

# Activities & Events for SEND

For Your Interest



## October 2022

### 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.

Is your child  
**STARTING  
SECONDARY  
SCHOOL**  
next year...

Secondary School Admission places are now open for September 2023  
**Apply by  
31 October 2022**

If your child is due to start secondary school in September 2023, you need to apply by Monday 31 October 2022 at:

[www.plymouth.gov.uk/schooladmissions](http://www.plymouth.gov.uk/schooladmissions)

## 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/](http://www.plymouthias.org.uk/)



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### Connect with us on Facebook

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



[www.plymouthias.org.uk](http://www.plymouthias.org.uk)  
Email: [pias@plymouth.gov.uk](mailto: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.

It has been a busy start to the academic year with the caseworkers busy supporting families with information, advice and support. In 2021 – 2022 we supported over 800 families.



We have restarted our workshop offer with both face to face and virtual workshops. Bob Burton delivered four workshops on Next steps for SEND. We will be delivering more workshops in the coming months. Keep a look out on [Facebook](#) or visit our [website](#) for more information.

The PIAS parenting team are delivering Circle of Security programme for the first time this term. Circle of security is a program for any parent/carer which looks at relationships that give children emotional support. The Circle of Security is a way of thinking about children that enables us to look beyond the children's immediate behaviour and think about how to meet their relationship needs. It teaches us how to be Bigger Stronger, Wiser and Kind, whenever possible follow our child's need, but wherever necessary to take charge. Take a look at our website for more information on the parenting programmes we deliver: <https://www.plymouthias.org.uk/parenting-programmes/>

# YOUTH ASCENDS

*A voice for a positive future*



## Youth Ascends

Youth Ascends is made up of children and young people aged between 9 and 25 with special educational needs and disabilities (SEND). 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.



The group are putting the finishing touches to a film about Youth Ascends which will be available soon.

For further information of how you can be involved please contact Youth Ascends on 01752 258933 or email: [YPFForum@plymouth.gov.uk](mailto:YPFForum@plymouth.gov.uk)

Have a great autumn!

*Helen*

# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## PIAS Support to Parents

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

## Parenting Programmes

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

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

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

## For Enquiries

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Submit an enquiry through our website at: [www.plymouthias.org.uk/contact-us/](http://www.plymouthias.org.uk/contact-us/)

Alternatively you can email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

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

Visit our website at: [www.plymouthias.org.uk](http://www.plymouthias.org.uk)

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



# Solihull Approach Online Course

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

### FREE online courses for all residents

#### Understanding Pregnancy, Labour, Birth and Your Baby

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

#### Understand Your Baby

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

#### Understanding Your Child (0-19 years)

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

#### Understanding Your Teenagers' Brain (short course)

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

#### 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.

Understanding Your Child  
NHS

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 yrs)**  
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.

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

solihull\_approach@heartofengland.nhs.uk  
(+44) 0121 296 4448  
www.solihullapproachparenting.com www.inourplace.co.uk

### 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](mailto:solihull.approach@heartofengland.nhs.uk)

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

# SHORT BREAKS

Holiday activities for disabled children...



## Short Breaks

Holiday activities for disabled children aged 8-18 years.

**Tuesday, 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 25 October 2022:  
Off-site activity



For more details call Lucy on 01752 856702  
To book visit: [www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)

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

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

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

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



## Plymouth Parent Carer Voice: Preparing for Adulthood

A short support course for parents and carers of young people with SEND (year 10+). Young people's sessions will be run by City College (through Summer School sessions) and Routeways (through their own sessions).

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.

Courses are over 4 sessions.

If you are interested in attending, register at: [Preparing for Adulthood](#)

For more information email: [info@plymouthpcv.co.uk](mailto:info@plymouthpcv.co.uk)

## 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](http://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.plgmouthpcv.co.uk](http://www.plgmouthpcv.co.uk)

