

# Activities & Events for SEND

For Your Interest

## February 2022

### Schools Out... for Half Term!

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.

## SEND & Celebration

FREE Event for PPCV members  
14th - 25th March 2022  
15th June 2022

SEND and Celebration is Plymouth Parent Carer Voice (PPCV) annual SEND conference. Find out more about this year's event at: [SEND and Celebrate 2022](#)

## 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 contact: [suzanne.davey@plymouth.gov.uk](mailto:suzanne.davey@plymouth.gov.uk)



### Contents...

<a href="#">PIAS Support for Parents</a>	2
<a href="#">Solihull Approach Free Online Course</a>	3
<a href="#">Short Breaks</a>	4
<a href="#">Creative Curiosities South West</a>	5
<a href="#">Routeways</a>	6-8
<a href="#">Art, Craft &amp; Laughter Activities</a>	8
<a href="#">4 Me &amp; My Friends Youth Group</a>	9
<a href="#">Plymouth Parent Carer Voice</a>	10-11
<a href="#">Friends &amp; Families</a>	12-14
<a href="#">Give a Child a Chance / Fit &amp; Fed</a>	15
<a href="#">Moor Vision</a>	16
<a href="#">Blind Sport—First Steps Project</a>	17
<a href="#">Activities Online</a>	18-20
<a href="#">National Marine Aquarium</a>	21
<a href="#">Plymouth Libraries and The Box</a>	22-23
<a href="#">National Trust</a>	24-27
<a href="#">Crownhill Fort</a>	25
<a href="#">Nature Plymouth: Green Hands</a>	28-29
<a href="#">Walking Trails</a>	30-31
<a href="#">Theatre Royal Plymouth</a>	32
<a href="#">Stiltskin &amp; Barbican Theatre</a>	33
<a href="#">Devon FA: Disability Football</a>	34-35
<a href="#">Argyle Community Trust</a>	36-38
<a href="#">Argyle PL Kicks / Autism Packs</a>	39
<a href="#">Disability Football, Rugby &amp; Basketball</a>	40
<a href="#">Park Tennis / Tennis for Free</a>	41
<a href="#">YMCA Inclusive, YMCA</a>	
<a href="#">Holiday Clubs &amp; Plymotion</a>	42-43
<a href="#">EXIM &amp; Far Flung Dance</a>	44-46
<a href="#">Drakes Den SEN Sessions</a>	47
<a href="#">Super Tramp</a>	48
<a href="#">Gym Bubbas / Sensory Skate</a>	49
<a href="#">Livewell Southwest</a>	50-51
<a href="#">DRIFTS</a>	52-53
<a href="#">Research</a>	54-58
<a href="#">Noticeboard &amp; Disability Information</a>	59-61
<a href="#">Barnardo's Children's Centres</a>	62-67
<a href="#">Support</a>	68-77

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

Email: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

### Connect with us on Facebook

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



# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## PIAS Support to Parents

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

We now have limited office cover to provide access to our service for those who **are unable** to contact us via phone or virtual media.

## Parenting Programmes

We are still delivering some of our Parenting Programmes virtually, but have resumed delivering some courses 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

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

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/](https://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**  
SOLIHULL APPROACH

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.

solihull.approach@heartofengland.nhs.uk  
(+44) 0121 296 4448

www.solihullapproachparenting.com www.inourplace.co.uk

**NHS**

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

### 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...



Holiday activities for disabled children aged 8-17 years.

## Short Breaks

**Tuesday and Thursday, 10:30am-3:30pm, Cost: £15 per person**

A poster for Short Breaks featuring a photo of three young people sitting outdoors. The text on the poster reads: "SHORT BREAKS", "School holiday sessions for young people with additional needs run twice per week from Devonport Park Activity Centre.", "TUESDAY 22ND FEBRUARY - OFF-SITE ACTIVITY", "THURSDAY 24TH FEBRUARY - ON-SITE ACTIVITY", and "Limited spaces available via www.bookwhen.com/short breaks. Sessions cost £15 each. Call Lucy on 01752 856702 for more details."/>

**SHORT BREAKS**

School holiday sessions for young people with additional needs run twice per week from Devonport Park Activity Centre.

TUESDAY 22ND FEBRUARY - OFF-SITE ACTIVITY

THURSDAY 24TH FEBRUARY - ON-SITE ACTIVITY

Limited spaces available via [www.bookwhen.com/short breaks](http://www.bookwhen.com/short%20breaks). Sessions cost £15 each. Call Lucy on 01752 856702 for more details.

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 person's needs, Routeways will contact the Short Breaks Team direct.

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

# Creative Curiosities Sw

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



Social  
adventurous  
creative  
experiences



Bricks  
for  
Autism  
Groups



Drawing  
and  
talking



Weekly  
Youth Music  
& Theatre  
workshops



Private  
tuition  
Qualified  
teacher

[www.tickettailor.com/events/creativecuriositiessw](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.

## **Little Players – Stay & Play Monday's, 1:30pm-5:30pm Union Corner, Union Street, Plymouth, PL1 3NB**

Free, fully inclusive stay and play toddler group, combined with after school play for the under 8's and their parents/carers with fun, creative sensory activities.

Snack and drink included.

## **Achievers Crew Tuesday's, 11am-2pm, Price: £10 The Plot, Union Street, PL1 3EZ**

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

## **Performers Workshops Thursday's, 6-8pm**

**Oxford House Creative Hub, PL1 1TW**

Combined theatre, music and dance workshops for neurodivergent young people age 15-25 years and/or with a SEND diagnosis.

## **Celebrating Neurodiversity – An Evening with Jude Morrow Sat 26 Feb 2022, 6pm-9:30pm, Price: Adult £25, Child Free**

Join us for a Celebration of Neurodiversity evening at The National Marine Aquarium with keynote speaker internationally acclaimed author, blogger, and media personality Jude Morrow. Ticket price includes a quiet tour of the aquarium, live music and entertainment from neurodiverse groups.

## **Creative Curiosities South West**

For more details and to book visit:

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

Any queries call or text on 07764 737620

or email: [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)

## Little Seeds

**Mondays, 9:30am-11:30am,  
£3 per family, booking preferred.**

Little Seeds is a fun and inclusive stay and play group for preschool children of any ability. We aim to promote learning through outdoor play and exploration in a safe and supportive environment. A welcoming and warm space for children with additional needs also.

Refreshments and activities are provided for both adults and children.



## LITTLE SEEDS


MONDAYS 9:30AM-11:30AM £3 PER FAMILY

A fun and inclusive stay and play group for preschool children of any ability. We aim to promote learning through outdoor play and exploration in a safe and supportive environment. A welcoming and warm space for children with additional needs also.

Refreshments and activities are provided for both adults and children.

Booking preferred - [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)  
01752 300700

Charity number 1050543. Company number 3420867.



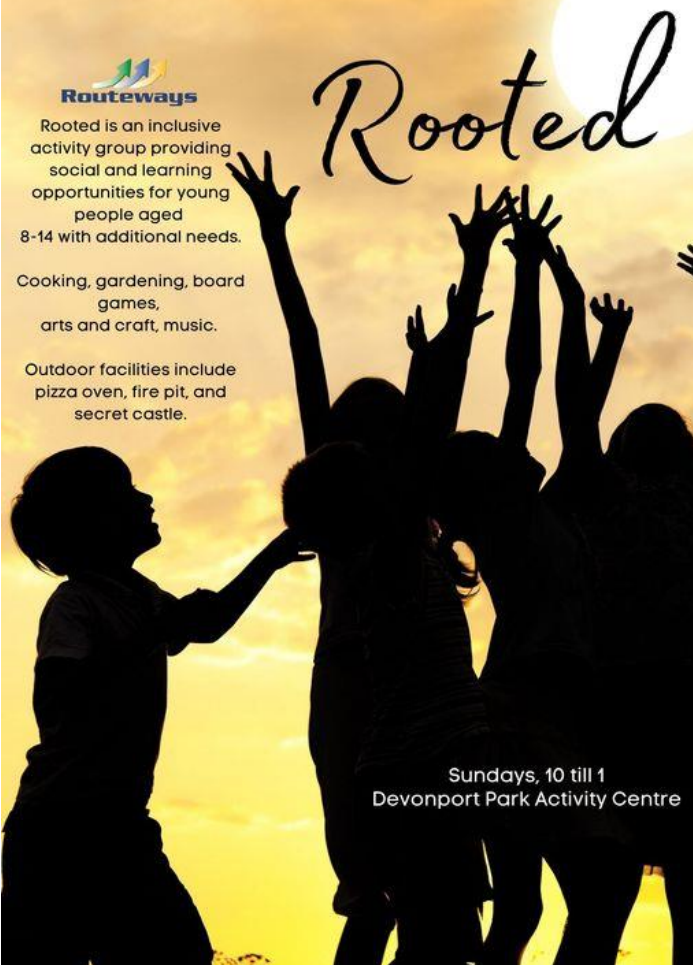
**Routeways**

Rooted is an inclusive activity group providing social and learning opportunities for young people aged 8-14 with additional needs.

Cooking, gardening, board games, arts and craft, music.

Outdoor facilities include pizza oven, fire pit, and secret castle.

# Rooted



Sundays, 10 till 1  
Devonport Park Activity Centre

## 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)

A social and vocational group held at Devonport Activity Centre for those aged between 16 and 24 with a SEN diagnosis. Engaging in a range of community projects organised and planned by the young people. A safe environment to develop socially.



