Activities & Events for SEND
For Your InterestSummer Edition – July 2021

What’s on this Summer!
Activities for the Plymouth, Plympton and Plymstock areas.

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Publication Details

Activities and Events for SEND is produced for each school holiday by:

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Plymouth
PL2 2PQ

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Freephone: 0800 953 1131
Visit our website at: [www.plymouthias.org.uk](https://www.plymouthias.org.uk/)

We also regularly post activities and events to our Facebook page.
Keep up to date by following us at: [www.facebook.com/plymouthias](https://www.facebook.com/plymouthias/)

If you would like to be added to our mailing list to receive notification of when the next issue is published or receive other useful SEND information occasionally, you can sign up at our website at: [www.plymouthias.org.uk](http://www.plymouthias.org.uk)

Plymouth Information, Advice & Support
(for SEND)PIAS Support to ParentsIn line with Government guidelines, most of our staff are still working from home. So you can still call PIAS for information, advice and support. We are still providing our usual service by telephone, email, through our website and Facebook pages.

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

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

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

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

For Enquiries

 Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm
Friday: 9.00am to 4.30pm

Alternatively you can email us at: pias@plymouth.gov.uk

Visit our website at: <https://www.plymouthias.org.uk/>

Stay up to date with the latest news and information by
following us on Facebook: <https://www.facebook.com/>

Understanding Your Child
Solihull ApproachDo you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?
FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your BabyOnline course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.
Understanding Your BabyOnline course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child
(0-19 years)Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers’ Brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

**Access Code: TAMAR**

Go to <https://inourplace.co.uk/>

Apply the ‘access code’ for FREE access!
Fill in some details to create an account.
To return to the course(s) go to <https://inourplace.co.uk/> and sign in

Website: <https://solihullapproachparenting.com/>
Email: solihull.approach@heartofengland.nhs.uk

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

Useful InformationUniform Store Plymouth: Open Tuesday’s – Thursday’s, 10am-3pm
Vineyard Church, 13 Cornwall Street, Plymouth, PL 1NL (near M&S)Plymouth Vineyard Church are opening a pop-up uniform shop in the city centre on Tuesday 27 July 2021. It will be open during the summer holidays and accepting donations of good quality school uniforms from Tuesday 13 July 2021.

From Tuesday 27 July 2021, Vineyard Church will also offer a Click and Collect service. Families can access the service via their website: <https://www.uniformstoreplymouth.co.uk/click-and-collect/>

Keep up to date with information via their Facebook page:
<https://www.facebook.com/UniformStorePlymouth>
Email: hello@uniformstoreplymouth.co.uk Is Your Child Entitled to FREE SCHOOL MEALS?All children in Reception, Year 1 and Year 2, regardless of their parent’s financial circumstances, automatically get universal infant free school meals.

But if you are eligible to claim FSM and you haven’t registered, then your child could miss out on any extra support available during school holidays.

Find out if you qualify and apply online at: [www.plymouth.gov.uk/freeschoolmeals](http://www.plymouth.gov.uk/freeschoolmeals)

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

With Healthy Start you could get £4.25 per week of free vouchers to spend on milk, plain, fresh and frozen fruit, pulses, tinned fruit and vegetables, and infant formula milk. Find out more: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Out with the Bags… In with the BinsGarden waste collections run from April until the end of November and take place fortnightly. Your old green garden waste bags will no longer be collected.

You will need to register to have your garden waste collected and will be given a garden waste bin. Sign up at: [www.plymouth.gov.uk/gardenwaste](http://www.plymouth.gov.uk/gardenwaste)

Routeways

Short Breaks

Holiday activities for disabled children aged 8-17 years.

Short Breaks
Every Tuesday and Thursday, 10:30am-3:30pm
Cost: £15 per person
Short Breaks is running from Tuesday 27th July until Thursday 26th August 2021.

* Tuesday: Activity TBC – Off site activity.
* Thursday: Activity TBC – Activity at Devonport Park Activity Centre

Fit and Fed **Tuesday’s, 11am-3pm
Cost: FREE\***
The Fit and Fed initiative will be running every Tuesday through the summer holidays from Tuesday 27th July until Thursday 26th August 2021.

\*Please note: This activity is **FREE**, but young people attending will need to be entitled to free school meals. Children with an Education, Health and Care Plan (EHCP), looked after children or young carers may also attend.

Horizons Plymouth – Children’s Sailing **Friday’s, 10am-3pm
Cost: £15 per person**
Horizons are running boat trips every Friday from Friday 6th to Friday 27th August 2021.

Horizons are based in the Mayflower Marina, Richmond Walk, Plymouth.

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

Activity Groups

Little Seeds – Mondays, 9:30am-11:30am, £3 per familyLittle Seeds is a fun and inclusive stay and play group for preschool children of any ability. We aim to promote learning through outdoor play and exploration in a safe and supportive environment. A welcoming and warm space or children with additional needs also.

Refreshments and activities are provided for both adults and children.

Rooted – Sunday’s, 10am-1pm, £15 per sessionRooted is an inclusive activity group providing social and learning opportunities specifically for young people aged 8-14 with additional needs at Devonport Park Activity Centre, Fore Street, Plymouth PL1 4BU.

Cooking, gardening, board games, arts and craft, music. Outdoor facilities include pizza oven, fire pit and secret castle.

Youth Club – Thursday’s, 7pm-9pm, £8 a sessionSocial group for young people with additional needs aged 14-24 alternating between Devonport Park Activity Centre and The Beckly Centre.

A chance to play games, chat with friends, learn new skills, baking, arts and crafts, competitions and trips out.

Growing Together – Friday’s, 10:30am-3:30pm (half-day option)

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

Over 18’s Complex Care – Sunday’s, 10:30am-3:30pm
A social group held at the Beckly Centre for those aged 18-22 with complex additional needs transitioning between children and adult services. Engaging in a diverse range of activities such as cooking, crafts and community trips. A safe and inclusive environment to socialise and engage in leisure activities.

For more information about Routeways activities, please call 01752 300700.

Book activities online at: [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)

Moor Vision
Supporting Families of Children, Young People and Parent/Carers with Vision Impairment in Plymouth, Devon and Cornwall.

Moor Vision is a Devon based charity supporting families of children & young people (0-25) and parent/carers who are blind or vision impaired in the South West.

We offer regular family activities, support groups, training days and residential trips. We have a newsletter, website and Facebook page. We enable families to meet others for support and friendship and activities.

We have information, advice and support on eye conditions, education, habilitation, large print, audio and braille books, IT, benefits, sports, arts and leisure activities and lots more!

For further information, please contact us:

Tel 01752 891934 / 07581 566690

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

Facebook: [www.facebook.com/groups/161483982931](http://www.facebook.com/groups/161483982931)

British Blind Sport – First Steps Project

First Steps Goes National!
At British Blind Sport we are helping children with sight loss get active with a free sport and fitness pack delivered straight to their door. Our First Steps pack helps children to build confidence, develop skills and, most importantly, have fun.

If your child is aged 3 to 11 with visual impairment and wants to become active for life, then it’s time for them to start their journey with Jangles!

Sign up now to our First Steps project and receive:

* Audible Ball (aka Jangles)
* Exciting Activity Booklet
* Progress Stickers
* Progress Poster
* support from our First Steps Officer

For more information and to register, please visit: <https://bit.ly/BBSFirstSteps>

Email: firststeps@britishblindsport.org.uk or Call: 01926 424247

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

The Fun and Freedom Club can offer you:

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

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

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

Activities and Events

Friends and Families offer a range of activities for families with additional needs. See the events page for more information about upcoming events:
<http://www.friendsandfamilies.org.uk/events/>

To participate in events, you will need to register at: <https://www.friendsandfamilies.org.uk/register/>

You can find out more about Friends and Families on their website at: <https://www.friendsandfamilies.org.uk/>

Telephone No.: 01752 204369
Email: info@friendsandfamilies.org.uk

Creative Curiosities South West

We are an inclusive charitable company working with neurodivergent children and young people across the South West. We are focussed on mental wellbeing, inclusion, and aspirations for all. We offer blended Creative, Therapeutic and Adventurous Activities.

Summer Activities

Wild Wonderers
Saturday’s
Weekly Saturday Group for neurodivergent children and young people age 15+, siblings and friends welcome.