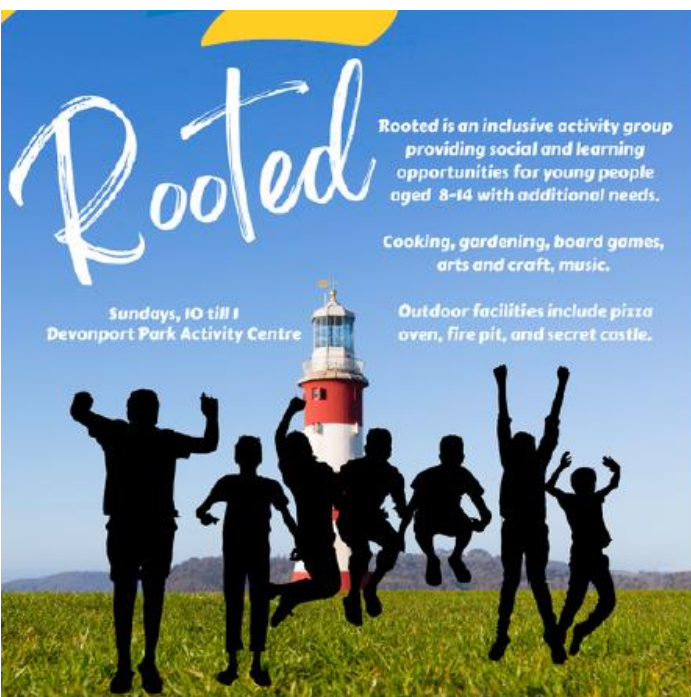
READ...  
LEARN...  
THINK...  
CREATE...  
DREAM...  
ACHIEVE...

## 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!



## 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>

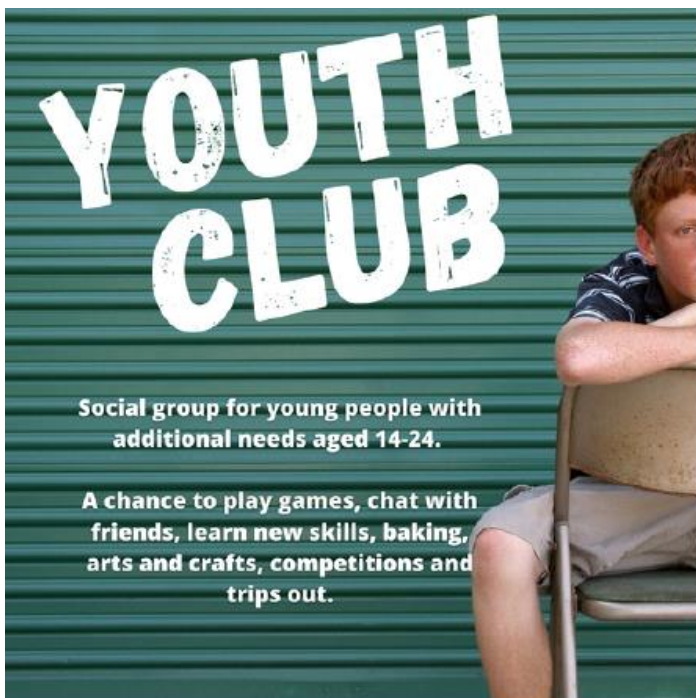


## Growing Together

### 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, woodworking, 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](mailto: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](mailto: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



[www.tickettailor.com/events/creativecuriositiessw](http://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](mailto: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](mailto:giveachildachance@sky.com)



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

Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children, Young Carers, children of recognised refugees and children from asylum seeking families. The next Fit and Fed holiday club programmes will take place in December 2022. Further details will be updated in November and activities will be available to 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!

We have had a super busy year catching up on lots of activities and welcoming many new families.

This half term we have a fun Halloween Boat Trip on Saturday 29th of October with Plymouth Boat Trips from 4 PM.

During November and December you will have a wide range of Christmas themed activities throughout Plymouth, Devon, and Cornwall for all of our families.

See more about our activities at:  
[www.moorvision.org/events-whats-moorvision](http://www.moorvision.org/events-whats-moorvision)

For further information, please contact us:

Tel 01752 891934 / 07581 566690

Email: [info@moorvision.org](mailto:info@moorvision.org) Web: [www.moorvision.org](http://www.moorvision.org)

Facebook: [www.facebook.com/groups/161483982931](https://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](https://bit.ly/BBSFirstSteps)**

**Email: [firststeps@britishblindsport.org.uk](mailto:firststeps@britishblindsport.org.uk)**

**Call: 01926 424247**

Charity number: 1168093 Company Limited by Guarantee Number 10009918

Sign up at:

<https://bit.ly/BBSFirstSteps>



**BookTrust  
HomeTime**

**Helping you  
enjoy storytime  
from home**

**#BookTrustHomeTime**



### HomeTime for children aged 5 and under

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

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



### Free fun activities!

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

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

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

**Whizz  
-kidz**

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](mailto:r.dummelow@whizz-kidz.org.uk)

