Direct Access to activities for children with additional needs in Plymouth

Diggin’ It and Rooted

Diggin’ It is a Saturday morning ‘drop in’ club for children and young people with additional needs who are accompanied by a responsible adult. The club runs between 10am and 1pm with opportunities to engage in fun, inclusive, social, life skills and gardening activities. Stay for as long as you like, do as much or as little of the activity as you wish or get out and about in Devonport Park which is a fantastic site to explore or play in the adventure playground. Light refreshments are available.

Rooted is an early evening youth club for 8 to 25 year olds on Mondays Tuesdays and Wednesdays.

Both clubs offer activities based around the theme of Horticulture and Bush craft, with some offsite outdoor education activities. These activities provide opportunities to socialise, have fun, build confidence/self esteem and allow families to experience a short break from their caring role, confident in the knowledge that their children are growing and learning. The programme is delivered by a highly qualified and experienced team. Contact them on 01752 500496 or search online for ‘diggin it plymouth’

Plymouth Music Zone

Plymouth Music Zone run around 50 music workshops every week to all kinds of places all over Plymouth and beyond. Some are open access activities held after school at Plymouth Music Zone that anyone can join. There's something for every level so don't be shy! There is a group for young disabled people called Sensory Sounds....

Find out what clubs are available in the timetable at plymouthmusiczone.org.uk or call them on 01752 213690
TR2 is part of the Theatre Royal, they provide a series of workshops on drama and the visual arts. The drama group Create 2 is specifically for disabled young people and focuses on basic drama games and skills. In order to aid communication a variety of theatre techniques are used depending on the needs of the young people. This might include physical, vocal, mask work and dance/movement with music. The Visual Arts group will also spend time learning basic visual arts techniques such as printing, painting and mask making which will form an exhibition at the end of the project. TR2 provides one of the biggest education and outreach programmes for a regional venue in the UK.
Contact them on 01752 230575

Plymouth Youth Sailing

A series of half day sessions for up to 6 children and young people on each session split into 2 age groups. If the young people attend more than one session they will be awarded certificates using the Royal Yachting Association schemes.
Plymouth Youth Sailing hold a number of accredited awards for quality and safety Royal Yachting Association Recognised training centre status and are inspected every year for quality and safety.
Contact them on 07917407771.

Plymouth Argyle Trust

The sessions create an opportunity for young people to participate in a fun, action-packed multi-sports course, as well as interact with their local football club.
The course is a mix between practical sports sessions, as well as exciting workshops with different professionals working within a football club including the head grounds man and Argyle chief. Each practical session is delivered towards a fun and challenging ethos, giving the young people the chance to enjoy themselves, make new friends and an opportunity to feel part of a team.
The coaching sessions are delivered by professional Plymouth Argyle coaches; ensuring high-quality provisions will be made accessible. Contact them on 01752 562561 for more information.
Horizons Children’s Sailing
The course is run in Hawk 20 open keelboats, these are world renowned boats suitable for young people whatever their age, experience or mobility to become active participants in the sailing activity. A day’s sailing allows them (if they wish) to take part in all aspects of making the boat work, hoisting and controlling sails and steering etc. These boats are the staple workhorse of Disability (RYA Sailability) sailing schools across the UK. Horizons are a Royal Yachting Association (RYA) Registered Teaching Centre authorised to issue sailing certificates for young people that take part in the National Sailing and Sailability Sailing Schemes. The course is run by an experienced RYA Senior Instructor supported by RYA Instructors and RYA Assistant Instructor. Contact them on 01752 605800 or search online for ‘horizons children sailing plymouth’

Beckly
Beckly is a Routeways project enabling disabled children and young people to participate in and enjoy positive inclusive and fun social activities in a friendly, caring and supportive environment based at the accessible premises at Radford, Plymstock.

Beckly organise regular weekend and evening activity sessions through the year with extra weekday play scheme sessions during all the school holidays offering opportunities to join in with a wide range of play, social and practical activities both at Beckly and in the wider community.

There is open access to all activities which are available to those living in Plymouth and the surrounding area with an age range from 6 upwards. Beckly is able to cater for a broad spectrum of additional or special requirements, disabilities and conditions and services provided can include personal care and one to one support.

Contact them on 01752 484433 or email beckly@routeways.org.uk
Wheelfever

Wheelfever started in 2007 as part of Plymouth Big Arts Festivals in partnership with Power Pack, a charity that provides social activities for disabled children and young people in mainstream education. The Charity became aware that disabled children and young people felt excluded from dance, as an art form and parents were uncomfortable about their children accepting dance as something they were not able to participate in.

In response to the young people’s stories of exclusion, for example, wheelchairs being a health and safety risk or the need to be able to walk or jump to take part, they organised accessible dance workshops for young wheelchair users. The day event ended with an informal showcase of each other’s dances and two short dance films from professional choreographer, Sue Smith.

