

# FOR YOUR INTEREST

## July 2019

Please take a copy

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)



### Schools Out... for Summer Holidays!

There are lots of excellent activities and events in the Plymouth area scheduled for families over the school holidays and beyond.

Take a look and see what's on offer... there's lots to see and do and many activities are **FREE!**



### Fit & Fed Holiday Clubs 2019

The Fit and Fed Holiday Club programme offer a range of activities at various venues and are aimed at children and young people on free school meals.

Visit the Fit and Fed website to see the brochure and book activities at:

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

One of the clubs is being run by Lifeworks for children with a learning disability aged 12-17 years old.

For more information please contact the Sports Development Unit: 01752 307008 or email: [sportsdev@plymouth.gov.uk](mailto:sportsdev@plymouth.gov.uk)



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### Connect with us on Facebook

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



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

# SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH  
CITY COUNCIL



## Summer 2019 SHORT BREAKS

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

TEL: 01752 300700

### Tuesday Sessions Out and About

**30TH JULY  
ROCK SCRAMBLING**

**6TH AUGUST  
ROCK CLIMBING**

**13TH AUGUST  
BODMIN MOOR**

**20TH AUGUST  
GORGE WALKING**

**27TH AUGUST  
VISIT TO THE  
ARBORETUM**

### Thursday Sessions On Site

**1ST AUGUST  
WOODWORKING**

**8TH AUGUST  
SURVIVAL DAY**

**15TH AUGUST  
ART WORKSHOP  
JUNK &  
CLAY SCULPTURES**

**22ND AUGUST  
TRAINS, BOATS  
& PLANES**

**29TH AUGUST  
TREASURE HUNT/  
ORIENTEERING**

All sessions 10 am - 4 pm Cost £10.00 per session.  
Open to young people 8-18 yrs, with a SEND diagnosis,  
who do not currently receive a care package,  
& struggle to access mainstream provision.

# Summer Short Breaks Sessions

## Horizons Sailing



Friday 16th ,23rd and 30th August 16  
10 - 4pm

Horizons, Mayflower Marina,  
Richmond walk,  
Plymouth,  
PL1 4LS



A days sailing form  
Mayflower Marina, with  
Horizons Plymouth.

**Full details and booking at  
[bookwhen.com/shortbreaks](https://bookwhen.com/shortbreaks)**

Horizons Plymouth is a charity that provide educational opportunities for ages 8 - 19, to increase self-confidence and practical skills through water based activities.

Book at: <https://bookwhen.com/shortbreaks>





**ARGYLE TRUST**  
COMMUNITY

# SHORT BREAKS

**Football and activities for children with autism or ADHD aged 7-14 years old.**

Every school half term and summer  
Monday and Tuesday  
10am - 1pm  
£5 per session

Home Park, Plymouth, PL2 3DQ  
[www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)  
01752 300 700

in partnership with



Date	Time	Activity	Age	Cost
Mon 29 Jul	10am-1pm	<b>Plymouth Argyle Football &amp; Multi Sports Programme</b> A football and multi-sports programme providing stimulation and enjoyment during the holidays for children with autism and/or ADHD.  For more information contact Josh Grant on <a href="mailto:josh.grant@paafc.co.uk">josh.grant@paafc.co.uk</a> or 01752 562561 ext 4  Location: Plymouth Argyle Football Club, Home Park, Plymouth PL2 3DQ	7-14 years	£5.00
Tue 30 Jul				
Mon 5 Aug				
Tue 6 Aug				
Mon 12 Aug				
Tue 13 Aug				
Mon 19 Aug				
Tue 20 Aug				
Tue 27 Aug				

Book at: <https://bookwhen.com/shortbreaks>



# **SHORT BREAKS FAMILY FUN DAY**

**Sunday 28 July 1pm to 5pm**

Once again the Short Breaks Service and the Sports Development Unit are working in partnership to provide families with disabled children the opportunity to make use of the excellent facilities at the Plymouth Life Centre.



If you are the parent or carer of a disabled child aged 6 to 18 years, this event will enable your whole family to enjoy free activities including trampolining, football and healthy food demonstrations, arts and crafts as well as climbing, followed by an hour's swim in the swimming pool.

Places are limited and to help us ensure that we have the right numbers of staff to help

the day run smoothly, please make sure that you book your family a place.

To be eligible to access this event your child must live in Plymouth and have a diagnosis of a disability and attend a special school or support centre, although they may still be eligible if they attend a mainstream school and are supported by an EHC Plan.

## **To book a place contact**

The Sports Development Unit

**Telephone 01752 307008**

**Email [nyrene.dudley@plymouth.gov.uk](mailto:nyrene.dudley@plymouth.gov.uk)**



# YOUTH CLUB

Devonport Park Activity Centre & The Beckly Centre

July 4th - BBQ at Devonport park  
Activity Centre

July 11th - Outdoor Art at Beckly

July 18th - Picnic at Devonport Park  
Activity Centre

July 25th - Cooking at Beckly

Contact us:  
[beckly@routeways.org.uk](mailto:beckly@routeways.org.uk)  
01752 484433





Beckly Centre, Mayers Way  
Plymstock, Plymouth  
PL9 9DF  
01752 484433



[facebook.com/BecklyCentre](https://facebook.com/BecklyCentre)

[beckly@routeways.org.uk](mailto:beckly@routeways.org.uk)

## YOUTH CLUB

Thursday's, 7-9pm - £3 per session

Activities are chosen by the young people and range from music to cooking, life skills and crafts and also trips out and about in the community.

## ADULT SOCIAL CLUB

Monday's, 7-9pm - £5 per session

Activities include games and quiz evenings, arts and crafts, cooking, trips and meals out.

The Youth Club and Adult Social Group are both drop in clubs but please contact us if you have not visited us before for registration.

For further details contact the Office on 01752 484433 or email [Beckly@routeways.org.uk](mailto:Beckly@routeways.org.uk)  
For up to date information check out [www.facebook.com/BecklyCentre](https://www.facebook.com/BecklyCentre)

## Gardening Volunteers Needed

Mayers Way  
Plymstock  
PL9 9DF



The Beckly Centre



We are looking for volunteers to help us maintain our garden so we can host more outdoor events and activities for our young people.

If you are interested contact us:  
[beckly@routeways.org.uk](mailto:beckly@routeways.org.uk)  
01752 484433



# Devonport Park Activity Centre



## ROOTED JUNIORS



**AUTISM AND DISABILITY FRIENDLY INCLUSIVE ACTIVITIES  
FOR YOUNG PEOPLE AGED 8-13 YEARS  
DEVONPORT PARK ACTIVITY CENTRE**

**Saturdays 10-1**

**£5 per session**

**MUST be pre booked at [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)**

**Email: [rtaylor@routeways.org.uk](mailto:rtaylor@routeways.org.uk)**

**Tel: 01752 856719**



Exciting outdoor learning activities and social opportunities for young people with autism and or other disabilities aged 8-13 years, led by qualified and experienced teachers. Based at our fabulous Devonport Park site, with extensive outdoor facilities including pizza oven, fire pit, polytunnels, secret garden and pond as well as indoor classroom and kitchen area. Activities are held outside whenever possible and include forest schools, den building, cooking, gardening, drama/role play and arts and crafts.



Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543. Company Registration Number 3420867  
[www.routeways.org.uk](http://www.routeways.org.uk)



## ROOTED SENIORS



**DATES AND TIMES VARY**

**£5 per session plus any additional activity charges.**

**MUST be pre booked at [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)**

**AUTISM AND DISABILITY FRIENDLY INCLUSIVE ACTIVITIES**

**FOR YOUNG PEOPLE AGED 13-18 YEARS**

**DEVONPORT PARK ACTIVITY CENTRE**

**Email: [rtaylor@routeways.org.uk](mailto:rtaylor@routeways.org.uk)**

**Tel: 01752 856719**



Exciting outdoor learning activities and social opportunities for young people with autism and or other disabilities aged 13-18 years, led by qualified and experienced teachers.

Base days and games night held at our fabulous Devonport Park site, with extensive outdoor facilities including pizza oven, fire pit and more.

Trips out planned by the young people such as laser quest, bowling and a trip to the climbing wall.



Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543. Company Registration Number 3420867 [www.routeways.org.uk](http://www.routeways.org.uk)



## 16 - 24 YEARS

**BUILDING SKILLS FOR LIFE IN FUN,  
ADVENTUROUS & CHALLENGING WAYS.  
PILOT LAUNCH FOR OUR EXCITING NEW  
YOUNG ADULTS WITH LEARNING DISABILITY  
SERVICE.**

Launching after half term, this new service will run for 2 sessions per week out of our Devonport Park Activity Centre.

### Session Times

**Wednesdays 10- 2 Theme: Activities- what do we need to think about?**

**Will include: trips out, First Aid training, film making etc**

**Fridays 1:30 - 4:30 Theme: Gardens and cooking from the garden.**

### Session Costs

**£ 5 per session plus any additional excursion charges.**

**NB As this is a pilot programme, charges are subsidised.**

**If you are interested in attending please contact us to arrange an appointment. - ALL PLACES MUST BE PRE BOOKED.**

**INTERESTED? IDEAS? QUERIES?**  
**EMAIL US [devonport@park.routeways.org.uk](mailto:devonport@park.routeways.org.uk)**  
**TEL: 01752 856719**  
**DEVONPORT PARK ACTIVITY CENTRE**



Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543. Company Registration Number 3420867 [www.routeways.org.uk](http://www.routeways.org.uk)





# Autism Friendly Games Night

Second Friday of every month  
4pm - 7pm



Ages 10 - 18  
£5.00 per  
young person



Snacks and  
drinks  
provided!



Bring your  
favourite  
board games!



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

## AUTISM FRIENDLY BOARD GAMES NIGHT

LAST FRIDAY IN THE  
MONTH  
7-9 PM  
£5 PER PERSON

AGES 16+

Rumpus Cosy  
12 Derry's Cross  
PL1 2TE



ALL ENQUIRIES :  
01752 856719

Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543. Company Registration Number 3420867 [www.routeways.org.uk](http://www.routeways.org.uk)



## Little Seeds



Stay and Play gardening activities and  
more for all under 5's and their  
parents/carers.

Little Seeds is a friendly and inclusive group  
offering outdoor learning and fun in the  
garden.

DEVONPORT PARK ACTIVITY CENTRE  
EVERY FRIDAY 1 - 3 PM

£2 PER FAMILY  
01752 856719

Be prepared to get messy!



## HAVE YOUR SAY!

Are you a young person or a parent/carer of  
a young person with learning disabilities ?

Do you have a view about community based  
health & social care?

If so, the NHS Devon Clinical Commissioning  
Group want to hear from you!

### Meeting with the CCG.

WHEN This Friday , 17th May at 1:30 PM

WHERE Devonport Park Activity Centre,  
Fore Street, Plymouth PL1 4BU

Any questions? Tel : 01752 856719



Routeways Centre Limited, Devonport Park Activity Centre,  
Devonport Park, Fore Street, Plymouth PL1 4BU  
[www.routeways.org.uk](http://www.routeways.org.uk)



Registered Charity number 1080543





# FIT N FED

FREE, FUN, FITNESS  
ACTIVITIES

FOR AGES 8 -18 YRS

NB MUST BE IN RECEIPT  
OF FREE SCHOOL MEALS  
TO QUALIFY.



## MON

### THEME

Music,dance  
and  
mindfulness

**29TH JULY**  
**10-2**

Devonport Park  
Activity Centre

## TUES

### THEME

Athletics  
and  
team games

**30TH JULY**  
**10-2**

Devonport Park  
Activity Centre

## WED

### THEME

Gardening  
and  
growing your lunch

**31ST JULY**  
**10-2**

Devonport Park  
Activity Centre

## THURS

### THEME

Adventurous  
fun fitness  
at Beckly

**1ST AUGUST**  
**10-2**

The Beckly Centre



**5TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**6TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**7TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**8TH AUGUST**  
**10-2**

The Beckly Centre



**12TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**13TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**14TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**15TH AUGUST**  
**10-2**

The Beckly Centre



**19TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**20TH AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**21ST AUGUST**  
**10-2**

Devonport Park  
Activity Centre

**22ND AUGUST**  
**10-2**

The Beckly Centre



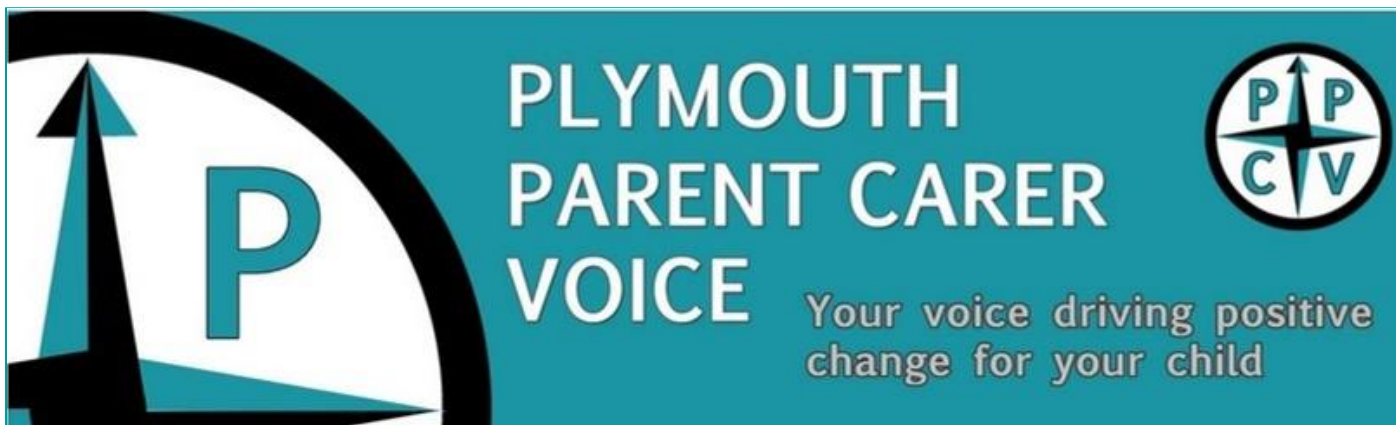
**Booking through**

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

**All enquiries 01752 300700**

Registered Office Routeways Centre Limited,  
Devonport Park Activity Centre,Fore Street Plymouth, PL4 4BU  
Charity Registration Number 1080543, Company Registration Number 3420867  
[www.routeways.org.uk](http://www.routeways.org.uk)





## **Behaviour Toolkit (Pre-School)**

**Monday's 9 & 16 September 2019**

**9.30am-11.30am**

**Plymouth Guildhall, Guildhall Square,  
Plymouth PL1 2BJ**

A two-day workshop for families of pre-school children who would like support in developing a behaviour plan. Please note you must attend both sessions.

Book for [Behaviour Toolkit \(Pre-School\)](#)

## **Behaviour Toolkit (Secondary)**

**Monday 2 December 2019**

**9.30am-2.30pm**

**Plymouth Guildhall, Guildhall Square,  
Plymouth PL1 2BJ**

A workshop for families of primary age children who would like support in developing a behaviour plan.

Book for [Behaviour Toolkit \(Secondary\)](#)

## **Behaviour Toolkit (Primary)**

**Monday 18 November 2019**

**9.30am-11.30am**

**Plymouth Guildhall, Guildhall Square,  
Plymouth PL1 2BJ**

A workshop for families of primary age children who would like support in developing a behaviour plan.

Book for [Behaviour Toolkit \(Primary\)](#)

Bookings can be made through Eventbrite.  
For all activities there is a fully refundable  
deposit required to book.



## 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 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. Call or email for more information or to register on 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

To participate in activities see the [events](#) page and complete the appropriate registration forms by clicking on the Register Today box.

