



# Activities & Events for SEND

*For Your Interest*

## December 2020

### Schools Out... for the Holidays!

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 also **FREE!**

**Note:** Events may be cancelled at short notice. Please check activities with providers for latest availability.



School admissions are now taking application from families whose children are:

- Due to start at primary school for the first time
- Due to transfer to junior school (having completed year 2 in an infant school).

The deadline to apply is Friday 15 January 2021.

The easiest way to apply is online, so click below to start your application now:

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

## Connect with us on Facebook

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



## PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please contact: [suzanne.davey@plymouth.gov.uk](mailto:suzanne.davey@plymouth.gov.uk)



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



# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## PIAS Support to Parents

In line with Government guidelines, our office has reopened so a couple of our SEND caseworkers are working daily in office, while the rest of the PIAS team are working from home.

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

## Parenting Programmes

Due to coronavirus, we are now delivering virtual Parenting Programmes until further notice. We are still accepting applications for future courses online at: [www.plymouthias.org.uk/parenting-programmes](http://www.plymouthias.org.uk/parenting-programmes)

## For Enquiries

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

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

Our office and 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

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.

#### **Understanding 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](mailto:solihull.approach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) [www.inourplace.co.uk](http://www.inourplace.co.uk)

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

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH



## Welcome to Our Place

The place to unearth all your potential as a parent or carer  
... to learn, understand. Fascinating online courses for everyone who wants to be an  
even better mum, dad, grandparent or carer.  
From bump to 18 years, lifetime access, one off payment, prices start from £19.

Look at courses →

Start now. Buy courses

apply code →

Already have an account? Sign in →



## Access Code: **TAMAR**

Go to [www.inourplace.co.uk](http://www.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 [www.inourplace.co.uk](http://www.inourplace.co.uk)  
and sign in!

For technical support contact  
[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

SolihullApproach

@SolihullApproach (NB: 1 'p')

# SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH  
CITY COUNCIL



## SHORT BREAKS

TUESDAY 22ND DECEMBER -  
MOORLAND WALK & SCRAMBLE  
TUESDAY 29TH DECEMBER -  
COASTAL WALK



Limited spaces available via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways). Call Lucy on 01752 856702 for more details.

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.

To book visit:

[www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)





# 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.

The quickest and easiest way to apply is online just click the link below to find out if you qualify and start your application today.

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

## OUT WITH THE BAGS IN WITH THE BINS

**Garden waste collections are changing  
from bags to wheeled bins in 2021**

**Sign up before 7 January for a free bin and  
delivery at [plymouth.gov.uk/gardenwaste](http://plymouth.gov.uk/gardenwaste)**

If you want your garden waste collected in 2021, you will need to sign up before **Thursday 7 January 2021** for this service.

Sign up now at [www.plymouth.gov.uk/gardenwaste](http://www.plymouth.gov.uk/gardenwaste)

## Activities Online



### HomeTime for children aged 5 and under

Fun stories and activities to keep you and your child entertained when you're 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](#)

## Devonport Park Activity Centre

### Growing Together 16-24 SEND Activities Group Online Wednesday's (4pm-5pm), Cost: Free

A social group for young people with a disability from age 16-24 years. Normally offering trips out, social opportunities, on-site activities (movie nights, games nights, disco, recycled fashion show, pamper sessions) but due to Covid-19 this is currently online via Zoom.



Keep up-to-date with Devonport Part Activity Centre activities and book online at:

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





@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:

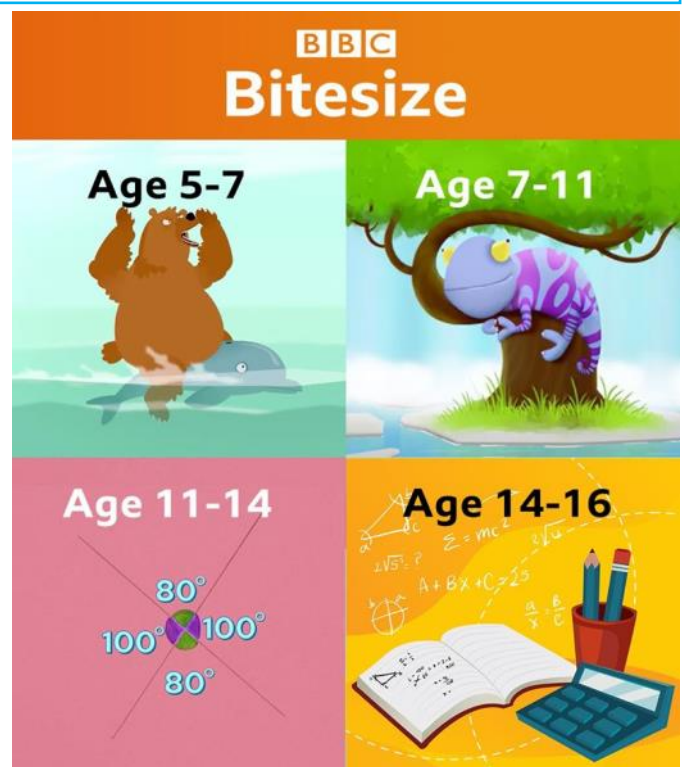
[www.facebook.com/AccessSport/](http://www.facebook.com/AccessSport/)



Are you learning or teaching from home this week?

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

<https://www.bbc.co.uk/bitesize/articles/zvqgsk7>



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

# Plymouth Libraries

Plymouth Libraries are open for browsing, borrowing 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](#)

Regular activities and events are temporarily suspended, but activities are posted on the [Plymouth Library Facebook](#):

- **Storytimes**—Every Monday and Friday at 10am
- **Rhymetimes**—Every Wednesday at 10am
- **Lego Challenge**—a new challenge every Tuesday
- **Christmas Craft Activities**—A month of festive craft ideas



## 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.

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 items online](#)
- Use the computers and Wi-Fi in libraries for free
- Use [online resources](#) including dictionaries, encyclopedias, streaming music, newspapers, homework help and more.



## Winter Mini Challenge

Keep children reading this winter with the Winter Mini Challenge from The Reading Agency.

Read, rate and review books online to unlock rewards.

There's even a certificate!

See: [www.wintermini.org.uk](http://www.wintermini.org.uk)





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!



## Opening Hours

Tuesday to Sundays and Bank Holidays—10am to 5pm

You can book tickets by logging in or registering an account on the following page:

[Plan Your Visit](#)

- **General Admission with Mayflower 400: Legend and Legacy Exhibition**  
Free for Plymouth residents (up to 4 tickets per booking), under 18s and companions. £5 for non-residents 18+. Includes entry to St Luke's and Kehinde Wiley: Ship of Fools in The Levinsky Gallery.
- **General Admission**  
Free for all. Includes entry to St Luke's and Kehinde Wiley: Ship of Fools in the Levinsky Gallery. Entry to Mayflower 400: Legend and Legacy is not included with this ticket.

## What's On

### Kehinde Wiley: Ship of Fools

**Until 24 January 2021**

Exhibition portraying the work of world renowned Nigerian-American artist Kehinde Wiley whose portraits challenge the conventional view of power, taste and privilege in portraying black people.

### Mayflower 400: Legend & Legacy

**Until 18 September 2021**

2020 marks the 400th anniversary of the sailing of the Mayflower to America in 1620. This exhibition tells the story from both sides of the Atlantic with the early English attempts to colonise America and the impact of conflict on the Native American population.