* Sat 24 Jul 2021, 10am-2pm, Price: Free
* Sat 31 Jul 2021, 10am-5pm, Price: £50 per person
* Sat 7 Aug 2021, 10am-6pm, Price: £60 per person (includes transport)

Performers
Sunday’s, 12pm-3pm, Price: Free (supported by Children in Need)
Supported by Children in Need, a free weekly Sunday group for neurodivergent children and young people aged 15+. These sessions will run in varied locations, with transport included available from Union Street, Plymouth.

* Sun 25 Jul 2021, 12pm-3pm, Dance and Performance Art
* Sun 1 Aug 2021, 12pm-3pm, Dance and Performance Art
* Sun 8 Aug 2021, 12pm-3pm, Musical Theatre
* Sun 15 Aug 2021, 12pm-3pm, Music, Storytelling and Composition
* Sun 22 Aug 2021, 12pm-3pm, Activate – Adventurous Activity
* Sun 29 Aug 2021, Drama & Story Telling
* Sun 5 Sep 2021, Musical Theatre

Performers - Express Yourself Summer School
Monday’s, 12pm-3pm, Price: Free
These free sessions supported by Children in Need will run in varied locations, with transport available from Union Street, Plymouth.

* Mon 26 Jul 2021, 1pm-4pm, Walk in Nature followed by Music, Storytelling and Composition
* Mon 2 Aug 2021, Moor History, Drama and Storytelling
* Mon 9 Aug 2021, Seascapes followed by Dance
* Mon 16 Aug 2021, Putting it all Together - Musical Theatre

Devon Performers 10-14 Years
Monday’s, 12pm-3pm, Price: Free
Free sessions supported by Devon County Council in partnership with Parent Carer Forum Devon Small Grants Scheme. This is a new group and will run in varied locations with transport available from Tavistock.

* Mon 23 Aug 2021, Creativity - Base Day at Bere Alston
* Mon 30 Aug 2021, Adventurous Outdoor Activity – Stand-Up Paddleboarding at Radford Lake

Little Players – Stay & Play
Friday’s (fortnightly) 23 Jul, 6 & 20 Aug, 3 Sep 2021, 1:30pm-5:30pm
Free, fully inclusive stay and play toddler group, combined with after school play for the under 8’s and their parents/carers with fun, creative sensory activities. Snack and drink included.

Create & Chat
Tuesday’s. 6pm-7pm (term-times)
Online zoom sessions (age 15+) on Tuesday’s with different weekly themes set by you – from cooking to video editing. Sessions free, but you will need to provide your own resources to take part in the activity. Check ingredients if you have allergies for cooking activities.

Celebrating Neurodiversity – An Evening with Jude Morrow
Sat 23 Oct 2021, 6pm-10:30pm, Price: £25
Join us for a Celebration of Neurodiversity evening at The National Marine Aquarium with keynote speaker internationally acclaimed author, blogger, and media personality Jude Morrow. Ticket price includes a quiet tour of the aquarium, live music and entertainment from neurodiverse groups.

For more details about Creative Curiosities activities and to book visit:
<https://www.tickettailor.com/events/creativecuriositiessw>

If you have any queries call or text: 07764 737620

Art, Craft & LaughterArt, Craft and Laughter offer the following activities for adults with Learning disabilities:

* Art & Craft Days – Tuesday’s & Thursday’s, 10am-4pm
* Mental Health & Wellbeing Art & Craft Group - Wednesday’s & Friday’s, 10am-4pm

Groups take place at William Sutton Community Hall, 6 Shelley Way, St. Budeaux, Plymouth PL5 1QF. To book please contact 07880 327022.

Activities Online

Book Trust Home Time for children aged 5 and under

Fun stories and activities to keep you and your child entertained at home:
<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>

The World of David Walliams
You can find lots of fun free and exciting activities inspired by the wonderful characters in David Walliams’ books. Download the free activity sheets for hours of fun and learning at home at: <https://www.worldofdavidwalliams.com/activities/>

BBC Bitesize
BBC Bitesize have put together lots of resources for Primary (age 3-11), Secondary (age 11-16) and Post 16 (age 16+) which can be used as homework for home learning or in the classroom.
See: <https://www.bbc.co.uk/bitesize>

Access Sport
Access Sport have put together lots of inclusive great resources and activities at: <https://www.accesssport.org.uk/Pages/Category/inclusive-activities>

You can also find lots of online activities you can join in ‘live sessions’ in real time or do in your own time at home at: <https://www.accesssport.org.uk/online-activities>

Sign up to the Access Sport newsletter: <http://eepurl.com/gZWgDf>

Follow the Access Sport Facebook page at: <https://www.facebook.com/AccessSport/>

Educational Virtual Tour Resources

Find free virtual tours of world museums, educational sites and galleries for children at: <https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

Hoop App
Find local activities with the free app Hoop including activities for young people with special educational needs and disabilities. Download at: [https://hoop.co.uk](https://hoop.co.uk/)

Plymouth Libraries
Plymouth Libraries are open to the public for browsing books, book returns, collection of reserved books and pre-bookable PC use. Find out opening days and times of each library and information on safety measures when visiting from our website:
<https://www.plymouth.gov.uk/libraries/coronaviruscovid19informationaboutlibraries>

Regular activities and events are temporarily suspended, but activities are regularly posted on the Plymouth Library Facebook page at: <https://www.facebook.com/plymouthlibraries/>

Sign up for a free Library Card
You can join the library online at: <https://www.plymouth.gov.uk/libraries/joinlibrary>

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

With your Library Card Number and PIN you can:

* Download eBooks and eAudiobooks at: <https://www.plymouth.gov.uk/libraries/ebooksandeaudiobooks>
* Download Kids eBooks and eAudiobooks at: <https://plymouthuk.overdrive.com/library/kids>
* Download free digital magazines and comics at: <https://www.plymouth.gov.uk/libraries/freemagazinescomicsandnewspapers>
* Reserve and renew items online at: <https://www.plymouth.gov.uk/libraries/youraccountreneworreserve>
* Use the computers and Wi-Fi in libraries for free
* Free access to subscription websites at: <https://www.plymouth.gov.uk/libraries/informationandresearch/onlineresources>

Summer Reading Challenge 2021
Aimed at aged 4-11 years old, children are encouraged to read six (or more) books of their choice during the summer holidays.

Head to any Plymouth Library to collect your special Wild Heroes pack. There’s a medal for every child that completes the challenge!

**Signing Up**

Sign up for the challenge at any library, or online at:
[www.plymouth.gov.uk/summerreadingchallenge](http://www.plymouth.gov.uk/summerreadingchallenge)

The Box

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

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

To visit, book online at: <https://my.theboxplymouth.com/events?k=tnew_display>

Summer Events

Outdoor Cinema
**Evening screenings** – Thu 22 July – Sunday 8 August 2021
Film starts 7:30pm, arrivals from 7pm.

VIP tickets £15 per person. Standard tickets £12 per person.

* Thursday 22 July: 1917 (15) – running time 1h 59m
* Friday 23 July: Mamma Mia! (PG) – running time 1h 49m
* Thursday 5 August: Casablanca (U) – running time 1h 47m
* Friday 6 August: Ghostbusters (PG) – running time 1h 42m
* Saturday 7 August: Hairspray (PG) – running time 1h 55m

Book at: <https://www.theboxplymouth.com/whats-on/summer-events/outdoor-cinema>

Family Screenings – Sat 24 July – Sun 8 Aug 2021
Bring the children along to enjoy a family-friendly film in front of our big screen. Films start at 9:15am. Arrivals from 9am. No need to book.

* Saturday 24 July: Ice Age (U) - running time 1h 21m
* Sunday 25 July: Treasure Planet (U) - running time 1h 35m
* Saturday 31 July: A Bug's Life (U) - running time 1h 35m
* Sunday 1 August: Song of the Sea (PG) - running time 1h 33m
* Saturday 7 August: Missing Link (PG) - running time 1h 33m
* Sunday 8 August: Night at the Museum (PG) - running time 1h 48m

The Box will be holding lots more events over the summer. For more information see: <https://www.theboxplymouth.com/whats-on/summer-events>

National Marine Aquarium

Open daily 10am-5pm, Last entry 4pm
Timed entry – tickets must be booked online and a time slot chosen.