Date/Time	Event	Category
Sat 20th Jul 2019 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
Mon 22nd Jul 2019 10:00 am - 12:00 pm	<a href="#">DLA SUPPORT AND GUIDANCE WORKSHOP</a> Virginia House, Plymouth Devon	<a href="#">Training</a>
Fri 26th Jul 2019 4:30 pm - 7:00 pm	<a href="#">Family Boat Trip **Fully BOOKED**</a> <a href="#">Spirit of Plymouth, Plymouth Boat Trips, Plymouth</a>	<a href="#">Family Activity</a>
Mon 29th Jul 2019 2:00 pm - 4:00 pm	<a href="#">Making Sense - Hydrotherapy at the Hydro Hub</a> The Hydro Hub, Newton Abbot	<a href="#">Making Sense</a>
Tue 30th Jul 2019 11:00 am - 12:00 pm	<a href="#">Disabled Child - Surfing</a> Discovery Surf School, Kingsbridge	<a href="#">Disabled Child</a>
Wed 31st Jul 2019 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
Thu 1st Aug 2019 8:30 am - 5:00 pm	<a href="#">Fun and Freedom Crealy Trip</a> Crealy Devon, Exeter	<a href="#">Fun and Freedom Club</a>



Date/Time	Event	Category
<b>Fri 2nd Aug 2019</b> 9:00 am - 12:45 pm	<a href="#">Youth Adventures-Fishing Trip</a> Spirit of Plymouth, Plymouth Boat Trips, Plymouth	<a href="#">Youth Adventures</a>
<b>Sun 4th Aug 2019</b> 10:00 am - 4:30 pm	<a href="#">Youth Adventures-Classic Car Rally</a> Mount Edgecumbe, Torpoint	<a href="#">Youth Adventures</a>
<b>Tue 6th Aug 2019</b> 10:30 am - 3:30 pm	<a href="#">Making Sense - Antony House</a> Antony House, Torpoint Cornwall	<a href="#">Making Sense</a>
<b>Wed 7th Aug 2019</b> 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
<b>Wed 7th Aug 2019</b> 6:00 pm - 7:30 pm	<a href="#">Family Ice Skating</a> Plymouth Pavilions, Plymouth	<a href="#">Family Activity</a>
<b>Thu 8th Aug 2019</b> 10:00 am - 3:00 pm	<a href="#">Fun &amp; Freedom - Plymouth College of Art 'Project Me'!</a> <b>** FULLY BOOKED **</b> Plymouth College of Art & Design, Plymouth	<a href="#">Fun and Freedom Club</a>
<b>Fri 9th Aug 2019</b> 5:45 pm - 8:30 pm	<a href="#">Youth Adventures-FootGolf</a> Plymouth Golf Centre, Elburton plymouth	<a href="#">Youth Adventures</a>
<b>Mon 12th Aug 2019</b> 10:00 am - 2:00 pm	<a href="#">Disabled Child - Mount Batten Water Sports</a> Mount Batten Centre, Plymstock	<a href="#">Disabled Child</a>
<b>Tue 13th Aug 2019</b> 1:00 pm - 3:00 pm	<a href="#">Making Sense - Plymouth Music Zone</a> Plymouth Music Zone, Plymouth	<a href="#">Making Sense</a>
<b>Wed 14th Aug 2019</b> 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
<b>Wed 14th Aug 2019</b> 1:00 pm - 3:00 pm	<a href="#">DLA SUPPORT AND GUIDANCE WORKSHOPS</a> Virginia House, Plymouth Devon	<a href="#">Training</a>
<b>Thu 15th Aug 2019</b> 9:30 am - 4:00 pm	<a href="#">Fun and Freedom - Mount Edgecumbe</a> Mount Edgecumbe, Torpoint	<a href="#">Fun and Freedom Club</a>
<b>Fri 16th Aug 2019</b> 3:00 pm - 6:00 pm	<a href="#">Youth Adventures - Archery Assault</a> Plymouth School of Creative Arts, Plymouth	<a href="#">Youth Adventures</a>
<b>Mon 19th Aug 2019</b> 10:00 am - 3:00 pm	<a href="#">Fun &amp; Freedom - Mount Batten Water Sports</a> Mount Batten Centre, Plymstock	<a href="#">Fun and Freedom Club</a>
<b>Wed 21st Aug 2019</b> 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
<b>Thu 22nd Aug 2019</b> 11:00 am - 12:00 pm	<a href="#">Disabled Child - Super Tramp</a> Super Tramp Plymouth, Plymouth Devon	<a href="#">Disabled Child</a>
<b>Fri 23rd Aug 2019</b> 2:45 pm - 4:15 pm	<a href="#">Youth Adventures - Surf School</a> Discovery Surf School, Kingsbridge	<a href="#">Youth Adventures</a>
<b>Mon 26th Aug 2019</b> 10:00 am - 12:00 pm	<a href="#">DLA SUPPORT AND GUIDANCE WORKSHOP</a> Virginia House, Plymouth Devon	<a href="#">Training</a>
<b>Tue 27th Aug 2019</b> 3:00 pm - 4:00 pm	<a href="#">Making Sense - Bowling</a> Tenpin bowling, Plymouth	<a href="#">Making Sense</a>
<b>Wed 28th Aug 2019</b> 10:30 am - 2:30 pm	<a href="#">Family Time at Hannah's Hub</a> Dame Hannah Rogers School, Ivybridge	<a href="#">Family Activity</a>
<b>Thu 29th Aug 2019</b> 5:00 pm - 8:00 pm	<a href="#">'End of Summer' Family Party at Dartmoor Zoo</a> Dartmoor Zoological Park, Plymouth Devon	<a href="#">Family Activity</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)

# What's On

## Summer Holiday Family Workshop

**Various from Tues 30 Jul—Fri 23 Aug 2019**

**Time:** 11am-12.30pm

**Age:** 3-7 Years

**Price:** £8 for child (adult free)

**Venue:** Ground Floor Sofa Area, Theatre Royal

Come to the Theatre Royal Plymouth and join us for a range of fun-filled summer workshops. The sessions will involve storytelling, games and crafts. Join in the summer fun with us!

### Workshops

- Nature World: Tue 30 Jul & Fri 2 Aug 2019
- Space & Atmosphere: Mon 5 & Fri 9 Aug 2019
- Underworld of the Sea: Tue 13 & Fri 23 Aug 2019

Each workshop will run on more than one date, so only book one for each theme. Workshops also have a maximum capacity of 10 per session.



[See What's On](#)

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

## Musical Theatre Academy

**Date:** Mon 12—Fri 16 Aug 2019

**Time:** 10am-4pm

**Age:** 11-16 Years

**Price:** £120 for week

**Venue:** Production & Learning Centre, TR2, Cattedown, PL4 0SJ

Explore a range of musicals while learning essential vocal and acting techniques. Experience putting movement to song, before performing to an invited audience at the end of the intensive week. All abilities welcome and no experience necessary. Participants should be able to attend all five days. There will be a showback on the Friday at 3.30pm for friends and family.



## Play in a Week

**Date:** Mon 19—Fri 23 Aug 2019

**Time:** 10am-3pm

**Age:** 7-11 Years

**Price:** £100 for week

**Venue:** Production & Learning Centre, TR2, Cattedown, PL4 0SJ

Devise your own original piece of theatre to perform at the end of the week. All abilities welcome and no experience necessary. Participants should be able to attend all five days. There will be a showback on the Friday at 2.30pm for friends and family.







# Create

Accessible creative workshops for young people aged 11-18

Create is a creative theatre and movement workshop group for young people aged 11-18 who identify as deaf or disabled, neurodiverse, PMLD or would benefit from additional support in the room.

Please contact —  
Dani Golding on 01752 230 375 or [dani.golding@theatreroyal.com](mailto:dani.golding@theatreroyal.com) for any further information, if you would like to register a young person to the group, or simply come in and give it a try!

The group takes place every Tuesday at Theatre Royal Plymouth's Production and Learning centre, TR2, between 5:30pm and 7:00pm.

**TRP** THEATRE ROYAL PLYMOUTH [theatreroyal.com](http://theatreroyal.com)

**TRP** THEATRE ROYAL PLYMOUTH    

## Influence

**Date:** Wed 21—Sat 24 Aug 2019, 7.45pm

**Venue:** The Drum

**Tickets:** £9 / £5 concessions

Theatre Royal Plymouth Young Company present *INFLUENCE*.

When a local boy goes missing, a group of extraordinarily ordinary teenagers are drawn into an adventure that is as exciting as it is unexpected. They enter a world of illegal data-collecting, mind manipulation and there's also quite a lot regarding supermarkets too.

Inspired by modern TV hits such as **Stranger Things** and **Black Mirror**, this is an adventure story about technology, standing up for what you believe in and always expecting the unexpected.



## Funky Llama Club Night

**Date:** Thur 17 October 2019, 6pm-Midnight

**Venue:** Pryzm Night Club, Plymouth

**Age:** 18+

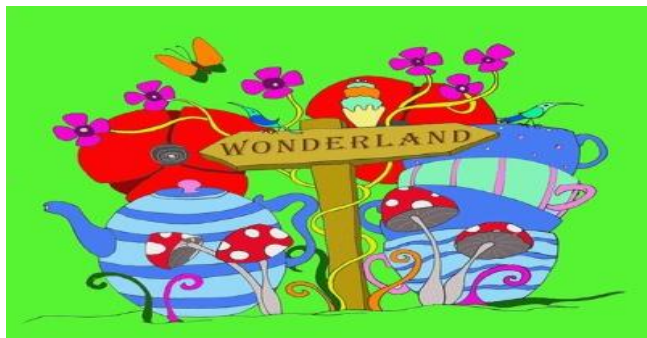
**Tickets:** £5 / Funky Llama members: £2 off

A fun night of DJs, live music, cabaret and dancing at Pryzm night club!



## Stiltskin at the Soapbox Children's Theatre

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



### Wonderland

**Date:** Sat 13 & 20 Jul, Tue 6 & Wed 7 Aug 2019  
**11 am / 1.30pm**

**Suitable age 6 months—8 year olds**

**Price: £10 tickets (6 months+)**

Welcome to Wonderland where anything can happen. This delightful theatre show will be a magical encounter for babies and toddlers.



### A Midsummer Night's Dream

**Fri 2—Sat 10 Aug 2019, 2pm or 6pm**

**Suitable age 6+ and families**

**Price: £10**

Stiltskin return with another specially adapted version of a Shakespeare classic for all the family.



### Family Twilight Tales

**Date: Fri 6 Sep 2019**

**Suitable for all the family**

**Price: £6.50 (1 year and under free)**

Storytelling performances with The Soapbox Theatre's in-house storyteller extraordinaire, Jacqueline Slade.

To book and find other productions  
Tel: 07754 177678  
visit: <http://www.stiltskin.org.uk/>



## Workshops

Do you want a career in Performing Arts or to become more confident and improve your well-being?

Barbican Theatre Performance Training classes offer training in dance and theatre for ages 12-25 year olds. The fun and lively classes help young people develop technical skills in dance or theatre whilst making new friends, building confidence and improving health and well-being.

For more details see:

<https://barbicantheatre.co.uk/performance-training/>

## The Three Musketeers

**Dates: Wed 31 Jul—Sat 17 Aug 2019,  
2.30pm & 7.30pm**

**The Plymouth Athenaeum**

From Le Navet Bete, Exeter Northcott Theatre associates and award-winning creators of smash-hit show Dracula: The Bloody Truth, comes a hilarious new comedy adventure that will have you rolling with laughter from here to the French countryside.

**Suitable age 7+.**

### Tickets

£19 Full, £17 Concessions

If you require disabled/accessible seating, please call the Box Office to discuss your requirements.

### More Details

Call **01752 267131** or pop in to the Box Office at Barbican Theatre on Castle Street, Plymouth

(Mon—Fri, 11am—6pm).

See what's on:

<https://barbicantheatre.co.uk/whats-on/>



WheelFever runs regular weekly Inclusive Dance sessions;

## Creative Dance Workshops

**Every Saturday: 1pm - 2pm,**

Performance Studio, Plymouth Life Centre

A creative and playful dance session that encourages confidence in movement and creativity; suitable for disabled and non-disabled children and young people between 5 and 18yrs.

This session is also suitable for young people up to 25yrs with more complex needs and those who find it difficult to concentrate.

**Every Saturday: 2.15pm - 4.15pm,**

Performance Studio, Plymouth Life Centre

Developing dance and choreographic skills through inclusive methods of teaching and practice. Suitable for disabled and non-disabled children and young people (12-25yrs).

For more information contact

T: 07815285208

E: [wheelfeverprojects@live.co.uk](mailto:wheelfeverprojects@live.co.uk)

Check out the website

**[www.wheelfeverprojects.co.uk](http://www.wheelfeverprojects.co.uk)**

WheelFever Dance Projects is a Charity Incorporated Organisation  
registered in England and Wales. Reg no. 1171830.



money raised by  
healthPerfect  
through



## Far Flung in the Weekly Timetable

### Wednesdays

Funky Llama Dance 10.30am-12pm at TR2  
Contact: lauren.flook@theatreroyal.com

### Thursdays

Dame Hannahs Stretch Class 11am-12pm (closed session)

Highbury Trust Drama 10.45am-11.45am Contact:  
dayservice@plymouthhighburytrust.org.uk

Moving Sounds 1.45-2.45 at Plymouth Music Zone £3.00  
Contact: karl@plymouthmusiczone.org

Coffee Cup Choir 5.45pm-7pm at Prime Cafe £3.50

### Fridays

Flung Further 9-10am at Space to Move £3.50  
Adult Class 10.45am-12.15pm at TR2 £4.00  
Open Class 1-2pm at TR2 £3.50

### Every last Friday of the month:

Tidal Surge at National Marine Aquarium \*Replacing Open Class 1-2pm  
Steering Group 2.15-3.15pm in the Aquarium Cafe Free



## Tidal Surge

Come join Far Flung Dance Theatre's 'Tidal Surge' education project in collaboration with The National Marine Aquarium Plymouth.

Tidal Surge offers monthly inclusive dance and theatre workshops that will help you feel more Connected to our Ocean.

**When:** Every last Friday of the month- starting Friday 25th January 2019  
**Time:** 1-2PM

**What:** Accessible Dance and Theatre workshops, Junk Music Making, Junk Costume Making, Story Writing, Beach Cleans and Performances.  
**Where:** The National Marine Aquarium Plymouth  
**Cost:** £3.50- payment made on the door to a Far Flung staff member.

To book your place please contact Clair Beckett: [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

Next Tidal Surge Workshops:

Friday's 26 July, 30 Aug & 27 Sep 2019



## Dance Company Weekly Adult Classes

### MONDAY

Active For All- Movemnet class for adults with disabilities  
(Plymouth Life Centre, 1pm-2pm, £3.50 per class) Class organised by Improving Lives Plymouth.

### THURSDAY

Exim Open Company Class - Weekly contemporary classes with various professional artists  
The House Studio, Plymouth University  
(6:30pm - 8pm)  
£5 or £4 with a dance card, FREE for Plymouth University Dance & Theatre Students



All classes during term time only.  
For further details, please contact:  
07864168663  
[www.eximdance.org.uk](http://www.eximdance.org.uk)  
[classes@eximdance.org.uk](mailto:classes@eximdance.org.uk)



## Dance Company Weekly Young Person's Classes

### TUESDAY

Young Movers- Weekly dance classes for young people  
5pm - 5:45pm (Ages: 4-6 years) 6pm - 6:45pm (Ages: 7-9 years)  
(Stoke Damerel Community College) £4.50 per class

### WEDNESDAY

Space Shot Youth Dance Company - Weekly dance classes 11-16 years  
(St Aidan's Church Hall 6pm-8pm) Free Class

### THURSDAY

Making Waves Project - Weekly outreach classes for young people in Plymouth for anyone aged over 14 years  
(The House Studio, Plymouth University 5pm-6:30pm) Free Class

### FRIDAY

PSCA Dance Class- Weekly dance classes for Year 7 & 8 students  
(Plymouth School of Creative Arts, 3:30pm - 4:30pm) Free Class

ADAPT Youth Dance Company - Dance youth company for young people with and without disabilities ages 12- 19 years  
(Plymouth School of Creative Arts, 4:30pm-5:30pm) Free Class





# CHICKS Respite Breaks



CHICKS is a national children's charity providing free respite breaks to disadvantaged children between 8-15 years old from all over the UK.

Children may attend one break per calendar year.