TRANSITION GROUP

## GROWING TOGETHER

A social and vocational group for those aged between 16 and 24 with a SEN diagnosis. Engaging in a range of community projects organised and planned by the young people. A safe environment to develop socially

FRIDAYS

10:30AM - 3:30 PM (HALF DAY OPTION)  
DEVONPORT PARK ACTIVITY CENTRE



TRANSITION GROUP

## OVER 18'S COMPLEX CARE

A social group for those aged 18-22 with complex additional needs transitioning between children and adult services. Engaging in a diverse range of activities such as cooking, crafts and community trips. A safe, inclusive environment to socialise and engage in leisure activities.

SUNDAYS

10:30AM - 3:30 PM AT THE BECKLY CENTRE  
(WEDNESDAY SESSIONS BEING PLANNED)



## Over 18's Complex Care

### Transition Group

Sunday's, 10:30am-3:30pm

A social group held at the Beckly Centre for those aged 18-22 with complex additional needs transitioning between children and adult services. Engaging in a diverse range of activities such as cooking, crafts and community trips. A safe and inclusive environment to socialise and engage in leisure activities.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>

## 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>



## YOUTH CLUB

Social group for young people with additional needs aged 14-24. A chance to play games, chat with friends, learn new skills, baking, arts and crafts, competitions and trips out.

Alternating between Devonport Park Activity Centre and The Beckly Centre  
Thursdays - 7-9pm - £8 a session

Booking essential via  
[www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)

Please contact us for more information on  
01752 300700



Charity Number: 1080543 Company Number: 3420867



## 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



## 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.





SEND and Celebration is the name of the Plymouth Parent Carer Voice (PPCV) annual SEND conference. Dates for SEND and Celebration 2022 have been added to the events calendar on the PPCV website.

For more information about the event, see:

<https://www.plymouthpcv.co.uk/send-celebration-2022/>

# Plymouth Parent Carer Voice



## NEW Sensory Library

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

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

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

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

See our website for more details  
[www.plymouthpcv.co.uk](http://www.plymouthpcv.co.uk)

Visit the  
Plymouth Parent Carer Voice  
website at:

[www.plymouthpcv.co.uk](http://www.plymouthpcv.co.uk)

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



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

The Fun and Freedom Club can offer you:

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

Joining the club is FREE and all of the activities are subsidised. The club hold monthly meetings, allowing you time to meet other young carers, have some fun away from your caring role and to give you some support and help with any worries or problems that you have. For more information or to register call **01752 204369**.

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

### Activities and Events

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

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

To participate in activities you will need to register at:

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

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

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

Date/Time	Event	Category
<b>Wed 16th Feb 2022</b> 10:00am - 11:00am	<a href="#">Parent/Carer: Drop in session</a> <i>Virginia House, Plymouth Devon</i>	<a href="#">Parent/Carer</a>
<b>Mon 21st Feb 2022</b> 10:00am - 3:00pm	<a href="#">Adventure Club: Mount Batten Watersports &amp; Activities Centre *FULLY BOOKED*</a> <i>Mount Batten Centre, Plymstock</i>	<a href="#">Adventure Club</a>
<b>Mon 21st Feb 2022</b> 7:30pm - 8:30pm	<a href="#">Family Activity: Ice Skating *FULLY BOOKED*</a> <i>Plymouth Pavilions, Plymouth</i>	<a href="#">Family Activity</a>
<b>Tue 22nd Feb 2022</b> 9:00am - 12:00pm	<a href="#">Fun and Freedom: Level 2 Student First Aid</a> <i>Virginia House, Plymouth Devon</i>	<a href="#">Fun and Freedom Club Training</a>
<b>Tue 22nd Feb 2022</b> 10:30am - 11:30am	<a href="#">Adventure Club &amp; Making Sense: Inclusive Dance</a> <i>Oxford House Creative Hub, Plymouth</i>	<a href="#">Adventure Club Making Sense</a>

Date/Time	Event	Category
<b>Wed 23rd Feb 2022</b> 10:00am - 12:00pm	<a href="#">Parent/ Carer: Drop In Session</a> <i>Virginia House, Plymouth Devon</i>	No Categories
<b>Wed 23rd Feb 2022</b> 12:00pm - 2:00pm	<a href="#">Fun and Freedom: Laser Tag *FULLY BOOKED*</a> <i>Plymouth Karting, Plymouth</i>	No Categories
<b>Wed 23rd Feb 2022</b> 3:00pm - 5:00pm	<a href="#">Fun and Freedom: Laser Tag 2</a> <i>Plymouth Karting, Plymouth</i>	<a href="#">Fun and Freedom Club</a>
<b>Thu 24th Feb 2022</b> 10:00am - 12:00pm	<a href="#">Making Sense: The Box Visit</a> <i>The Box, Plymouth</i>	<a href="#">Making Sense</a>
<b>Thu 24th Feb 2022</b> 1:00pm - 3:00pm	<a href="#">Youth Adventures : Laser Tag</a> <i>Plymouth Karting, Plymouth</i>	<a href="#">Youth Adventures</a>
<b>Fri 25th Feb 2022</b> 10:45am - 12:00pm	<a href="#">Adventure Club: Super Tramp *FULLY BOOKED*</a> <i>Super Tramp Plymouth, Plymouth Devon</i>	<a href="#">Adventure Club</a>
<b>Tue 1st Mar 2022</b> 10:30am - 11:30am	<a href="#">Little Steps Together: Aquarium Visit</a> <i>National Marine Aquarium, Plymouth Devon</i>	<a href="#">Little Steps Together</a>
<b>Thu 3rd Mar 2022</b> 10:30am - 11:30am	<a href="#">Little Steps Together: Playgroup at Virginia House</a> <i>Virginia House, Plymouth Devon</i>	<a href="#">Little Steps Together</a>
<b>Fri 4th Mar 2022</b> 12:30pm - 3:00pm	<a href="#">Parent/ Carer - Cook!</a> <i>Efford Youth and Community Centre, Plymouth Devon</i>	<a href="#">Parent/Carer</a>
<b>Tue 8th Mar 2022</b> 10:00am - 12:00pm	<a href="#">Little Steps Together: Parent/Carer Support Group</a> <i>Virginia House Centre, Plymouth Devon</i>	<a href="#">Little Steps Together Parent/Carer</a>
<b>Wed 9th Mar 2022</b> 9:00am - 3:15pm	<a href="#">Training: Level 3 Emergency Paediatric First Aid</a> <i>Virginia House, Plymouth Devon</i>	<a href="#">Parent/Carer Training</a>
<b>Wed 16th Mar 2022</b> 9:00am - 3:15pm	<a href="#">Training: Level 3 Emergency First Aid at Work</a> <i>Virginia House, Plymouth Devon</i>	<a href="#">Parent/Carer Training</a>
<b>Fri 18th Mar 2022</b> 6:00pm - 8:00pm	<a href="#">Youth Adventures: Social Club</a> <i>The Virginia House Centre, Plymouth</i>	<a href="#">Youth Adventures</a>
<b>Tue 22nd Mar 2022</b> 10:00am - 12:00pm	<a href="#">Little Steps Together: Parent/Carer Support Group</a> <i>Virginia House Centre, Plymouth Devon</i>	<a href="#">Little Steps Together Parent/Carer</a>
<b>Tue 5th Apr 2022</b> 10:00am - 12:00pm	<a href="#">Little Steps Together: Parent/Carer Support Group</a> <i>Virginia House Centre, Plymouth Devon</i>	<a href="#">Little Steps Together Parent/Care</a>
<b>Tue 3rd May 2022</b> 10:00am - 12:00pm	<a href="#">Little Steps Together: Parent/Carer Support Group</a> <i>Virginia House Centre, Plymouth Devon</i>	<a href="#">Little Steps Together Parent/Carer</a>

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)



## **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 new Little Steps Together sessions.

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

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

.....

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

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

**Our first session will be on Tuesday 1<sup>st</sup> March at the National Marine Aquarium**

You will be able to book here from 2/2/22 –

[www.friendsandfamilies.org.uk/services/events/](http://www.friendsandfamilies.org.uk/services/events/)

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)



**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 children age 5-16 years who receive free school meals. Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children and young carers.

More details about Holiday Clubs for Easter 2022 will be added at: [Fit and Fed](#)



## **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 have 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!

The first half of this year we have swimming trips, theatre visits with audio description, a visit to the Eden Project, sports audio adventure days and activity weekends.

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

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

## Activities Online



### 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)

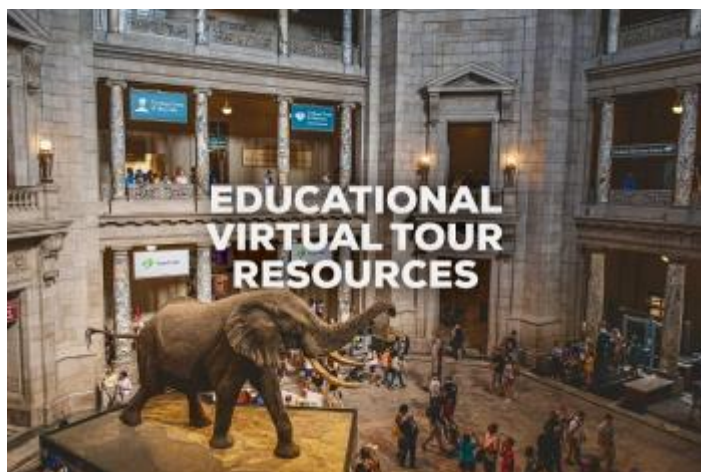
You can also find lots of [online activities](#) where you can join in 'live sessions' in real time or do in your own time at home.