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

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

Book tickets online at: <https://nationalaquarium.digitickets.co.uk/tickets>

Quiet at the Aquarium **Monday’s 26 July, 23 August, 25 October & 20 December 2021,
5:30pm-7:30pm
Price: £6.50 per child / £8 per adult / Carers and under 3s FREE**
A special after hours two hour event that allows families and people with autism and / or other sensory needs to enjoy our exhibits without the noise and distractions of our daily shows.

Book Quiet at the Aquarium tickets online at:
<https://www.national-aquarium.co.uk/events/quiet-at-the-aquarium/>

Dine at the Aquarium **Select Dates throughout 2021, 7pm-10pm, dinner served from 7:45pm
Price: £55 per person (pre-booking, payment and pre-orders required)**An exclusive after hours dining experience in front of our world class exhibits. Dinner will be a stunning à la carte four course menu with a bottle of wine included per table and glass of prosecco on arrival.

Any questions email: functions@oceanconservationtrust.org

Book Dine at the Aquarium tickets online at:
<https://www.national-aquarium.co.uk/events/dine-at-the-aquarium/>

Wembury Marine Centre

Visit Wembury Marine Centre to learn about the surrounding area and it’s wildlife through interactive and informative displays, regular Rockpool and Snorkel Safaris and other marine themed events.

See what’s on and book at: [www.wemburymarinecentre.org](http://www.wemburymarinecentre.org)

Open between April and September, Tues—Sun, 10am-4:30pm.

Booking Essential. Bring your wellies or other sturdy shoes which can get wet for rockpool safaris! All children must be accompanied by an adult.

Rockpool Safari **Tue 10 Aug – 1pm-2:30pm
Fri 13 Aug – 2:30pm-4pm
Sun 22 Aug – 11:30am-1pm
Thur 26 Aug – 2pm-3:30pm
Sun 12 Sep – 2:30pm-4pm
Price: £5 per person (suitable age 4+)**

Join our Devon Wildlife Trust staff and volunteers for a guided tour of some of the best rockpools in the UK!Extreme Rockpool Safari **Sun 25 Jul – 12:30pm-2:30pm
Thur 12 Aug – 1:30pm-3:30pm
Tue 24 Aug – 1pm-3pm
Price: £5 per person (suitable age 7+)**

Join Devon Wildlife Trust on an extremely low tide to explore Wembury’s most amazing rockpools, rarely uncovered by the tide!

Tots & Toddler Rockpool Safari **Fri 23 Jul – 10:30am-11:30am
Sun 8 Aug – 12pm-1pm
Sun 5 Sep – 11am-12pm
Sun 19 Sep – 10am-11am
Price: £5 per child / adult free (suitable 4 years and under)**

Join Devon Wildlife Trust for a mini rockpool safari aimed at tots and toddlers.National Marine Week **Shoresearch Safari & Survey
Tue 27 Jul – 1:30pm-3:30pm
Price: £5 per person (suitable age 4+)**Join Devon Wildlife Trust for a shore search safari and survey where we’ll be recording everything we find.

Sunset Storytelling on the Beach with Josephine’s Stories **Tue 3 Aug – 5:30pm-6:10pm (meet at 5:15 at Centre)
Price: £20 per family (max 2 adults & 3 children) / or £6 per person**
Join us for an evening storytelling performance on the beach in this interactive children’s show.

Snorkel Safari **Sat 24 Jul – 10:30am-1pm (National Marine Week)
Wed 11 Aug – 12:30pm-3pm
Wed 25 Aug – 12:30pm-3pm
Sat 4 Sep – 10:30am-1pm
Sat 18 Sep – 10:30am-1pm
Sat 25 Sep – 12:30pm-3pm
Price: Child £20 (suitable age 8+, beginners or more advanced snorkellers, competent swimmers only)**Join our fully trained BSAC Snorkel Instructors for a guided snorkel safari around the stunning Wembury Bay! We will cover basic snorkelling techniques followed by a snorkel around Wembury’s famous rocky reefs searing for and identifying underwater marine life. Full kit can be provided and is included in the cost.

Adults Snorkel Safari **Sat 11 Sep — 12:30pm-3pm
Price: £20 (suitable beginners or more advanced, competent swimmers only)**Join us for an adult only guided snorkel safari around the stunning Wembury Bay! Our fully trained BSAC Snorkel Instructors will cover basic snorkelling techniques followed by a snorkel around Wembury’s famous rocky reefs, searching for and identifying underwater marine life. Full kit can be provided and is included in the cost.

National Trust

Saltram
Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-5pm daily where you can enjoy the
one-mile pillars walk or Saltram boundary walk. All facilities are now open, the Park Café from 10am-4pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) with a range of hot and cold drinks and food. The house is open Thur—Mon from 11am-4pm, currently with a shorter route around house (face coverings must be worn). For the latest information see: <https://www.nationaltrust.org.uk/saltram>

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

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

Saltram Treasured Trail **Date: From Mon 26 July 2021**Pick up a trail sheet from the Welcome Centre. There’s lots of ideas in the park, garden and house to tick off as you go along and you can have a go at as many as you like. Each time you visit Saltram, ask for your trail sheet to be stamped and once you reach three stamps, you can have one of our patches to treasure forever.

Adventure Cinema at Saltram HouseSaltram have teamed up with Adventure Cinema to host 4 evenings of Outdoor Cinema this summer. Hot food / bar. Picnics welcome. Bring your own camping chair or blanket (seats provided for VIP tickets). Under 16s must be accompanied by an adult.

* Sat 31 July 2021, 9:30pm—The Lion King (PG)
* Sun 1 August 2021, 9.30pm—A Star is Born (15)
* Thurs 19 August 2021, 9:00pm—The Greatest Showman Sing-a-Long (PG)
* Fri 20 August 2021, 9:00pm—Grease Sing-a-Long (PG)

Book at: <https://www.adventurecinema.co.uk/venues/saltram-house>

**More Information:** Admin Office 01752 333500
Email: saltram@nationaltrust.org.uk

Plymbridge WoodsPlympton PL7 4SR

The Plym Valley consists of varied habitats from riverside meadows, ancient woodland and the wilderness of Dartmoor. Car parks at Plymbridge, Cadover Bridge and Shaugh Prior provide good starting points to explore the area on foot or bike.

For the latest information see:
<https://www.nationaltrust.org.uk/plymbridge-woods>

Plymbridge Woods Family Cycle Trail
Follow the route of the old Great Western Railway track taking in industrial remains, towering quarry faces and breath-taking viaducts as you travel through glorious woodland before emerging out into open countryside. Start at the Plymbridge Woods car park (grid ref SX523585) for a 10 mile (16km) ride taking approximately 1 hour. See: Plymbridge Woods Family Cycle Trail: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/plymbridge-woods-family-cycle-trail>

Woodland Wander Walking Trail
Enjoy a dog friendly circular walk alongside the River Plym through ancient woodland. Start at the Plymbridge Woods car park (grid ref SX523585) for a 1 mile (1.6km) walk taking approximately 30-40 minutes. See Woodland Wander: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/woodland-wander>

Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail
Step back in time on a walk through Dewerstone, the site of many archaeological finds dating back as far as the Bronze Age. Start at Shaugh Bridge National Trust car park, near Shaugh Prior (grid ref SX533637), Plymouth PL7 5HD for a 3.5 miles (5.6km) walk taking 2-3 hours. See: Bricks, Boulders & Bronze Walk at Dewerstone: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/bricks-boulders-and-bronze-walk-at-dewerstone>

**More Information:** Admin Office 01752 341377
Email: plymbridgewoods@nationaltrust.org.uk

Buckland Abbey
Yelverton, PL20 6EY

Buckland Abbey house, gardens and estate walks are open daily from 10am-5pm. The Ox Yard Café is open daily from 10am-5pm, with limited indoor seating for takeaway and eat in light lunches and snacks. The Abbey (ground and middles floors open with one-way system from 11am-4:30pm), Great Barn (10am-4.30pm) and shop are open.

Pre-booking no longer required after Mon 19 Jul 2021.
For the latest information see:
<https://www.nationaltrust.org.uk/buckland-abbey>Abbey Walks
Buckland Abbey has three estate walks all starting from the Great Barn and are also suitable for walking dog walking (please keep on lead). There’s a walk for everyone with an easy, medium and hard route. The Yellow walk is a buggy and wheelchair friendly 15-20 minute walk taking you over the fields with an excellent view of the valley and Cistercian buildings.