There was an enthusiastic reaction from the young people, their families, carers and friends, who were all interested in having regular opportunities to participate in dance. So they began by running monthly workshops, which included siblings and family members and Holiday Clubs to encourage children’s independence whilst providing a Short Break for families. They also opened up the sessions for all disabled children not just disabled children who are wheelchair users.

They now run weekly workshops every Saturday. At the Life Centre, Creative Dance between 1 and 2pm and Youth Dance Group between 2 and 4pm.

Wheelfever can be contacted through their website wheelfeverprojects.co.uk

Plymouth Youth Services

The service runs a number of groups that focus on young people aged between 12 and 18. The No Limits and the Me and My Friends groups are particularly suitable for children with additional needs and provide the opportunity for young people to socialise with their peers, and the subsequent benefits of this which include improved self esteem and social interaction skills.

The Youth Service can be contacted on 01752 306596 or by email - youth.admin@plymouth.gov.uk
Inclusion Works

**Holiday activity support for disabled children and young people**

Inclusion Works can provide skilled workers to support disabled children and young people, from 0 to 19, at clubs and activity centres during the school holidays. Each child with a disability can have up to 60 hours support per financial year.

**Leisure activity support for disabled children and young people**

In addition to the Holiday support, Inclusion Works are able to provide a skilled worker to support disabled children and young people, from 0 to 19, to access leisure opportunities such as kayaking, football, dancing, Scouts or youth clubs.

The worker will provide support for both your child and their chosen club for up to three hours per week for 12 sessions per activity. After this period, it is hoped that a person from within the club will have been identified and supported to continue working with your child.

Please note, although Inclusion Works will provide a worker to support your child, parents and carers are responsible for the cost of the activity and for transporting your child to and from the activity.

The Inclusions Works service can be contacted on 01752 307539.

To book your child on an activity please visit www.bookwhen.com/shortbreaks. If you do not have access to a computer you can call The Family Information Service on 0800 783 4259 for guidance.

To be eligible to access the 60 hours of support from Inclusion Works your child will have a diagnosis of a disability and attend a special school or resource base or attend a mainstream school and have a severe or moderate learning disability with ASD or a complex physical disability.
Carer’s Hub

The Carer’s Hub Plymouth is an information and support service run by three organisations working together to provide an enhanced service to unpaid carer’s who are over 18 and living in the City of Plymouth. They can assist carer’s to access relevant information to support their needs and the needs of the person they care for. This can include home visits. They can undertake individual assessments with carer’s to create a flexible plan that aims to improve their health and wellbeing and support them to take short breaks from their caring role through a variety of activities and interventions. They can support carer’s to access funding from the Carer’s Support Fund and enable them to take a short break from their caring role. Contact them on 01752 201890 or search online for ‘plymouth carers hub

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Friends and Families of Special Children

Friends and Families of Special Children is a Registered Charity based in the City of Plymouth that provides information, support and services for families and carer’s of children with various special needs. They provide support for families and adult carer’s to meet other people in similar situations. They also provide holiday workshops, after school clubs and separate social activities for young carer’s. Contact them on 01752 204369 or search online for friends and families of special children plymouth

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Scope

Scope is a charity that acts to improve the lives of disabled people and their families. They do this by running a range of services, raising awareness of the issues that disabled people face and influencing change across society. They provide support, advice and information for more than a quarter of a million disabled people and their family members every year. For a full list of activities and services available contact Scope on 01752 566 250 or by email devon@scope.org.uk.

You are able to contact all of these organisations directly to access their services. We hope this information is of help to you, if this isn’t what you were looking for please call us and we can talk further, please contact:

Single Point of Contact on 01752 307264 or spoc@plymouth.gov.uk
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Single Point of Contact Team

SPOC is the main point of contact for any enquiries for disabled children, young people and their families living in Plymouth aged 0-25.

SPOC is based on the principles of Early Support and aims to:

- Coordinate services with the “voice” of the child/young person and families at the heart of decision making.
- Reduce the need for families to have to keep repeating their individual stories.
- Recognise the unique needs of every child, young person and family.
- Offer earlier support for disabled children and young people to prevent problems growing and to increase the likelihood of a positive outcome.

Central to SPOC is the appropriate and timely sharing of information, with consent. General advice and signposting can be given without consent but with consent SPOC can “broker” support.

When you call SPOC you can find out more about SEND support services available in Plymouth. The aim is that universal, targeted and specialist services work together to identify and meet the individual needs of every child, young person and their families.

The SPOC team can be contacted at

Douglass House
Douglass Road
Plymouth
PL3 6NP

Tel. 01752 307264
Email spoc@plymouth.gov.uk