### Christmas Workshops

**Dates: Saturday 19 & Tuesday 22 Dec 2020**

**Times: 11am, 12pm, 2pm and 3pm—each workshop lasts 45 mins**

**Suitable: Age 4-11 year olds**

**Price: £6 per person (babies under 12 months free)** includes general admission to The Box (non-refundable unless closed due to COVID-19).

Join local artists, Common Sense Studio to play with colour and block printing to create your very own patterns and decorations to take away.

- [Book tickets for Sat 19 Dec 2020](#)
- [Book tickets for Tue 22 Dec 2020](#)

For more events see The Box website:

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



## Activities & Events



To open safely, the National Trust are limiting visitor numbers. To avoid disappointment, please **pre-book tickets online or by calling 0344 249 1895** especially at weekends and school holidays. Members can book for free, while non-members will need to pay when booking. Tickets will be released for sale every Friday for the following week.

Please arrive at properties within your 30-minute timeslot. You're then welcome to stay until closing time.

### Saltram

#### Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-4pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. Park Café will be open 10am-4pm daily, serving a limited range of takeaway hot and cold drinks and light snacks (limited indoor seating). Card payment only. For the latest information and to book see: [Saltram](#)

If you're looking to visit between 19 Oct and 1 November, bookings go live on Friday 16th October 2020.

#### A Peter Rabbit™ Winter Adventure Activity Trail

**Date:** From Saturday 9 Jan 2021, 10am-3pm

**Price:** Free, booking advisable (normal admission charges apply)

Follow the clues, solve the puzzles and find out about your favourite woodland creatures this winter. Peter Rabbit™ and friends are waiting to show you around the garden at 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)





## 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. Booking not required.

### 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 date 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)

## Buckland Abbey

Yelverton, PL20 6EY

The cider house, main abbey gardens and estate walks are open from 10am-4pm. Shop open Wed-Sun. Middle and ground floor of the Abbey open everyday from 12.30pm. For the latest information and to book see: [Buckland Abbey](#)

### Peter Rabbit™ Winter Adventure Activity Trail

**Date:** Until Sunday 3 Jan 2021, 10am-3pm

**Price:** Free, booking not required (normal admission charges apply)

Follow the Peter Rabbit™ Winter trail to Buckland Abbey's walled kitchen garden. With a sprinkle of festive magic, you'll step inside Mr McGregor's garden. Complete the trail to find all the habitats for the characters you love from the storybook.

### 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 this Autumn 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.

**More Information:** Admin Office 01822 853607

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

## Antony

Torpoint, PL11 2QA

Important notice: Antony is now closed for the winter.

For more information visit the website: [Antony—National Trust](https://www.nationaltrust.org.uk/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 is open daily from 11am-3.30pm. During the winter months there is no need to book, however there is only limited car parking, so if the car park is busy please come back another time. To ensure the safety of visitors, the bird hide, full Lydford Gorge walking trail, Devi's Cauldron walking trail, shop and Devil's Cauldron tea-room are currently still closed. For the latest information see:

[Lydford Gorge](https://www.nationaltrust.org.uk/lydford-gorge)

### Lydford Gorge Waterfall Trail

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

**More Information:** Admin Office 01822 820320

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





## Cotehele

### St Dominick near Saltash, PL12 6TA

Cotehele garden and quay are open daily from 10am-5pm. Cotehele House and Cotehele Mill remain closed for the time being. The Piggery Kiosk by the house is open daily from 10am-3pm for takeaway hot and cold drinks and light snacks. Card payment only. If you are visiting the gardens and orchard, you will need to pre-book on Friday's, Saturday's and Sundays. Booking is not required if you are only visiting the quay or wider estate. For the latest information and to book, see: [Cotehele](#)



### Peter Rabbit™ Winter Adventure Activity Trail

**Date: Until Sunday 3 Jan 2021, 10am-2pm**

**Price: Trail Activity Pack £2.00, booking advisable (normal admission charges apply)**

Peter Rabbit™ and friends need some help finding items to see them through the colder winter months. Little ones can lend a hand to some of Beatrix Potter's well-loved characters such as Squirrel Nutkin, Mr. Jeremy Fisher and Jemima Puddleduck, and solve the clues to earn their special trail badge and certificate.

The trail is held outside the pay barrier on the estate. The trail starts from Cotehele Quay and follows the path down the Morden stream to Cotehele Mill and the Weir.

### Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there were 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.

**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)

# Plan Your Visit

The National Marine Aquarium is open daily from 10am-5pm  
(Last entry 4pm)



All Aquarium entry requires an advance online booking.  
Online bookings are available up to 1-hour before the entry time.

Please remember:

- You'll need to book the date you would like to visit but can only visit with members or your own household or support bubble.
- and choose a 3 hour time slot
- If you are a Complimentary Year Pass Holder or for return visits, please book your place using the FREE option. Proof of a valid pass / eligibility will be required on arrival.



A Standard Day ticket comes with a Complimentary Annual pass which allows one-year re-entry.

## Book Tickets



### Quiet at the Aquarium

**Monday 14 December 2020**

**Time: 5.30pm-7.30pm**

This special two hour after hours event is tailored for people with autism and sensory needs and allows families to enjoy our exhibits without the noise and distraction of our daily shows.

Complimentary annual return passes are not valid for this event.

[Book online](#)



### Family Dine at the Aquarium

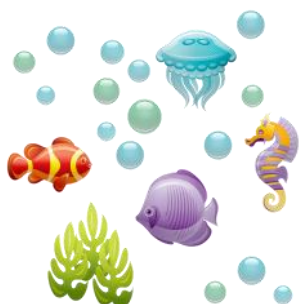
**Various Dates 2020**

**Time: 6.30pm, meal served at 7.30pm**

Our dine at the Aquarium nights are available for families to enjoy a VIP exclusive after-hours dining experience.

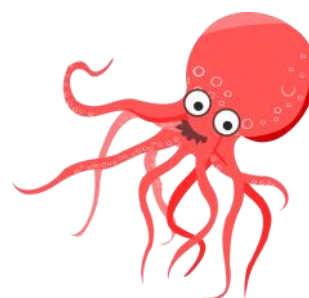
Arrival from 6.30pm and explore the Aquarium and our exhibits before sitting down for a delicious meal at 7.30pm in front of our Eddystone Reef Exhibit and Atlantic Ocean Exhibit.

[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





# Green Minds – making nature matter in Plymouth

'Green Minds is all about making nature matter in Plymouth and we want you to get involved! Check out our website [greenmindsplymouth.com](https://greenmindsplymouth.com) where you can find out about the latest events near you. Keep an eye on the [Nature Plymouth](#) and [Central Park](#) Facebook pages for a competition full of festive fun coming soon!'

### Take Action for Wildlife in Plymouth Wed 9 Dec 2020, 6pm-7pm

Join this online workshop—help us develop nature-based volunteer opportunities across Plymouth and let us know how you would like to get involved!

#### Register your interest:

<https://www.eventbrite.co.uk/e/127353388413>

### Plymouth Rewilding Network Wed 16 Dec 2020, 6pm-7pm

Are you part of a rewilding activity, would like to start one or find out how to take action? We know there are many individuals, businesses and groups already taking action for wildlife across the city. Join this online workshop to help us map, connect and expand this activity to create a rewilding network for Plymouth!