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

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





@AccessSport #StayActiveWithAccess #StayInWorkout

For a full list of opportunities, go to [www.accesssport.org.uk/inclusive-activities](http://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](http://www.accesssport.org.uk/Pages/Category/inclusive-activities)

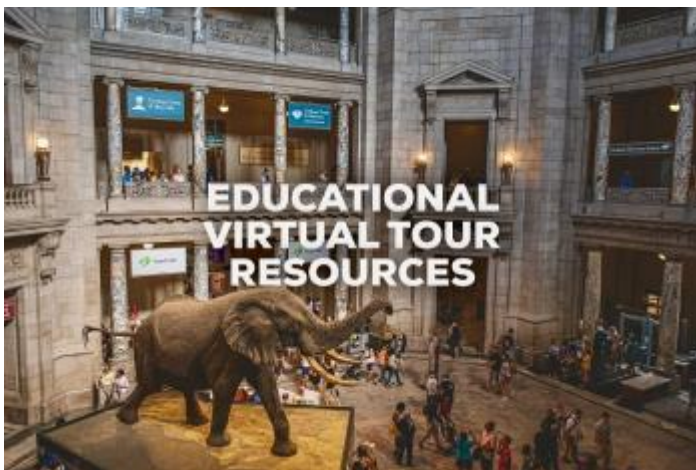
You can also find lots of [online activities](#) where you can join in ‘live sessions’ in real time or do in your own time at home.

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

Find them on Facebook: [www.facebook.com/AccessSport/](http://www.facebook.com/AccessSport/)

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

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



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



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

<https://hoop.co.uk>



# Free to join!

## Who we are

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



## What do you do?

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

## Joining in is free and really easy!

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



# 100%

of new participants wanted to return for the next session!

Follow us! @loveinclusion



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

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

# Plymouth Libraries

Find out [what's on](#) at your local library.  
Call 01752 305900 or email [library@plymouth.gov.uk](mailto: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/>



# Dartmoor Zoological Society

## Boo at the Zoo

**Fri 28 & Sat 29 Oct 2022, 5:30-8:30pm**

This Halloween, Dartmoor Zoo is opening its gates after dark to invite you to a truly FANGtastic night at the Zoo. Join us for two FRIGHTfully good evenings, filled with shock horrors, hair-raising delights and nail biting frights!

Book online at: [Boo at the Zoo](#)



## Zooluminate

**Fri 9 Dec 2022—Mon 2 Jan 2023, 5-8pm**

This winter experience Dartmoor Zoo in a way you've never seen before with a series of beautiful light installations which bring the zoo to life after dark!

Book online at: [Zooluminate](#)

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



# All Ways Apples Festival

**Wednesday 26 October 2022, 11am-4pm  
at Devonport Guildhall, Ker Street, Plymouth PL1 4EL**

Join us for a fabulous community day celebrating apples – everyone welcome!

Fun for all the family, including:

- Creative activities
- Local food
- Apple pressing
- Information stalls
- Cookery demo



For more information contact Tess Wilmott on 07531 506481 or email: [digfordevonport@hotmail.co.uk](mailto:digfordevonport@hotmail.co.uk)



## National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm

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

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

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



[Book online](#)



### Aquarium Toddler Club

Thursday's, 10:30am-11:30am

Price: £3 per child, suitable age 2-4 years  
(pre-book online essential)

Join our Ocean Discovery Rangers in the Waves Café on Thursday mornings for adventures around the Aquarium, crafts, songs and stories.

[Book online](#)



### Quiet at the Aquarium

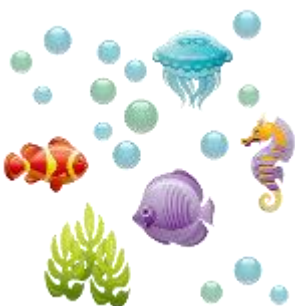
Monday's 24 Oct & 19 Dec 2022

Time: 5pm-7pm or 5:30pm-7:30pm

Price: £8 per child / £10 per adult /  
Carers (1:1 ratio) and under 3s FREE

A special after hours two hour event that allows families and people with autism and / or other sensory needs to enjoy our exhibits without the noise and distractions of our daily shows.