[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>

## 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

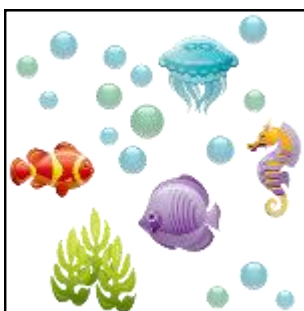
**Monday's 21 Feb, 18 Apr & 30 May 2022**

**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](#)

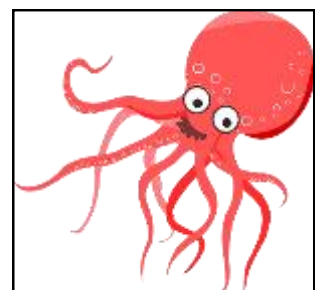


**National Marine Aquarium,  
Rope Walk, Coxside, Plymouth, PL4 0LF**

For more details see website:

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

or call 0844 8937938



# Plymouth Libraries

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

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

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

Follow [Plymouth Library Facebook](#):

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



## Sign up for a free Library Card

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

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

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

With your Library Card Number and PIN you can:

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

## FINDALOTS Library Challenge

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

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

Sign up at any [Plymouth Library](#)



## Big Up Your Book

**Wednesday's, 4pm**

This is a digital book group for children every Wednesday.

To find out more or to book your child a slot in the group,

email: [library@plymouth.gov.uk](mailto:library@plymouth.gov.uk)



## The Box

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



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

To visit, [book online](#).

## Events

### Songlines: Tracking the Seven Sisters

**Until Sunday 27 February 2022**

**Cost: £10 adults (18+), £7.50 Concessions (The Box Members, Students, Jobseekers, Seniors age 65+, people with disabilities). Under 18s free.**

The National Museum of Australia's award-winning exhibition comes to The Box for the European premiere. Experience ancient stories from the world's oldest continuing culture, told through paintings and objects by more than 100 artists, using state-of-the art display technology combined with art, song and dance.

This is part of the UK/Australia Season 2021-22 which forms part of a major programme of cultural exchange taking place across the two nations.

### Family Workshops: Creative Clay

**Date: Sat 19 – Sun 27 Feb 2022 (except Mon 21 Feb)**

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

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

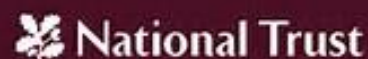
Take creative inspiration from our major 'Songlines: Tracking the Seven Sisters' exhibition featuring large, vibrant paintings of the Australian deserts, and create your own landscape maps in clay.

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

For more information and to keep up-to-date see The Box website:  
<https://www.theboxplymouth.com/>



**Please check National Trust website for latest updates.**



## Saltram

### Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-5pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. The Park Café is open from 10am-5pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) with a range of hot and cold drinks and food. The house is currently closed, then re-opens Sat 19—Mon 21 Feb during half-term and from Thur 24 Feb is open from Thurs—Mon, 11am-4pm each day.

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

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

**Saltram Boundary Walk**—This walk follows parkland and woodland, providing views of the estuary and Blaxton saltmarsh.

**More Information:** Admin Office 01752 333500

[saltram@nationaltrust.org.uk](mailto:saltram@nationaltrust.org.uk)

## Buckland Abbey

### Yelverton, PL20 6EY

The Abbey is closed until Sat 19 Feb 2022. Buckland Abbey gardens and estate walks are open weekends during February (10am-4pm) and will re-open fully from Sat 19 Feb from 10am-5pm. The Abbey (11am-4:30pm) and Great Barn (10am-5pm) also re-open. The Ox Yard Café is open 10am-4pm (until 5pm from Sat 19 Feb) with limited indoor seating for take-away and eat in light lunches and snacks.

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

### Abbey Walks

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

## Spring Fun at Buckland Abbey

### Signs of Spring Trail

**Dates:** Sat 19 Feb—, 10am-4pm

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

Come and spot the signs of Spring at Buckland Abbey. See how many things you can find on our Spring spotter trail as you explore the gardens. Pick up your trail sheet from the visitor centre. Wear appropriate clothing and shoes for the winter weather. Wheelchair and push-chair friendly route through the gardens.

**More Information:** Admin Office 01822 853607

[bucklandabbey@nationaltrust.org.uk](mailto:bucklandabbey@nationaltrust.org.uk)



# Plymbridge Woods

## Plympton PL7 4SR



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

### Plymbridge Wood Family Cycle Trail

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

### Woodland Wander Walking Trail

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

### Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail

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

**More Information:** Admin Office 01752 341377  
[plymbridgewoods@nationaltrust.org.uk](mailto:plymbridgewoods@nationaltrust.org.uk)

## Crownhill Fort

The Landmark Trust

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

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

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.

## Antony

### Torpoint, PL11 2QA

Important notice: Antony is now closed for the winter and will re-open on Tuesday 5 April 2022.

For more information see: [Antony](#)

**More Information:** Admin Office 01752 812191

[antony@nationaltrust.org.uk](mailto:antony@nationaltrust.org.uk)

## Lydford Gorge

### Lydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10.30am-4.30pm. To ensure the safety of visitors, the Devil's Cauldron remains closed for repair.

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

**Please Note:** From **Monday 1 November 2021**, only the Waterfall walk will be open for walking and the tea-room will have more limited opening. The rest of the gorge is closed for safety and maintenance over the winter months until the end of March 2022.

### Lydford Gorge Waterfall Trail

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

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

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

**More Information:** Admin Office 01822 820320

[lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)

### '50 Things' to do Outdoors Activity Guide

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

Download your activity sheet at:

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





## Cotehele

### St Dominick near Saltash, PL12 6TA

Cotehele gardens are open daily from 10am-4pm, the estate and quay from dawn to dusk. Cotehele House and mill are closed until Sat 5 March 2022. The Barn restaurant located in the garden at Cotehele is open daily from 10am-4pm (10am-5pm from Sat 5 March 2022) serving hot and cold drinks, lunches, cream teas and light snacks. For the latest information see:

[Cotehele](#)

### Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there are lots of walks you can take your dog on. There are 4 dog waste bins on the estate. Download the

[Walkies: Dogs at Cotehele Guide](#)

### Cotehele Quay

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

### Percy the Park Keeper's Winter Wander Trail

**Date:** Until Sun 27 Feb, 10am-4pm

**Cost:** £2 per trail. Booking not required. (Normal admission applies)

Treat your little ones to a world of adventures at Cotehele on the Percy the Park Keeper's winter wander trail. Join in the fun with Percy and his animal friends and give nature a helping hand.

### February Half Term: Story-time & Puppet Making

**Date:** Sat 19—Sun 27 Feb 2022

**Cost:** Readings and Crafts Free. Booking not required. (Normal admission applies)

Snuggle up and hear your favourite Percy the Park Keeper stories read aloud at 11am every day in the second-hand bookshop. Then make a Percy the Park Keeper puppet to create your very own play in our puppet theatre (10am-4pm).

**More Information:** Admin Office 01579 351346 press 0  
[cotehele@nationaltrust.org.uk](mailto:cotehele@nationaltrust.org.uk)



National  
Trust

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



# Green Hands at Central Park!



Join us for **FREE light-touch outdoor activities this  
October 2021 - May 2022**

Argyle Community Trust & The Green Minds Project have teamed up as part of a green social prescribing programme to run free 'Green Hands' events in Central Park.

Get active & learn light-touch wildlife conservation & heritage skills through Green Hands & enjoy a taster of how to stay fit & care for Central Park at the same time!

## Free Green Minds Events

**Sat 15 Jan 2022, 10am-3pm**

### **Green Hands: Big Garden Bird Watch in Central Park!**

We're getting ready to celebrate the RSPB's Big Garden Birdwatch with a bird survey at Central Park! Join us as we record the different types of bird across the park.

**Wed 26 Jan 2022, 10am-3pm**

### **Green Hands: Bug hotel restoration & Caring for Central Park**

Join us as we restore the bug hotels of Central Park and learn about how you can help mini-beasts at home! We'll also be caring for the park, making sure the paths and gutters are clear, and we may even have a go at fixed point photography!

**Sat 12 Feb 2022, 10am-3pm**

### **Green Hands: Ponds & Plants at Central Park**

We'll be getting ready for the Central Park ponds project by cutting back bamboo in the existing pond and doing a survey to discover the plants and wildlife living there already.

**Wed 23 Feb 2022, 10am-3pm**

### **Green Hands: Tree Care & Tree Checks at Central Park**

Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

**Sat 12 Mar 2022, 10am-3pm**

### **Green Hands: Seed Sowing & Caring for Central Park**

Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

**Wed 23 Mar 2022, 10am-3pm**

### **Green Hands: Tree Care & Tree Checks at Central Park**

Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

**Sat 9 Apr 2022, 10am-3pm**

### **Green Hands: Family fun at Central Park**

Join us this Easter holidays for family friendly wildlife themed activities in Central Park!