Summer Holiday Fun at Buckland Abbey

Coat of Arms Trail & Get Set, Go!
Dates: From Sat 24 Jul 2021
Follow the Coat of Arms trail in the garden to find all the heraldic symbols that were important to our Tudor ancestors. Pick up your trail booklet and Get Set, Go! activity card from Visitor Welcome and explore the gardens and learn all the hidden meanings behind Tudor coat of arms.

Garden Games & Archery
Dates: Every Sunday from 1 Aug 2021, 1-4pm and every Wednesday from 4 Aug 2021, 11am-2pm through the summer holidays
Put your archery skills to the test with some soft play archery sets on the main lawn. You can also have a go at other traditional English sports such a lawn tennis, hobby horse jousting and skittles in the Great Barn.

Mini Maze at Buckland
Dates: Open throughout the summer
Explore the Buckland Abbey orchard and complete the mini maze which has been cut into the grass by our Ranger team. Particularly great for toddlers, navigate your way past dead ends and obstacles! This is also a great area for a picnic with the best views of the Abbey.

**More Information:** Admin Office 01822 853607
Email: bucklandabbey@nationaltrust.org.uk

AntonyTorpoint, PL11 2QA
The house (ground floor only with a one-way system), garden and toilet at Antony are open. This venue is not open every day, so please check the opening times calendar: <https://www.nationaltrust.org.uk/place-pages/10/pages/opening-times-calendar>

Note: Antony is still offering timed entry tickets. Please pre-book online to avoid disappointment especially at busier times. For more information see: <https://www.nationaltrust.org.uk/antony>

Adventures in Play
Date: Sun 25 Jul—Tue 31 Aug 2021Discover the family-friendly trail supported by Sport England which includes games, challenges and activities to complete along the way. Complete the trail stops around the garden and check them off your Get, Set, Go! cards.

A Classic Sports Day
Date: Sun 25 Jul—Tue 31 Aug 2021Fun for the entire family, take a trip up memory lane with these classic
time-honoured sports day activities including an egg and spoon race, sack race, three-legged race and wheelbarrow race. Which generation of family members will come out on top?

Traditional Games on the Cork Oak Lawn
Date: Sun 25 Jul—Tue 31 Aug 2021For a quieter moment, a bit of a sit down or even a picnic spot where the kids can stay busy, head to the cork oak lawn for some traditional games. There's wooden skittles, garden dominoes, giant jenga and connect4 to challenge friends and family.

Obstacle Course
Date: Sun 25 Jul—Tue 31 Aug 2021
Are you ready to undertake the obstacle course? The speed ladder, mini hurdles and balancing beam are just some of the challenges to expect along your path whilst undertaking the obstacle course. Who in your family can complete it in the fastest time? Stopwatches at the ready.

**More Information:** Admin Office 01752 812191
Email: antony@nationaltrust.org.uk

Lydford GorgeLydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10.30am-4.30pm. To ensure the safety of visitors, the Devil’s Cauldron remains closed for repair. Pre-booking no longer required.

For the latest information see: <https://www.nationaltrust.org.uk/lydford-gorge>

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

Lydford Gorge River Trail
The walk begins as a woodland walk before the trail heads off down into the gorge to find the towering Whitelady Waterfall. Then follow the river upstream past Tunnel Falls to the tranquil Pixie Glen back to where you began. Start at the Lydford Gorge Devil’s Cauldron car park (grid ref SX508844) for a challenging 2.5 miles (4km) walk, taking approximately 2 hours. For more information see:
<https://www.nationaltrust.org.uk/lydford-gorge/trails/lydford-gorge-river-trail>

**More Information:** Admin Office 01822 820320
Email: lydfordgorge@nationaltrust.org.uk

CoteheleSt Dominick near Saltash, PL12 6TA
Cotehele garden, quay and estate are open daily from 10am-5pm. Cotehele House is opening in stages and currently you can visit the Great Hall, breakfast room, dining room, Punch Room and White Bedroom. The Barn restaurant located in the garden at Cotehele is open daily from 10am-5pm serving hot and cold drinks, lunches, cream teas and light snacks. Most of Cotehele Mill is open again from 11am-4:30pm, although some areas may be closed to keep everyone safe. Pre-booking no longer required.
For the latest information see: <https://www.nationaltrust.org.uk/cotehele>

Cotehele’s Dog Walking
With lots of paths through the woodland, countryside and around the quay, there are lots of walks you can take your dog on. There are 4 dog waste bins on the estate. Download the Guide: Cotehele with your Dog: <https://nt.global.ssl.fastly.net/cotehele/documents/a-dog-walkers-guide-to-cotehele.pdf>
Cotehele Quay
Visit the historic Cotehele Quay on the banks of the River Tamar where goods were once shipped to and from Plymouth. Built in Plymouth in 1899, you can also see ‘Shamrock’, the only fully-restored Victorian ketch-rigged sailing barge in the world. Parking: The pay and display car park on the quay is open from dawn to dusk. National Trust members can park for free by

scanning their membership card at the parking machine.

Summer Family Fun at Cotehele

Get Set, Go! **Date: From Fri 23 July 2021 during school holidays**Pick up your ‘Get Set, Go’ activity card full of lots of amazing challenges to try out in the gardens including traditional lawn games, scavenger hunts and track races. Also take the trail map out on the estate where you can take part in a game of nature bingo and brilliant butterflies. Take your card home to continue your adventures all summer!

Archery **Date: Every Wed from 28 July 2021 during school holidays, 11am-4pm**Put your bowmanship skills to the test with a game of soft archery in the Mother Orchard.

**More Information:** Admin Office 01579 351346 press 0
Email: cotehele@nationaltrust.org.uk

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

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

For more National Trust events and places to see, visit the website at: <https://www.nationaltrust.org.uk/>

Crownhill Fort

Open Day
Saturday 24 July 2021, 11am-3pm

Tickets: £5 Adults / £3 Child / Onsite Parking £4 first come, first served

Book online at:
<https://www.devonmuseums.net/Crownhill-Fort/E-Commerce/>

Crownhill Fort is the best preserved of Plymouth’s Victorian Defences. Owned and managed by The Landmark Trust since 1987. Join us for our open day where 12 acres of grounds will be open and also the museums with exhibits from the late 19th and 20th centuries.

There will be timed events throughout the day (time’s tbc):

* A guided walk around the NE rampart.
* Firing of a 2 inch field gun on the Parade Ground.
* A display of small arms from 1860 to 1950. For £5, visitors can fire a Martini Henry rifle at the end of the demonstration.
* The newly refurbished Detention Room will be open.
* Event will close with the firing of a 32 pounder cannon.
* Catering provided by Crème de la Crème: <https://www.cdlcc.co.uk/>

 Visit the Crownhill Fort website at: <https://www.landmarktrust.org.uk/crownhill-fort/>

Green Minds: July–August 2021

Join us for free community events & wildlife volunteering - everyone welcome.

Get involved at Central Park!

From wildlife monitoring to using technology to reveal nature in the park, there are many ways for everyone to get involved at Central Park!

To find the meeting locations for each event visit:

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

July

Wednesday 14th July, 9:30am – 1:30pm:

Take Action for Wildlife – Butterfly Survey at Central Park

Join Devon Biodiversity Records Centre (DBRC) to look for the rare

White-letter hairstreak butterfly, learn how to identify and survey butterfly species and find out how you can help these insects at home. Booking essential.

Saturday 24 July, 10am – 2pm: Love Parks Week Celebration!

Drop-in and get stuck in with free family fun activities in the woods, explore the trails through the park, discover how you can help wildlife at home and find out about the University of Plymouth's Living Nature Lab!

To book events, visit: <https://greenmindsplymouth.com/events>

Coming Soon

Keep an eye out for more events coming soon and exciting updates including:

* What is being revealed in our Living Nature Lab? Look out for our signs in Central Park to get involved and find out more at: [www.greenmindsplymouth.com/projects/living-lab](http://www.greenmindsplymouth.com/projects/living-lab)
* We’re working with Argyle Community Trust and Funky Llama at Theatre Royal Plymouth, to help deliver a green social prescribing project. See if you can spot us in Central Park over the summer. Find out more at: [www.argylecommunitytrust.co.uk/green-social-prescribing/](http://www.argylecommunitytrust.co.uk/green-social-prescribing/)

To find out more about Green Minds events at Central Park, email us at: wildlife@plymouth.gov.uk or message us on Facebook @NaturePlymouth

Get involved at Derriford Community Park!
*Poole Farm*

Volunteering
get stuck in with practical conservation, gardening, citizen science, animal activities and more at Pool Farm in the heart of Derriford Community Park!