[Book online](#)



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


For more details see website:

[www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)

or call 0844 8937938



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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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>



**National  
Trust**



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



# Crownhill Fort

The Landmark Trust

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

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

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

## Admission Prices:

**£5.00 Adults / £3 Child (age 5-15)**

**Tickets must be purchased in advance.**

For more information contact the Fort Office on 01752 793754

Visit the [Crownhill Fort](#) website.

## 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](mailto: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](http://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](#).

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 B-Hive

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](mailto: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](mailto: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 <a href="mailto:taffytilder@yahoo.co.uk">taffytilder@yahoo.co.uk</a>
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 <a href="mailto:Alice.Young@pafc.co.uk">Alice.Young@pafc.co.uk</a>
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 <a href="mailto:eyles19@hotmail.com">eyles19@hotmail.com</a>
Ocean City Powerchair Football Club	Adults and Children	Saturday's	Plympton Academy, Moorland Road, Plympton PL7 2RS	Jenny Brooks 07581 363366 <a href="mailto:oceancitypfc@outlook.com">oceancitypfc@outlook.com</a>
Plymouth Warriors	Adults (16+)	Thursday's 7pm-8pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Luke Childs 07772 336694 <a href="mailto:lukechilds.pwfc@yahoo.com">lukechilds.pwfc@yahoo.com</a>
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 <a href="mailto:lukechilds.pwfc@yahoo.com">lukechilds.pwfc@yahoo.com</a>

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](mailto:ashley.harris@devonfa.com)

# October Holiday Soccer Roadshows 2022



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
- Multi-Sports
- Halloween Special Roadshow
- PDC Training Day

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
- **PAN Disability Roadshow**—A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition aged 5-15 years. 10am-3pm.

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

- **Plympton Academy – Pan Disability Roadshows**  
Wed 26 Oct, 10am-3pm
- **Manadon Sports Hub - Disability Short Breaks, 10am-1pm**  
Mon 24 Oct, 10am-1pm

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

For further information please contact: [stewart.walbridge@pafc.co.uk](mailto:stewart.walbridge@pafc.co.uk)



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

## Junior Ability Counts

Monday's, 5pm-6pm

at Manadon Sport Hub

£1 per session (7 week 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.



## JUNIOR ABILITY COUNTS

## 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, 7pm-8pm
- Youth: Thursday's, 6pm-7pm & Sunday's 12pm-1pm
- Ladies: Sunday's, 12pm-1pm

## Prices start at:

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

For more information contact Luke Childs on 07772336694 or email: [lukechilds.pwfc@yahoo.com](mailto: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](http://www.plymouthwarriors.co.uk)

All Saints School on 3G

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

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

**PLYMOUTH WARRIORS**  
Est. 2018

The FA  
McDonald's  
LANtech Communications  
JARVIS nuclear

**WARRIORS**  
STRONGER TOGETHER  
Inclusive/Disability Football



## 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](mailto:mwelfare.hdfc@gmail.com)

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



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.

## Training Sessions

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

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](mailto:info@plymouthfusionwheelchairbasketball.com)

Website: [plymouthfusionwheelchairbasketball.com](http://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](mailto: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](mailto: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 24 to Friday 28 October 2022.

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

### Food Options

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

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

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

For further information please call **01752 201918**  
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG  
[www.ymcaplymouth.org.uk/](http://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](mailto:classes@eximdance.org.uk)  
 07864168663

**MONDAY**  
**10am - 11am**  
 FAMILY MOVEMENT - 1 - 4 years (Monthly sessions)  
**4:15pm - 5:00pm**  
 PRIMARY DANCE - 5 -7years  
**4:30pm - 5:15pm**  
 PRIMARY DANCE 8 -10years  
**5:30pm - 6:30pm**  
 COMMUNITIES TOGETHER (STONEHOUSE) 11 - 16 years  
**5:30pm - 7pm**  
 MAKING WAVES - 13-18 years

**TUESDAY**  
**5:00pm - 6.30pm**  
 COMMUNITIES TOGETHER (NORTH PROSPECT) 11- 16 years  
**5pm - 6pm**  
 COMMUNITIES TOGETHER (ERNESETTLE) 11 -16 years

**THURSDAY**  
**10.45am - 12pm**  
 Home Ed Sessions (Monthly sessions)  
**4:30pm - 5:30pm**  
 SOCIAL HOUR - 11-18 (up to 25 for disabled people)