Anyone that works with children in a professional capacity can refer to CHICKS. For more information, including criteria for referral please see [FAQs](#). Please also see: [Refer a Child on a CHICKS Break](#).

**For more information please contact :**

t | 01822 811020 e | [info@chicks.org.uk](mailto:info@chicks.org.uk) w | [www.chicks.org.uk](http://www.chicks.org.uk)

## 2019 CHICKS Respite Break Dates

### Age Groups:

Key Stage 2 = children aged 8-11 in primary only

Key Stage 3 = children aged 11-14 in secondary years 7, 8, 9 only

Key Stage 4 = children aged 14-15 in secondary years 10, 11 only

See CHICKS website for full list of [available break dates](#).

Week in 2019	DALESIDE, Derbyshire	Key Stage/ Volunteer age	COASTAL, Cornwall	Key Stage/ Volunteer age
4 – 8 Feb	RBL Training			
11 – 15 Feb	D110219	KS2/18+	C110219	KS2/18+
18 – 22 Feb	D180219	KS3/20+	C180219	KS3/20+
25 Feb – 1 Mar	NB		NB	
4 Mar – 8 Mar	D040319	KS2/18+	C040319	KS2/18+
11 – 15 Mar	D110319	KS2/18+	C110319	KS2/18+
18 – 22 Mar	NB		NB	
25 – 29 Mar	D250319	KS3/20+	C250319	KS4/21+
1 – 5 Apr	D010419	KS2/18+	C010419	KS3/20+
8 – 12 Apr	NB		NB	
15 – 19 Apr	RBL Training			
22 – 26 Apr	D220419	KS4/21+	C220419	KS2/18+
29 Apr – 3 May	D290419	KS3/20+	C290419	KS3/20+
6 – 10 May	NB		NB	
13 – 17 May	NB		NB	
20 – 24 May	D200519	KS2/18+	C200519	KS2/18+
27 May – 31 May	D270519	KS2/18+	C270519	KS2/18+
3 – 7 Jun	NB		NB	
10 – 14 Jun	D100619	KS3/20+	C100619	KS2/18+
17 – 21 Jun	D170619	KS2/18+	C170619	KS3/20+
24 – 28 Jun	NB		NB	
1 – 5 Jul	RBL Training			
8 – 12 Jul	D080719	KS2/18+	C080719	KS2/18+
15 – 19 Jul	D150719	KS3/20+	C150719	KS3/20+

To discuss reserving a group of children in advance please contact [coordinators@chicks.org.uk](mailto:coordinators@chicks.org.uk) or call 01822 811020 (option 2)

## Plymouth Arts & Heritage “On Tour”

Plymouth City Museum & Art Gallery is now closed for the development of the History Centre. However, you can still find activities at various locations across the city “On Tour”.

### Mayflower 400 Town Crier Competition

**Thursday 25 July 2019, 7pm-9pm**

**Plymouth Guildhall, Guildhall**

**Price: Free. Book free tickets at [Eventbrite](#).**

Come and help choose the best Town Crier for Plymouth's Mayflower 400 celebrations. Winners will be part of the Mayflower celebrations and perform their duties from November.

Morris Dancing display at 6pm.

Refreshments and licensed bar available.



### Activity: Plymouth's Super Structures

**Daily, 10am-3pm**

**Price: Free. Recommended aged 7+**

Plymouth's Super Structures tells the remarkable stories behind Smeaton's Tower and Plymouth Breakwater. Join Mr Brunel and learn about the amazing inventors and engineers who built these structures.

Begin this activity by the iconic Smeaton's Tower and use your phone and click on the link:

[Begin Plymouth's Super Structures](#)

The activity takes about 30-45 minutes to fully complete, but you can choose to look at as little or much as you like.

### Collections on Tour: Sir Francis Drake Items at Buckland Abbey

**Until—Tuesday 31 December 2019, 11am-4pm**

**Buckland Abbey, Yelverton, PL20 6EY**

**Price: National Trust Admission fees apply.**

**For more information please call 01822 853607 or visit: [www.nationaltrust.org.uk/buckland-abbey](http://www.nationaltrust.org.uk/buckland-abbey)**

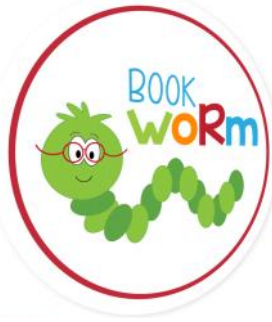
Buckland Abbey currently has a selection of objects from the City Museum and Art Gallery's collections on display including a number associated with Sir Francis Drake and his voyages. Other collection items on display within the house include prints, engravings and furniture.



**For more events, see:**

<https://plymhearts.org/whats-on/>





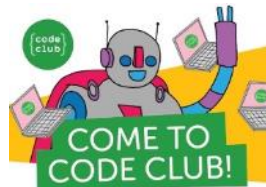
## Plymouth Libraries Events & Activities

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

### Hello World: Coding & Digital Making

- **Monday:** 4pm-5pm at Devonport Library
- **Tuesday:** 4pm-5pm at Plymstock Library
- **Thursday:** 4pm-5pm at Plymouth Central Library
- **Thursday:** 3.30pm-4.30pm at North Prospect Library
- **Friday:** 3.30pm-5pm at West Park Library
- **Saturday:** 9.30am-10.30am at Plympton Library
- **Saturday:** 9.30am-10.30am at Plymouth Central Library

"Hello World" is an after-school club for 8-13 year olds who are interested in learning new things or want to do coding and/or digital making outside of school.



There is no set agenda or lesson plan - young people can just come along and have access to the libraries public computers and resources where they can learn coding. There will also be opportunities to use MaKey MaKey, play on Raspberry Pi's and also tablets.

### Space Chase Reading Challenge



Space Chase is the free summer reading challenge for 2019. Visit any Plymouth Library from Saturday 13 July to pick up a Space Chase Mission folder.

For age 4 to 11. Those under 4 can take part in the Mini Challenge.

[Find out more](#)

### Holiday Activities



Lots of free activities for children at your local library during the school holidays including stories, crafts, films, coding and more.

[See what's on](#)





## WHERE MUSIC MAKES COMMUNITIES

WHEN	WEEKLY SESSION	WHO'S IT FOR? & WHAT IS IT?
<b>MONDAY</b>		
13.00 - 14.00	Carefree Choir	Adult carers without those they care for, singing together for a little breathing space.
18.30 - 20.00	Baton Beats	Adults (18+) developing skills in a wide range of drumming styles from around the world.
<b>TUESDAY</b>		
10.30 - 11.30	Sharing and Caring	Carers of older & disabled people singing as a group for much needed respite.
15.00 - 16.00	Sing Out	Those affected by stroke, singing together with The Stroke Association.
16.00 - 17.00	Sensory Sounds	Children & young people (4+) with diagnosed disabilities, making music in PMZ's 'Sensation Music Station'.
<b>WEDNESDAY</b>		
11.00 - 13.00 (fortnightly)	In The Zone	Singing and music making at St Luke's, for those experiencing bereavement.
11.30 - 12.30	Soundtrack	Adults (18 - 30) with disabilities playing together as a band.
16.00 - 17.00	Jam Band	8 - 12 year olds, beginners & less experienced, singing & trying a range of musical instruments.
17.15 - 18.45	All Stars	Experienced 12 - 18 year old instrumentalists & vocalists playing together as a band.
<b>THURSDAY</b>		
10.30 - 11.30	Digital Orchestra	Adults (18+) with disabilities using digital and music technology, composing & playing music as a group.



## SESSIONS ALWAYS UPDATING

To book your place call 01752 213690  
or email [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)



LLOYDS BANK FOUNDATION  
England & Wales



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

Tel: 01752 213690

Email: [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

Support PMZ as your Co-op local cause:

<https://membership.coop.co.uk/causes/22027>



# Plymouth Music Zone

# SENSORY SOUNDS

Music making activities for children aged 4-16  
with PMLD, ASD/SEN  
Tuesday's 4-5pm

For more information and to book,  
please call Glyn on (01752) 213690 or email  
[info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

Session cost £3. To be eligible to access - Your child should have a diagnosis of a disability  
and attend a special school or Support Centre or attend a mainstream school and have  
a severe or moderate learning disability with ASD or a complex physical disability.

Registered Charity Number: 1100878



## Young Company Hubs

The Young Company Hubs are weekly dance and drama workshops for young people who are not able to access our Young Company activities at the Theatre Royal's Production and Learning Centre.

There are hub groups at four partner schools:

- Tuesday's—All Saints
- Wednesday's—Saltash.net
- Thursday's—Marine Academy Plymouth and Plymouth School of Creative Arts



If you are interested in attending a hub group, please contact the drama department at one of the partner schools above

For more details please contact Scarlett Sterne via email  
[scarlett.sterne@theatreroyal.com](mailto:scarlett.sterne@theatreroyal.com) or call **01752 2303157**



## Half Term Challenge Week

**Wed 24 July—Mon 2 September 2019**

**10am-5pm daily**

Go BIG this Summer at the UK's largest aquarium. With a colossal celebration of everything enormous, Ocean Giants are coming to the National Marine Aquarium throughout the summer holidays with games, shows, feeds, talks, activities, crafts and more!

[Find out more](#)



## Loola Land Soft Play

**Open everyday**

A fun filled soft play area is available for children from toddlers to 10 year olds!

Main soft play area (term time): £1.75 (per hour)

Main soft play area (school holidays): £2.75 (per hour)

Toddler area only : Free to play term time and school holidays

[More Details](#)

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

For more details about these events  
see website: [www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)  
or call 0844 8937938



## Sleeping with Sharks

**17 August, 25 October &**

**30 December 2019, 6.30pm-9am**

The National Marine Aquarium will be opening their doors after dark and offering the opportunity to sleep with the sharks!

Child (age 5+): £40.00

Adult (age 16+): £30.00

Please note that these events are specifically organised for children. All children must be accompanied by an adult.

[More Details](#)

## Tuesday Toddler Mornings

**Tuesday's, 10.30am-11.30am (term time)**

The toddler sessions allow children between the ages of 2-4 years old to explore the underwater world. Each week the focus is on a different part of the aquarium—including activities such as stories, arts and crafts, puppet shows, treasure hunts and meeting our friendly aquarium mermaid, Marina!

Age: 2-4 year olds

Cost: £1 per child\*

Where: Wave Café



[Find out more](#)

\*Places limited to 15, sold on first come basis.

**Ticket Prices: Advance Pass  
10% Discount online.  
Unlimited FREE visits up to 1 Year.**



Visit Wembury Marine Centre in South Devon to explore an underwater world. The centre is open between April and September and is free to enter. For more information and events visit [www.wemburymarinecentre.org](http://www.wemburymarinecentre.org)



No need to book these events—just come along on the day unless otherwise stated. Bring your wellies for rockpool safari's!

All children must be accompanied by an adult.

## Rockpool Safari

**Sun 21 Jul—2.30pm-4pm**

**Thur 1 Aug—11.30am-1pm**

**Sun 4 Aug—2pm-3.30pm**

**Thur 15 Aug—12pm-1.30pm**

**Fri 16 Aug—12.30pm-2pm**

**Sun 18 Aug—1.30pm-3pm**

**Mon 19 Aug—2pm-3.30pm**

**Tue 20 Aug—2.30pm-4pm**

**Thur 29 Aug—10.30am-12pm**

**Fri 30 Aug—11.30am-1pm**

**Sun 15 Sep—12.30pm-2pm**

**Price: £3 per person (suitable age 4+)**

Join Devon Wildlife Trust for a Rockpool Safari and we'll take you on a guided tour of some of the best rockpools in Devon.

## Extreme Rockpool Safari

**Sat 3 Aug—1pm-3pm**

**Sun 1 Sep—1pm-3pm**

**Price: £3 per person (suitable age 8+)**

Join Devon Wildlife Trust for a Rockpool Safari and we'll take you on a guided tour of some of the best rockpools in Devon.

## Toddler Rockpool Safari

**Sun 14 Jul—10am-11am**

**Mon 29 Jul—10am-11am**

**Mon 12 Aug—10.30am-11.30am**

**Tue 13 Aug—11am-12pm**

**Wed 28 Aug—10am-11am**

**Price: Child £3 (age 1 and under FREE)**

Join us for a mini rockpool safari aimed at preschool children (age 4 and under) and help you introduce your little ones to Wembury's crabs and starfish!



## Snorkel Safari

**Sat 13 Jul—10am-12.30pm**

**Tue 30 Jul—10am-12.30pm**

**Fri 2 Aug—11.30am-2pm**

**Wed 14 Aug—10.30am-12.30pm**

**Sun 17 Aug—12pm-2.30pm**

**Wed 21 Aug—1.30pm-4pm**

**Price: Child £15 (suitable age 8+)**

Join our fully trained BSAC instructors for a snorkel safari around Wembury Bay. We will cover basic snorkelling techniques followed by a paddle around the Bay searching for and identifying underwater marine life. Suitable for beginners or more advanced snorkellers.

Full kit can be provided and is included in the cost. Children must be 8 years+ to take part and all participants must be competent swimmers.

## Adult Snorkel Safari

**Sat 14 Sep—11am-1.30pm**

**Price: £15**

Join our fully trained BSAC instructors for a snorkel safari around Wembury Bay. Basic snorkelling techniques will be covered followed by a paddle around the Bay searching for and identifying underwater marine life. Suitable for beginners or more advanced adult snorkellers.

Full kit can be provided and is included in the cost. All participants must be competent swimmers.

**Wembury Marine Centre**

**Church Road, Wembury, PL9 0HP**

**Tel: 01752 862538**

**[info@wemburymarinecentre.org](mailto:info@wemburymarinecentre.org)**





## Poole Farm Volunteering

The farm is easy to find on Google maps or using our postcode PL6 8NF  
Help us to improve Poole Farm and learn new skills along the way!

### July

2nd - Bracken Management and  
Hay Cut 10:30 - 4

9th - Hay Baling  
10:30 - 4

16th - Bracken Management  
and Path Clearance 10:30 - 4

23rd - Orchard Pruning  
10:30 - 4

30th - Woodland and Grassland Surveys  
10:30 - 4

### August

6th - Hedgerow  
Management  
10:30 - 4

13th - Bircham Valley Nature  
Reserve Management  
10:30 - 4

20th - Farm Family Day  
11 - 2

27th - Fenceline  
Clearance  
10:30 - 4

### September

3rd - Pond Restoration  
10:30 - 4

10th - Animal  
Health Checks  
10:30 - 4

17th - Pond  
Restoration  
10:30 - 4

24th - Hedge  
Management  
10:30 - 4

**Adults & accompanied children welcome. Training, equipment & tea/biscuits provided!**

For more info call 07500 075719 or email [derrifordcp@plymouth.gov.uk](mailto:derrifordcp@plymouth.gov.uk)

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

## Nature Plymouth Wildlife Volunteering and Training

For all events meet at the postcodes provided or call for directions  
Help us to improve your local nature reserve and learn new skills with Nature Plymouth's team of  
Natural Infrastructure Assistants:

July 4th - King Tamerton - Fencing & Ash Dieback Monitoring 10:30 - 3:30 @ PL5 2DS


July 11th - Ernesettle Creek - Path Clearance 10:30 - 3:30 @ PL5 2SJ


July 18th - Efford Marsh - Path Cutback & Ash Dieback Monitoring 10:30 - 3:30 @ PL3 6RU


July 25th - Newnham Meadows - Mini Bioblitz 10:30 - 3:30 @ PL7 4LU

 Aug 1st - Kings Tamerton - Bug Hunt & Orchard Pruning 11 - 2 @ PL5 2DS

 Aug 8th - Budhead Wood - Litter Pick & Woodland Games 11 - 2 @ PL5 2QD

 Aug 15th - Efford Marsh - Bug Hunt & Mini Bioblitz 11 - 2 @ PL3 6RU

 Aug 22nd - Newnham Meadows - Litter Pick, Wild Baking & Games 11 - 2 @ PL7 4LU

 Aug 29th - Ernesettle Creek - Pruning & Foraging with Tess Wilmot 11 - 2 @ PL5 2SJ

Sept 5th - Kings Tamerton - Stone Walling 10:30 - 3:30 @ PL5 2DS

Sept 12th - Efford Marsh - Wildlife Photography 10:30 - 3:30 @ PL3 6RU

Sept 19th - Newnham Meadows - Hay Cut 10:30 - 3:30 @ PL7 4LU

Sept 26th - Budshead Wood - Step Creation & Pond Restoration 10:30 - 3:30 @ PL5 2QD

**Adults & accompanied children welcome. Training, equipment & tea/biscuits provided!**

For more info call Hayley on 07557 176183 or email [hayley.partridge@plymouth.gov.uk](mailto:hayley.partridge@plymouth.gov.uk)

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





## What's On in Plymouth

**mini  
MORNINGS**

SMALL PEOPLE. BIG EXPERIENCE.  
TICKETS ONLY **£2.49\***  
PLUS 75P BOOKING FEE ONLINE AND VIA CALL CENTRE

\*Subject to availability, applies to standard 2D tickets only for selected films. Additional 75p booking fee applies per ticket purchased online or via our call centre. Visit [www.vue.com/legal](http://www.vue.com/legal) for full terms.