**Wed 20 Apr 2022, 10am-3pm**

### **Green Hands: Family friendly Spring Celebration at Central Park**

Join us this Easter holidays for a walk and talk around Central Park - learn how to identify spring plants and wildlife and find out about the exciting Green Minds projects happening in the park!

**Sat 7 May 2022, 10am-3pm**

### **Green Hands: Sensory walk creation & Love Exploring Trails**

Help us to create a series of sensory walks around Central Park and make our trails more accessible for everyone to enjoy!

## How can I get involved?

Green Hands is being run by our friends at Plymouth Environmental Action (PEA). Book onto 1 or more sessions by clicking: [www.tinyurl.com/BookGreenHands](http://www.tinyurl.com/BookGreenHands)

### **How can I find out more?**

For more details, please visit [www.greenmindsplymouth.com](http://www.greenmindsplymouth.com) or email PEA at: [plymouthenvironmentalaction@hotmail.co.uk](mailto:plymouthenvironmentalaction@hotmail.co.uk)

### **What is the Green Minds Project?**

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

Find out more about the Green Minds Project at: [www.greenmindsplymouth.com](http://www.greenmindsplymouth.com)

Find out more about Central Park:

[www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/](http://www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/)

## **Tell me more about Green Hands at Central Park!**

### **What should I expect & what should I bring with me?**

The Green Hands sessions are being run by Plymouth Environmental Action (PEA). We have a relaxed start with cup of tea & biscuits, plus time to chat with the other volunteers! The PEA leaders will explain the plan for the session, before the group (usually about 10) head off into the park to do some light-touch, wildlife conservation activities like tree care, planting & wildlife walks.

Most of the session will be outdoors, so we recommend wearing warm & waterproof clothes with sturdy shoes / trainers. Bring your lunch, a drink & anything else you need to feel comfortable! Waterproofs / wellies can be borrowed on the day & we have access to shelter at lunchtime if needed.

All activities will be run in line with coronavirus guidance & social distancing measures will be in place to ensure everyone feels safe & comfortable.

If you would like to know more details about accessibility, activities for each session or if you have any questions, please email the PEA team at:

[plymouthenvironmentalaction@hotmail.co.uk](mailto:plymouthenvironmentalaction@hotmail.co.uk)

### **How do I sign up for an event?**

If you would like to join 1 or more of the Green Hands sessions, simply enter your details in the booking form found at [www.tinyurl.com/BookGreenHands](http://www.tinyurl.com/BookGreenHands) to register your place on events. You will receive an email from PEA a few days before the event with activity details, meeting location & a link to register as a PEA volunteer.

The PEA team will get in touch with you if there are any changes before the event or if it needs to be postponed due to winter weather! If you can no longer make an event, please cancel your booking & let the PEA team know by emailing

[plymouthenvironmentalaction@hotmail.co.uk](mailto:plymouthenvironmentalaction@hotmail.co.uk)

### **Would you like to join Green Hands as a family or group?**

If you have a team of people interested in joining the Green Hands sessions, you email [plymouthenvironmentalaction@hotmail.co.uk](mailto:plymouthenvironmentalaction@hotmail.co.uk) for details on how you can get involved.

### **Find out more:**

Green Minds: [www.greenmindsplymouth.com/](http://www.greenmindsplymouth.com/)

Plymouth Environmental Action: [www.pea-volunteering.co.uk/](http://www.pea-volunteering.co.uk/)

Social Prescribing in Central Park: [www.tinyurl.com/ACTgreenprescribingupdate](http://www.tinyurl.com/ACTgreenprescribingupdate)

## 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 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)



## 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 Sunday's, 10am-3pm**

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

Find out more about Burrator Reservoir at:

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



## February Half Term Family Fun

### A Wild World of Colour

**Sat 19—Sun 27 Feb 2022**

Visit Dartmoor Zoo this February half term and discover a wild world of colour.



Follow the trail around the Zoo to complete your colour by numbers picture and along the way, discover the importance of the crazy colours in the animal kingdom.

The trail is included as part of your general Zoo admission ticket with the option of purchasing colouring pencils at the gate on arrival.

**Custom Storm Productions** will also be hosting two performances and juggling workshops on Saturday 19th and Wednesday 23rd February suitable for age 3+. Book your place as an add-on when purchasing tickets for those dates.

Book online at: <https://www.dartmoorzoo.org.uk/february-half-term-family-fun/>

# What's On

## [Tiny Tales \[2022\]](#)

**Date:** Monday's until Mon 28 March 2022,

**Times:** 11am-11.45am or 12:12pm-1pm

**(excluding half term)**

**Venue:** Front of House, Theatre Royal Plymouth

**Age:** Suitable age 2+

**Tickets:** £5 per workshop per child, adults free!

Playful storytelling for 2-4 year old and their parents/carers. In these active weekly sessions, you and your child will explore well-known stories through creative play and unique theatrical storytelling. Led by our experienced early years team, *Tiny Tales* will spark your child's imagination and develop their curiosity about the world around them.



## [The Lion, the Witch and the Wardrobe](#)

**Date:** Tue 22—Sat 26 Feb 2022

**Venue:** The Lyric

**Age:** Suitable for ages 6+

**Tickets:** From £37

**Running Time:** 2hr 30min

Direct from London, the smash-hit production of C.S. Lewis' classic *The Lion, the Witch and the Wardrobe* is coming to Plymouth! Step through the wardrobe into the enchanted kingdom of Narnia and embark on a magical adventure!

Access Performances:

- Audio described performance—Thu 24 Feb, 2pm
- Captioned performance—Fri 25 Feb, 7:30pm.



[See What's On](#)

Call the Box Office on **01752 267222**

## [Bedknobs and Broomsticks](#)

**Date:** Tues 8—Sat 12 Mar 2022

**Venue:** The Lyric

**Age:** Suitable for ages 6+

**Tickets:** From £22

**Running Time:** 2hrs 40mins

Enter a world of magic and fantasy as Disney's classic makes its world premiere as a new stage musical.

When the three orphaned Rawlins children are evacuated from wartime London to live with the mysterious trainee witch Eglantine Price, they have no idea what adventures lie ahead as they search for a secret spell that will defeat the enemy.



## [Billionaire Boy](#)

**Date:** Wed 13—Sun 17 Apr 2022

**Venue:** The Lyric

**Tickets:** From £13

From the award-winning West End producers of Gangsta Granny comes this amazing production of David Walliams' Billionaire Boy!

Joe Spud is twelve years old and the richest boy in the country! He decides to leave his posh school and start at the local comp... but things don't go quite to plan and life becomes a rollercoaster as he tries to find what money can buy!



## 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.

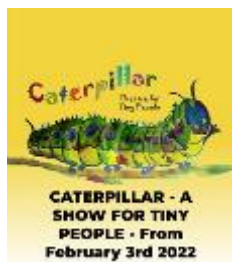
### Caterpillar - A Show for Tiny People

Various until Sat 12 Feb 2022

£10/£12 (early bird tickets)

Suitable age 6 months to 8 years

Indoor theatre event. Fun loving Caterpillars, Bob and Bob wriggle out to explore the big wide world. Join them on their adventures discovering food, getting up to mischief and escaping from the cheeky chicken before transforming into beautiful butterflies.



### Bubblicious: Baby & Family Raves

Sat 12 March 2022

Baby Rave: 1pm-3pm, £10 (early bird ticket)

Family Rave: 4pm-6pm, (£10 (advance ticket)

Join us for a special family friendly dance party at the Soapbox. With guest DJ's playing an eclectic mix of dance from old skool to new skool, glowsticks, uv face painting, bubbles, walkabout performers, arts and crafts chill-out area and lots more!



### Pirates of the Imagination

Various from Thur 24 Mar – Sat 2 Apr 2022

Price: £11/£13 (free under 12 months),

Suitable age 3-8 and their families.

Join Stiltskin for a swashbuckling imaginative adventure, a visual feast using imaginative play, puppets, colourful comic characters and shanty singing.



### Workshops & Clubs

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

For more information see:

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



## ReBels

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

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

## ReBels Summer 2021 Programme

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

## ReBels BHive

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

Follow the Barbican Theatre  
Facebook page:

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

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 11am-12pm	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, 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)

# February Half Term Holiday Soccer Roadshows 2022



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 9:30am—3:30pm (except Mini Pilgrims from 10am—11am). Registration opens at 9am.