#### Register your interest here:

<https://www.eventbrite.co.uk/e/127356279059>



@natureplymouth  
#greenmindsplymouth  
[greenmindsplymouth.com](https://greenmindsplymouth.com)



## There are lots of exciting things to discover...

- Interactive Discovery Centre
- Easy access wildlife trail in the Arboretum
- Artistic impressions at three of our important ruins: Lowery Barn, Leatherfor Farm and Longstone Manor
- Weekly Forest Fun sessions for parents and toddlers
- Burrator Outdoor Pre-School
- Curriculum-based school trips
- Informal learning programmes for all ages, combining Forest School with wider outdoor learning, from one-off taster days to progressive programmes
- Work experience / university placements
- Team building days
- A wide range of volunteering opportunities, including practical conservation work, archaeological preservation projects, gardening, woodwork, environmental education, historical research, wildlife surveys, walk leaders, event organisers and visitor centre guides
- Monthly Family Wildlife Watch sessions
- Public events
- Rural skills training days

*After you have explored Burrator, why not pick up one of our self-guided themed walk leaflets and discover more...*

For more information call 01822 855700 or email [heritage@swlakestrust.org.uk](mailto:heritage@swlakestrust.org.uk)



## Burrator Reservoir

The reservoir and its surrounding area are owned by South West Water and managed by South West Lakes Trust. This special place lies within Dartmoor National Park.

Burrator Reservoir fills with water from Dartmoor which is then piped to three water treatment works serving around 280,000 people in Plymouth, Tavistock, Princetown and South Devon.

## South West Lakes Trust

South West Lakes Trust is the region's largest combined environmental and recreational charity, managing inland waters on behalf of South West Water for conservation and recreation purposes.

The Trust aims to protect and preserve the natural environment (terrestrial and historical) for the public, provide educational opportunities and promote public access and sustainable recreation. We aim to provide a balance between the lakes' primary purpose as a water supply and safe access and enjoyment of these beautiful places for the public.

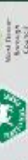
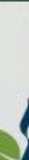
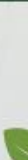
Burrator Discovery Centre, Yelverton, Devon PL20 6PE  
Tel: 01822 855700 Grid Reference SX 552 685



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

Registered charity: 1079966

Project kindly supported by:



## Welcome to Burrator Reservoir

*'I've been coming to Burrator for many years. On visiting the centre I didn't realise how rich the heritage of the area was and have learnt about new places to explore!'*



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



# Come and explore Burrator Reservoir and the surrounding area

- Please allow 2 hours to complete the 3.5 mile (5.6km) walk around the reservoir.
- Easy access trails can be found along the old railway track (now the cycle route), the nature trail at the Arboretum or using the tracks around the peninsula of Longstone Manor.

**Fishing at Burrator**  
Fly fishing from the bank for stocked Rainbow and Blue Trout and 'catch and release' for Brown Trout. Permits can be purchased from our self-service fishing permit kiosk. A Whiskeyboat is also available.



**Circular Reservoir Walk**  
Enjoy lovely views as you follow the path around the edge of the reservoir. Ideal for families. For other walks pick up leaflets from the Discovery Centre. What is the water level like today?



**Burrator Discovery Centre**  
Find out more about Burrator's rich history at the Discovery Centre, which includes displays, spoken history and an interactive screen.



**Old Railway Line**  
In 1823 the Plymouth and Dartmoor Railway was a horse drawn line. In 1883 it was upgraded to a standard gauge railway to enable the use of steam locomotives. Can you work out where the platform would have been?




**Burrator Quarry**  
A site of Special Scientific Interest (SSSI) showing the contact between Dartmoor Granite and Devonian Country Rock (slates).



**Lowey Barn**  
Explore the ruins of Lowey Barn and the surrounding farmsteads. How old is the barn? See if you can find the date stone.



**Leathertor Farm**  
Visit the ruins of Leathertor Farm, last occupied in 1824. Imagine what life was like for farmers living here. Can you find the potato cave nearby?



**Burrator Arboretum and Nature Reserve**  
The park was restored in 2014 to create an easy access footpath to give everyone the opportunity to escape the road and enjoy a truly sensory experience. How many different birds can you see and hear?



**Longstone Manor**  
Stroll over to the Manor. Imagine what life was like when the Manor was in use. Can you find the threshing platform nearby?



**Burrator and Sheepstor Dams**  
Explore the differences - 80,000 tonnes of granite with concrete, compared to a sloping earth dam with a waterproof clay core.



- Information**
- Stile
  - Bus stop
  - Building
  - Rocks
  - Road
  - Formal car parks
  - Informal car parks
  - Reservoir walk (Please keep your dogs on a lead)
  - Path
  - Cycle path
  - Leat
  - Stream
  - Disused railway
  - Fishing permit kiosk



- Thank you for respecting this beautiful place and following the reservoir regulations and the countryside code.
- No fire or BBQs
  - No camping
  - No swimming
  - No boats
  - Dogs must be kept out of the water at all times
  - Please close gates
  - Please keep your dog on a lead at all times whilst on the reservoir walk and between 1 March and 31 July when crossing open access land due to lambing and bird nesting season
  - Do not leave litter or dog poo bags
  - No removal of trees or plants
  - Fishing permit and EA licences required
  - Keep well clear of angler casting



## What's On

### The Thing that came from Over There!

**Wed 9—Sun 27 Dec 2020**

**Time:** 8.15pm

**Age:** 8+

**Price:** £15 / £11 for concessions

**Venue:** The Drum

The critically acclaimed trio are back in another rip-roaring comedy adventure. With comedy and thrills galore, the show features visual gags, verbal wit, giant puppetry, and even a little bit of live music.



### Robinson Crusoe

**Sat 12 Dec 2020—Sun 3 Jan 2021**

**Time:** Various

**Age:** 5+ Years

**Price:** From £17.00

**Venue:** The Lyric

**Audio Described—Wed 30 Dec 2020, 7pm**

**Relaxed Performance—Sun 3 Jan 2021, 12pm**

Get ready for a socially distanced pantomime like never before, in a swashbuckling adventure full of buried treasure, dangerous buccaneers, and a magical journey across the ocean in an all-new production of **Robinson Crusoe**, created especially for **Christmas 2020!**



### The Gingerbread Man

**Thur 10 Dec 2020—Sat 9 Jan 2021**

**Time:** 11am and 5pm

**Age:** 3-10 and their families

**Price:** £13/ £10 for concessions

**Venue:** The Drum

Come and see the deliciously smelling Gingerbread Man who finds his feet fast and sets off on the journey of a lifetime! Stuff and Nonsense apply their usual brilliance with a mix of puppetry, live action, great music, humour and a stunning staging in this exciting and pacey retelling of this well-loved classic tale.



### The Lion The Witch & The Wardrobe

**Mon 22—Fri 26 Feb 2021**

**Time:** 2pm / 7pm

**Age:** For families

**Price:** From £18

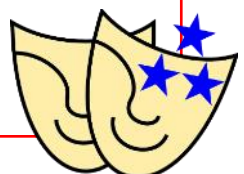
**Venue:** The Lyric

Direct from London, the smash-hit production of C.S. Lewis' classic *The Lion, the Witch and the Wardrobe*, voted the nation's favourite book in 2019, is coming to Plymouth! Step through the wardrobe into the enchanted kingdom of Narnia. Join Lucy, Edmund, Susan and Peter as they wave goodbye to wartime Britain and embark on the most magical of adventures of pure theatrical magic.