Share the magic of the big screen experience at VUE with all the family from only £2.49 per ticket for adults and children, **every Saturday and Sunday morning** and **every day** in **school holidays**.

**VUE MINI MORNINGS** offer might vary according to regional school holiday differences. Customers should check with the cinema before attending.

Find out what's on at:  
[www.myvue.com/cinema/plymouth/whats-on](http://www.myvue.com/cinema/plymouth/whats-on)  
Show your Nectar card when buying tickets.

Each 500 points earned will give you a £2.50 discount off the total transaction value.

Points can be used on tickets, VIP seating, popcorn and other refreshments.

For more information see:  
[Redeem Nectar Points](#)



## Autism Friendly Screenings at Vue Cinema

Vue Cinema normally host an autism friendly film on the last Sunday of every month.

### What Makes the Screenings Autism Friendly?

- The lights will be on low
- The volume will be turned down
- There will be no trailers at the beginning of the film
- You'll be able to take your own food and drink
- You'll be able to move around the cinema if you like
- [Free entry for carers with a valid CEA Card.](#)



See [Missing Link](#) in Plymouth on Sunday 28 July 2019 at 10.15am.

See [Horrid Henry](#) in Plymouth on Sunday 29 September 2019 at 10.15am.

Tickets are available to book around 5 days in advance from the [Vue website](#).



# Are you on the Autism Spectrum?

## Do you know someone who is?

The Devon Autism Alert Card was started by a group of people interested in supporting people on the Autistic Spectrum. The card tells the emergency services that they may need to change their approach because the card holder is Autistic.

The [Autism Alert Card](#) is available for anyone who feels they are on the Autistic Spectrum.

There is no requirement for an official diagnosis or Doctors letter because the card provides no additional benefit other than to inform someone that the holder is Autistic. It is hoped the card will enable others to recognise the need to change their approach or behaviours in a way that supports the card holder.

To obtain a card, all you need to do is send us your name and address and we will make sure one is sent out to you.

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.

If you would like a card please contact us on **07592131597** and leave a message or email us on [admin@devonlink-up.org](mailto:admin@devonlink-up.org)



### 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.



### 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.*

# Sport Activities



## 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, Barne Barton Rangers Juniors FC, YMCA All Saints, 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

<u>Team / Session</u>	<u>Age</u>	<u>Day</u>	<u>Venue</u>	<u>Contact</u>
Keyham Kolts Autism Active	Youth (5 – 16 years)	Tuesday 6pm – 7pm	Devonport High School, Plymouth, PL2 3DL	Dene Terry: 07710642151 <a href="mailto:denensarah@sky.com">denensarah@sky.com</a>
Plymouth Argyle Ability Counts Club	Adult (16 years +)	Wednesday, 7.30pm – 8.30pm	Manadon Sports & Community Hub, St Peters Road, Plymouth, PL5 3DR	<b><u>Male and Female Teams</u></b>  Josh Grant: 07961 588378 <a href="mailto:Josh.Grant@pafc.co.uk">Josh.Grant@pafc.co.uk</a>
Plymouth Argyle Ability Counts Club	Youth (5 – 16 years)	Tuesday 5.30pm - 6.30pm  (term time only)	Goals Soccer Centres, Outland Road, Plymouth, PL2 3DE	As Above
Special Olympics Plymouth Football	Adult (16 years +) Male and Female	Sunday 10am-12pm	All Saints Academy Plymouth, Honicknowle Lane, Plymouth, PL5 3NE	<b><u>Male and Female Teams</u></b>  Stuart Jones: 07958185809
Tavistock Specials Football Club	Adults and Youth	Friday's 6pm – 7pm	Tavistock AFC, Crowndale, Tavistock, PL19 8BY	Allen Lewis  07749 798808
Club Plymouth FC	Adults (16+ years)	Fridays 7.30pm – 8.30pm	Lipson Community College Bernice Terrace, Lipson, Plymouth, PL4 7PG	Graham Eyles  Phone: 07805 403301 <a href="mailto:eyles19@hotmail.com">eyles19@hotmail.com</a>
Ocean City Powerchair Football Club	Adults and Children	Saturdays at Ridgeway School	Please contact Jenny Brooks  07855211816 / <a href="mailto:oceancitypfc@outlook.com">oceancitypfc@outlook.com</a>	
Barne Barton Rangers Juniors FC	Youth (5 – 11 years)	Friday's 3.30pm – 4.30pm	Riverside Primary School, 210 Poole Park Rd, Plymouth PL5 1DD  Michelle, Telephone 07841 020162 / Email <a href="mailto:seachelle73@sky.com">seachelle73@sky.com</a>	
MAP Disability Football	Youth (11 – 16 years)	Fridays 7pm – 8pm	Marine Academy Plymouth, 18 Trevithick Rd, Plymouth PL5 2AF  James Palmer 07947833842 / Email: <a href="mailto:jpalmerlufc85@gmail.com">jpalmerlufc85@gmail.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)

Everyone will  
receive a medal  
at the end of  
each course!



# SUMMER HOLIDAYS 2019

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 the full course list:

Venues	Date	Cost	Cost Online	Theme	No.
Manadon Sports & Community Hub	26 Jul	£5	£5	Start of Summer Party	0
Manadon Sports & Community Hub	29—31 Jul	£40	£28	3 Day Soccer Roadshow	6
Manadon Sports & Community Hub	30 Jul	£16	£12	Girls Only Soccer Roadshow	15
Wembury Primary	31 Jul	£16	£12	Soccer Roadshow	16
Plymouth Argyle FC, Home Park	1 Aug	£18	£13	Search for a Star	21
Wembury Primary	1 Aug	£10	£8	Activities Day	22
Ivybridge Community College	1—2 Aug	£32	£24	2 Day Soccer Roadshow	23
Manadon Sports & Community Hub	2 Aug	£18	£13	Strikers & Goalkeepers	29
Manadon Sport & Community Hub	5—9 Aug	£60	£45	5 Day Soccer Roadshow	34
Plymouth Argyle FC, Home Park	7 Aug	£18	£13	Activities Day	43
Plymouth Argyle FC, Home Park	7 Aug	£5	£5	Mini Pilgrims (age 3—6)	44
Saltash.net Community College	7 Aug	£18	£13	Match Day Special (Astro)	47
Plympton Academy	9 Aug	£18	£13	Soccer Roadshow	55
Manadon Sports & Community Hub	12 Aug	£18	£13	Match Day Magic	61
Manadon Sports & Community Hub	12 Aug	£16	£12	Girls Only Soccer Roadshow	66
Plymouth Argyle FC, Home Park	13 Aug	£18	£13	Search for a Star	67
Manadon Sports & Community Hub	13 Aug	£18	£13	Goalkeepers Day	68
Manadon Sports & Community Hub	14 Aug	£10	£8	PL Primary Stars Day	74
Saltash.net Community College	14 Aug	£18	£13	Soccer Roadshow (Astro)	77
Ivybridge Community College	15—16 Aug	£32	£24	2 Day Soccer Roadshow	79
Manadon Sports & Community Hub	16 Aug	£18	£13	Soccer Roadshow	85
Manadon Sports & Community Hub	19 Aug	£10	£8	Activities Day	90
Manadon Sports & Community Hub	20—23 Aug	£50	£37	4 Day Soccer Roadshow	95
Saltash.net Community College	21 Aug	£18	£13	Soccer Roadshow	103

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





Venues	Date	Cost	Cost Online	Theme	No.
Manadon Sports & Community Hub	22 Aug	£16	£12	Girls Only Soccer Roadshow	110
Torpoint YMCA (Trainers & Boots)	23 Aug	£18	£13	Soccer Roadshow	113
Manadon Sports & Community Hub	27 Aug	£18	£13	Soccer Roadshow	117
Saltash.net Community College	28 Aug	£18	£13	Search for a Star	126
Plympton Academy	29 Aug	£18	£13	Soccer Roadshow	129
Plymouth Argyle FC, Home Park	29 Aug	£18	£13	Soccer Roadshow	130
Manadon Sports & Community Hub	30 Aug	£18	£13	End of Summer Party	135
Torpoint YMCA (Trainers & Boots)	30 Aug	£18	£13	End of Summer Party	137

## Disability Soccer Roadshows

Venues	Date	Cost	Cost Online	Theme	No.
Manadon Sports & Community Hub	1 Aug	£16	£12	Disability Soccer Roadshow	28
Manadon Sports & Community Hub	8 Aug	£16	£12	Disability Soccer Roadshow	54
Manadon Sports & Community Hub	15 Aug	£16	£12	Disability Soccer Roadshow	84
Manadon Sports & Community Hub	22 Aug	£16	£12	Disability Soccer Roadshow	112
Manadon Sports & Community Hub	29 Aug	£16	£12	Disability Soccer Roadshow	134

**Disability Soccer 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.

### Short Breaks

For football and activities for children with autism or ADHD aged 7—14 years old see page 4:

[Short Breaks Football & Activities](#)

### Disability Activities

For disability activity enquiries, please contact Josh Grant, Health & Disability Officer on **01752 562561 ext 4** or email [josh.grant@paafc.co.uk](mailto:josh.grant@paafc.co.uk)

**ARGYLE COMMUNITY TRUST**

**HEALTH & DISABILITY**

**DS ACTIVE**

**EVERY WEDNESDAY 5-6PM**

**ACTIVITIES FOR YOUNG PEOPLE WITH DOWNS SYNDROME**

- \* For children aged 5-19 years old
- \* Play in a fun and inclusive environment
- \* Feel fitter, happier and healthier
- \* Meet people and make new friends

**£4 PER SESSION**  
WEDNESDAY 5-6PM (during term time)

MANADON SPORTS AND COMMUNITY HUB  
ST PETER'S ROAD  
PL5 3FD  
JOSH.GRANT@PAFC.CO.UK | 01752 562 561 ext 4

**LEARN. PLAY. SUCCEED.**

working with **active devon**

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

 **Inclusive football sessions:**

 Are you a keen football player between the ages of 5 and 11 years old?

 Have you got a learning disability, sensory impairment or Autism?

 If you've answered yes to these questions come and join The Barne Barton Junior Rangers.

 Sessions are held at the Riverside School in Barne Barton on Fridays between 3:30-4:30.

 Only £2 a session; all abilities and levels welcome.

 For more information contact Michelle Meenan:  
By email: [seachelle73@sky.com](mailto:seachelle73@sky.com)  
By phone: 07841 020162



18 Trevithick Rd, Plymouth PL5 2AF

 **Disability Football Sessions**

MARINE ACADEMY PLYMOUTH **SEN PLAYERS WELCOME**

**Friday 3rd May 2019** Session Time: **7-8pm**  
(Every Friday thereafter) **Ages: 11-16**

**Safe, Fun, Inclusive Football From Our Qualified Friendly Coaches**

**FOOTBALL FOR ALL**

**£3 a session, 1st session is FREE!!!**

TEL: 07947833842 EMAIL: [Jpalmer4futurestaracademy@gmail.com](mailto:Jpalmer4futurestaracademy@gmail.com)

**OAKS RUGBY INCLUSIVE!**

**For Children with Additional Needs**

**Sundays 10.15am (term-time only)**

**Free**

Held at the home ground of Plymstock Albion Oaks RFC  
- Horsham Playing Fields, Staddiscombe,  
Plymouth, Devon, PL9 0DF

For more details contact Mel Boalch -  
[melanie.boalch@sky.com](mailto:melanie.boalch@sky.com) / 07855 475944

 **Friends of Woodlands**

 **SPORT ENGLAND**  
LOTTERY FUNDED

**£2 per session**

**First session FREE**

**INCLUSIVE BOCCIA**

**Every Sunday 10-11am**  
**Plymouth Life Centre**

Come and try out our fun and friendly BOCCIA session.  
Open to all ages and abilities whether you have a disability or not.  
Memberships will be available from October 2018.

For more info [andrew@sportsway.org](mailto:andrew@sportsway.org)  
07971 498 404

Call Andrew Potter on 07971 498404  
or email [andrew@sportsway.org](mailto:andrew@sportsway.org)



## DISABILITY ACTIVITIES AT THE LIFE CENTRE

### **BOCCIA**

Boccia is a fun, strategic, easy to play sport for all to enjoy. Play as a team to beat the opponents.  
**MONDAY 11AM-12PM**  
**WEDNESDAY 10.30AM-11.30**  
Contact  
larissa@plymouthguild.org.uk for more information.

### **BOWLS**

With our 8-rink carpet, bowls is a popular, fun activity for all ages and abilities to come and enjoy. Some sessions available include...  
**SCOPE BOWLS** (profound disabilities)  
**TUESDAY 9.30AM-1.30PM**  
**DISABILITY BOWLS**  
**WEDNESDAY 9.30AM-11.30AM**  
**SATURDAY 9.30AM-12PM**  
**VISUALLY IMPAIRED** (October-May only)  
**TUESDAY 9.30AM-1.30PM**  
**FRIDAY 12PM-2.30PM**

### **DISABILITY MULTI SPORTS**

Try your hand at a number of different sports for all abilities taken by qualified coaches. The session is great for all abilities and involves everything from throwing and rolling to more organised games for all. For more information or what the sessions involves contact  
Andrew@sportsway.org  
**FRIDAY 10.30AM-11.30AM**

### **SHOOTABILITY (Basketball)**

Try our disability basketball club! This popular session will have you shooting for the stars. Run by enthusiastic activators, with certificates and awards for achievements and attendance. Prepare to be motivated.  
**THURSDAY 1PM-2PM**

Plymouth Life Centre  
Mayflower Drive,  
Plymouth PL1 3DG  
01752606900

## DISABILITY ACTIVITIES AT THE LIFE CENTRE

### **BOUNCEABILITY**

This trampolining session is on deck level trampolines so it's easy to get on and started with our qualified coach who will make sure everyone gets the most out of the session no matter what their ability.  
**MONDAY 12.30PM-1.30PM**  
**THURSDAY 12PM-1PM**

### **IN THE POOL!**

Piscis Swimming Club is always open to new members.  
**SUNDAY 11AM-1PM**  
To get involved contact the club at enquires@piscis-club.co.uk  
Swimability is an operator led swimming session, for people with disabilities.  
**TUESDAY 1PM-2PM**  
Accessible changing facilities available on site and carers go free to all activities! For more information on disability sports, contact the Life Centre on 01752606900 or email janeyoung@everyoneactive.com.

### **MOVABILITY**

**TUESDAY 11.30 - 12.30PM**  
Session in the main hall, with access to trampolines (not deck level) air track and gymnastics equipment. Either work to your own ability or join in the fun and games organised by qualified coach. Open to all abilities, but please be aware some participants may need assistance to gain access to equipment.

### **WHEELCHAIR RUGBY**

Get your adrenaline pumping for this high-octane, fast-moving sport. Sessions run by Westcountry Hawkes.  
**MONDAY 6PM-7PM**  
Don't miss out! Contact Chris at chris.cr1950@talktalk.net for more information.

