plymouth Children's Centres

Find out what is available at each of the Children's Centres in Plymouth including parent groups, activities and events and contact details: [Children's Centres](#)

Also see: [Barnardos Facebook](#)



FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

COMMUNITY LARDER

Four Greens Wellbeing Hub
Every Thursday
2pm - 5pm

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

Wednesday's, 10am-2pm

**at The Barn, Kit Hill Crescent,
Barne Barton, Plymouth 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.

For more information visit:

<https://www.thepioneersproject.co.uk>

or email: info@thepioneersproject.co.uk



Community Cafe
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



Armed Services Families

Home Start Parental Conflict Reduction Support

RNRMC are working closely with Home-Start and Relate to offer a free programme to parents in order to strengthen relationships to support family cohesion.

Whether you are still together or co-parent apart, conflict is normal. But when it happens a lot and never leads to resolution it can damage relationships and families.

The programmes are available to Royal Navy families anywhere in the UK and are delivered digitally via Teams or Zoom, once a week for an hour or two over 5 or 10 weeks depending on the programme.

To find out more see: [Home Start Parental Conflict Reduction Support](#)



**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**

Little Troopers Therapy Programme

Little Troopers is a new therapy programme supporting the mental health and wellbeing of children whose parents serve in the British Armed Forces. Its aim is to support forces children who find it difficult to deal with the challenges that military life can bring, e.g. having a parent deployed or moving home or school frequently.

Referrals can be made at:
[Little Troopers Therapy Programme](#)



SEND Support

What is the SEND Local Offer

The SEND Local Offer is where you can find information about the provision and support services available for children and young people (age 0-25 years) who have Special Educational Needs and disabilities with regards to education.

For more information, visit: [SEND Local Offer](#)

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.

- Please contact Jo at mums4achange for details of the next Time for You 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



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

Parent/Carer Support Sessions

Wednesday's, 10am-11am

at The Virginia House Centre, Peacock Lane, Plymouth PL4 0DQ

Come along to our free, friendly Parent/Carer Support Group facilitated by Holly and Fran from our Family Support Team at Friends and Families of Special Children. The group is for parents and carers who have a child or young person with additional needs (0-25 years) with or without a diagnosis.

If you would like more information, please contact Hollie on 01752 204369 or email: holly@friendsandfamilies.org.uk

[Book Sessions](#)



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](#)



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



4 Me and My Friends

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.

No Limits Youth Club

Wednesday's, 6pm-8pm
at Southway Youth Centre, Hendwell Close,
Plymouth PL6 6TB



A Youth Club Session that is open for young people aged 11-24 years old who identify as having an additional need.

We run sessions including arts and crafts, pool, Xbox and Wii and a huge range of board games! As well as the activities, we also cover topics with young people such as healthy relationships, risk taking behaviour, drugs and alcohol, the environment and much more.

The sessions are free to attend. Although a referral via a professional body is not required, as a parent/carer if you would like your son/daughter to attend you must contact us before attending.

For further information about sessions and activities running in the group please call Kirsty on 01752 308607 / 07585 404012 or email nolimits@plymouth.gov.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 out 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>

Preparing for Adulthood—Parent Group Sign-up

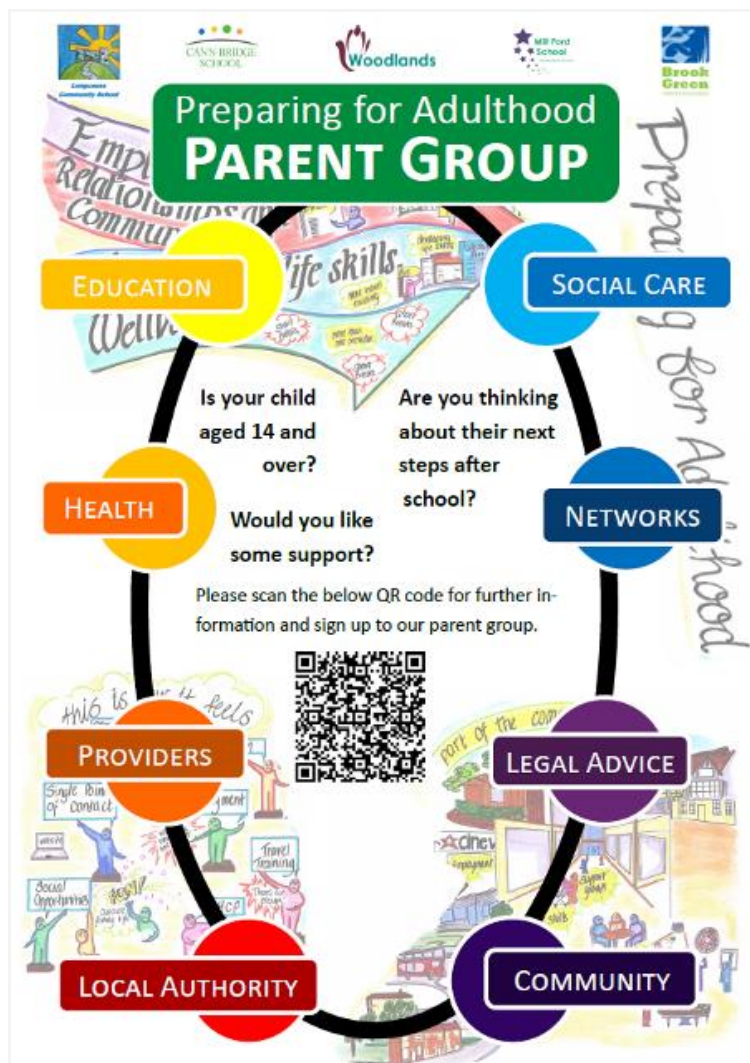
In partnership with other agencies, including Education, Social Care and Health providers; the parent group runs regularly to provide opportunities for networking, information, advice and support for parents and young people.