[See What's On](#)

To book call the Box Office on **01752 267222**



## Stiltskin at the Soapbox Children's Theatre

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

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



### Quest for the Ice Dragon

**Fri 11 Dec 2020—Sun 10 Jan 2021,**  
**various dates / times**

**Early Years Show adapted for under 5's.**

**Family Shows—early evening and evening performances for families.**

**Price: £11 / £12 / £13**

Join us on an enchanted adventure in search of the Ice Dragon. Jump into your welly boots, woolly hats, gloves and scarves... pop a hot water bottle up your jumper. Come what may, we're off on a magical journey to find the Ice Dragon and nothings going to stand in our way, not even a dastardly sorcerer!

### 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! There will be more opportunities and classes to join

Alongside weekly classes there will be a much wider range of masterclasses and workshops (from VJ-ing, to Projection mapping, to composing for choreography) and online workshops through the [B-Hive](#).

## ReBels Autumn 2020 Programme

- [ReBels ages 12-15](#) (theatre and dance)
- [ReBels ages 15 - 25](#) (theatre and dance)
- [Masterclasses ages 15 - 25](#) (theatre, dance, tech, finance and more)

## 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/>

Restricted places available due to COVID 19 - please book early to avoid disappointment.

Half Price Sibling Discount Available



BOOK 5 COURSES IN PLYMOUTH FOR £40!

\*per person  
\* sibling discount doesn't apply  
\* online discounts don't apply

# CHRISTMAS HOLIDAYS 2020

Book our courses online

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



Argyle are running a number of holiday football roadshows across Devon and Cornwall including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 10am—3pm (except Mini Pilgrims from 10am—12pm).

Download: Christmas Holidays 2020 Courses

Venues	Date	Cost	Theme	No.
Manadon Sports & Community Hub	21 Dec 2020	£16	Christmas Special (9.30am-3.30pm)	P1
Manadon Sports & Community Hub	22 Dec 2020	£12	Festival Football	P2
Manadon Sports & Community Hub	23 Dec 2020	£12	Festival Football	P3
Manadon Sports & Community Hub	29 Dec 2020	£12	Festival Football	P4
Manadon Sports & Community Hub	30 Dec 2020	£12	Festival Football	P5

## Disability Soccer Roadshows

Venues	Date	Cost	Theme	No.
Manadon Sports & Community Hub	21 Dec 2020	£8	PAN Disability Soccer Roadshow	D1
Manadon Sports & Community Hub	30 Dec 2020	£8	PAN Disability Soccer Roadshow	D2

For Short Breaks or PAN Disability Soccer Roadshows for young people at Manadon Sports & Community Hub please book via: [Manadon](http://Manadon).

- **Short Breaks**—Football and Multi-Sport Activity Day for young people aged 7-15 with a disability and EHCP (except Christmas Holidays).
- **Disability Soccer Roadshow**—Fun filled football session for young people aged 7-15 with a disability.

All bookings and payments must be made online.

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)





**ARGYLE TRUST**  
COMMUNITY

# DISABILITY SOCCER ROADSHOWS

Football activity session for children  
ages 7-15 with a disability.



**Monday 21 & Wednesday 30 December**



**10:00 - 13:00**

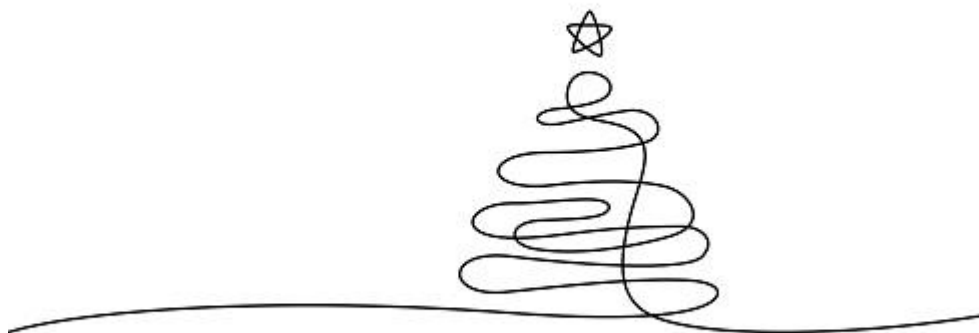


**Manadon Sport Hub**



**8 per day**

<https://argylecommunitytrust.co.uk/soccer-roadshows/at-manadon/>



**Book at:**

<https://argylecommunitytrust.co.uk/soccer-roadshows/at-manadon/>



# 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)



# ABILITY COUNTS



## DISABILITY FOOTBALL

**EVERY WEDNESDAY  
WOMEN'S & MEN'S TEAMS**

**19:30-21:00**

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

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

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



# Park Tennis Plymouth

Looking to play tennis? You can play at a number of courts across Plymouth

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

**Devonport Park**—Courts 1 & 3 only, open daily

**Tothill Park**—Courts open daily

**West Hoe Park**—Open daily

**Harewood House, Plympton**—Courts bookable via [Plympton Tennis Club](#).

For all Plymouth City Council courts:

- Please wait outside a court until a court is empty.
- Bring your own hand sanitiser or another means to wash your hands, as there are no cleaning facilities.
- Spectators are not allowed on the courts and should view through the fencing.

For £35 per household you can play for as many times as you like in a year, or if you only want to play occasionally you can register and pay just £5 per hour.

For more information and to book see: [Park Tennis Plymouth](#)



## Wheelchair Tennis

**Location:** South Devon Tennis Centre, Ivybridge, Devon, PL21 9ES

**Day:** Sunday

**Time:** 4 to 5.30pm, term time only

**Cost:** first session free, thereafter £5 per session

**Contact:** please contact Fiona Murphy to book on 07731 831255 or email: [doublebounce2017@gmail.com](mailto:doublebounce2017@gmail.com)

You DO NOT have to be a wheelchair user to play wheelchair tennis. The session is open to anyone with a permanent physical disability that makes running difficult. If you want to learn a new skill, get active and have fun wheelchair tennis could be for you. Please get in touch with Fiona to find out more.



### TENNIS

Come and join a fun and sociable Inclusive Tennis session.

Walking and disability tennis played indoors, using smaller rackets and short courts.

Adaptive equipment is used for these two sessions so everyone can play, whatever their ABILITY.

### Walking Tennis

For players who have Dementia, a long-term health condition or are a little bit older.



### Disability Tennis

A fully inclusive session for all disabilities



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### Wheelchair Tennis

For players with a mobility impairment. You do not have to be a full-time wheelchair user to play



Please get in touch for more information

Fiona Murphy - Devon Disability Tennis Network Coordinator

Tel mob 0773 183 1255

Email [doublebounce2017@gmail.com](mailto:doublebounce2017@gmail.com)



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



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

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



**Course: Understanding Autism**  
**Duration: 4 weeks / 3 hours per week**  
**Cost: Free / Upgrade available for certification**

Understand more about autism, including diagnosis, the autistic spectrum and life with autism with this free online course. Suitable for practitioners in the field of autism, healthcare workers, people on the autism spectrum, and parents or carers.