Would you like to join the volunteer team?
Visit the Poole Farm website to find out more:
[www.plymouth.gov.uk/poolefarm/volunteeringpoolefarm](http://www.plymouth.gov.uk/poolefarm/volunteeringpoolefarm)

If you’re looking to volunteer as a group or have a team away day, please email the Poole Farm team at derrifordcp@plymouth.gov.uk with your enquiry.

Family Events

Booking essential – go to <https://greenmindsplymouth.com/events> to find out how to book your place on our summer holiday events running 11am-2pm.

* Thursday 29th July
* Thursday’s 12th, 19th & 26th August
* Thursday 2nd September

Our friends at Flint & Steel also run chargeable forest school sessions at Poole Farm during the school holidays. To find out more, visit:

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

Wildlife

Friday 6th August, 11am-9pm: Plymouth Festival of Nature
Join us for a fun filled day of nature activities, surveying, crafts and wildlife walks. Booking essential – book your place at: <http://tinyurl.com/s8eumkyy>

Saturday 21st August, 8:30am-11pm: Take Action for Wildlife Moth Survey
Join Devon Biodiversity Records Centre (DBRC) and Devon Moth Group to explore the amazing world of moths! Booking essential – book at: <https://greenmindsplymouth.com/events>

To discover more ways to get involved at Poole Farm, visit: [www.plymouth.gov.uk/poolefarm](http://www.plymouth.gov.uk/poolefarm)

For enquiries, email: derrifordcp@plymouth.gov.uk or call the Poole Farm team on 07500 075719.

Plymouth’s Festival of Nature

Join us at Poole Farm on Friday 6th August, 11am-9pm for a fun filled day of nature themed activities, surveying, arts and crafts, and expert-lead wildlife walks.

Book your FREE timed entry tickets at: <http://tinyurl.com/s8eumkyy>

Fit and Fed Programme Holiday ClubsPlymouth City Council’s Sports Development Unit have received funding from the Department for Education to deliver a city-wide holiday activity and food programme over the Summer holidays to support families with children who receive free school meals.

The Department for Education have also given permission for 15% of the summer funding to provide free or subsidised holiday club places for children who are not in receipt of benefit-related free school meals, but who are considered in need of this provision. Therefore, Plymouth Sports Development team would like to confirm that the following children may attend the Fit and Fed Programme holiday clubs for free:

* children who receive free school meals
* children with Education, Health and Care Plans (EHCP)
* looked after children (in the care of the local authority)
* and young carers.

There are over 70 free clubs taking place across the city at different times and for different age groups where children can experience a wide range of amazing activities including sports, dance, arts and crafts, forest skills and much more.

Fit and Fed is also going “on tour”, so will be at various parks across the city on Tuesday’s and Thursday from 10am—2pm offering the whole family a range of free and fun-filled activities such as bouncy castles, mini golf, junk modelling and more.

For more details visit: <https://www.plymouth.gov.uk/sportandleisure/fitandfed>

Download the Fit and Fed summer activities brochure at:
<https://www.plymouth.gov.uk/sites/default/files/Fit_and_Fed_brochure_0.pdf>

Walking – Explore the Trails

Moor Otters Trail

Be an Otter Spotter this Summer! 81 Moor Otters have been released on different trails in Plymouth, Dartmoor and gateway towns and villages. The stunning sculptures of otters with cubs, have been designed by local and national artists.

Start planning your adventures on the Trail Map at:
<https://www.dartmoor.gov.uk/enjoy-dartmoor/moor-otters/moor-otters-trails>

Join our Moor Otters Arts Trail Facebook group at:
<https://www.facebook.com/groups/moorotters>

Follow us on Twitter for updates at:
<https://twitter.com/moorotters>

Interactive Plymouth Trails App

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

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

Download the app on Android at:
<https://play.google.com/store/apps/details?id=uk.co.audiotrails.plymouth&hl=en_IN>
Download the app on iOS at: <https://apps.apple.com/app/id1491032156>

Ham Woods Nature Trail

Explore the Friends of Ham Woods nature trail. There are 15 wooden discs to find across the woods hidden in the trees, each with a different animal depicted on it.

See the Friends of Ham Woods Facebook public group at: <https://www.facebook.com/groups/hamwoods>

Theatre

Theatre Royal Plymouth

That’ll be the Day!
Date: Sun 25 Jul 2021, 7pm

**Venue:** The Lyric (Socially Distanced)

**Age:** Suitable 12+

**Tickets:** From £20-£31

**Running Time:** 2 hours 55 mins

This very special edition of the show presents the most popularly requested songs, impressions and comic sketches from over 33 years of touring!

Featuring smash hits from the 50s, 60s, 70s & 80s this is an evening of brilliant entertainment that guarantees to have you on your feet and dancing in the aisles before the night is over!

Book at: <https://theatreroyal.com/whats-on/thatll-be-the-day/>

Six
Date: Wed 28 Jul – Sun 1 Aug 2021, 4pm, 6pm & 8:30pm **Venue:** The Lyric (Socially Distanced)

**Age:** Suitable 10+

**Tickets:** From £18.50-£45

**Running Time:** 1 hour 20 mins (approx)

Nominated for 5 Olivier Awards including Best New Musical, the sell-out West End smash hit is the phenomenon everyone is losing their head over!

From Tudor queens to pop princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing 500 years of historical heartbreak into a celebration of 21st century girl power!

Book at: <https://theatreroyal.com/whats-on/six/>

Grease The Musical
Date: Tue 3 – Sat 7 Aug 2021 **Venue:** The Lyric (Socially Distanced)

**Age:**  Suitable 12+
**Tickets:** From £18

The world’s best loved musical is back… grittier and more glamorous than ever before! Bursting with hits including *Summer Nights, Greased Lightnin’, Hopelessly Devoted to You* and *You’re the One That I Want*, this thrilling new version is brought to life by a fresh young cast who bring energy, vitality and passion to this ultimate musical classic. Starring **Peter Andre** as *Teen Angel* and *Vince Fontaine*.

Book at: <https://theatreroyal.com/whats-on/grease/>

Ghost the Musical
Date: Tue 17 – Sat 21 Aug 2021 **Venue:** The Lyric
**Age:** Suitable 12+
**Tickets:** From £18-£48

Walking back to their apartment late one night, a tragic encounter sees Sam murdered and his beloved girlfriend Molly alone, in despair and utterly lost. But with the help of a phony storefront psychic, Sam, trapped between this world and the next, tries to communicate with Molly in the hope of saving her from grave danger.

This international smash hit returns to the stage, featuring The Righteous Brothers’ Unchained Melody alongside many more terrific songs co-written by Eurythmics’ Dave Stewart.
Book at: <https://theatreroyal.com/whats-on/ghost-the-musical/>

Find out what’s on at the Theatre Royal Plymouth: <https://www.theatreroyal.com/whats-on/list>Call the Box Office on: 01752 267222

Stilkskin at the Soapbox Children’s TheatreOn the corner of Milne Place and Exmouth Road,
Devonport Park, Plymouth PL1 4RD

The Three Little Pigs – Outdoor Theatre **Various: Sat 24 Jul – Sat 7 Aug 2021, 11am/1:30pm
Price: Price: £12 / £13 / £14 / Under 1yrs FREE**With A HUFF and A PUFF.... Join the three little pigs on the adventure of their lives, hotly pursued by the Big Bad Wolf after a bacon butty… Packed full of thrills, spills and lots of audience participation, Stilkskin’s summer show is sure to be a great hit!

Summer Holiday Workshops

* Summer Holiday Circus Camp (8-12 years)
Mon 9, Tues 10 and Fri 27 Aug 2021, 10am-3pm
Price: FREE for Child in receipt of free school meals / Child (Standard) £69

Join us at The Soapbox for a day of circus fun with Elfic The Jester. The children will work together to devise a small circus show for friends and family. A great way to make new friends, build confidence and learn new skills.
* Summer Holiday Theatre Camp (8-12 years)Mon 16 – Wed 18 Aug, Mon 23 – Wed 25 Aug
& Tue 31 Aug – Thur 3 Sep 2021, 10am-3pm

Price: FREE for Child in receipt of free school meals / Child (Standard) £69

Join us at The Soapbox for three days of theatre fun. The children will work together to devise a show to be performed to friends and family. A great way to make new friends and build confidence.