**FRIDAY**  
**5:00pm - 6:00pm**  
 ADAPT - 12 - 25 for disabled people  
**5:00pm - 6:00pm**  
 COMMUNITIES TOGETHER (KEYHAM) 11-16 years



Photo credit: Brett Lockwood



Improving Lives Through Dance






## Movement for All

Friday's, 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 information email: [chloe@eximdance.org.uk](mailto:chloe@eximdance.org.uk)



## WOMEN IN MIND

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

**WHEN:**  
 Free weekly sessions  
 Thursdays 6:30pm - 7:30pm & Fridays 10am - 11am

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

**Contact:**  
[laura@eximdance.org.uk](mailto: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](mailto: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.supertramparks.co.uk/send-parties>



All bouncers **must** hold a valid waiver. If you are 16 or under waiver must be completed by a parent or guardian on site.

You must be 5 years or older to bounce in General Bounce sessions.

Book online at:

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



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

# gym bubbas

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

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

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

[www.gymbubbas.co.uk/additional-needs/](http://www.gymbubbas.co.uk/additional-needs/)

Website: [www.gymbubbas.co.uk](http://www.gymbubbas.co.uk)

Facebook: [www.facebook.com/pg/GymBubbas/](https://www.facebook.com/pg/GymBubbas/)

You Tube Channel: [www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew](https://www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew)

## Sensory Skate



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



### **Sensory Skate Session at Plymouth Ice Rink**

See calendar for next available sessions.

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

## School Holiday Sessions for Primary (Age 8-11)

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

For more information and to book see:

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



	Price	Session Dates
<b>Bellboat Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Wednesday 26 Oct: 13:00 - 16:00
<b>Archery &amp; Orienteering Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Thursday 27 October: 13:00 - 16:00
<b>Climbing &amp; Seashore Explore Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Monday 24 October: 09:00 - 12:00 Friday 28 October: 13:00 - 16:00
<b>Ladder Climb, Abseil &amp; Tower Visit</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Tuesday 25 October: 09:00 - 12:00

## School Holiday Sessions for Secondary (Age 11-15)

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

For more information and to book see:

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

	Price	Session Dates
<b>Kayak Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Wednesday 26 October: 9:00 - 12:00
<b>Stand-Up Paddleboarding Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Friday 28 October: 09:00 - 12:00
<b>Climbing &amp; Abseiling Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Tuesday 25 October: 13:00 - 16:00
<b>Inflatable Rafts &amp; Soft Archery</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Thursday 27 October: 09:00 - 12:00

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

T: 01752 404567 E: [enquiries@mount-batten-centre.com](mailto:enquiries@mount-batten-centre.com)

[www.mount-batten-centre.com](http://www.mount-batten-centre.com)

[www.facebook.com/MountBattenWatersports](https://www.facebook.com/MountBattenWatersports)



**Health for Kids!**

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](http://www.healthforkids.co.uk)

Follow us:  livewellsouthwest  @livewellsw

 **07480 635189**

Text a school nurse for confidential advice and support.



**HEALTH FOR TEENS**

TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:

 **07480 635198**

GET HELP WITH ALL KINDS OF THINGS LIKE...

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

YOU CAN ALSO VISIT:

**WWW.HEALTHFORTEENS.CO.UK**

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



Health for Kids: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)  
 Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)



# ChatHealth

## NEW Health Visiting and School Nursing TEXT SERVICE

**PARENTS. CARERS. YOUNG PEOPLE.**

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

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



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



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



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





# EMOTIONAL WELLBEING AND MENTAL HEALTH

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



## CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

[www.kooth.com/index.php](http://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](mailto:wellbeingenquiries@youngdevon.org)

Website: [www.youngdevon.org](http://www.youngdevon.org)



### Key websites

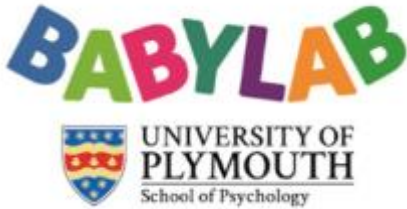
POD [www.plymouthonlinedirectory.com](http://www.plymouthonlinedirectory.com) (includes SEND local offer)

Young Devon [www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit](http://www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit)

Kooth [www.kooth.com/index.php](http://www.kooth.com/index.php)

Progeny\* [www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny](http://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](mailto:plymouthbabylab@plymouth.ac.uk)