### What topics will you cover?

- What is autism... and does it exist?
- Social communication skills
- Sensory sensitivities and repetitive behaviours
- Co-occurring conditions
- Strengths and difficulties of people on the autism spectrum
- Lived experiences of people on the autism spectrum

[Join Course](#)

University of  
**Kent**



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

<https://hoop.co.uk>



**jump** **Revised Tariff**

September - December 2020

[Book Online](#)

**Weekends, School Holidays and Bank Holidays**

3 X 2 HOUR SESSIONS AVAILABLE 9.30AM, 12.30PM & 4.00PM

Adults	£1.00	2 - 4 years	£6.50
Under 1's	£1.50	5 - 12 years	£7.75
1 year olds	£4.25		

Please note promotional vouchers and discounts will not be accepted during this revised time

**Midweek School Term Time**

2 X 2 HOUR SESSIONS AVAILABLE 9.30AM, 12.30PM

Adults	£1.00	2 - 4 years	£5.75
Under 1's	£1.50	5 - 12 years	£7.25
1 year olds	£3.50		

**Child Minders\*\***

½ price child entry for up to 6 children (per Childminder)

Please note promotional vouchers and discounts will not be accepted during this revised time  
\*\*Child Minder reduced child tariff will be able to be used in the 12.30PM session only.

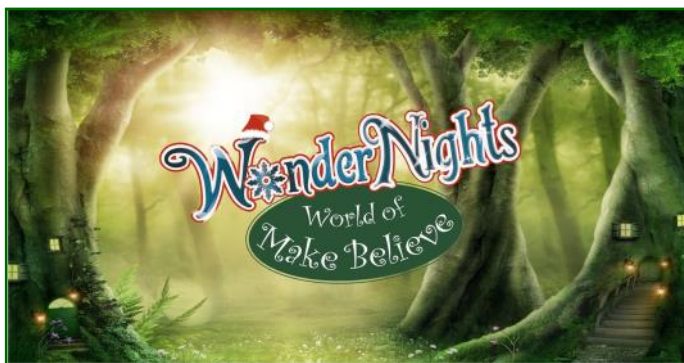
**After School Half Price (4.00pm - 6.00pm Session)**

Adults	£1.00	2 - 4 years	£2.85
Under 1's	£0.75	5 - 12 years	£3.60
1 year olds	£1.75		

**Meal Deal Entry**

£6.50 per child\*\* inc. hot meal and a drink. A maximum of 6 children (per group)

Please note promotional vouchers and discounts will not be accepted during this revised time  
\*\*All meals must be redeemed by 5.30pm.



**Mount Edgcumbe House & Country Park**  
**Cremyll, Torpoint, Cornwall PL10 1HZ**  
**Thur 10 Dec 2020—Sun 10 Jan 2021**  
**Most days from 2pm-8pm**  
**Price: Adults £8.95 / Child £6.95 (3-15)**

Wonder Nights presents The World of Make Believe where you can explore a place where imagination knows no end.

[Book online](#)

## gym bubbas

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

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

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.

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/)

**Drake's Den**

**CHRISTMAS**

**SPECIAL OFFER**

**25% OFF ALL HOT MEALS FOR OUR AFTER-SCHOOL SESSION**

**4PM-5.30PM MONDAY TO FRIDAY**

**UNTIL FRIDAY 18<sup>TH</sup> DECEMBER**

**FREE ENTRY TO KEY WORKERS ON SUNDAY 13<sup>TH</sup> DECEMBER 3PM-4.30PM. IF YOU ARE ELIGIBLE PLEASE MESSAGE OUR FACEBOOK PAGE (ID TO BE SUPPLIED ON THE DAY) SPACES ARE LIMITED**

Tier 2 restrictions apply, all booking to be made following the Government Guidelines of no mixing of households inside, apart from support bubbles (a maximum of 6 people per booking).

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

Book at: <https://drakes-den.co.uk/calendar/>





## Polar Bear Trail 2020

Follow the trail across the waterfront this winter to find the adorable polar bear cubs that can be found in businesses around the Barbican, Mount Batten, The Hoe, Royal William Yard and one at The Box too. The trail can be followed digitally by downloading the free [Plymouth Trails](#) app.

[Find out more](#)

## Interactive Plymouth Trails App

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



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

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

[Find out more](#)

## Explore the Nature Trail in Ham Woods

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

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



For more information on parks and greenspace in Plymouth contact [wildlife@plymouth.gov.uk](mailto:wildlife@plymouth.gov.uk)





WE ARE **OPEN!**  
**CAN'T WAIT** TO SEE **YOU** AGAIN

#CLIPCLIMBCLEAN

Check availability and book online at:  
<https://booking.plymouth.clipnclimb.co.uk/>

In order to ensure the safety and wellbeing of our climbers and staff, safety measures in line with the latest Government guidance have been implemented.

See the website:  
<https://plymouth.clipnclimb.co.uk/>

**Autism / SEN Sessions**  
 Saturday's for ages 4+

clip'n climb.  
**SEN SESSIONS**  
 Fun, calm & quiet climbing  
**AGES 4 AND UP**  
 Book online at [www.plymouth.clipnclimb.co.uk](http://www.plymouth.clipnclimb.co.uk)



## ACTIVITY TIMETABLE **DECEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY 9AM - 9PM	FRIDAY	SATURDAY 9AM - 6PM	SUNDAY 9AM - 5PM
CLOSED	CLOSED	CLOSED	9:00am Climb 'n Rhyme	CLOSED	9:00am Mini Mountaineers	9:00am SEN Session
 <b>CHRISTMAS HOLIDAY CLUB</b> Mon 21st - Wed 23rd December 9:00am - 5:00pm  Mon 28th December - Fri 1st January 9:00am - 5:00pm  Email <a href="mailto:info@clipnclimbplymouth.co.uk">info@clipnclimbplymouth.co.uk</a> or call 01752 717567 to book  <b>FAMILY CLIMB 'N DINE</b> Family climbing sessions available throughout December. Each booking includes a climbing session + 2 large pizzas and chips (4 climbers).  Visit our website for available slots			CLOSED		10:00am - 5:00pm Standard Sessions	10:00am - 3:45pm Standard Sessions
			 Late night shopping 10th & 17th 3:45pm - 9:00pm		5:00pm SEN Session	3:45pm Mini Mountaineers

Book at : [www.plymouth.clipnclimb.co.uk](http://www.plymouth.clipnclimb.co.uk)



Telephone us on : **01752 717567**



**TO HELP KEEP YOUR FELLOW BOUNCERS SAFE,  
PLEASE REMEMBER TO:**

**Book online**

**Wear your mask**

**Scan the track and trace on arrival**



**Thank You!**

Masks apply to everyone 11+ yrs

**SUPER TRAMP PARKS**

## Pre-bookings ONLY for Super Tramp!

Book online at:

<https://supertrampplymouth.co.uk/>

Reduced capacity by 50% every hour.  
15 min breaks between sessions for enhanced cleaning and hand sanitising stations are just some of the measures to keep everyone safe.

**Tots club**  
SAFE FUN FOR UNDER 5's

2 hours for £8 mon-fri

Monday - Friday 9:30am to 11:30

Saturday 9:20am to 10:20

Sunday 9:20am to 10:20

Off Peak times

For under 5yrs  
Only £8 per Tot  
one adult goes for free

£2 Super Tramp grip socks required- yours to keep for next time



**After School Club!**

2 packages available

**Bounce + Food + Drink!**

**PACKAGE 1- £8**  
1 hour bouncing  
Hot Dog  
12oz Slush Puppie

**PACKAGE 2- £8**  
1 hour bouncing  
1/4 Pizza slice  
12oz Slush Puppie



**Family Bounce After School**

2 packages available

**Bounce + Food + Drink!**

**PACKAGE 1- £8**  
1 hour bouncing  
Hot Dog  
12oz Slush Puppie

**PACKAGE 2- £8**  
1 hour bouncing  
1/4 Pizza slice  
12oz Slush Puppie

Ages 3-12yrs

Perfect for families with younger siblings!