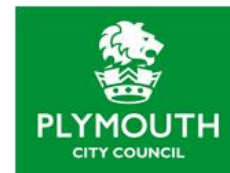
### **WALKING TENNIS**

It is a fun slow down version of tennis played with sponge balls. No previous tennis experience is necessary. The session is aimed at those people who are older, have dementia or early stage Parkinson's disease. It's run by a tennis coach who is Dementia Friend. A great way to stay active, meet new friends and have fun.  
**TUESDAY 12.30PM-1.30pm**

Plymouth Life Centre  
Mayflower Drive,  
Plymouth PL1 3DG  
01752606900



## Disability Sport



Sport	Day	Time	Venue	Cost	Event details
<a href="#">AUTISWIM</a>	Sunday	3.15pm—4.15pm	Plympton Swimming Pool	Free	Recreational swimming for those on the autistic spectrum and their families.
<a href="#">PING! - Disability Table Tennis</a>	Friday	11am—12pm	Plymouth Life Centre	£2	<p>A fun and friendly table tennis session for adults with a disability, in partnership with Improving Lives Plymouth.</p> <p>Contact Claire at Active for All on 01752 201891 or email <a href="mailto:active@improvinglivesplymouth.org.uk">active@improvinglivesplymouth.org.uk</a></p>

For more information on sporting activities contact the **Sports Development Unit** on **01752 307008** or email: [sportsdev@plymouth.gov.uk](mailto:sportsdev@plymouth.gov.uk)

## TENNIS

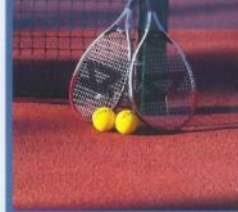
Come and join a fun and sociable Inclusive Tennis session.

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



## TENNIS

## 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)



# Free tennis

# TENNIS FOR FREE

Come and join us on **Saturdays** at  
**Devonport Park**

Plymouth (Devon) PL1 4BT

1pm - 2pm : Free coach-led sessions.

2pm - 2.30pm Open Play session with coach.

Just register online : [www.tennisforfree.com](http://www.tennisforfree.com)

**Fun  
sessions  
for all  
abilities**

**Weekly**

**Free  
equipment  
for all  
sessions**

**Tennis for  
all the  
community**





# 'PLAY ON' OPPORTUNITIES in PLYMOUTH

Social Sessions	What type of activity is offered and when?	Venue Address
Plymouth Life Centre	Social Over 50s Session – Tuesdays 2pm – 3.30pm Open Community Session – Thursdays 7pm – 8pm Social Over 50s Session – Fridays 11am – 12.30pm	40 Mayflower Drive, Plymouth, PL2 3DG
Marine Academy Plymouth	Open Community Session – Fridays 6.30pm – 7.30pm	18 Trevithick Road, Plymouth, PL5 2AF
Weston Mill Social Club	Social Over 50s Session – Mondays 12pm – 2pm Social Over 50s Session – Wednesdays 9.30am – 11.30am	Ferndale Road, Plymouth, PL2 2EL
Joola Table Tennis Club	Open Community Session – Sundays 5pm – 8pm	Eggbuckland Community College, Westcott Close, Plymouth, PL6 5YB
Chaddlewood Table Tennis Club	Junior Session – Mondays 5pm – 6pm Open Community Session – Mondays 6pm – 9pm	Chaddlewood Community Centre, Glen Road, Plymouth, PL7 2XS
Crafthole Table Tennis Club	Adult Beginners Session – Wednesdays 2pm – 4pm Junior Beginners Session – Thursdays 6pm – 7pm	Antony Village Hall, Torpoint, PL11 3AF

Ping! Plymouth Bars	
The Roundabout	2-4 Drakes Circus, Plymouth, PL4 8AQ
Revolution Plymouth	1 Derrys Cross, Plymouth, PL1 2SW
The Treasury Bar	Catherine Street, Royal Parade, Plymouth, PL1 2AD
Lockyers Quay	1 Lockyers Quay, Coxside, Plymouth, PL4 0DX

All details correct at time of going to press Sept/17

Parks
Devonpark Park
Mount Wise Seafront
Drake's Place
Victoria Park
Central Park Pitch and Putt
Keyham Park
West Hoe Park
Freedom Fields Park

Bats and Balls can be found in the cafés near the tables.



Please visit [www.pingengland.co.uk/plymouth/](http://www.pingengland.co.uk/plymouth/) for more table locations



[www.pingengland.co.uk/plymouth](http://www.pingengland.co.uk/plymouth)



# FREE Bikeability Courses

## Summer Holidays

### Bikeability Learn to Ride

**Date:** Monday 22 July 2019

**Time:** 10am-12pm or 1pm-3pm

**Venue:** Victoria Park, Plymouth or Ivybridge Community College (pm only)  
Coaching for age 7 to 16 year olds

### Bikeability Level 1

**Date:** Tuesday 23 July 2019

**Time:** 10am-12pm or 1pm-3pm

**Venue:** Victoria Park, Plymouth or Ivybridge Community College (pm only)  
Coaching for school years 3 and 4 (age 7-9)

### Bikeability Level 2—2 Day Course

**Date:** Wed 24 & Thur 25 July 2019 or Mon 29 & Tues 30 July 2019

**Time:** 10am-3pm each day

**Venue:** Victoria Park, Plymouth or Ivybridge Community College  
Coaching for school years 5 and above (age 9-11). Attendance on both days is required for completion of the Level 2 course.

### Bikeability Level 3

**Date:** Friday 26 July May 2019

**Time:** 9am-3pm

**Venue:** Victoria Park, Plymouth  
Coaching for secondary school students for year 7 and above (age 11+). There are also opportunities for Parent and Child courses on various dates. A convenient location will be arranged upon booking.



Booking essential please visit

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

For more information, please contact Jonathan Tutte

[j.tutte@sjhcsc.co.uk](mailto:j.tutte@sjhcsc.co.uk)



# LOVE YOUR BIKE

## PLYMOTION

Make the connection!



### FREE ADULT CYCLE SESSIONS

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

### COMMUTER TUTOR

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

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

For further information visit:  
[www.cyclepssp.co.uk](http://www.cyclepssp.co.uk)

Or call us on 01752 515385



# LOVE YOUR BIKE

## PLYMOTION

Make the connection!



### FREE OPEN ACCESS WORKSHOP SESSIONS

First Wednesday evening of each month  
6pm to 9pm.

These sessions are a great chance to use the Bikespace workshop to fix your own bike and are overseen by Bikespace mechanics.

### LEARN TO FIX YOUR BIKE

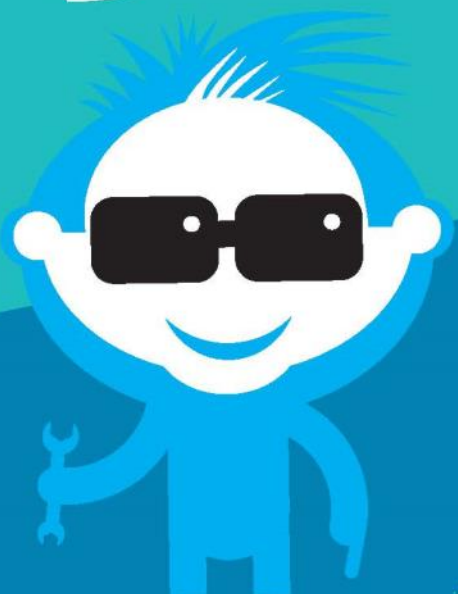
Bikespace are also offering a limited number of Basic Cycle Maintenance Courses – FREE of charge

For further information visit:  
[www.bikespace.org.uk](http://www.bikespace.org.uk)

Or call 01752 500211



Bikespace



## Children's Activities

Throughout the school holidays the Mount Batten Centre provide a fun-filled dynamic range of both wet and dry adventure days.

Adventure Days are suitable for 8-16 year olds. They include a packed lunch and cost £36.95 per person, or buy 2 for £69.95 when booking 2 people onto the same Adventure Day.

The Mount Batten Centre also run Certified courses in Dinghy Sailing, Powerboating and Paddlesports throughout the school holidays.

For further details see: [School Holiday Courses 2019](#)

	April	May	June	July	Aug	Sep	Oct
Kayak & Canoe	8, 15	27		22, 29	5, 12, 19, 26		21
Climb & Abseil	9, 16	28		23, 30	6, 13, 20, 27		22
Hawk 20 Sailing	10, 17	29		24, 29	7, 14, 21, 28		23
Dinghy Sailing	11, 18	30		25	1, 8, 15, 22, 29		24
Windsurf	12, 19	31		26	2, 9, 16, 23, 30		25
Stand Up Paddleboarding (11+)		30		25	8, 22		

The Mount Batten Centre also offer Multi-Adventure Days (MAD) suitable for ages 7-11 year olds with a range of 3 action-packed water-based or land-based activities in 1 day!  
Fore more information and to book see: [Multi-Adventure Days](#)



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

T: 01752 404567 E: [enquiries@mount-batten-centre.com](mailto:enquiries@mount-batten-centre.com) [www.mount-batten-centre.com](http://www.mount-batten-centre.com)  
[www.facebook.com/MountBattenWatersports](https://www.facebook.com/MountBattenWatersports)



# Horizons Plymouth—Children's Sailing Charity

Horizons is a registered Children's Sailing Charity. Our aim is to help disadvantaged and disabled children from the inner city communities of Plymouth.



## Sailing Club

Anyone aged 8-19 can come along and learn to sail with Horizons!

**Thursday: 4.30pm - 7pm**

**Saturday: 9am - 12pm**

**Price: £1 per session nominal charge**

Just turn up at the Horizons hut in Mayflower Marina and sign in.

Complete form on the [Sailing Club](#) page of website

## Inclusive Activities

Horizons also offer activities for people with physical and learning disabilities in their specially adapted powerboat "Friendship of Plymouth" and Hawk 20 sailing boats.



**Horizons Plymouth, 5 Richmond Walk, Plymouth PL1 4LL**  
**Tel No. 01752 605800 Email: [horizons.plymouth@onetel.net](mailto:horizons.plymouth@onetel.net)**  
**[www.horizonsplymouth.org](http://www.horizonsplymouth.org)**

**HORIZONS (Plymouth) is a charitable company limited by guarantee.**  
**Company No: 4592593 Charity No: 1096256**

### Tinside Lido

**The Hoe, Plymouth, PL1 3DE**

**Tel: 01752 261915**

**[www.everyoneactive.com/centre/tinside-lido/](http://www.everyoneactive.com/centre/tinside-lido/)**

Open daily from Saturday 25 May 2018.

Wheelchair accessible and pool hoist.

### Mount Wise Pools

**James Street, Plymouth, PL1 4HG**

**Tel: 01752 306265**

**[www.everyoneactive.com/centre/mount-wise-swimming-pools/](http://www.everyoneactive.com/centre/mount-wise-swimming-pools/)**

Open daily from  
Saturday 25 May 2018.





## 2019 SURFING, CYCLING & PADDLEBOARD

FREE outdoor pursuits for learning disabled children and young people age 8 and over plus NEW BREAKING THE BARRIER EVENTS

### 2019 SUMMER EVENTS

### BREAKING THE BARRIER



**FREE! BOOK NOW**  
[www.lifeworks-uk.org/breaking-the-barrier-apply](http://www.lifeworks-uk.org/breaking-the-barrier-apply)

- **Surfing** at Saerton: Sunday 12 May  
One to one and family sessions
- **Family Cycle** at the Torbay Velopark: Saturday 01 June  
Trilles, Bikes and Tandems and the launch of a brand new offer...
- **Family Paddleboard** at Broadlands, Torbay: Sunday 09 June  
By popular demand a new Breaking the Barrier water sport event
- **Surfing** at Bigbury: Sunday 30 June:  
One to one and family surf sessions, BBQ and entertainment on the beach

Our partners 2019:



## THE BREAKING THE BARRIER LEGACY PROJECT

This year Lifeworks Young Volunteers are learning skills to help them lead regular Breaking the Barrier events now and in the future



With their support and in partnership with Lex Leisure, Freetrike Disability Cycling the Torbay Velopark Veterans Lifeworks is launching:

**A MONTHLY INCLUSIVE FAMILY CYCLE SESSION** at the Torbay Velopark on the first Saturday in every month July - November 2019 and February - May 2020 1pm-4pm

New accessible cycles, a Freetrike instructor and Breaking the Barrier Young Volunteers will be there to make your participation as a family easier

To book a session please contact: [traceyhubbard@lifeworks-uk.org](mailto:traceyhubbard@lifeworks-uk.org)

**OUT OF SEASON SURF SESSIONS** with Discovery Surf School, Bigbury September/October 2019 & February/March 2020

Supported by Lifeworks Young Volunteers and making use of Lifeworks accessible boards Discovery Surf School will be running 4 'out of season' family surf sessions for learning disabled people and their families - wetsuits and a strong constitution essential!

For more information or to book a session please contact [traceyhubbard@lifeworks-uk.org](mailto:traceyhubbard@lifeworks-uk.org)

Whilst Lifeworks Young Volunteers are helping your family enjoy no-cost or low cost outdoor pursuits together they are learning new skills and achieving accreditation to help them realise their vocational ambition - a win - win!

To find out more about Lifeworks Young Volunteers Programme contact [markhomeywork@lifeworks-uk.org](mailto:markhomeywork@lifeworks-uk.org)

Our supporters 2019:





# AUTISM & SEN

## SESSIONS @ CLIP 'N CLIMB

**Sundays  
10am**

Cost:  
**£8 per person**  
Duration:  
**One hour**

Max 15 people  
per session. For ages  
4 years and over.

**"My children love  
Clip 'n Climb and  
my autistic  
daughter gets so  
much out of it"**

- Ms Osborne

**These sessions give the opportunity  
for children with specific needs to  
enjoy our facilities in a quieter,  
calmer environment and meet other  
families facing similar issues.**

**Book online:** [plymouth.clipnclimb.co.uk](http://plymouth.clipnclimb.co.uk)

**Book over the phone:** 01752 717567

**Visit us:** The Ship, PL65AA

Booking in advance is  
recommended to  
avoid disappointment!



**clip 'n  
climb**  
PLYMOUTH

# YMCA



**YMCA SPECIALS**  
Creating opportunities for everyone with additional needs

Special Olympics  
Plymouth and District  
**YMCA**

## Inclusive sport for young people

Join YMCA Plymouth and Special Olympics Plymouth and District for a new and exciting multi-sport club, enabling young people with additional needs to take part, build in confidence, improve fitness and have fun!

**When:** Wednesdays, 4:45pm - 5:45pm  
**Where:** YMCA Plymouth  
**Cost:** First session FREE  
£3 per session  
**T 01752 201918**

*More details overleaf*

**STARTS 10th JAN 2018**

**WHO CAN ATTEND?**

Any young person aged 8 - 16 with an additional need can attend. The club is open to those with physical or intellectual disabilities. Our sessions are supported by trained staff and volunteers to lead the session help everyone get involved.

**WHAT ACTIVITIES?**

We offer a range of activities that cater to *all* abilities. Some of our sports include football, badminton, bocca, bowls, table tennis, trampolining and much more! For those with intellectual disabilities, Special Olympics also offer pathways for competition, local, regional, national and international.

**WHERE & WHEN?**

The club will be starting from **10th January 2018** and then run each Wednesday from **4:45pm - 5:45pm**. Sessions run at **YMCA Plymouth's** centre in **Honicknowle Lane (PL5 3NG)**. There's a cafe at the centre with seating and viewing of the sports hall so it's ideal for parents to stay and come straight from school.

Special Olympics  
Plymouth and District  
**YMCA**

**FIND OUT MORE**  
If you would like to find out more or have any questions, don't hesitate to contact us!  
**T 01752 201918 | dan.g@ymcaplymouth.org.uk**

For further information please call **01752 201918**  
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG

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





### What is YMCA Inclusive?

YMCA Plymouth's inclusive activity sessions provide a safe and friendly environment for people with additional needs to take part and enjoy a range of sports and activities, helping them improve health, skills and confidence. All sessions are delivered by experienced staff with relevant additional needs training.