**Weekly Pass:** Access as many courses as you like for £70 per participant.

Venues	Date	Cost	Theme	No.
Manadon Sports Hub	Mon 21 Feb	£8	PL Stars Day Roadshow	P1
Hooe Primary	Mon 21 Feb	£14	Argyle Football Roadshow	P2
Manadon Sports Hub	Mon 21 Feb	£18	Girls Only Roadshow	P3
Ivybridge Community College	Mon 21 Feb	£18	Football Roadshow	P4
Manadon Sports Hub	Tue 22 Feb	£18	Football Roadshow	P5
Plympton Academy	Tue 22 Feb	£18	Strikers & Goalkeepers	P6
Wembury Primary School	Tue 22 Feb	£18	Multi Sports	P7
Lipson Vale	Tue 22 Feb	£18	Multi Sports	P8
Hooe Primary	Tue 22 Feb	£18	Football Roadshow	P9
Manadon Sports Hub	Wed 23 Feb	£12	Multi Sports	P10
Manadon Sports Hub	Wed 23 Feb	£18	Strikers & Goalkeepers	P11
Wembury Primary School	Wed 23 Feb	£18	Gymnastics Day	P12
Hooe Primary	Wed 23 Feb	£14	Multi Sports	P13
Manadon Sports Hub	Wed 23 Feb	£8	Mini Pilgrims (10am-11am)	P14
Newton Ferrers	Wed 23 Feb	£14	Multi Sports	P15
Lipson Vale	Thur 24 Feb	£14	Multi Sports	P16
Plympton Academy	Thur 24 Feb	£18	Strikers & Goalkeepers	P17
Hooe Primary	Thur 24 Feb	£14	Football Roadshow	P18

Book your course online at  
[www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

Venues	Date	Cost	Theme	No.
Ivybridge Community College	Fri 25 Feb	£18	Strikers & Goalkeepers	P19
Ivybridge Community College	Fri 25 Feb	£18	Girls Only Roadshow	P20
Manadon Sports Hub	Fri 25 Feb	£18	Football Roadshow	P21
Hooe Primary	Fri 25 Feb	£14	Strikers & Goalkeepers	P22

## Disability Soccer Roadshows

Venues	Date	Cost	Time	Theme	No.
Manadon Sports & Community Hub	Mon 21 Feb	£16	10am-3pm	Disability Football Roadshow	D1
Plympton Academy	Tue 22 Feb	£16	10am-3pm	Disability Football Roadshow	D2
Manadon Sports Hub	Thur 24 Feb	£8	10am-1pm	Disability Short Breaks	D3

Argyle Community Trust are also running 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
- **Disability Football Roadshow**—A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition aged 5-15 years.

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

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



Book your course online at  
[www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

## Junior Ability Counts

**Monday's, 5pm-6pm**

**at Manadon Sport Hub**

**£4 per session, Free taster session**

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



## JUNIOR ABILITY COUNTS

### FOOTBALL FOR YOUNG PEOPLE WITH A DISABILITY

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

🕒 Monday, 17:00-18:00


📍 Manadon Sport Hub, PL5 3FD

💷 £4 per session

**FREE** Taster session



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



**ARGYLE TRUST COMMUNITY**

# ABILITY COUNTS

## DISABILITY FOOTBALL

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

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

**£3 PER SESSION**  
**MANADON SPORTS HUB, PL5 3FD**

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

## Adult Ability Counts – Men and Women's Teams

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

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

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

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

Book online at:

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

## Premier League Kicks Timetable

The Premier League Kicks projects is for children and young people aged 8-18 years. It is totally FREE... just turn up and play.

### Monday

Efford Youth Centre, PL3 6HU, 6:30pm-8:30pm

### Tuesday

Southway Youth Centre, PL6 6TB, 6:30pm-8:30pm

### Wednesday

Fox Field Close, PL3 6DF, 4:30pm-5:30pm

### Thursday

Efford Youth Centre, PL3 6HU, 6:30pm-8:30pm

### Friday

Coxside, Teats Hill, PL4 8PH, 4pm-5pm  
St. Budeaux, The Barn, PL5 1EJ, Time TBC  
Woodview Campus, Sir John Hunt, PL5 4AA

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

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



The poster features the title 'PL KICKS TIMETABLE' in large white letters on a dark background. Below the title is a table with three columns: DAY, VENUE, and TIME. The table lists sessions for Monday through Friday. At the bottom, there are icons for a person and a pound sign, followed by the text '8-16 YEARS OLD' and 'FREE TURN UP & PLAY'. A QR code is also present, along with contact information for Alice Young.

DAY	VENUE	TIME
MONDAY	Efford Youth Centre, PL3 6HU	18:30-20:30
TUESDAY	Southway Youth Centre, PL6 6TB	18:30-20:30
WEDNESDAY	Fox Field Close, PL3 6DF	16:30-17:30
THURSDAY	Efford Youth Centre, PL3 6HU	18:30-20:30
FRIDAY	Coxside, Teats Hill, PL4 8PH	16:00-17:00
	St Budeaux, The Barn, PL5 1EJ	TBC
	Woodview Campus, Sir John Hunt, PL5 4AA	18:00-20:00

8-16 YEARS OLD    FREE TURN UP & PLAY

For up to date information on sessions, scan the QR Code or contact us on the below details.

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

## Plymouth Argle Football Club – Autism Packs

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

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

The Sensory packs include:

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

For more information and to apply for an Autism packs visit:  
<https://www.pafc.co.uk/news/sensory-packs-now-available>



## 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!!!



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

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

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



## Plymouth Fusion Junior Wheelchair Basketball

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

### **Training: Saturday's**

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

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

For more information contact: Aaron Blyth-Palk

Mobile: 07867 380975

Email: [info@plymouthfusionwheelchairbasketball.com](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](https://parktennisplymouth.gov.uk)

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](https://plymptontennisclub.co.uk)



## Tennis for FREE at Central Park

Saturday's, 5pm-6pm

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



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

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

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

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





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

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

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

# YMCA Holiday Clubs

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

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

The next club is from Monday 21st to Friday 25th February 2022.



The poster features the YMCA logo in purple and orange. It shows two young girls, one in an orange shirt and one in a green shirt, both holding yellow balls. The text 'February Half-term Holiday Club' is in orange, with 'Activities for ages 8-16' in smaller text. A large yellow circle with a purple border contains the text 'Only £15 PER DAY\*'. The Ofsted logo is in the bottom left corner, and the website 'ymcaplymouth.org.uk/holidayclub' and phone number 'T 01752 201918' are at the bottom.

Multi-activity day sessions start from just £15 per day (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.

## 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/>



The poster has an orange background. On the left is a cartoon character with a white face, pink spiky hair, and black sunglasses. The text 'LOVE YOUR BIKE' is in large, white, stylized letters. To the right, 'PLYMOTION' is written in large white letters with 'Make the connection!' underneath. The Plymouth City Council logo is in the top right corner. The main heading is 'FREE ADULT CYCLE SESSIONS'. Below it, text describes group sessions for improving skills. Then, 'COMMUTER TUTOR' is listed, followed by text about one-to-one sessions. Further down, it mentions bike loans and catering for disabilities. Contact information is provided at the bottom: 'www.cyclepssp.co.uk' and '01752 515385'. Three small circular logos for 'ability' are at the bottom right.

# EXIM Dance

## YOUNG PEOPLE'S TIMETABLE

PARTICIPATION IS FREE



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

### MONDAY

**4:30pm - 5:15pm**  
PRIMARY DANCE - 5-10 years  
Oxford House Creative Hub, Stonehouse

**5:30pm - 6:30pm**  
COMMUNITIES TOGETHER (STONEHOUSE) 11 - 16 years  
Oxford House Creative Hub, Stonehouse

**5:30pm - 7pm**  
MAKING WAVES - 13-18 years  
Oxford House Creative Hub, Stonehouse

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

**5:00pm - 6:00pm**  
COMMUNITIES TOGETHER (Keyham) 11-16 years  
Keyham Green Places Centre

**5:00pm - 6:00pm**  
ADAPT - 12 - 25 for disabled people  
Oxford House Creative Hub, Stonehouse



Photo credit: Brett Lockwood

 Improving Lives Through Dance

 Healthy Heart Grants

 Dancing Community Foundation  
giving more, locally

 Livewell FOUNDATION

## Movement for All

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

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

To express an interest or for more information email:

[chloe@eximdance.org.uk](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



# COFFEE CUP CHOIR

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

Thursdays 6 - 7.15pm

@ Rockets & Rascals, Plymouth, PL1 2JL

Meet us for a coffee and a catch-up from 5.30pm

£3 per session

**BOOKING REQUIRED**

To book a place contact [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

*Rockets & Rascals*

funded through



TRP



## STEERING GROUP

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

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

Every last Friday of the month 12-1pm.

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

Clair Sargeant | [farflungdt@gmail.com](mailto:farflungdt@gmail.com)



Wednesdays  
4pm-5:30pm

Fridays  
9am - 11am

# SEN SESSIONS

Visit  
[www.drakes-den.co.uk](http://www.drakes-den.co.uk)  
to Book!

Please bring your  
medical letter or blue  
badge with you on the  
day



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



To book visit: [www.drakes-den.co.uk](http://www.drakes-den.co.uk)



## Super Tramp Plymouth

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



## SEND Sessions

Thursday's: 16:20-17:20 & Sunday's: 17:30-18:30

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

Book online at:

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

Off-peak times

## Support session

**Sunday**  
5:30pm - 6:30pm

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

## SEND session

**Thursday**  
4:20pm - 5:20pm

For bouncers with additional needs, and their carers.

**What does each SEND and Support session include?:**

- ♥ The park will be closed to the general public
- ♥ Reduced numbers of bouncers
- ♥ A parent/carer goes free of charge with every participant
- ♥ The volume of the music is lowered and calming music is played
- ♥ The party rooms will be opened up to relax in before, during and after your session
- ♥ Complimentary squash for all participants

**How much are they?**  
Our SEND Session & Support Session are £8, 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 a pair and are yours to keep.

**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**

Friday 18 February 2022, 6pm-7pm

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



Staying Healthy   Illness   Feelings   Getting Help

A fun and interactive resource for learning about health



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

**www.healthforkids.co.uk**

Follow us:  livewellsouthwest  @livewellsw

 Text a school nurse for confidential advice and support



## HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:

 **07480 635198**

GET HELP WITH ALL KINDS OF THINGS LIKE...