**SEND**  
SPECIAL EDUCATIONAL NEEDS & DISABILITIES

and

**Support Sessions**



- Park closed to the general public
- Reduced numbers of bouncers
- A parent/carer goes free
- Calming music is played
- Relaxation rooms open
- Complimentary squash

### SEND Session

Strictly for customers with Special Educational Needs and Disabilities ages 5+.

**Thursday: 4pm-5pm**

### Support Sessions

Open for those with additional needs ages 5+

**Sunday: 5pm-6pm** (open to siblings)

Please note that all customers are required to complete a NEW waiver as they have been updated.  
All previous waivers are forced to be expired and will no longer be valid.

Phone lines open from 9am to 5pm daily  
Call **01752 710791**





## **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>



Dartmoor Zoological Park, Sparkwell, Plymouth PL7 5DG

Tel: 01752 837645

Email: [zoobase@dartmoorzoo.co.uk](mailto:zoobase@dartmoorzoo.co.uk)



Dartmoor Zoological Park

Measures have been put in place to make sure visitors have a fun and safe day out.

These include:

- Online pre-bookings only
- Restricted visitor numbers per day
- Allocated time slow arrivals
- One way system around zoo
- Hand sanitising stations throughout

Tickets must be purchased online prior to visiting and can be purchased here:

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



If you are a member wishing to visit, please call 01752 837645 to book your tickets and time of arrival.

For more information see:

Website at: <https://www.dartmoorzoo.org.uk/>

Facebook at: <https://www.facebook.com/DartmoorZoologicalPark/>



## Friday's & Saturday's throughout December

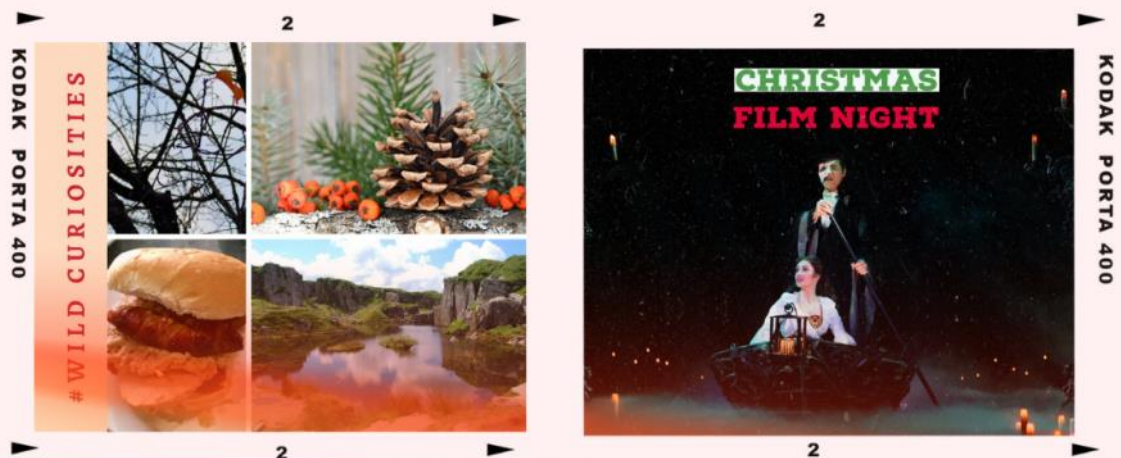
From Friday 4th to Saturday 19th December 2020 join Dartmoor Zoo after hours for their Christmas adventure and immerse yourself in a wild wonderland of light.

Book tickets: <http://bit.ly/ChristmasZooNights>



# Creative Curiosities Sw

## Christmas Experiences



# HAPPY HOLIDAYS!

Contact Us for more info:  
[hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)

Call or text: 07764737620

Booking:

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



# #CREATIVE CURIOSITIES

23

CANVA STORIES

## CHRISTMAS FILM NIGHT

The Phantom of the  
Opera  
Watch Party

Fancy Dress  
Competition  
Monday 21st  
December 7 - 9 PM

Email [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk) Call or text 07764737620

CANVA STORIES

23

CANVA STORIES

# #WILD CURIOSITIES



# 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.

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.

See: [Disabled Persons Railcard](#)



## Journey Assistance Cards

Stagecoach are asking passengers who are unable to wear a face covering while using their services due to a health condition or a disability to apply for a COVID-19 Face Covering Journey Assistance Card.



This card can be shown to Stagecoach drivers to confirm the user is exempt from the legislation requiring them to wear a face mask on public transport.

There is also a special card available for anyone who needs the driver to lower their face covering because they are hearing impaired and need to lip read.

[Apply for Journey Assistance Card](#)

In line with government guidelines, you will need to wear a face covering on public transport from Monday 15 June unless you fall under the [exemptions list](#).



### How do I let you know that I'm exempt from wearing a face covering?

If you are unable to wear a face covering then you should inform the driver, briefly explaining as you board.

To make things easier, you can [download a PDF](#) of one of our 'Helping Hands' cards and either print out or save / screenshot it on your phone and show the driver when you board.





## Are you on the Autism Spectrum?

### Do you know someone who is?

The Devon Autism Alert Card was 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.

To obtain a card, please contact us on **07592131597** and leave a message or email us on [admin@devonlink-up.org](mailto:admin@devonlink-up.org)

When you receive your card, please fill in the details on the reverse of the card.

We understand that sometimes cards get lost and there is no charge for a replacement.



## 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 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 provide advice to those caring for patients on the Autistic Spectrum.

**Contacts:** Kate Bamforth

**Autism Spectrum Lead Nurse**

**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.



# Avoid the Three C's

Be aware of different levels of risk in different settings.



World Health  
Organization

Representative Office  
for the Philippines

There are certain places where COVID-19 spreads more easily:



## Crowded places

*with many people nearby*



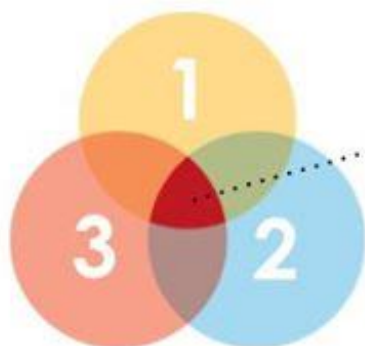
## Close-contact settings

*Especially where people have close-range conversations*



## Confined and enclosed spaces

*with poor ventilation*



The risk is higher in places where these factors overlap.

**Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C's.**

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Always wear a mask when you go outside your home

**If you are unwell, stay home unless to seek urgent medical care.**



# Do you *Know the Symptoms* of coronavirus?

## COVID-19

- ✓ Fever
- ✓ Dry Cough
- ✓ Fatigue
- ✓ Shortness of Breath



## Flu

- ✓ Fever
- ✓ Dry Cough
- ✓ Runny Nose
- ✓ Headache
- ✓ Sore Throat
- ✓ Muscle and Joint Pain



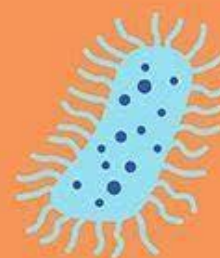
## Cold

- ✓ Cough
- ✓ Sore Throat
- ✓ Aches and Pains
- ✓ Runny or Stuffy Nose
- ✓ Watery Eyes
- ✓ Sneezing



## Allergies

- ✓ Sneezing
- ✓ Coughing
- ✓ Itchy Eyes
- ✓ Runny or Stuffy Nose



RIVERSIDE riversideonline.com

NHS information about how coronavirus is spread and how to avoid catching or spreading germs:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Guidance on social distancing and protecting older people and vulnerable people:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Stay at home guidance for people with confirmed or possible infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Read about the UK Government response:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

# COVID-19 ABSENCE

A quick guide for parents / carers



WHAT TO DO IF...	ACTION NEEDED	BACK TO SCHOOL...
<b>...my child has COVID 19 (coronavirus) symptoms*</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Child should get a test</li> <li>■ Whole household self-isolates while waiting for test result</li> <li>■ Inform school immediately about test results</li> </ul>	<b>...when child's test comes back negative</b>
<b>...my child tests positive for COVID-19 (coronavirus)</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms)</li> <li>■ Inform school immediately about test results</li> <li>■ Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days</li> </ul>	<b>...when child feels better, and has been without a fever for at least 48 hours</b>  They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.
<b>...somebody in my household has COVID-19 (coronavirus) symptoms*</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Household member with symptoms should get a test</li> <li>■ Whole household self-isolates while waiting for test result</li> <li>■ Inform school immediately about test results</li> </ul>	<b>...when household member test is negative, and child does not have COVID-19 symptoms*</b>
<b>...somebody in my household has tested positive for COVID-19 (coronavirus)</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days</li> </ul>	<b>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</b>

\* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)



WHAT TO DO IF...	ACTION NEEDED	BACK TO SCHOOL...
<b>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days</li> <li>■ Rest of household does not need to self-isolate, unless they are a 'close contact' too</li> </ul>	<b>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</b>
<b>...we / my child has travelled and has to self-isolate as part of a period of quarantine</b>	<ul style="list-style-type: none"> <li>■ Do not take unauthorised leave in term time</li> <li>■ Consider quarantine requirements and FCO advice when booking travel</li> <li>■ Provide information to school as per attendance policy</li> </ul> <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Whole household self-isolates for 14 days – even if they test negative during those 14 days</li> </ul>	<b>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</b>
<b>...we have received advice from a medical / official source that my child must resume shielding</b>	<ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Contact school as advised by attendance officer / pastoral team</li> <li>■ Child should shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>	<b>...when school / other agencies inform you that restrictions have been lifted and your child can return to school again</b>
<b>....I am not sure who should get a test for COVID -19 (coronavirus)</b>	<ul style="list-style-type: none"> <li>■ Only people with symptoms* need to get a test</li> <li>■ People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive</li> </ul>	<b>...when conditions above, as matching your situation, are met</b>

For further information visit:  
[www.plymouth.gov.uk/covid-19](http://www.plymouth.gov.uk/covid-19)





Kerissa Nelson, PhD researcher from the University of Plymouth is looking for help from participants in the South West of the UK on a research project studying the psycho-emotional impact of dyslexia.

The goal of this research is to create knowledge and promote understanding of the psycho-emotional experiences of students with dyslexia (SWD) in mainstream classrooms and to offer an opportunity to teachers to consider SWD's perspectives in informing their teaching practices.

If you fall into any of the categories below and would like to participate in this study kindly contact me.

The categories are:

- South West students with dyslexia from mainstream secondary school 16 years and over
- South West teachers of secondary school students with dyslexia
- South West university students with dyslexia

For more details and to participate please see the website to apply:

<https://studyingwithdyslexiablog.co.uk/blog/psychoemotionaleffectofdyslexia>





## PenCRU & Family Faculty

making childhood disability research  
more relevant, useful and accessible

Juliet Hall, a researcher at Plymouth University is currently looking for parents (mums/dads/carers/couples) of autistic children for her PhD research.

She has 2 autistic children and really wants to share parents' stories of their experiences parenting a child or children with autism. It will involve one face-to-face interview which is likely to last around 1½ hours, somewhere convenient for you, or by Zoom. You will also be invited to send me any images or photographs which help to show your experiences.

If you are interested please get in touch with Juliet Hall at: [juliet.hall@plymouth.ac.uk](mailto:juliet.hall@plymouth.ac.uk) for more information.

**Interreg**   
**2 Seas Mers Zeeën**  
**PATH**  
European Regional Development Fund

**PATH**   
PERINATAL MENTAL HEALTH

Are you an **expectant parent** or did you  
become a **mum** or **dad** last year?

We would like to invite you to take part in an online survey  
about your mental health and wellbeing around the time  
of the birth of your child.

For more information and to take part in this study,  
please scan the QR code or use the url-link below.

CONTACT:

Arti Makwana [arti.makwana@nhs.net](mailto:arti.makwana@nhs.net)  
Reuben Fakoya [reuben.fakoya@nhs.net](mailto:reuben.fakoya@nhs.net)

<http://bit.ly/2JuCEQT>



Project partners:



21/08/2020, v2.0

# Plymouth Dads Project



## Sat 12th Dec, 1-4pm, Christmas Campfire

For over 5s and their dads @ Ham Woods, PL2 2HP

## Tue 15th Dec 7pm– Dads' Conversation Café

Dads /male carers only @ the Cabin, Barne Barton, PL5 1EJ and ONLINE

## Sat 19th Dec, 2-3.30pm– Christmas Creating

For 0-5 years and their dads @ Just Imagine, PL6 5DS

## SAVE THE DATE 2021

### Events for Over 5s and their dads:

Sat 9th Jan, Sat 13th Feb and Sat 20th Mar

1-3.30pm, Ham Woods, PL2 2HP

### Events for 0-5 years and their dads:

Sat 16th Jan, Sat 20th Feb, Sat 13th Mar

2-3.30pm, Just imagine, PL6 5DS

### Dads' Conversation Cafés:

Tue 26th Jan, Tue 23rd Feb and Tue 16th Mar

7-8.30pm, the Cabin, Barne Barton, PL5 1EJ  
and ONLINE (open to dads anywhere)

Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafés— a safe space to talk all things dad & eat pizza...

Please book your FREE place through [info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) or call/text 07934739098.

Limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments so booking is essential...

## FREE Events for Dads-Winter Series 20/21



## Plymouth Dads Project



**Where?** Ham Woods, park/meet at Ham House  
PL2 2HP

**Who?** For children over 5 and their dads/father figures (we have other events for younger)

**What?** We will spend the afternoon learning how to start a fire using only a dragon's breath, making charcoal, doing fun Christmas activities and serving festive hot drinks. hands-on activity in the woods, warning: wrap up warm and wear old clothes— you may get covered in charcoal.

**Sat 12th Dec**  
**Christmas**  
**Campfire in**  
**the Woods**  
**1-4pm**

Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun **FREE** activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes— a safe space to talk all things dad & eat pizza...

Please book your **FREE** place through  
[info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk)  
or call/text  
**07934739098.**

Limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments so booking is essential...

**FREE Events for Dads-Winter Series 20/21**



## Plymouth Dads Project



### Who?

For children under 5 (including babies and toddlers) and their dads/ father figures (we have other events for older children)

### Where?

Just Imagine, Christian Mill Business Park, PL6 5DS

**What?** We will spend the afternoon chatting with other dads over tea, coffee and cake whilst getting festive and creating some Christmassy crafts with our little ones. We will be joined by the wonderful Creation Station (experts in arts and crafts for little ones) to help us get creative for an hour before relaxing and socialising in the café whilst the children enjoy the adjoining play area.