### Who is it for?

Sessions cater to people with a range of additional needs that may include autism spectrum, ADHD or other intellectual disabilities. Our sessions are also ideal for those who struggle with anxiety or find it difficult to be included in typical settings.

### How much does it cost?

Each session is **£3** per child. As an independent charity, all contributions help sustain and make our service possible.

- ✓ Build confidence
- ✓ Social Interaction
- ✓ Improve Fitness
- ✓ Coordination & Balance
- ✓ Increase Focus

Find out more:  
[ymcaplymouth.org.uk/inclusive](http://ymcaplymouth.org.uk/inclusive)



**Multi-Activity Fun Days**  
**When:** Sunday  
11am - 12.30pm  
**Ages:** All Ages



**Indoor Climbing**  
**When:** Tuesday  
5pm - 6pm  
**Ages:** 8-18



**YMCA Specials Multi-Sport**  
**When:** Wednesday  
4.45pm - 5.45pm  
**Ages:** 6-16s



**Special Olympics**  
**When:** Wednesday  
6.00pm - 8.00pm  
**Ages:** 16+



**Fun Bounce**  
**When:** Thursday  
4.30pm - 5.30pm  
**Ages:** 5-18



**Trampolining**  
**When:** Thursday  
5.30pm - 6.30pm  
**Ages:** 8 - 18

*\*Session info overlaid*



## YMCA Inclusive Session Details

### Fun Days

Our inclusive activity days provide fun for the whole family. Sessions include lots of sports and games for those with an additional needs, including; trampolining, climbing laser shooting, table tennis, badminton, bouncy castle and more!

### Fun Bounce

This session is for children and young people with mobility related disabilities and other additional needs. Supported by a qualified instructor, these sessions aim to be fun while also helping improve strength and mobility.

### YMCA Specials

This multi-sport club helps build confidence and ability in a fun and friendly environment. Through *Special Olympics*, opportunities for competition are also available for those with diagnosed intellectual disabilities.

### Special Olympics

Open to people with an Intellectual (Learning) Disability aged 16+. Sports at this club include; Boccia, Badminton, Short Mat Bowls, Football, Tag Rugby, Kwik Cricket, Judo, Basketball, and much more!

### Trampolining

A more advanced and structured version of our *Fun Bounce* sessions. This session is for young people who want to progress and develop their trampolining ability.

### Indoor Climbing

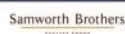
Our indoor climbing sessions aim to make the fun and benefits of climbing available to people with a wide range of ability. We use specialist equipment and qualified instructors to deliver these fun and engaging sessions.

**£3 per session**

**All sessions are open for drop-in, however we recommend first contacting us to discuss your child's needs.**

T 01752 201918 | [enquiries@ymcaplymouth.org.uk](mailto:enquiries@ymcaplymouth.org.uk) | [ymcaplymouth.org.uk/inclusive](http://ymcaplymouth.org.uk/inclusive)

YMCA Plymouth, Honicknowle Lane, PL5 3NG | Charity No. 1066919



**YMCA INCLUSIVE**  
Active opportunities for everyone



**Activities, sports and clubs for people with disabilities and additional needs.**

Supported by

**Samworth Brothers**  
QUALITY FOODS



**Co-op Community Fund**  
Support us with your Co-op membership!



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.





**YMCA**

YMCA PLYMOUTH

# Summer Holiday Club

25th July - 31st August  
For ages 8-16

**Multi-Activity club only £15 a day at YMCA! Plus, early and late sessions available**

Find out more  
ymcaplymouth.org.uk/holidayclub  
T 01752 201918

See booking form on reverse

**Only £15 PER DAY\***

**Ofsted**  
Registered No. EY447994

Child's name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ School \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Please state any special requirements such as a disability, allergies, medication or dietary requirements \_\_\_\_\_

**Emergency contact (When parent / carer cannot be contacted)**

Name \_\_\_\_\_ Tel No. \_\_\_\_\_

### Medical Declaration *(Please tick)*

- ☐ I agree that in case of an emergency, attempts will be made to contact me at the telephone number on this form. In the event that I cannot be contacted, I give consent for YMCA Plymouth to authorise urgent medical treatment by a qualified person as necessary on my behalf. I understand that it is my responsibility to inform YMCA Plymouth in writing of any change to this information.

### Photographic Consent *(Please tick)*

- ☐ On occasion we take photographs of holiday club activity for promotional purposes to be used in such media as flyers, posters, website and social media. Any photographs are automatically deleted from our database after 2 years, or at your request.

### Data Consent GDPR *(Please tick)*

- ☐ I consent to YMCA Plymouth retaining the information given on this form to enable them to carry out the transaction or deliver a business function. This information will not be shared with anyone else unless I have given specific permission to do so or unless it is necessary to undertake the transaction or work requested.

Parent / Carer Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

**For more information please contact us**

**T 01752 201918**  
enquiries@ymcaplymouth.org.uk | ymcaplymouth.org.uk/holidayclub  
YMCA Plymouth, Honicknowle Lane, PL5 3NG | Charity No.1066919



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.



# Holiday Club Summer 2019

YMCA Plymouth's Holiday Club is a safe and fun club for ages 8 - 16 to get active and enjoy a range of activities across the summer holidays. Our activities include sports & games, creative activities and trips away.

We're proud of our reputation for delivering fun and safe holiday activities in Plymouth for over 40 years.

## Session times and prices



### Multi-Activity Club

**Time** 9:30am - 3:30pm

**Price** £15 per session

### Trips

**Time** 8:00am - 5:00pm

(Leave from YMCA Plymouth at 8.30am, pickup from YMCA 5pm until 5.30pm)

**Price** £30 per trip

### Add-on Sessions

Early bird or stop-over sessions can only be booked in conjunction with a Multi-activity session.

		Early Bird	Stop-over
Time	Price	Time	Price
8am-9:30am	£3 per session	3:30pm - 5:30pm	£3 per session

Please note: YMCA membership fee is required: This is either £1 per day or £5 for an annual membership per child.

Children can bring their own packed lunch or lunches can be purchased from the on-site cafe, these can be ordered upon arrival when the child is being dropped off at the centre. We ensure all Holiday Club staff are enhanced DBS checked, have all had child protection training and hold relevant accredited qualifications. There is always a first aid officer on-site.

Please use the calendar below and tick (or tally for multiple children) the sessions and dates you would like to book. Then simply fill in your details on the back and return to us with payment at YMCA Plymouth.

Date	Early Bird	MultiSport	Stop-over
Thursday - 25th July			
Friday - 26th July			
Monday - 29th July			
Tuesday - 30th July			
Wednesday - 31st July			
Thursday - 1st August   Creaky Adventure Park			
Friday - 2nd August			
Monday - 5th August			
Tuesday - 6th August			
Wednesday - 7th August			
Thursday - 8th August   Quay West Splashdown			
Friday - 9th August			
Monday - 12th August			
Tuesday - 13th August			
Wednesday - 14th August			
Thursday - 15th August   Woodlands Adventure Park			
Friday - 16th August			
Monday - 19th August			
Tuesday - 20th August			
Wednesday - 21st August			
Thursday - 22nd August   Quay West Splashdown			
Friday - 23rd August			
Tuesday - 27th August			
Wednesday - 28th August			
Thursday - 29th August   Creaky Adventure Park			
Friday - 30th August			

As spaces are limited, please return this form to YMCA Plymouth as soon as possible to confirm your booking and avoid disappointment. We're unable to guarantee entry for last minute or 'on the day' bookings.

**Special Olympics**  
Plymouth and District



**YMCA**



# Additional Needs *Activity Day*

8th August 2019 | 9.30am - 12.30pm

**@ YMCA Plymouth** (Honicknowle Lane, PL5 3NG)

Come along to **YMCA** and **Special Olympics** free taster activity day for 8-14s, offering a huge range of activities and sports for young people with an intellectual disability.

It's a great chance to find out about our weekly inclusive sport sessions and try something new that could have a life changing impact!

## **Activities including:**

Sitting volleyball,  
table tennis, climbing,  
basketball,  
trampolining, frisbee  
golf & more!

Register at: [ymcaplymouth.org.uk/inclusive](http://ymcaplymouth.org.uk/inclusive)



**YMCA INCLUSIVE**  
Specialised opportunities for everyone

**Samworth Brothers**  
QUALITY FOODS





## Inclusive Sport Plymouth

Inclusive Sport Plymouth is a group of organisations who are working together to improve the opportunities for disabled people in the city to live an active lifestyle.

**Our vision is that there is the opportunity for every disabled person in Plymouth to enjoy participating in sport and physical activity.**

We maintain a list of providers with a good track record of offering sessions that are suitable for people with additional needs and we help to promote new opportunities via our Facebook page.



Find us on Facebook.

PosterMyWall.com

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



YOUTH  
SPORT  
TRUST



My name is Katy Wedgwood and I am the Sports Coordinator at Woodlands School in Plymouth. I have put together this guide to support young people with additional needs to access clubs that exist across the city.

Woodlands School in Plymouth became 1 of only 50 Project Ability Schools across the country in 2011. Now known as Inclusion Lead School, it's role is to support young people with additional needs to access physical activity and sport and help them develop as young leaders as well as support schools to be more inclusive in its' delivery of school sport.

This guide was put together to support and work with schools, colleges, community sports partners, parents/carers and young people, to encourage and maintain participation in sport and physical activity both during school time, after school and at weekends and upon transition from school to further education.

This project is about helping young people and their families to find out more about sports clubs that can support young people with additional needs and encourage and promote the continuation of a healthy active lifestyle.

If you have any questions or would like any further support, please feel free to contact me .

Katy Wedgwood, Inclusion Lead  
Woodlands School  
Picklecombe Drive  
Whitleigh  
Plymouth  
PL6 5ES  
01752 300 101  
07867 552 875

You can also contact  
Plymouth City Councils  
Sports Development Unit on  
01752 307008 for more  
information.



Woodlands  
Creating Empowered Lives

## A GUIDE TO INCLUSIVE SPORTS CLUBS IN PLYMOUTH



### Special Olympics

YMCA Plymouth, Honicknowle Lane, PL5 3NG

Ages 16+

Special Olympics Plymouth & District (SOPD) is a branch of Special Olympics Great Britain (SOGB) and provides a wide variety of sporting opportunities to people with intellectual disabilities.

We provide a multi-sports club each week and offer a variety of sports activities including; Boccia, Badminton, Short Map Bowls, Football, Tag Rugby, Kwik Cricket, Judo, Basketball, New Age Kurling, Indoor Athletics, Climbing, Gym and Table Tennis. Wednesday 6:00pm – 8:00pm £2 per session

T Alan Stockdale 01752408271 [www.sopd.org.uk](http://www.sopd.org.uk)

### YMCA

YMCA Plymouth, Honicknowle Lane, PL5 3NG

Activities including: Rebound Therapy, Trampoline, Multisports, Indoor Climbing All £3 per session Sunday AM

T Youth Manager Stacey Ferris 01752 201918 or [E.stacey1@ymcaplymouth.org.uk](mailto:E.stacey1@ymcaplymouth.org.uk)

### High Sports Climbing Wall

Plymouth Life Centre, PL2 3DG

Tuesday 4:30pm – 5:30pm  
Inclusive climbing facility and instruction  
1:1/1:2 Sessions Available  
School/Group bookings  
One-off sessions and courses available  
T 01752 608740  
E [Service.Centre@High-Sports.co.uk](mailto:Service.Centre@High-Sports.co.uk)

### Horizons Plymouth

Sailing/Powerboating

5 Richmond Walk, Stonehouse, PL1 4LL

Thursday 4:30pm – 7:00pm

Saturday 9:00am – 12:00pm

£1 per session 8-19 year olds

E [lois@horizonsplymouth.org](mailto:lois@horizonsplymouth.org)

### Westcountry Hawks

Wheelchair Rugby Club  
Plymouth Life Centre, PL2 3DG

Training Monday 5:00pm – 7:00pm

£20 per month

Chairs provided

T Chris Perkins 07766314262

E [chrisperkins.cr@gmail.com](mailto:chrisperkins.cr@gmail.com)

### Active for Life

Plymouth Guild, Guild House, PL3 5QL

For a range of activities including:

Boccia—Gardening—Football—Dance

T Larissa Milden 01752 201891

### Plymouth & Devon School Sailing Association

Maderia Road, Commercial Wharf, PL1 2NX

Open Sailing - Saturday 10:00am – 1:00pm

Open to families and individuals of all ages. Learn to sail with one of our RYA qualified instructors.

Sailability - Wednesday 9:30am – 12:30pm

An inclusive Sailing session aimed at people with varied abilities.

T 07449 315396 E [info@pdssa.org](mailto:info@pdssa.org)

### 1st for Tennis

The Devonshire Health and Racquets Club

Derriford, PL6 8BD

Pro-Ability Tennis Academy

Wednesday 3:30pm – 4:30pm

For players who are aged 12+ with a learning disability

Sonic Tennis Thursday 5:30pm – 6:30pm

For players of all ages, with a visual impairment

20 Degree Tennis Friday 6:00pm – 8:00pm

For players who aged 12 and over and are wheelchair users

T Mark Blackler 07730 573697

E [admin.1stfortennis@icloud.com](mailto:admin.1stfortennis@icloud.com)

### Exim Dance Company

ADAPT YOUTH COMPANY

Inclusive dance classes

Friday 4:30pm – 6:30pm (term time only)

FREE CLASS

T 07864168663 E [classes@eximdance.org.uk](mailto:classes@eximdance.org.uk)

### Wheelfever Inclusive Dance Projects

Plymouth Life Centre Performance Studio

Saturday during term time

Creative Dance

1:00pm – 2:00pm

5-18 year olds with SEND

Improvisation & Creative Dance

2:00pm – 3:00pm

12-25 year olds SEND & non-SEND

Choreography

3:00pm – 4:00pm

12-25 year olds SEND & non-SEND

£2.50 per session

T Paula 07815285208

E [wheelfeverprojects@live.co.uk](mailto:wheelfeverprojects@live.co.uk)

### Total Fitness and Health

Crownhill Fort, PL6 5BX

Classes throughout the week and evenings and school bookings available.

T Mark Smith 07779021427

E [mark@totalfitnessandhealth.co.uk](mailto:mark@totalfitnessandhealth.co.uk)

### Ocean City Power-Chair Football Club

Plympton Academy, PL7 2RS

Training takes place most Saturdays

T Jenny Brooks 07581363366

E [oceancitypc@outlook.com](mailto:oceancitypc@outlook.com)

### JOOLA Plymouth

Table Tennis, Eggbuckland, PL6 5YB

We offer fully inclusive table tennis sessions for the whole family on Sunday evenings from 5:00pm – 7:30pm £3.50

T 07836 550308 E [joolaplymouth@aol.com](mailto:joolaplymouth@aol.com)

### Plymouth Argyle Ability Counts

Football Club

Home Park, PL2 3DG

Adults Tuesday 7:30-8:30pm

Juniors Tuesday 5:30-6:30pm

Play for PAFC's official team. Fun and inclusive sessions for all disabilities and learning conditions. £4 per session

Active Argyle Multi Sport Club

All children ages 12+ Thursdays 4:45-6:00pm

Play and enjoy a variety of sports such as table tennis and football with the green army.

£2 per session

T Josh Grant 01752 562561

E [josh.grant@pafc.co.uk](mailto:josh.grant@pafc.co.uk)

### Plymouth Life Centre

For activities including;

Bounceability (trampoline / rebound therapy)

Moveability (gymnastics)

Swimability (including talent ID)

Diveability (learn to dive)

Gentle Yoga

Shootability (basketball)

Indoor Bowls (All disabilities)

T Louise Chaves 01752 606900

E [louisechaves@evernoneactive.com](mailto:louisechaves@evernoneactive.com)

### Mount Batten Watersports Centre

Turnchapel, PL9 9SJ

Inclusive watersports facility and instruction

T 01752 404567

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

### Sports Way Management's Inclusive Multisport Club

Plymouth Life Centre, PL2 3DG

Every Friday (Term Time) 10:00am-11:30am

Ages 5-18 available to school age pupils of all abilities. Cost £1 per person (teachers/ staff/ carers participate for free)

T Andrew Potter 07971498404

E [andrew@sportsway.org](mailto:andrew@sportsway.org)



**SUPER TRAMP**  
Support Sessions

**SUPPORTING  
ADDITIONAL  
NEEDS**

The session is open to anyone ages 5+

**SUPPORT SESSIONS**

**FREE JUMP**

**Now 2 sessions a week!**

**Meet new people!**

**NOW 2 sessions a week!**

**SUPPORT SESSIONS**

**Thursdays 4pm to 5pm**

**Saturdays 5pm to 6pm**

Sessions are £8 per jumper includes 1 parent/carer

Book your session online - [www.supertampplymouth.co.uk](http://www.supertampplymouth.co.uk)

- Park closed to the general public
- Reduced number of bouncers
- Calming music is played
- Complimentary squash

Plymouth Pavilions

**Ice Rink**

**ICE DISCO**

**FRIDAY NIGHT**

Disco lights, lasers & the latest chart tunes! 6pm-8pm.