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

YOU CAN ALSO VISIT:

**WWW.HEALTHFORTEENS.CO.UK**

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



07480 635189

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



## NEW Health Visiting and School Nursing TEXT SERVICE

**PARENTS. CARERS. YOUNG PEOPLE.**

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

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



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



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



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

**Livewell**  
Southwest

# EMOTIONAL WELLBEING AND MENTAL HEALTH

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



## CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

[www.kooth.com/index.php](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.

# Drifts

Developing Resilience in Free Thinking Spaces

**Thursday's, 4:45pm-6:45pm**

**Cost: £4 per session**

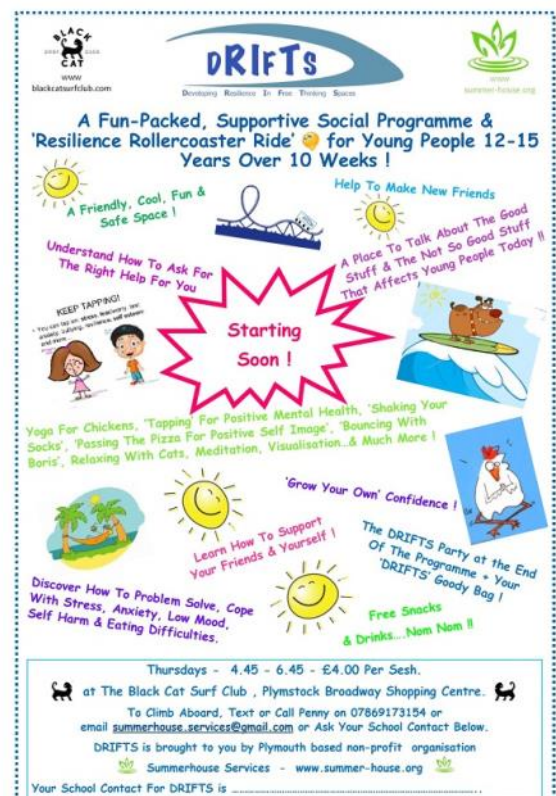
**at The Black Cat Surf Club, Plymstock Broadway Shopping Centre.**

A Fun-Packed, Supportive Social Programme and 'Resilience Rollercoaster Ride' for young people age 12-15 years over 10 weeks starting soon!

- 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 Summerhouse Services – <https://www.summer-house.org/>





## **A Preventative, Supportive and Fun Resilience Rollercoaster Ride and Social Space For Small To Medium Groups (20 Hours Over 10 Weeks)**

**Aim -** Have a safe, supported and social space in which to have fun and make friends, explore personal understanding of resilience and mental health and acquire a toolkit of techniques with which to build and maintain personal resilience levels and positive mental health.

### **Outcomes**

- Understand and have a positive awareness of general mental health and its relationship to resilience levels, from a holistic perspective.
- Have a safe space in which to explore mental health issues e.g. Self Harm, Eating Difficulties, Anxiety and Low Mood and Low Self Esteem.
- Identify the possible causes and effects of stress and its impact on health.
- Practice a range of coping techniques to deal with potentially stressful situations.
- Know how to maintain and support personal mental health and resilience in creative and fun ways.
- Make new friends and develop effective social and communication skills.
- Know where to find appropriate sources of help and how to self refer.
- Understand how to be a supportive friend and how to practice self care within that.

### **Context**

Resilience levels are a key factor in the maintenance of general mental wellbeing and the ability to cope with the ups and downs of life. Research from National Mental Health Organisations e.g. MIND, Young Minds, Samaritans, together with formal and informal consultation with individuals and groups, reveal that low resilience levels contribute significantly to the development of a range of mental health difficulties e.g. self harming behaviour, eating difficulties, anxiety and low mood.

DRIFTS has been created as a generic programme that can be accessed easily, to address the underlying cause of mental health difficulties in a safe, supported, enjoyable and practical way. The approach used is a creative blend of the principles of person-centred counselling and outcome-led facilitative training practice, with the emphasis on supported participation, small and large group work, creative and fun based activities and positive social interaction. Worker to group member ratio = 1 worker to every 4 participants.

DRIFTS is not therapy, counselling, a parenting programme or youth group, but a supported personal resilience, positive mental health and social skills development programme. All workers are comprehensively trained in the DRIFTS supportive approach and safe working procedures and the nature of the content and the positive, empathic and supportive environment offered by the DRIFTS Team naturally promotes positive change and healing in different degrees. This may subsequently avert the need for some to engage with clinical mental health services, or provide a supportive interim space for a person that may be on a waiting list for other services.

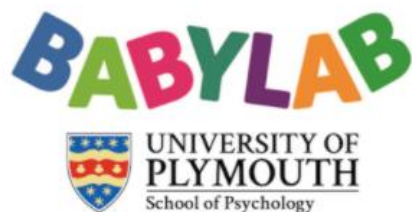
DRIFTS is brought to you by Summerhouse Services. We are a Plymouth based non-profit organisation dedicated to the holistic promotion of positive mental health for children, young people and those that inhabit their world, through a range of person-centred, creative training and support services. We work across Plymouth, the South West and wider region in person and virtually when required.



**[www.summer-house.org](http://www.summer-house.org)**

**Company Number 13427929**





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

## Babylab—University of Plymouth

Parents of newborn babies up to 6 years old!

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

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

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

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

For more information and to register to the Babylab please visit:

<https://www.psy.plymouth.ac.uk/bablab/>

Email: [plymouthbabylab@plymouth.ac.uk](mailto:plymouthbabylab@plymouth.ac.uk)

## UK Commission on Bereavement Survey

The UK Commission on Bereavement are reviewing their support services and how they could be improved.



The Commission are keen to hear from children and young people (and their parent/carer) who have experienced the death of someone close to them within the last five years.

Share their voice at: [Children and Young People's Voices](#)



**Barefoot**  
Supporting young people



## Snapshot of You Survey

As youth workers and organisations who work with young people in Plymouth we need your help. We want to tell the people who make big decisions how young people across the city are feeling in 2021.

This survey is about what you feel your life is like at the moment.

It's anonymous (we don't ask your name) and confidential. However, we do ask you for your postcode (which doesn't give us your address) so we can see how young people in different areas of Plymouth are feeling.

There are no right or wrong answers. We want to know what you think. If there is a question that you do not want to answer you can miss it out.

The survey only takes about 10 minutes to complete and it's easier if you answer fairly quickly without thinking too hard.

Thank you for helping us share your feelings.

Take the survey at: [A Snapshot of You](#)

## 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>

## Young Fathers in Education Needed!

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



Ethics Code: ICE/2020/09

Data Collection End Date: 20/08/2022

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

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

## The Parent Carer Wellbeing Study

The Parent Carer Wellbeing study are looking for parent carers who care for a child with a disability or long-term illness. By understanding the needs and experiences of parent carers in England and how caring affects their wellbeing, this research hopes to provide the foundation for the development of better support services.



To find out more about this study and to take part visit:

<https://www.parentcarerwellbeing.org/>

## iPoorly Project

**Digital support for all parents with sick child under 5 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 5 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 5 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 complete the registration form via this link below 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)

## 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>

Survey closes Monday 28 February 2022.

**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)



## Uniform Store Plymouth

Plymouth Vineyard Church are accepting donations of good quality school uniform, both school logo specific and generic items.

Donation Drop-off Points:

- Wednesday's 10am-12pm at Plymouth Vineyard Church, 13 Cornwall Street, Plymouth City Centre (near M&S)
- Wednesday's & Friday's, 10am-12pm at Redeemer Church, St. Barnabas Terrace, Plymouth PL1 5NN

Families can also access a Click and Collect service via their website:

[Uniform Store Plymouth—Click & Collect](#)

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

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

## Healthy Start

**NHS**

Check if you're eligible at [healthystart.nhs.uk](http://healthystart.nhs.uk)



Families in Plymouth are being urged to check if they are eligible for the Healthy Start Scheme, which offers free vouchers to be spent on food.

With Healthy Start you could get £4.25 per week of free vouchers 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)

## OUT WITH THE BAGS IN WITH THE BINS

Sign up for a bin delivery at [plymouth.gov.uk/gardenwaste](http://plymouth.gov.uk/gardenwaste)

You old green garden waste bags will not be collected.



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

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

Sign up at:

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

# Concessionary Fares for Disabled Travellers

## Bus Pass

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



See [Plymouth City Council Bus Pass](#)

## Disabled Persons Railcard

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



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

## The Stagecoach Bus App

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

Download the free app now:

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



## Plymouth Citybus App

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

Download the free app now at:

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



## Are you on the Autism Spectrum?

### Do you know someone who is?

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

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

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

To obtain a card, please email:  
[devonautismcard@dimensionsforautism.life](mailto:devonautismcard@dimensionsforautism.life)



## Derriford Autism Service

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

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

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

**Tel:** 01752 4(32920)

**Email:** [plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net)

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

## Hidden Disabilities Sunflower Lanyard

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

### How to get a sunflower lanyard for people with hidden disabilities

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

Alternatively you can also purchase at:

[The Hidden Disabilities Store](#)



## Sensory Shop

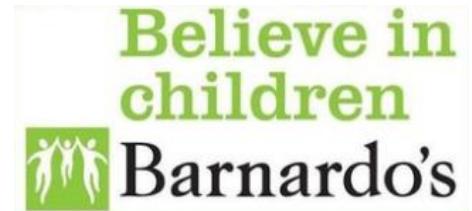
**First Saturday of Month, 9am-10am  
Drake Circus, 1 Charles Street,  
Plymouth PL1 1EA**

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

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



# Plymouth Barnardo's Children Centres



## Citywide February Half Term Timetable: Monday 21 – Friday 25 February 2022

### Monday

- Latch On, Rees Well-being Hub, 1-2:30pm.
- Exim Dance & Family Movement Sessions (0-5 years), Church of the Holy Spirit, Clittaford Road, Southway, PL6 6EJ, 1:30pm-2:30pm.