**Saturday  
19th Dec–  
Christmas  
Crafting  
2-3.30pm**

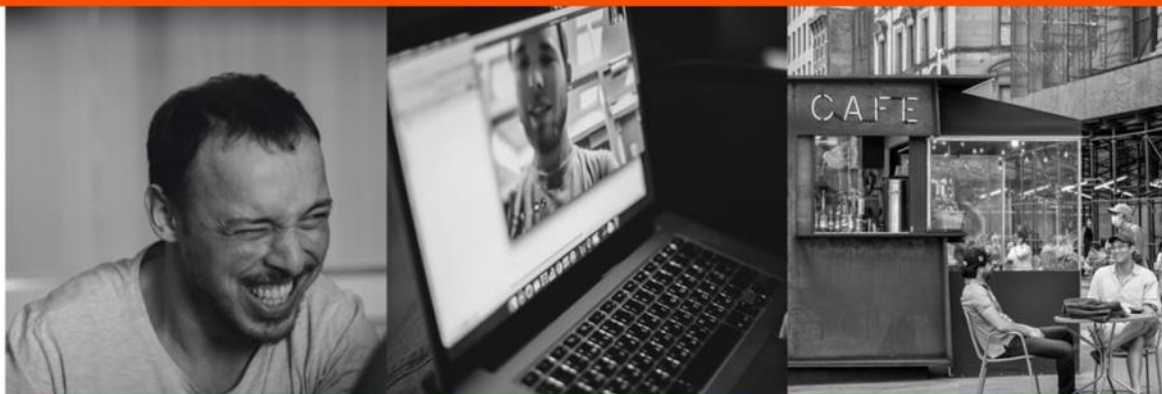
Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun **FREE** activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes– a safe space to talk all things dad & eat pizza...

Please book your **FREE** place through [info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) or call/text 07934739098.

Limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments so booking is essential...

**FREE Events for Dads-Winter Series 20/21**





Tue 15th Dec

Tue 26th Jan

Tue 23rd Feb

## Conversation Cafes online and in person

**Where?** Online...join us from the comfort of your own home or if you're in Plymouth come to the Cabin at Barne Barton, PL5 1EJ

**Who?** For dads/father figures/male carers (not aimed for children although we expect there may be the odd wave from a sleepy child on zoom)

**What?** A rare opportunity in our society, to come together as men to discuss what it is really like being a parent/care giver to our children. Share with a community of other dads, facilitated by professionals who specialise in supporting parents. Relaxed evening of conversation, make yourself a brew/grab a beer and share the highs and lows of being a parent/care giver and a man during 2020. FREE PIZZA if come in person.

### Eventbrite link for tickets:

[https://conversation\\_cafes\\_winter.eventbrite.co.uk](https://conversation_cafes_winter.eventbrite.co.uk)



Calling all dads and male carers (step dads, uncles, grandads...) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes— a safe space to talk all things dad & eat pizza...

Please book your FREE place through

[info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) OR call/text 07934739098.

We will then send you an invite to the zoom call, only people who have signed up will be able to join the call and its a safe and friendly place to talk.

## FREE Events for Dads-Winter Series 20/21





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

07480 635189

## HEALTH FOR TEENS

**TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

07480 635198

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING

RELATIONSHIPS

SMOKING

EMOTIONAL HEALTH

BULLYING

SELF HARM

ALCOHOL & DRUGS

ANXIETY

SLEEP

PUBERTY

YOU CAN ALSO VISIT:

**WWW.HEALTHFORTEENS.CO.UK**

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

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



## NEW Health Visiting and School Nursing TEXT SERVICE

**PARENTS. CARERS. YOUNG PEOPLE.**

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

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



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



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



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





# EMOTIONAL WELLBEING AND MENTAL HEALTH

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



## CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

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

or search for Kooth on a search engine

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

## YOUNG DEVON

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

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

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

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

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

CONTACT:

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

Email: [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org)

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



### Key websites

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

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

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

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

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

A close-up photograph of a woman's hands gently cradling the head of a newborn baby. The woman's nails are painted a light pink color. The baby's head is the central focus, with its hair visible. The background is softly blurred, showing the woman's arms and the baby's body.

# Perinatal Peer Support Group

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

Babies very welcome.

**Starting 2 December 10am-12noon Four  
Greens Wellbeing Hub,  
Whitleigh Green**

**Email [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net) for more information and to sign up**



# Time for YOU

in these challenging times

A small supportive zoom group for mums  
of children with additional needs



Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child  
with additional needs during these times

Re-fuel, play with coaching tools + images and  
say what needs to be said

Listen to what YOU need and how this fits into your life now



Are you in  
**DEVON or  
CORNWALL**

Could this be for you?

[jo@mums4achange.org](mailto:jo@mums4achange.org)

fb @mums4achange

[www.mums4achange.org](http://www.mums4achange.org)

**"The group has been a life-line "**

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

**WHEN:** Fridays 9.30-11.30 from 8th January 21

**WEEKLY:** 12 weekly zoom meetings (term time only)

**HOW:** By zoom - For you if your children can safely be  
distracted while you speak+ listen 'privately'

**COST:** Free **BOOKING ASAP ESSENTIAL** -  
priority booking if on means tested benefits

**INTERESTED:** Text 07855529582 or Facebook message  
on @mums4achange or e: [jo@mums4achange.org](mailto:jo@mums4achange.org)

**RUN BY:** Jo Ball - life and career coach, mum of 2, with a background  
as an Arts Therapist. **SUPPORTED BY:** Clare Gale has a child with  
complex medical needs. Clare did the group, loved it and wanted to  
share it. Clare's in the final stages of her counselling qualifications.

Funded by the People's Heath Trust

funded  
through



## Mellow Mums Group

Being a mum can be tough and Home-Start's aim is to be there for parents when they need it.



Mellow Mums is an informal, one-hour session, via Zoom, each week to give mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don't want to.

We want the group to be led by Mums and so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.

It will be facilitated by a Home Start Co-ordinator and there will be no more than 10 attendees each week.

The group is suitable for mums with a child under 2 years old.

The next group starts on Thursday 3rd December at 1pm.

If you are interested in attending or would like to know more contact us at [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com) and we will send you a link to access the group via Zoom using your phone, tablet, laptop or computer.





# Head Space

**ANNOUNCEMENT**  
**TUESDAY 24TH MARCH 2020**

## 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 STILL RUN  
6PM-10PM 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-10pm: 07890 257614

Text: 07890 257614

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

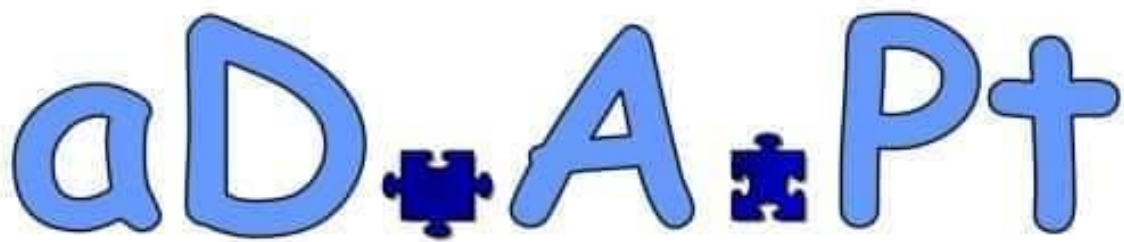
Email: [headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

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

Find us on   #YourHeadSpace



**Colebrook**  
Inspiring people, supporting communities



*(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>*



# 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/SC038092. 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  
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