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

Book Online or call 0845 146 1460

Calls cost 3p per minute plus your phone company's access charge

## Plymouth Life Centre

40 Mayflower Drive  
Plymouth, PL2 3DG  
Tel: 01752 606900

### Fit For Sport Activity Camps (4-12 years)

Keep fit and active in the holidays with Fit for Sport holiday camps. A wide range of activities are available, from sports and games to arts and crafts. For more information about the Activity Camps see: [www.fitforsport.co.uk/activity-camps](http://www.fitforsport.co.uk/activity-camps)

See the Plymouth Life Centre page for full list of other recreation activities at:

[www.everyoneactive.com/centre/plymouth-life-centre/](http://www.everyoneactive.com/centre/plymouth-life-centre/)



### Next holiday camps:

Wednesday 24 July—Friday 30 August 2019

Book now at:

[www.fitforsport.co.uk/venues/plymouth-life-centre/](http://www.fitforsport.co.uk/venues/plymouth-life-centre/)

## gym bubbas

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

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/)



**Burrator Discovery Centre  
Burrator Reservoir, Yelverton  
PL20 6PE**



swlakestrust

### **School Holiday Family Activity Days**

**Thu 1, Tue 6, Wed 14 & Thu 22, August 2019,  
10am-3pm**

**Cost: £3 per child, £2 per adult (cash only).**

**Booking not required.**

Each activity day involves a themed nature trail, woodwork, environmental art and outdoor cooking in and around the Burrator Discovery Centre.

Parking is available in our car park. Please wear outdoor clothing and footwear.



### **Monthly Family Wildlife Watch**

**Sunday's 28 Jul, 29 Sep & 29 Oct 2019,  
10.30am-12.30pm**

**Cost: £3 per child, £2 per adult (cash only)**

**Booking not required.**

Come and take part in a range of wildlife and heritage themed activities followed by hot chocolate and biscuits.

For more information or to book activities email:

[heritage@swlakestrust.org.uk](mailto:heritage@swlakestrust.org.uk)

or call 01822 855700

## **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](#)





## Saltram

Plympton, Plymouth, PL7 1UH

### Big Butterfly Count

**Date:** Friday 19 July— Thursday 11 August 2019, 10am-5pm

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

Join in this national event by collecting a spotting sheet from the Welcome Centre and looking out for different species of butterfly in the garden.

### Saltram's Summer Grand Tour

**Date:** Thursday 25 July—Sunday 8 August 2019, 10am-5pm

**Price:** £1 (normal admission charges apply), booking not required

Follow in the footsteps of the Parker family as you explore the garden on one of our three trails. Start off at the pavilion on Serpentine lawn and embark on your very own grand tour. Complete all three trails over the summer to receive your grand tour souvenir patch.

### Trust 10

**Dates:** Normally every 4th Sunday of Month— 28 July 2019, 9am-11am

**Price:** Free, booking not required (dogs on leads welcome)

**Note:** Please arrive early if you haven't been before. Registration will close at 8.50am.

**Children between 14-16 must run with an adult.**

A free monthly way-marked 10K run around the Saltram estate. Come along and enjoy a fully marked and marshalled course for fun, training or as a fitness goal. There is no official timing, so if you would like to track your time, please bring some form of timing device so you can track your progress each month.

**More Information:** Admin Office 01752 333500

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





# Buckland Abbey

Yelverton, PL20 6EY



## Summer of Fun

**Dates:** Saturday 27 Jul—Sunday 1 September 2019, 10am-4.30pm

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

Come see an original Francis Drake portrait which has not been loaned outside the National Portrait Gallery for over 50 years! There is also a new exhibition in the Nave gallery, an indoor and outdoor apprentice family portrait trail and lots of family activities.

## Outdoor Games

**Dates:** Saturday 27 July—Sunday 1 September 2019, 10am-4.30pm

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

Head out to the great lawn and make for the Elizabethan tent which is full of Tudor games for you to play!

## Summer Pine Cone Snowy Owl Making

**Dates:** Wednesday's, Saturdays & Sundays from Saturday 27 July— Sunday 1 September 2019, 11am-3.30pm

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

Come and join us in the school room and make your very own pine cone snowy owl to take home.

## Summer of Fun with the Ranger Team

**Dates:** Wednesday's 31 July, 7, 14, 21 & 28 August 2019, 12pm-3pm

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

Ever wanted to be a Ranger for the day? Well, here's your chance to have some fun outdoors.

## Tudor Teddy Bears Picnic

**Dates:** Friday's 2, 9, 16, 23 & 30 August 2019, 10am-4.30pm

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

Bring along your favourite teddy and have a picnic under the Tudor Tent.

**More Information:** Admin Office 01822 853607

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

## Crownhill Fort Open Days & Events

### Open Days

Join Crownhill Fort for their open day's on **Saturday 27 July** and **Friday 30 August 2019** where you will be able to explore the grounds and museum and there will be a programme of timed events.

Tickets on sale from [website](#).

### Special Events

 (Tickets must be purchased in advance)

- Moncrieff Disappearing Gun Firing, Wed 24 July, 6.30pm-8.30pm
- Caponier Gun Firing, Fri 16 Aug, 6.30pm-8.30pm

### Bat Walk at Crownhill Fort

**Wednesday's 18 & 25 September 2019, 7pm—9pm**  
More details available soon. Tickets on sale from August 2019.

The Landmark Trust

### Admission Prices:

**£5.00 for adults, £2.50 for children and £12 for family ticket.**

**Payment by cash or cheque (payable to The Landmark Trust). We cannot process cards.**

**Limited free parking.**

For more information contact the Fort Office on **01752 793754**.

Full programme of events available on [The Landmark Trust](#) website.

## Antony

Torpoint, PL11 2QA



### Miniature Raft Building

**Dates:** Tuesday 30 July & Thursday 15 August 2019, 12pm-3pm

**Price:** £2, booking not required (normal admission charges apply)

Forage natural materials from the garden and build a miniature raft. Will it or will it not float on the Japanese pond? Problem solve your way to a floating vessel.

### Den Building

**Dates:** Wednesday 7 & Tuesday 20 August 2019, 12pm-3pm

**Price:** £2, booking not required (normal admission charges apply)

Build a den as a family and see if it will pass the infamous water test. Tarpaulins and rope are provided, the rest must be foraged. A National Trust gardener will be on hand to give tips and advice but the challenge is on and it's up to your family to make the best den possible.

### Creative Creatures

**Dates:** Wednesday 28 August 2019, 12pm-3pm

**Price:** £2, booking not required (normal admission charges apply)

Forage materials from the garden and make fantastical beasts using your imagination. Turn a pine cone into a spider's body, make a mythical being from a pile of leaves or transform some fallen rose petals into a beautiful butterfly. Googly eyes and pipe cleaner legs provided.

**More Information:** Admin Office 01752 812191

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

## Lydford Gorge

Lydford, EX20 4BH

### Making Wild Woodland Sculptures

**Dates:** Saturday 13 July 2019, 10.30am-1.30pm

**Price:** £5, booking advisable (normal admission charges apply)

Let your creative side go wild and create a wild woodland sculpture with the Ranger Team.

### Mini Raft Making

**Dates:** Saturday 3 August & Wednesday 4 September 2019, 1pm-3.30pm

**Price:** £3, booking advisable (normal admission charges apply)

Make your own mini raft with the help of the ranger team, then launch it on the river Lyd to see how well it sails.

### Bug Home Making

**Dates:** Friday 23 August 2019, 10.30am-1.30pm

**Price:** £2, booking advisable (normal admission charges apply)

Construct a home for creepy crawlies and tick off one of the 50 things to do before you're 11 ¾.

### Making Mini Woodland Faces

**Dates:** Saturday 1 June 2019, 12.30pm-3pm

**Price:** £2, booking advisable (normal admission charges apply)

Create your own mini face sculpture for your garden or home using local wood and basic hand tools. All materials supplied with full instruction from the ranger team.

**More Information:** Admin Office 01822 820320

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



## Cotehele House & Mill

St Dominick near Saltash, PL12 6TA



### VIPs Pollinator Trail

**Dates:** Until Saturday 20 July 2019, 10am-4pm

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

Pick up a free trail from reception or the Mill and meet the Very Important Pollinators who keep Cotehele going. You'll find out why they are so important and what you can do to ensure their survival.

### Swords & Shields

**Dates:** Tuesday's 30 July, 6, 13, 20 & 27 August 2019, 11am-3.00pm

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

Join us in the Brewery Bookshop for this fun craft activity making swords and shields inspired by those on display in Cotehele's Tudor great hall.

### Costume Sunday's and Grinding the Flour at Cotehele Mill

**Dates:** Sunday's 28 July, 4, 11, 18 & 25 August & 1 September 2019, 11am-4pm

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

Come and meet the mill team dressed in Victorian costumes and watch them grind organic wholemeal flour (water dependent). There will also be baking demonstrations (subject to volunteer availability).

### Nancy Belle Boat Trips from Cotehele Quay

**Dates:** Various dates until August 2019, for full dates and times—see [website](#).

**(Meet 15 mins before departure outside the Edgcumbe Tea Room on Cotehele Quay)**

**Price:** £15, booking essential, please call: 01579 351346

Starting from Cotehele Quay, climb aboard the 22ft 'Nancy Belle' and take a ride up the river Tamar past riverside woodlands, under the railway viaduct, past Calstock and deeper into the valley towards Morwellham Quay. Throughout the trip there will be a commentary on the valley's fauna, flora and history. The trip will last approximately 2 hours. Please wear clothing suitable for the predicted weather.

**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)

# Plymouth and District Deaf Children's Society Youth Club



Plymouth and District Deaf Children's Society offer 2 youth groups for young people who are deaf or hearing impaired. Both of these have a Facebook groups where you can keep up to date with events and other useful information.

- [PDCS Adventurers](#) (age 5-12 years)
- [PDCS Youth Group](#) (age 12-18 years)

These groups allow young people the opportunity to have time together in a safe social environment. This is something that it can be hard for deaf young people to achieve as their deaf friends do not always live close to them.

Both groups provide monthly events. These are free but membership is £5 a year per family.

## Adventurers Events

Sat 11 May: Bushcraft

Sat 1 June: Central Park / Ice cream

Sat 20 July: Movie / Game Day

Sat 14 September: Drakes Den

## Youth Group Events

Sat 15 June: Paddle Boarding  
10am

Sat 27 July: Aqua Park  
10am

Sat 7 September: Young people decide  
10am

For more info email [plymouth@ndcsgroup.org.uk](mailto:plymouth@ndcsgroup.org.uk)  
or visit the website at: [www.plymouthdcs.org](http://www.plymouthdcs.org)\*

\*currently under redevelopment, but available again shortly







## *4 Me and My Friends*

### **4MMF'S**

This group is for young people who are on the Autistic Spectrum and aged 10 and up, they don't have to have been statemented or diagnosed but do need to be on the spectrum.

The aim of the group is to enable young people to come and socialise with their peers, through group games and discussions, our aim is to build friendships and confidence in a safe environment. Our focus is on social skills, communication and skills for life such as: healthy relationships cooking, budgeting, social interaction and CV and job support; plus a safe space for them to enjoy themselves and have fun, engaging in sports, cooking, arts & crafts and much more. We base all activities and changes of group based on more ability and development rather than just ages.

The group is supported by PCC Community Connections Community Youth Team youth workers and volunteers.

The group is broken down into two sessions by "age", the first being 10-14 years old at 4:30-6pm and the second being 14 years old and up at 6.30-8pm. All sessions take place on Wednesdays at the: Efford Youth and Community Centre, Blandford Road, PL3 6HU. Email being [4meandmyfriends@plymouth.gov.uk](mailto:4meandmyfriends@plymouth.gov.uk) phone numbers 01752 307695//312503.

A young person can attend the group after making contact with ourselves, initial contact can be made by; the young person themselves, their School, parents, doctor or any other service. We are a closed group, so people can't just walk in off the streets. Once contact has been made and a date is set for your young person to attend we will ask for an in-depth form to be completed either by the young person or the parents/carer, depending on the depth of knowledge of the young person. We are more than happy to arrange a meeting or visit beforehand to help settle any young person if this is needed.

## No Limits Youth Club

No limits is a **FREE** youth club that is open to young people aged 11-25 who identify as having an additional need. We are based at the Southway Youth Centre on a Wednesday night, 6pm - 8pm.

The [No Limits Video](#) explains in more detail about the group and what we do.

See the video at: <https://vimeo.com/145047999>



Each Wednesday night session runs a variety of activities including arts and crafts, pool, basic cooking, x-box, wii, and a huge range of board games. As well as the activities we do cover a range of topics with young people such as, healthy relationships, risk taking behaviour, drugs and alcohol, the environment and much more. The sessions are free to attend including all of the activities and food that we provide.

Although a referral is not required it is always recommended that you speak to Kirsty Harris before accessing the session.

[kirsty.harris@plymouth.gov.uk](mailto:kirsty.harris@plymouth.gov.uk)

**07585 404012**

**South Youth Centre, Hendell Close, Plymouth, PL6 6TB**



# Join us on the journey.



## Plymouth Ambassador Club

- Are you a wheelchair user aged between 8 and 25 years old?
- Do you want to meet new friends?
- Would you like to gain new skills?
- Would you like to become more confident?
- Would you like to become more independent?
- Do you want to have fun?

Whizz-Kidz meets on the first Sunday of each month from 11.30am – 5pm at the Plymouth Life Centre. Our youth club is completely free and jammed packed full of fun games and activities.

Call Sally on 07867 124901 or email at [s.ellis@whizz-kidz.org.uk](mailto:s.ellis@whizz-kidz.org.uk) to find out more.



LOTTERY FUNDED

## Whizz-kidz

*move a life forward*

Whizz-Kidz is the working name of the Movement for Non-Mobile Children.  
Registered charity in England and Wales No. 303572. Charity registered in Scotland No. SC040807.



Autism Friendly



# GAMES NIGHT

**MAGIC**  
The Gathering®

**DUNGEONS  
& DRAGONS**

**Carcassonne**

**MUNCHKIN**

**MONOPOLY**



**RISK**

**EXPLODING  
KITTENS**

and more...

**Bring along your favourite games**

**Second Friday of every month from 4pm til 7pm**

**Ages 10-16**

**Devonport Park Activity Centre**

**£5 with snacks and drinks included**

**Contact Rose on 07920 558543 for more details**

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

**Fully supervised and DBS monitored**



Charity Registration Number 1080543 Company Registration Number 9420867





## Parents Again Support Group (PASG)

The Parents Again Support Group is an independent support group for relatives who are guardians of a child / young person who is not their own. For example the relative could be an aunt, uncle or grandparent.

Come along to:

- Make new friends
- Discuss issues
- Get information and advice
- Find out more about today's education system

The group meets on the **first Wednesday of every month** from **11.30am-1.00pm** during **term-times only** at:

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

### Next meetings: Wednesday's

- **No meeting 7 August**
- **4 September 2019**
- **2 October 2019**
- **6 November 2019**
- **4 December 2019**

For more information please call  
Gordon Rawlins on **01752 369369**.



## Completely Special

Supports parents / families of children with disabilities. They hold regular events that parents, carers, siblings and even grannies can enjoy with a disabled child.