### What Does Your Mental Health Pathway Look Like?

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

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

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



## **iPoorly Project**

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

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



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

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

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

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

Register at: [iPoorly Project](#)

Email: Heather Eardley at [Heather.Eardley@plymouth.ac.uk](mailto:Heather.Eardley@plymouth.ac.uk)

## **Childcare Choices Website Survey**

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

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



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

[Childcare Choices Website Survey](#)



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*

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

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

# 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](mailto:jo.erwin@plymouth.ac.uk) or on 07973 902024.



**Thank you!**



## 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](http://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.

[Click and Collect service](#) (term-time only)

Donation Drop-off and Collection Point:

- Every Tue, Wed & Thurs from 10am-1pm at 35 New George Street, PL1 1RA

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

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Email: [hello@uniformstoreplymouth.co.uk](mailto:hello@uniformstoreplymouth.co.uk)

## 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](http://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](mailto: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](mailto: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 from 18 June 2022

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](mailto: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](mailto: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](mailto: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 your 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

Unfortunately we can't accept any large items  
 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](mailto: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](#)



# 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](mailto: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](#)



**Believe in children**  
**Barnardo's**  
**SERVICE FAMILIES GROUP**

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

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

**ALL SERVICE FAMILIES WELCOME**

The Radford Centre  
Stokingway Close  
Plymstock  
PL9 9JL

## Little Troopers Therapy Programme

This new therapy programme supports 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](mailto: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](mailto: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](http://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](mailto: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](http://www.famallama.co.uk)

Email: [SparkleTwinnie@gmail.com](mailto: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](mailto: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](mailto:nolimits@plymouth.gov.uk)





# Time to Talk Next Steps

## Free Support for Young People with Additional Needs & Their Families

### About the Programme

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

### What Support Is Available for Young People?

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

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

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

**Peer Support** to regularly link up with other young people

**Useful Contacts & Networks** in your area



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

### What Support Is Available for Parents & Carers?

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

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



**Listening Ear Appointments** with a family support adviser



**Contact Helpline** for advice, information and support



### How to Request Support

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

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



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

# COFFEE, CAKE & CHAT

with Plymouth  
PCV every  
2 weeks



open to all  
parent carers,  
please join us

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

## Coffee, Cake & Chat

Wednesday's, 10am-11am

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

For the next meeting see:

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

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

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



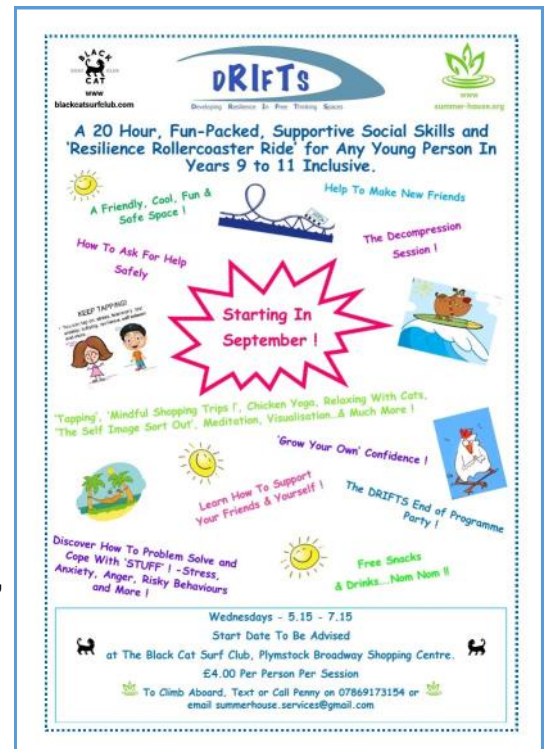
## Drifts

Developing Resilience in Free Thinking Spaces

**Thursday's, 5:15pm-7:15pm, £4 per session  
at The Black Cat Surf Club, Plymstock Broadway Shopping Centre.**

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

- 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, text or call Penny on 07869 173154 or email [summerhouse.services@gmail.com](mailto: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](mailto: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](http://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](mailto: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. Whiteleigh 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

Find us on  

**07890 257614**

**#YourHeadSpace**

**headspace@colebrooksw.org**



**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](https://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.

Registered charity nos. 1097940/50038092. Company no. 4764232. © Action for Children 2020. 1438

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](http://www.plymouthias.org.uk)



[www.facebook.com/plymouthias](https://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](http://www.plymouthias.org.uk)