### Tuesday

- Latch On, DELL, 10am-11:30am.
- Exim Dance & Family Movement Sessions (0-5 years), The Barn, Kit Hill Crescent, PL5 1EJ, 9:30am-10:30am.

### Wednesday

- Twins Group, Rees Well Being Hub, 10-11:30am, 2nd & 4th Wed of month.
- Exim Dance & Family Movement Sessions (0-5 years), DELL Children's Centre, Blandford Road, PL3 6JD, 1pm-2pm.

### Thursday

- Latch On, Whitleigh, 10-11:30am.
- Multi-Cultural Group, Onward House, 9:30-11am.
- Exim Dance & Family Movement Sessions (0-5 years), Rees Wellbeing Hub, Mudge Way, Plympton, PL7 2PS, 1-2pm.

### Friday

- Latch On, Fourwoods, 10-11:30am.
- Baby & Toddler Group, Tothill Community Centre, 10-11:30am.

## Family Movement Sessions

Exim Dance are delivering **FREE** Family Movement Sessions to young people aged from 0-5 years old alongside their parents/guardians or other family members for 4 days over February half term.

Book at Eventbrite: [Family Movement Sessions in Partnership with Barnardos](#)

# Plymouth Barnardo's Children Centres



## Citywide Spring Timetable: Monday 10 January – Friday 8 April 2022

### Monday

- Baby & Toddler Group – Southway, 9:30-11am & Rees, 1-2:30pm.
- Latch On, Rees Well-being Hub, 1-2:30pm.
- Step by Step, Tamarfolk, 9:30-10:15am & 10:45-11:30am.
- Bookstart 5 week course – Tamarfolk, 17 Jan-14 Feb, 10-11am.  
& Nomony, 28 Feb-28 Mar, 10-11am. Please book.

### Tuesday

- Baby & Toddler Group – The Barn, 10-11:30am  
& St. Mary's Church, Plymstock, 10-11:30am.
- Baby Pathway – Starts 11 Jan, Fourwoods, 9:30am-11am & Rees, 9:30-11am.
- Step by Step, Nomony, 9:30-10:15am & 10:45-11:30am.
- Baby 1st Aid: Tamarfolk, 1 Feb & 15 Mar, 10am-12pm, Crownlands, 22 Mar, 10am-12pm, Nomony, 5 Apr, 10am-12pm, Plymstock Clinic, 15 Feb & 29 Mar, 9:30-11:30am. Please book.
- Latch On, DELL, 10am-11:30am.
- Young Parents Café, Hendwell Centre, Southway, 12:30-2:30pm.

### Wednesday

- Baby & Toddler Group – Whitleigh St. Chads, 9:30-11am, Compton Church, 1-2:30pm & Honicknowle, 1-2:30pm.
- Latch On, Radford Community Centre, Plymstock, 11am-12:30pm.
- Twins Group, Rees Well Being Hub, 10-11:30am, 2nd & 4th Wed of month.
- Step By Step, High View, 1-1:45pm & 2:15-3pm. Please book.
- Café, DELL, 9:30-11am.
- Café Connect, The Barn, 10am-2pm

### Thursday

- Baby Pathway, starts 13 Jan, Crownlands, 10-11:30am.
- Baby & Toddler Group, High View: 9:15-10:45am, Mainstone: 9:30-11am, Tamarfolk: 9:30-10:45am.
- Latch On, Whitleigh, 10-11:30am.
- Step By Step, Whitleigh, 9:30-10:15am & 10:45-11:30am. Please book.
- Service Family Group, Radford Community Centre, Plymstock, 10-11:30am.
- Multi-Cultural Group, Onward House, 9:30-11am.
- DWP Drop In Clinic, DELL, 12-3pm. Call 01752 788992 for more information.

### Friday

- Baby Pathway, starts 14 Jan, Plymbridge, 9:30-11am.
- Baby & Toddler Group, Tothill Community Centre, 10-11:30am.
- Latch On, Fourwoods, 10-11:30am.

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

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

# Barnardo's Children Centres Contact Details

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

Tel: 01752 362320, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

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

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

Tel: 01752 366795, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

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

\* \* \* \* \*

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

Tel: 01752 361052, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

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

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

Tel: 01752 261844, Email: [plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

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

\* \* \* \* \*

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

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

**Opening times:** Tues, Wed & Thurs 8.40am-4.30pm

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

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

**Opening times:** Re-opening soon

\* \* \* \* \*

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

Tel: 01752 340550, Email: [plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

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

**Plymstock Children's Centre**—Temporarily relocated.

Please call Rees or Nomony Children's Centres.

Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

\* \* \* \* \*

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

Tel: 01752 875933, Email: [plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

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

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

Tel: 01752 875933, Email: [plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

**Opening times:** Re-opening soon

\* \* \* \* \*

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

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

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

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

## New Parent, New Baby Group



Come along for a chance to meet and chat with other New Parents and their babies


 **Mondays 1:30–2:15pm**  
Starting 22nd February 2021


To book please message Barnardos Plymouth Facebook page or email [support@barnardos.org.uk](mailto:support@barnardos.org.uk)




## Baby Bookstart

Come along for rhymes, stories and activities



 **Thursdays 10-10:45 am**  
Starting 25th February 2021

To book please message Barnardos Plymouth Facebook page or email [support@barnardos.org.uk](mailto:support@barnardos.org.uk)



If you would like to attend any of these groups:

- New Parent, New Baby Group
- Baby Bookstart
- Toddler Time

To book email [support@barnardos.org.uk](mailto:support@barnardos.org.uk) or message Barnardo's Facebook page at: <https://www.facebook.com/barnardosplymouth/>

 **PLYMOUTH  
YOUNG  
PARENTS  
SUPPORT GROUP**

## Toddler Time



Come along to meet and chat to others and enjoy activities, singing and dancing

 **Wednesdays 10-10:45 am**  
Starting 24th February 2021

To book please message Barnardos Plymouth Facebook Page or email [support@barnardos.org.uk](mailto:support@barnardos.org.uk)



**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**

## 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






## 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

Unfortunley we can't accept any large iteams  
Email - [natalie.griffin@plymouth.gov.uk](mailto:natalie.griffin@plymouth.gov.uk)  
Email - [southwaycg@outlook.com](mailto:southwaycg@outlook.com)




**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



**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





## Café Connect

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

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

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

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



Working together for the Barne Barton community

[www.thepioneersproject.co.uk](http://www.thepioneersproject.co.uk)



[info@thepioneersproject.co.uk](mailto:info@thepioneersproject.co.uk)

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

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

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

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

## Free Events for Dads

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

### Research—Father's Views on Antenatal & Postnatal Groups

Gabrielle is a 3rd year student at Plymouth University. She is undertaking a study on father's view of antenatal and postnatal groups.

Visit: <https://tinyurl.com/3upaz5kf>

## Conversation Cafés

**The Barn, Kit Hill, Plymouth PL5 1EJ or online via Zoom**

Discuss the challenges and successes of being dad at our Tuesday Conversation Cafés – a safe space to talk all things dad and eat pizza.

Join us from the comfort of your own home or if you're in Plymouth join us in person at The Barn (includes free pizza!)

Book your FREE place by emailing: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

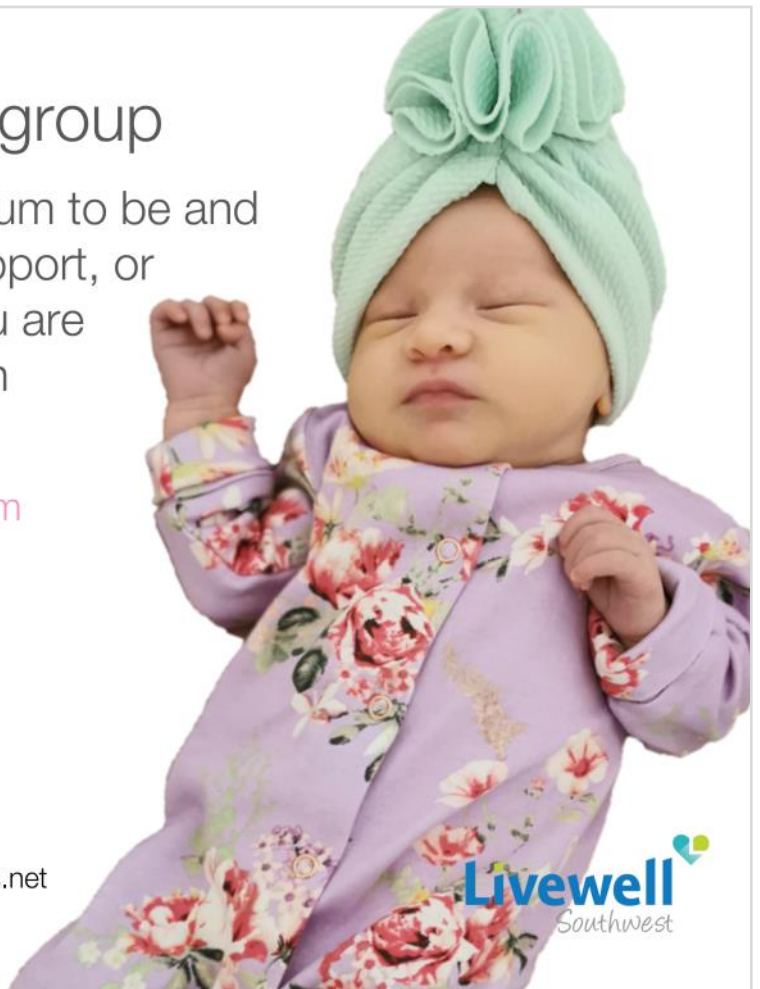
## Online peer support group

If you are a new mum or a mum to be and feel you need some extra support, or a place to talk about how you are feeling, grab a cuppa and join our informal group.