They offer support and advice and also hold a variety of events, coffee evenings and meetings.

Contact: Tessa (Chair): 07727674730  
or Denise (Secretary): 07850426729

[completelyspecial@gmail.com](mailto:completelyspecial@gmail.com)



F.A.N.S. (Family Additional Needs Support) is an online informal support Facebook group for parents all over the world with children with additional needs and also for those in Devon and Cornwall.

### F.A.N.S. Facebook:

[www.facebook.com/groups/1477579382524955](https://www.facebook.com/groups/1477579382524955)





# Young Parent's Group

**To support young parents and  
carers with their children**

**Young Parent's Group**

**Manor Street Children's Centre  
Monday 1.30-2.30pm**

**HOW**

**ACTION FOR CHILDREN**

**WORKS**





## Autism Plymouth Parent Support Group

**Autism Plymouth Parent Support** is a small, mutually supportive group, offering a place to meet for **parents/carers** of anyone of any age, with an autism spectrum condition.

We meet monthly on a Wednesday from 7.15–9.00pm at Pomphlett Methodist Church Hall, Pomphlett Road, Plymstock, PL9 7BL (near Plymstock Morrisons).

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

Find us on Facebook too.  
'Like' our public information page:



Autism Plymouth Parent Support -  
Information  
Community group

and join our closed/private page:  
just search: Autism Plymouth Parent Support



Autism Plymouth Parent Support  
Group

**email: [plymouthparentsupport@nas.org.uk](mailto:plymouthparentsupport@nas.org.uk)**

**FREE HELPLINE: 0808 800 4104**

The National Autistic Society's helpline is for people with autism and their families.

Website: [www.autism.org.uk](http://www.autism.org.uk)

Please note: We are all parent/carer volunteers and therefore unfortunately we are unable to offer clinical or therapeutic provision, counselling, crisis intervention, or provide support workers.



Our latest meeting dates will be posted on our Facebook page and group.

Autism Plymouth Parent Support Group [Facebook Page](#)

Autism Plymouth Parent Support Group: [Facebook Closed Group](#)



## PLYMOUTH AUTISM HUB FUTURE DATES 3 – 5 PM

### Tuesday Activities Sessions:

30 April	2 July
7 May	9 July
14 May	30 July
21 May	6 August
4 June	
11 June	
18 June	

### Saturday Sessions:

27 April  
1 June  
29 June  
27 July

**Venue: Moments Café Community Hub, 69a New George Street, Plymouth, PL1 1RJ**

You can just come along or book in advance if you have special requirements – transport available – programme may change check on our website and facebook page  
<https://www.facebook.com/events/2093648350910734/>

**Plymouth Autism Hub dates  
Moments café and  
community hub**

**Regular activities for  
people 16+ with autism**

**Better Futures Hub  
support**

**FREE**

**Refreshments and  
transport available**

### WORKING WELL WITH AUTISM

2 St Maurice Road, Plymouth PL1 1JS  
01752 283953  
07879457268

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

email:

[jane1@workingwellwithautism.org](mailto:jane1@workingwellwithautism.org)  
[rcb@workingwellwithautism.org](mailto:rcb@workingwellwithautism.org)



WORKING  
WELL  
WITH  
AUTISM







**Children's  
Minds-Families  
Matter**

**2nd Saturday of every month.  
2-4 pm  
Devonport Park Activity Centre,  
Fore Street  
Plymouth PL1 4BU**

**Free activity, support & participation group for families  
supporting young people with mental and emotional health issues'**

**Hosted by  
Routeways & Plymouth Parent Carer Voice**

**Attended monthly by James Cook from the Child Development Centre  
& Ruth Houghton CAMHS Community team.**

**Questions?**  
**Contact Rose Taylor at Routeways 01752 856719**

**Routeways**  
Web: [www.routeways.org.uk](http://www.routeways.org.uk)  
Email: [rtaylor@routeways.org.uk](mailto:rtaylor@routeways.org.uk)



**Children's Minds—Families Matter: 2nd Saturday of the month, 2pm-4pm**

This is a parent participation group led by Routeways and supported by Plymouth Parent Carer Voice.



**IN OTHER  
WORDS**

**What?** Supportive emotional wellbeing & mental health participation group for young people.

**When?** Every 1st and 3rd Friday of the month.

**Where?** Devonport Park Activity Centre, Fore Street, Plymouth, PL1 4BT.

**Who?** Rose Taylor at Routeways  
Text/call 07920558543  
Call 01752 500496  
Email [rtaylor@routeways.org.uk](mailto:rtaylor@routeways.org.uk)  
Facebook: <https://www.facebook.com/DevonportParkActivityCentre/>

**Routeways**  
Tel: 01752 300700 • Email: [enquiries@routeways.org.uk](mailto:enquiries@routeways.org.uk) • Web: [www.routeways.org.uk](http://www.routeways.org.uk)  
Charity Registration No: 1080543 Registered Company No: 3420867

**In Other Words: 1st and 3rd Friday of the month, 4pm-6pm**

This group supports young people aged 16-25 years with their mental health.



For further information  
please call  
Mrs Jill Woodhouse  
07856 067487  
email: [info@trustinus.co.uk](mailto:info@trustinus.co.uk)  
[www.trustinus.co.uk](http://www.trustinus.co.uk)







## *What is #Focus5?*

#Focus5 provides unique, flexible, one-to-one support for young people aged 15-18 across Devon, Plymouth Somerset and Torbay, who need help taking small steps into education, employment or training.

The project aims to help young people develop the five main skills identified as being gateways to employment; Communication, Customer Service, Organisation, Teamwork and Problem Solving.

## *Who can Benefit?*

#Focus5 helps young people who may be struggling to move forwards in life. We are funded to support those who are not in education, employment or training (NEET) or at risk of becoming so. We also help any young people who are home educated or out of education/employment for medical reasons.

## *What Support is On Offer?*

Young people are assigned to a #Focus5 key worker who works one-to-one with them to build confidence, improve self-esteem and recognise strengths. Together they then create a bespoke plan of activities to meet immediate and long term aspirations.

This can include; creating a CV, applying for jobs or apprenticeships, interview training and work experience, developing organisational and life skills, learning about financial independence, mentoring to overcome barriers, and social skills activities.

Partner organisations we work with include; Sound Gallery, Eat That Frog, Young Devon, Young Somerset, Brain in Hand, Wings South West, I Can Do That CIC!, Cosmic, Teignbridge Community & Voluntary Services, The Volunteer Network, YMCA Plymouth.

Childcare funding is available for young parents while they are working with #Focus5.

## *How to Refer?*

If you know any young people who could benefit from #Focus5, email the team on [focus5@cswgroup.co.uk](mailto:focus5@cswgroup.co.uk) or refer them via our website [www.cswfocus5.co.uk](http://www.cswfocus5.co.uk)

*#Focus5 is funded by the European Social Fund and The National Lottery Community Fund.*





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.

local environment, to meet others and to learn some new skills.

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

Activities offer opportunities for children aged 10 and under to play together, to explore the

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

For further information and questions about The Dangerous Dads Network please contact Ian Blackwell on **07731 795160** or email: [dangerousdads@btinternet.com](mailto:dangerousdads@btinternet.com)  
<http://dangerousdads.org.uk/>

## Plymouth Hospitals NHS Trust

Plymouth Hospitals NHS Trust are working towards improving identification and support offered to carers through a number of initiatives which will be introduced throughout 2017. We want you to feel welcome and where you (and the patient) want to continue to undertake your normal caring tasks during an inpatient stay. We recognise that a patient's stay can be less stressful if a carer is able to help provide support during times of treatment. Our wards have extended their opening times so that you can visit any time between 07:30am – 10:00pm, with the exception of a few areas including, children's areas, maternity and critical care.

In the first instance carers will be offered **free car parking** when the person you care for is admitted to hospital and you are contributing to their care during an inpatient stay. Please approach the ward staff and explain you are a carer and they will be able to provide you with the necessary pass to ensure you do not have to pay parking fees for those days you are contributing to the care in hospital.

We recognise that carers do not always feel listened to or able to contribute to discussions about treatment for the person you care for and may feel shut out and frustrated. Our improvement plan will aim to address some of these issues and ensure staff listen to carers.





[www.dangerousdads.org.uk/dadfest](http://www.dangerousdads.org.uk/dadfest)

September 13th, 14th & 15th

# DadFest2019<sup>TM</sup>

Location: 'Forest & Beach', Beeson, South Devon. TQ7 2ED

Awarded 'Best Small Event in the UK' & the only festival  
just for dads/ male carers and their children

campfire stories • archery • water rockets • pig racing  
spoon carving • bushcraft • star-gazing • mackerel fishing  
mud kitchen • kids entertainer • live music • tattoos  
mobile art-space • dad choir • stroke a lobster • fake wounds  
• award-winning local food & beers • & more...

*Official 2019 World Dad Dancing Championship*

**starts Fri. 13th Sept – ends Sun. 15th Sept**

DadFest2019 tickets must be bought in advance

**Children 5 & under £15** + £35 option food ticket for the weekend

**Children aged 6 & over £35** + £35 option food ticket for the weekend

**Dads/ male carers: £60** + £45 option food ticket for the weekend

DadFest Ticket = all weekend activities: no other costs  
Add a food ticket = six great meals & all cold/ hot drinks!  
Concessions available – please contact the organisers

Book early: 077317 95160 [info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk)



forest & beach  
outdoor education for all







Supporting LGBT+ Communities Charity Number 1171878

# Gender Identity Family Days Plymouth 2019

**11.30am-  
2.30pm  
on Saturday:**

For young trans+ people who are questioning their identity or are gender variant, their families, siblings, parents and carers.

**16<sup>th</sup> February  
20<sup>th</sup> April  
15<sup>th</sup> June**

An opportunity to meet other families and professionals in a safe environment.

**21<sup>st</sup> September  
16<sup>th</sup> November**

*For more details and to confirm a place on a session please contact:*

*Email: [helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk)*

*Or call: 0800 612 3010 (Mon-Fri)*

Supported by:



**FREE TO ATTEND**  
Tea, coffee and squash provided.





## 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](#)



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

<https://hoop.co.uk>



# Cook Club

**Open every**  
**Monday**  
**Tuesday**  
**Thursday**  
**Friday**

Ingredients  
Good food  
Fun  
Good health  
and great days

Cook Club supports people to develop independence skills, we focus on kitchen safety, cooking techniques, nutrition, healthy eating and living - all the time having fun

Prices:  
Full Day session £46.92  
Half Day session £25.80  
Two free Half Day taster sessions available



'I've made new friends and we all eat lunch together'



'I like that I can choose the meal that everyone cooks and eats'

'I can choose between full day and half day sessions'

Our six week Life Skills course can help you prepare for independent living

For more information please contact Richard on 01752 546444 or at [richardprice@supportyourway.co.uk](mailto:richardprice@supportyourway.co.uk)

## The Studio

### Active Art Session

**2nd Tuesday every month**

12 Abbotts Road Peverell Plymouth PL3 4PB

We offer young people, up to the age of 18, the opportunity to come along with their carer and enjoy an active art session at **The Studio 4pm-6pm**. The sessions take place on the second Tuesday of the month. Cost £10 per session, which includes all art materials (carer's attend free). Tea & coffee will be available. We recommend you bring your own refreshments. Because the sessions are so popular bookings are on a first come first served basis. For more information and to book your place please call Julie Beer on 07572 535235

### Creative Carers - art & craft sessions

**2nd Wednesday every month**

12 Abbotts Road Peverell Plymouth PL3 4PB

On the second Wednesday every month, The Studio is offering carers an opportunity to attend their Creative Carer Sessions. Carers are welcome at the Studio from 9.00am Tea & Coffee will be available. We recommend you bring your own refreshments. Because these sessions are extremely popular booking in advance is essential. Session times are: 9.30am-11.30am - 12pm-2pm & 2.30pm-4.30pm Cost £10 per session, which includes all art materials. For more information please call Julie Beer on 07572 535235



## Auti NOT Naughty

Relaxation Without Judgement

Tel: 01752 250777

### Autism Friendly café

With Sensory Area

A place to go for your sensory needs, whether you enjoy a sensory limited environment, sensory equipment, or just somewhere with an understanding that we don't all like the same things. Our experienced team are here to help you find the relaxation you deserve, whilst providing you with high quality service of beverages and snacks

Where to find us:  
Unit 3, 15 North Quay  
Plymouth  
PL4 0RB



[www.autinotnaughty.com](http://www.autinotnaughty.com)



[www.facebook.com/Auti-NOT-Naughty](https://www.facebook.com/Auti-NOT-Naughty)





## Elmers Big Parade Plymouth

A parade of 40 fabulously colourful and unique elephants will take you on a trail around the beautiful city of Plymouth and surrounding areas this summer!

Pick up your trail map from any St. Lukes Hospice Shop in Plymouth or the Barbican Tourist Centre and begin exploring. You can also download the official Elmer Plymouth app from the [App Store](#) or [Google Play](#) to keep track of all the Elmers that you've discovered.

[Find out more...](#)



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# Community CAMHS Waiting List Summer Drop In

Venue: Meeting Room 1, Local Care Centre, Mount Gould Hospital

Time/Date: 4pm-5pm on 30<sup>th</sup> July, 6<sup>th</sup> August, 13<sup>th</sup> August, 20<sup>th</sup> August & 27<sup>th</sup> August

What?: We know that the summer holidays can be a challenge. If you/your child is on a Community CAMHS Waiting List come along and meet with our Community CAMHS staff to ask any questions you may have while you wait for an appointment, or if you feel like you just need a chat.

NB: Unfortunately we are unable to extend this offer to patients on a waiting list for CAMHS at Roske (Mount Gould Hospital), this is only for patients awaiting initial assessment, short-term intervention or C&P with the Community CAMHS Team (Plym Bridge House).

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**Livewell**  
Southwest

## Emotional Health and Wellbeing Drop In

For children aged 5 to 18 and their families

If you're worried about something that's happening in your life, need some space to talk or want some advice on how you're feeling, drop in and have a chat to a trained professional.

You can come on your own or with someone else; you will always be made to feel welcome.

When? Tuesday 6<sup>th</sup> August 1-3  
Friday 23<sup>rd</sup> August 10-12

Where? Upstairs in The Pig,  
Armada Way, PL1 1HX

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)  Livewell Southwest  @livewellsw

Supporting people to be Safe, Well and at Home

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 **Summer Play**

Thursdays: 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>  
August 2019

10am - 12 noon

This event is especially for children under 8,  
but everyone is welcome.

All activities are free with a small charge for refreshments.

Hope Baptist Church  
Peverell Park Road  
PL3 4QG

Tel: 01752 708090  
Email: [children&families@hopebaptist.co.uk](mailto:children&families@hopebaptist.co.uk)

There will be games, toys and loads of great activities!

## Family Fun Day!

Plymouth CAMHS would like to invite you and your family to come along and enjoy some time together with us at:

### Hamoaze House Devonport On Saturday 27<sup>th</sup> July 2019 From 10 am

We have loads of **activities** for all to join in with, **information** stands from **community support** services and even have some very tasty snacks!

We are looking forward to spending time with you all – see you there!



## FIRST AID LEARNING FOR YOUNG PEOPLE

TEACH THE SKILLS AND CONFIDENCE TO **STEP IN** DURING A CRISIS.



Do you work with young people aged 10-19 years, or know someone that does?

The British Red Cross are offering free First Aid workshops for established groups in Plymouth. These aim to enable young people to feel more confident, willing and able to help themselves and someone else in a first aid emergency.

There are 18 skills in total e.g. helping someone who is heavily bleeding or having an asthma attack. Workshops can generally cover 4-5 skills in 1.5 hours.

For more information and a booking form, please contact Imogen Wood, Youth Education Coordinator on 01752 831609 / 07515 064522 or email: [iwood@redcross.org.uk](mailto:iwood@redcross.org.uk)

[Teaching Resources](#)



For Your Interest is produced by:

### **Plymouth Information, Advice and Support for SEND**

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Scott Business Park  
Beacon Park Road  
Plymouth  
PL2 2PQ

Telephone: 01752 258933

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