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>



contact For families with disabled children



<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

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.

Find us on [Facebook](#).

Come and join our online platform where parents and carers can connect, share and access peer support 24/7. See: [Autism Plymouth Parent Support Group](#)

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.



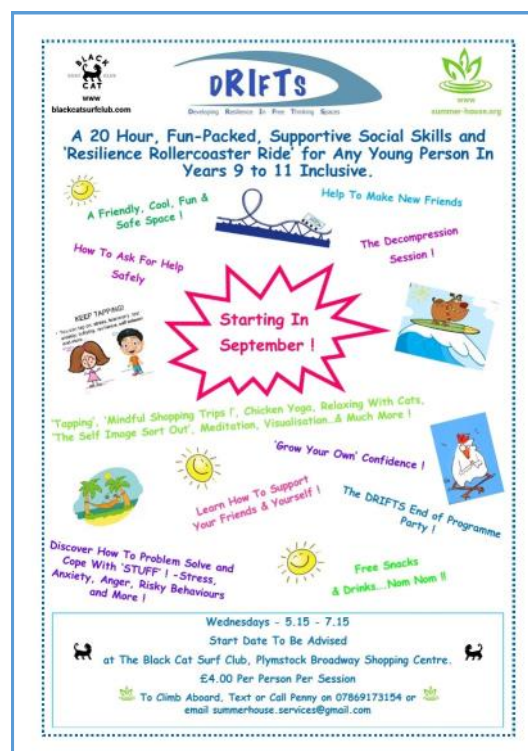
Drifts

Developing Resilience in Free Thinking Spaces

**The Black Cat Surf Club, Plymstock Broadway Shopping Centre,
5:15pm-7:15pm, £4 per session (first session free)**

A Fun-Packed, Supportive Social Skills and 'Resilience Rollercoaster Ride' for any young person in years 9-11 inclusive!

- A friendly, cool, fun and safe space!
- Help to make new friends.
- Understand how to ask for the right help for you.
- A place to talk about the good stuff and the not so good stuff that affects young people today.
- Yoga for chickens, tapping for 'Positive Mental Health', 'Shaking your Socks', 'Passing the Pizza for Positive Self Image', 'Bouncing with Boris', Relaxing with cats, meditation, visualisation and much more!
- Grow your own confidence.
- Learn how to support your friends and yourself!
- Discover how to problem solve, cope with stress, anxiety, low mood, self-harm and eating difficulties.
- Free snacks and drinks... Nom Nom!!
- The DRIFTS party at the end of the programme and your DRIFTS Goody bag!



To climb aboard and find out when the next sessions start, text or call Penny on 07869 173154 or email summerhouse.services@gmail.com

DRIFTS is brought to you by Plymouth based non-profit organisation Summer-house Services – <https://www.summer-house.org/>

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

Head Space

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

OPEN 7 DAYS A WEEK 6pm - Midnight

Monday & Tuesday – Four Green Wellbeing Hub. Witleigh Green
Plymouth PL5 4DD

Wednesday – Phone service only - 07890 257614

Thursday – Mannamead Wellbeing Hub, Improving Lives,
Mannamead Road, Plymouth, PL3 5QL

Friday – Rees Centre Wellbeing Hub, Mudge Way, PL7 2Ps

Saturday & Sunday – Ernest English house Buckwell Street,
PL1 2DA

Head Space offers an out-of-hours drop in service for people
who consider that they are approaching a mental health crisis

07890 257614

headspace@colebrooksw.org

Find us on  

#YourHeadSpace



Colebrook
helping people, supporting communities



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