Book at The Soapbox Children’s Theatre Box Office: <https://stiltskin.org.uk/soapbox-childrens-theatre-devonport-box-office/>

Barbican TheatreOpportunities for young people at the Barbican Theatre... register your interest in joining ReBels at ReBels Training: <https://barbicantheatre.co.uk/rebels-training/#ReBelsRegister>

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

ReBels Summer 2021 Programme

* **ReBels ages 12-15** (theatre, dance, music, writing, film and more...)
<https://barbicantheatre.co.uk/rebels-training/rebels12-15s/>
* **ReBels ages 15-25** (theatre, dance, music, writing, film and more...)
<https://barbicantheatre.co.uk/rebels-training/rebels15-25/>
* **ReBels Music ages 15-25** (opportunities to explore all lines of work in the music industry).
<https://barbicantheatre.co.uk/rebels-music/>
* **Masterclasses ages 15-25** (theatre, dance, technical, producing, finance and more...)
<https://barbicantheatre.co.uk/rebels-training/rebelsmasterclasses/>
* **ReBels Techniques Workshops ages 15-25** (Thursday’s in acting and dance)
<https://barbicantheatre.co.uk/whats-on/acting-technique-classes-online/>
* **Digital ReBels Online Classes ages 15-25** (Weekly via Zoom)
<https://barbicantheatre.co.uk/rebels-training/digital-rebels-weekly-online-talent-development-classes/>

ReBels BHive
This is an online group to develop online content like podcasts, films and
live-streaming. So if you’re not ready for face-to-face yet, you can still be part of the ReBels B-Hive: <https://barbicantheatre.co.uk/artists/b-hive/>

Follow the Barbican Theatre Facebook page at: <https://www.facebook.com/BarbicanTheatrePlymouth/>

Visit the Barbican Theatre website at: <https://barbicantheatre.co.uk/>

Sport Activities

Devon FA - Disability Football in Plymouth

**Pan Disability Football**

* Across the County, the Devon Ability Counts League offers competitive and participation opportunities for youth and adults players with physical and learning disabilities
* Within Plymouth there are opportunities to join local disability Football teams and sessions within the area including Plymouth Argyle Youth, Keyham Kolts Active Autism, Plymouth Warriors, Club Plymouth FC and Special Olympics Plymouth Football sessions (see over leaf)

Power Chair Football

* Ocean City Power Chair Football originated in the city in 2013 and has participated in Wheelchair and Power Chair Football Festivals across Devon. The club is currently part of the South West Powerchair Football League.
* The club train on a monthly basis in Plymouth. If you’re a wheelchair user and would like further information, please contact Jenny Brooks to sign up and for further details: 07581 363366 / oceancitypfc@outlook.com

Youth Pan Disability Football

* Barne Barton Rangers Junior FC Disability Football sessions at Riverside Primary School.
* If you would like to attend a Football session please contact
Michelle (Head Coach) by phone 07841 020162 / seachelle73@sky.com

| **Team / Session** | Age | Day | Venue | Contact |
| --- | --- | --- | --- | --- |
| Keyham KoltsAutism Active | Youth (5-16 yrs) | Tues6pm –7pm | Devonport High School, Plymouth PL2 3DL | Sarah Brooks: 07827 336086taffytilder@yahoo.co.uk  |
| Plymouth Argyle Ability Counts | Adult (16+)Male & Female | Wed7.30pm –8.30pm | Manadon Sports & Community Hub, St. Peter’s Road, Plymouth PL5 3DR | Alice Young:07519 773640Alice.Young@pafc.co.uk  |
| Plymouth Argyle Ability Counts | Youth (5-16 years) | Tuesday5.30pm–6.30pm | Goals Soccer Centre, Outland Rd, Plymouth PL2 3DE | Alice Young:07519 773640Alice.Young@pafc.co.uk |
| Special Olympics Plymouth Football | Adults(16+) | Sun10am–12pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Male & Female teamsRalph Stubbs07469 195006 |
| Tavistock Specials Football Club | Adults & Youth | Fri7.30pm– 8.30pm | Tavistock AFC, Crowndale, Tavistock PL198BY | Allen Lewis07749 798808 |
| Club Plymouth Parkway FC | Adults (16+) | Fri7.30pm– 8.30pm | Lipson Community College, Bernice Terrace, Lipson, Plymouth PL4 7PG | Graham Eyles07805 403301eyles19@hotmail.com  |
| Ocean City Powerchair Football Club | Adults & Children | Sat | Plympton Academy, Moorland Rd, Plympton PL7 2RS | Jenny Brooks07581 363366oceancitypfc@outlook.com  |
| Plymouth Warriors | Adults (16+) | Thurs7-8pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs07772 336694lukechilds.pwfc@yahoo.com  |
| Plymouth Warriors | Youth(8-16 years) | Thursday 6-7pmSunday11am – 12pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs07772 336694lukechilds.pwfc@yahoo.com |

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 / 07912089838 / Email: ashley.harris@devonfa.com

Argyle Community Trust

Soccer Roadshows

Argyle are running a number of holiday football roadshows across Devon and Cornwall over the summer holidays including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 9:30am—3:30pm (except Mini Pilgrims from 9:30am—12:30pm).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Venues** | **Date** | **Cost** | **Theme** | **No.** |
| Manadon Sports & Community Hub | 26 July, 2, 9, 16, 23, & 30 Aug 2021 | £18 | Argyle Football Roadshow | P1 |
| Manadon Sports & Community Hub | 27 July, 3, 10, 17, 24 & 31 Aug 2021 | £18 | Strikers & Goalkeepers | P2 |
| Newton Ferrers Primary School | 27 July, 10 & 24 Aug 2021 | £18 | Football Roadshow | P3 |
| Manadon Sports & Community Hub | 27 July, 4, 11, 18 & 25 Aug, 1 Sep 2021 | £18 | Multi-sports Day | P4 |
| Manadon Sports & Community Hub | 28 July, 4, 11, 18 & 25 Aug, 1 Sep 2021 | £5 | Mini Kickers (10am-11am) | P5 |
| Newton Ferrers Primary School | 28 July, 11 & 25 Aug 2021 | £18 | Multi-sports Day | P5 |
| Manadon Sports & Community Hub | 29 July, 12 & 26 Aug 2021 | £10 | LTPD Intense Day | P6 |
| Manadon Sports & Community Hub | 30 July, 6, 13, 20 & 27 Aug, 3 Sep 2021 | £18 | Argyle Football Roadshow | P7 |
| Manadon Sports & Community Hub | 30 July, 6, 13, 20 & 27 Aug, 3 Sep 2021 | £18 | Argyle Girls Only Roadshow | P8 |
| Plympton Academy | 30 July, 13 & 27 Aug 2021 | £18 | Strikers & Goalkeeper | P9 |
| Wembury Primary | 3, 17 & 31 Aug 2021 | £18 | Argyle Football Roadshow | P10 |
| Wembury Primary | 4 & 18 Aug, 1 Sep 2021 | £18 | Multi-sports Day | P11 |
| Ivybridge CC | 6 & 20 Aug, 3 Sep 2021 | £18 | Strikers & Goalkeepers | P12 |
| Ivybridge CC | 6 & 20 Aug, 3 Sep 2021 | £18 | Girls Only Roadshow | P13 |

Disability Soccer Roadshows

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Venues** | **Date** | **Cost** | **Time** | **Theme** | **No.** |
| Manadon Sports & Community Hub | 27 Jul, 3, 10, 17 & 24 Aug 2021 | £18 | 10am-1pm | Short Breaks | D1 |
| Manadon Sports & Community Hub | 29 July, 5, 12, 19 & 26 Aug 2021 | £16 | 10am-3pm | Disability Roadshow | D2 |
| Manadon Sports & Community Hub | 31 Aug 2021 | FREE | 10am-1pm | Disability Kicks Roadshow | D3 |

Argyle Community Trust are also running the following disability soccer roadshows:

* **Short Breaks**—Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and Educational Health and Care Plan (EHCP). 10am-3pm
* **Disability Roadshow**—A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition.

All bookings and payments must be made online. To book any of these activities, including Short Breaks or Disability Roadshows please book via: [Roadshows in Plymouth](https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/).

For further information please contact: stewart.walbridge@pafc.co.uk

Junior Ability Counts **Monday’s, 5pm-6pm at Manadon Sport Hub**Football for young people with a disability. Play and train in an inclusive and fun environment for children aged 5-16 (term time only). Open to all abilities. £4 per session. Taster session FREE.