Every Monday, 10:30am - 11:30am  
on MS Teams

- ✓ Friendly
- ✓ Welcoming
- ✓ Virtual groups of 6

Please email [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net) to receive your MS Teams link



**Livewell**  
Southwest

Please email [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net) to receive your Microsoft Teams link.

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 experience of perinatal mental health issues
- ✓ Face to face and virtual groups

For more information, [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)



**Livewell**  
Southwest

For more information, please email:  
[livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)

## 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 practitioner can provide you with one-to-one assistance and advice.

We are offering 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)

## My Time Parent/Carer Support Sessions

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

Time: Thursday's (Fortnightly), 20:00-21:00

Price: FREE, Online event

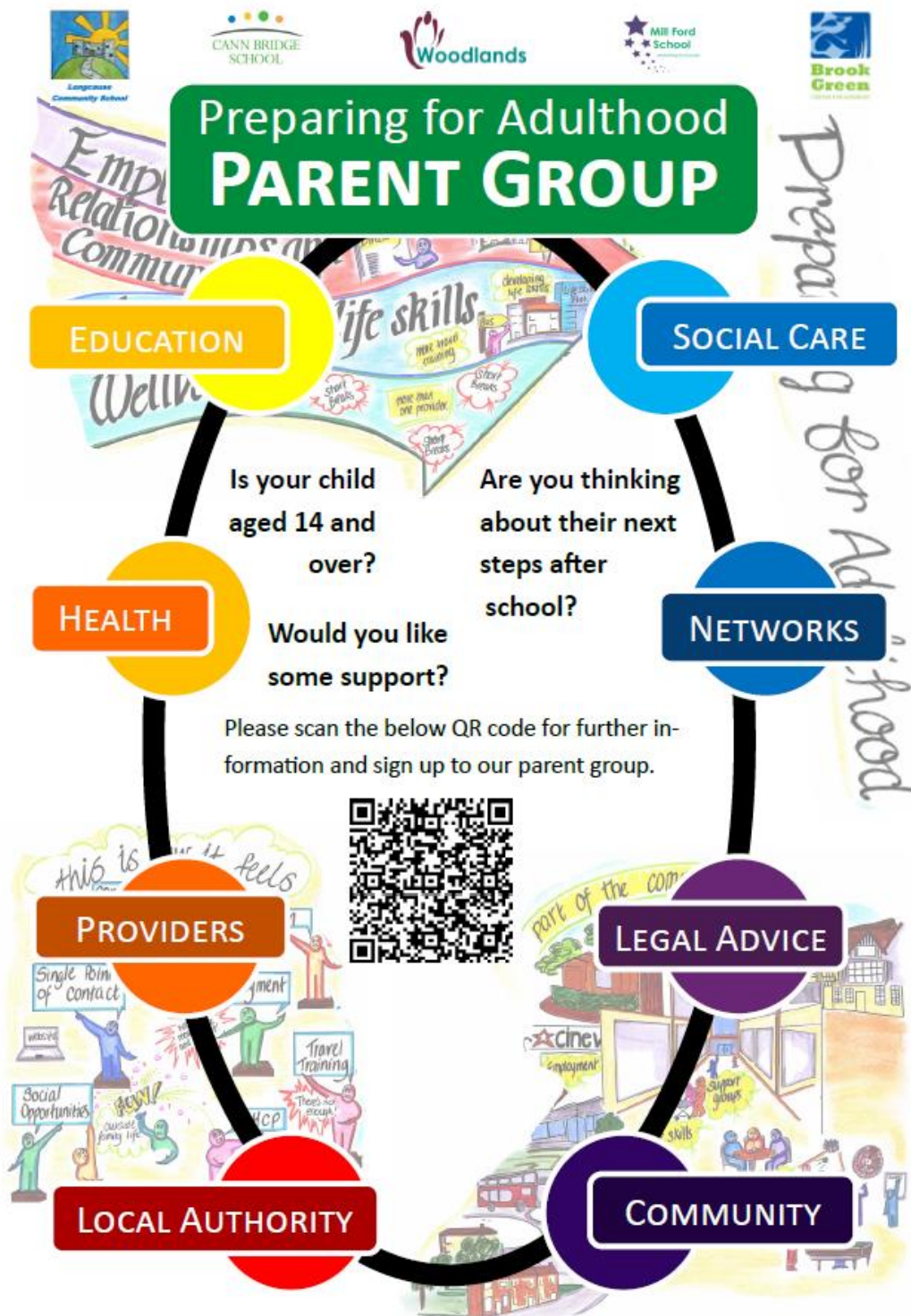
If you would like more information, or to join the sessions, please get in touch with Nicky.

Tel: 01752 204369

Email; [nicky@friendsandfamilies.org.uk](mailto:nicky@friendsandfamilies.org.uk)

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





## Preparing for Adulthood—Parent Group Sign-up

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

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

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

[Parent Group Sign-up](#)

Email: [pfaparentgroup@woodlands.plymouth.sch.uk](mailto:pfaparentgroup@woodlands.plymouth.sch.uk)



# Time to Talk Next Steps

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

### About the Programme

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

### What Support Is Available for Young People?

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

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

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

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

**Useful Contacts & Networks** in your area



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

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

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

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



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



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



### How to Request Support

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

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



**contact** For families with disabled children



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

# COFFEE, CAKE & CHAT

with Plymouth  
PCV every  
2 weeks



open to all  
parent carers,  
please join us

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

## Coffee, Cake & Chat

**Wednesday's, 10am-11am**

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

For the next meeting see:

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

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

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



# aD.A.Pt

(Derriford Autism Partnership)

## ARE LOOKING FOR NEW MEMBERS

Are you on the **Autism Spectrum** or have a **particular interest in Autism?**

If so would you be interested in meeting monthly, to support the **Derriford Autism Service** in improving the care of people with Autism in the hospital?

We aim to enable the hospital staff to **adjust to individual needs**, and therefore **promote positive health care outcomes**

For further information you can contact:

Kate Bamforth

Autism Lead Nurse

TEL: 01752 432134

EMAIL: [plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net)

<https://www.plymouthhospitals.nhs.uk/autism-service>

# Head Space



**ANNOUNCEMENT 1ST AUGUST 2020  
EXTENDED HOURS  
6pm - MIDNIGHT**

## Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where  
you can find support

Due to COVID-19, Head Space is  
running a telephone service only

**OUR SERVICE WILL NOW RUN  
6pm-MIDNIGHT 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-midnight: 07890 257614

Text: 07890 257614

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

Email: [headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

**PLEASE BEAR WITH US AS LINES MAY BE BUSY**  
Thank you

Find us on  

#YourHeadSpace



## 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.

# 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)

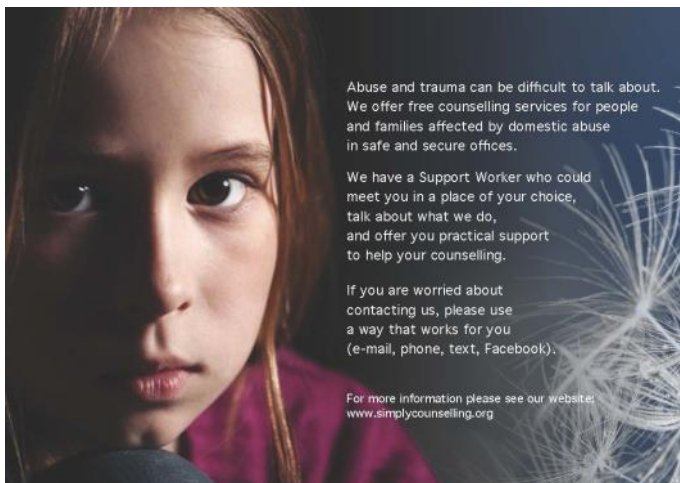


Abuse and trauma can be difficult to talk about. We offer free counselling for people and families affected by domestic abuse in safe and secure offices.

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.

### ***Food & Forum***

followed by a

### ***Young Adult Support group***

Monday 13th Dec at 5:30 - 8:30pm

Then every second Monday of the  
month.

**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)



# 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)