Adult Ability Counts – Men and Women’s Teams **Wednesday’s, 7:30pm-9pm at Manadon Sports Hub**Sessions for those age 16+ with a disability whether physical, learning or mental. Fun and friendly for all needs and abilities. No need to book, just turn up and play. £3 per session. Taster session FREE.

For more information about Junior Ability Counts or Adult Ability Counts contact alice.young@pafc.co.uk or call 01752 562561 (option 4)

Fit and Fed
Argyle Community Trust is working in partnership with Plymouth City Council again over the summer holidays to deliver the Fit and Fed project.

The event is free to children who are eligible for free school meals or pupil premium, children with Education, Health and Care Plans (EHCP), looked after children (in the care of the local authority) or young carers. It gives young people the opportunity to get active and make new friends. Participants will also be provided with a healthy lunch to help fuel the day which includes dodgeball, archery, football and much more!

The project is running from Monday 2nd August until Friday 27th August and is being delivered at Sir John Hunt, Lipson Vale Primary, Laira Green Primary and Weston Mill Primary schools and the Trusts’ very own Manadon Sports & Community Hub and Central Park Hub near Home Park Stadium.

Spaces are limited and will be offered on a first-come, first-served basis. If your child is eligible and you would like to book them on the course for free please visit:
<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/>

Hunter District Football Club

Due to an overwhelming response from families, it gives Hunter District FC great pleasure to be able to commence disability football training from Friday 16th July 2021 at Coombe Dean School 6-7pm, for ages 7-11 years to begin with.

Training will be held with Ross Hart, a Football Association level 1 qualified disability football coach in addition to his role of the Hunter District FC Welfare and Safety Officer. Alongside the Coach, we aim to have at least one qualified S.E.N Teaching Assistant supporting parents and children at every training session.

Team players will also have the option to participate in monthly mini tournaments commencing from September, for those who wish to.

Hunter District FC looks forward to welcoming children and their families and encouraging them to develop through football.

For further information or to register for a space for your child, please contact Ross Hart via Telephone number 07795 198899, alternatively email direct to mwelfare.hdfc@gmail.com

Win, Lose, Draw……Learn!!!

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

Sessions take place at Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF on Sunday’s from 9:30am-10:30am (resuming Sunday 8th August 2021) and are FREE until September.

During the summer holidays there will also be additional training sessions on Wednesday’s 4th, 11th, 25th August and 1st September 2021 and Thursday 19th August 2021 from 9:30am-10:30am.

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

Park Tennis Plymouth
Looking to play tennis? Plymouth City Council have ‘Pay and Play’ tennis courts at Central Park and West Hoe.

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

There are two ways to access the courts:

* Annual Tennis Pass—For a one off charge of £35 per household (£25 concessions) you can play for as many times as you like in a year.
* Pay and Play—If you only want to play occasionally, you can register and pay just £5 per hour.

Stay up to date and book at:
<https://www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/sportandleisurecentralpark/parktennisplymouth>

Email: Parktennis@plymouth.gov.uk

Other places to play:

* Devonport Park—3 courts, free, turn up and play
policy.
* Tothill Park—1 court open daily
* Harewood House, Plympton—Courts bookable via
Plympton Tennis Club at: <https://clubspark.lta.org.uk/PlymptonTennisClub>

Tennis for FREE at Central Park
Every Saturday from 17 July 2021, 5pm-6pm
Tennis for free sessions are for players aged 12 years and over only (due to COVID-19 guidelines). Join us for some fun, active tennis drills every Saturday from July to November.

Please bring your racket and book your place online in advance at:
<https://clubspark.lta.org.uk/CentralParkTennis/Coaching>

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

YMCA Inclusive ActivitiesInclusive activities are offered at YMCA Plymouth Centres in Honicknowle and Torpoint during term-term. For details about the sessions and suitability, or to discuss a young person’s needs, please contact us on 01752 201918 (weekday’s 8:30am-9:00pm or Saturday’s 9:30am-5:00pm). Alternatively complete the online form at: <https://www.ymcaplymouth.org.uk/contact/>

| **Activity** | **Activity Details** | **Cost / Time / Age** |
| --- | --- | --- |
| Fun Days @ YMCA Plymouth | Inclusive activities are Fun Days for the whole family geared towards those with additional needs. Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more!  | Cost: FREETime: 11am-12:30pmSubject to availability - Please contact usAge: All ages |
| Fun Days @ YMCA Torpoint | Fun Days at Torpoint are for the whole family and geared towards those with additional needs. Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihock, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks). | Cost: £3 per sessionWhen: Every other Saturday, 10:30am-12pmAge: All ages |
| YMCA Specials | This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics. | Cost: £3 per sessionFirst session FREE!Time: Wednesday4:45pm-5:45pmTerm-time onlyAges: 5-16 |
| Special Olympics‘The Specials Club’ | A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more!Find out more at: [www.sopd.org.uk](http://www.sopd.org.uk/) | Cost: £3 per sessionFirst session FREE!Time: Wednesday, 6pm-8pmAge: 16+ |
| Fun Bounce | Trampoline based sessions for children and young people with mobility related disabilities and other additional needs. Sessions help improve strength and mobility while being supported by a qualified instructor. | Cost: £3 per sessionTime: Thursday, 4:30pm-5:30pmAge: 5-18 |
| Trampolining | A more advanced and structured version of the Fun Bounce sessions. Sessions are for young people who want to progress and develop their trampolining ability. | Cost: £3 per sessionTime: Thursday, 5:30pm-6:30pmAge: 8-18 |
| Indoor Climbing | Inclusive climbing sessions aiming to make climbing available to people with a wide range of ability delivered by qualified instructors using specialised equipment. | Cost: £3 per sessionTime: Tuesday, 5pm-6pmAge: 8-18 |

YMCA Holiday Clubs

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

Holiday club is for children aged 8-16 years and includes all kinds of activities including: arts and crafts, street surfing (in the sports hall), climbing, team games, competitions and trips to Crealy, Woodlands and Quaywest!

The next club is from Monday 26th July to Friday 3rd September 2021.

Multi-activity day sessions start from just £15 per day (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-8:30pm) sessions also available for £3 each.

**Free Spaces Funded through ‘Fit and Fed’**
We can offer free holiday club spaces for children that are on free school meals, as part of Plymouth City Council’s ‘Fit & Fed’ programme. Spaces are ‘first come, first serve’ and subject to availability.

For more information and to book, visit: <https://www.ymcaplymouth.org.uk/holidayclub/>

EXIM Dance

EXIM Improving Lives Through Dance.

Young People’s Timetable
Participation is Free

Monday

* Primary Dance, 5-10 years, 4:30pm-5.15pm,
Oxford House Creative Hub, Stonehouse.
* Making Waves, 13-18 years, 5:30pm-6:30pm,
Oxford House Creative Hub, Stonehouse.
* Communities Together (Stonehouse), 11-16 years, 5:30pm-6:30pm, Oxford House Creative Hub, Stonehouse.

Tuesday

* Time for you Tuesday, 12pm, Posted on all Social Media Platforms.
* Communities Together (North Prospect), 11-16 years, 6:00pm-7:00pm
Beacon Hub, North Prospect.

Wednesday

* Mid-Week Reflection – 5 minute creative mindfulness tasks posted across our social media.
* Communities Together (Ernesettle), 11-16 years, 6:00pm-7:00pm,
St Aiden’s Church, Ernesettle.

Thursday

* Social Hour, 11-18 years (up to 25 with disabilities) separated into appropriate age groups. 4:30pm-5:30pm.
Oxford House Creative Hub.
* Positivity Pack, Emailed/posted once a month to all our participants. 5:00pm.

Friday

* Friday Flow, 12:00-12:15pm, Live on Instagram.
* Adapt, 12 up to 25 with disabilities, Oxford House Creative Hub.

For more details please contact us!

Email: classes@eximdance.org.uk
Tel: 07864 168663

Movement for All
Friday’s, 10:30am-11:15am. FREE. Plymouth Life Centre, PL2 3DF.

Sessions will re-commence from Friday 10th September 2021.

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

To express interest or for more information email: chloe@eximdance.org.uk

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

WHEN: Thursday’s 6:30pm - 7:30pm & Friday’s 11am - 12pm.

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

Contact: laura@eximdance.org.uk

Tel: 07864168663

Far Flung Dance

She Can Move **Wednesday’s, 14 July – 11 August 2021, 11:15am-12:30pm, Live on Zoom**
FREE inclusive dance training for adults who identify as female and who identify as Disabled, D/deaf, Neurodivergent. We also welcome all female adults who feel they would benefit from an accessible approach. Contact farflung@gmail.com

Flung Further **Friday’s, 9am-10am, Live on Zoom**
Free inclusive dance session for adults who identify as female. For mature movers and those who like to move creatively and at your own pace. To book your place contact farflungsarah@gmail.com

Steering Group **Every last Friday of the Month, 12-1pm**
Join our monthly online steering groups. This group is perfect for any adult who has a passion for equality in the arts.

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

To express an interest on joining us or for further information, please send an email to: Clair Sargeant farflungdt@gmail.com

Gym Bubbas
Gymnastic classes for age 4 months to 10 years olds… including Saturday classes from 4-5pm for those with special educational needs and disabilities. See: <https://www.gymbubbas.co.uk/additional-needs/>

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.

Website: <https://www.gymbubbas.co.uk>

Facebook: <https://www.facebook.com/pg/GymBubbas/>

You Tube:
<https://www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew>

Super Tramp Plymouth - SEND & Support Sessions

SEND Session
Thursday’s, 4:20-5:20pm
For bouncers with additional needs and their carers.

Support Session
Sunday’s, 5:30-6.30pm

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

What does each SEND and Support Session include?

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

How much are they?
Our SEND Session and Support Session are £8, this includes admission for 1 jumper and 1 accompanying adult/carer.

Everyone will need to purchase a pair of our grip socks if you don’t already own a pair. They’re £2 a pair and are yours to keep.

Book online at: <https://www.supertrampparks.co.uk/plymouth>

Plymotion – 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.

Mount Batten Watersports & Activities CentreFit and FedPlymouth City Council Sports Development unit have secured funding from the Department of Education to deliver a ‘Fit and Fed’ programme in 2021.

As part of the ‘Fit and Fed’ programme, activities at the Mount Batten Centre are available for children age 8+ and 11+ for kayaking, and Stand-Up Paddleboarding. Booking is limited to a maximum of FIVE activities per young person.

For more information and to book see:
<https://www.mount-batten-centre.com/fit-and-fed-2021/> School Holiday Sessions for Primary (age 8-11)A selection of new half day adventures are now available for 8-11 year olds.

For more information and to book see:
<https://www.mount-batten-centre.com/young-people/school-holiday-primary-school-ages/>

Bellboat Half Day Adventure- £29.50 per person or £55 for two people from the same household or support bubble.

Monday 2nd August: 13:00 - 16:00

Tuesday 17th August: 13:00 - 16:00

Wednesday 25th August: 09:00 - 12:00

Friday 27th August: 09:00 - 12:00

Thursday 2nd September: 09:00 - 12:00Archery & Orienteering Half Day Adventure- £29.50 per person or £55 for two people from the same household or support bubble.

Wednesday 4th August: 09:00 - 12:00

Wednesday 18th August: 09:00 - 12:00

Monday 23rd August: 09:00 - 12:00

Wednesday 25th August: 13:00 - 16:00

Tuesday 31st August: 09:00 - 12:00

Climbing & Seashore Explore Day Adventure - £29.50 per person or £55 for two people from the same household or support bubble.

Friday 6th August: 09:00 - 12:00
Thursday 19th August: 09:00 - 12:00
Monday 23rd August: 13:00 - 16:00

School Holiday Sessions for Secondary (age 11-15)A range of new half-day adventures and courses for those aged 11+.

For more information and to book sessions for secondary (age 11-15) see:
<https://www.mount-batten-centre.com/young-people/school-holiday-secondary-school-ages/>

Kayak Half Day Adventure - £29.50 per person or £55 for two people from the same household or support bubble.

Tuesday 3rd August: 09:00 - 12:00

Thursday 5th August: 09:00 - 12:00

Monday 16th August: 13:00 - 16:00

Friday 20th August: 09:00 - 12:00

Tuesday 24th August: 13:00 - 16:00

Thursday 26th August: 13:00 - 16:00

Monday 30th August: 09:00 - 12:00

Wed 1st September: 09:00 - 12:00

Friday 3rd September: 09:00 - 12:00

Stand-Up Paddleboarding Half Day Adventure - £29.50 per person or £55 for two people from the same household or support bubble.

Tuesday 3rd August: 13:00 - 16:00

Thursday 5th August: 13:00 - 16:00

Monday 16th August: 09:00 - 12:00

Wednesday 18th August: 13:00 - 16:00

Friday 20th August: 13:00 - 16:00

Tuesday 24th August: 09:00 - 12:00

Thursday 26th August: 09:00 - 12:00

Monday 30th August: 13:00 - 16:00

Wed 1st September: 13:00 - 16:00

Friday 3rd September: 13:00 - 16:00

Royal Yachting Association Stage 1 and 2 Course - £559 per pair with a sibling or another person from a support or educational bubble.

(5 day course) – Course times: 09:00 – 16:30 each day

Monday 2nd—Friday 6 August
Monday 16th—Friday 20 August
Monday 23rd—Friday 27th August
Monday 30 August—Friday 3 September

Volunteering Opportunities

William Sutton Hubs Plymouth

Are you interested in doing some volunteering? Would you like to gain new skills and experience? Do you have some spare time, either regularly or occasionally? Would you like to meet people and develop your confidence?

If the answer is ‘yes’ to any of the above, then we would love to hear from you!

We have a variety of volunteering opportunities available, including:

* Helping in our community Cafes
* IT support volunteers
* Community garden steering group and gardening volunteers
* Administration support
* Craft group support
* Handy persons
* Marketing, Social Media, events and distribution support
* and more!

You will receive full training and support for all roles and you will be joining the Hubs at an exciting time when there are lots of new things starting up.

To find out more or to register your interest, please contact our Volunteer Coordinator Penny Logsdail on 07851 645584 or email plogsdail@colebrooksw.org

We look forward to hearing from you!

Livewell South West

Health for Kids

A fun and interactive resource for learning about health with games, activities and quizzes. As well we enjoying the content with your child, you can get advice on supporting their health and wellbeing.

Text a school nurse for confidential advice and support on: 07480 635189
Visit: <https://www.healthforkids.co.uk>

Follow us on Facebook at: <https://www.facebook.com/livewellsouthwest/> or Twitter at: <https://www.twitter.com/livewellsw>

Health for Teens

Get help with all kinds of things like healthy eating, relationships, smoking, emotional health, bullying, self-harm, alcohol and drugs, anxiety, sleep and puberty. See videos find health information, take quizzes and find out the truth behind the rumours.

Text a school nurse for confidential health advice and support on: 07480 635198
Visit: <https://www.healthforteens.co.uk>

Chat Health

A Health Visiting and School Nursing text service. Parents, carers and young people, if you’d like some health advice or support, but are a bit worried about seeing or talking to a professional our Chat Health is perfect for you! Simply text one of the numbers below and one of our team with text you back.
0-5 Parents Service: 07480 35188
5-19 years Parents Service: 0748035189

11-19 years Young People’s Service: 07480 635198

Emotional Wellbeing and Mental Health

Key services for children and young people and families to contact in Plymouth.

CAMHS

For children and young people under the age of 18 / Parents / Carers.

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

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

24 hours a day, every day including over the weekend.

Helpline Contact: 01752 435122

Kooth

For secondary school age young people.

Free, safe and anonymous online support for young people. This service provides web based information and advice along with chat based conversations and forums.

Monday to Friday, 12pm – 10pm

Saturday to Sunday, 6pm – 10pm.

Visit: <https://www.kooth.com/index.php>

Young Devon

For secondary school age young people.

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

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

* Wellbeing – confidential and safe conversation with one of our Team to share any concerns you may have and consider further support.
* Counselling – receive counselling support.
* Wellbeing café – where a group can share issues, concerns and develop coping skills / strategies helped by one of our Team.

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

Email: wellbeingenquiries@youngdevon.org

Visit website at: <https://www.youngdevon.org>

Other key websites:

Plymouth Online Directory (POD), includes SEND local offer.
Visit: <https://www.plymouthonlinedirectory.com>

Progeny is a whole school based approach to supporting emotional health and wellbeing across school communities by working with schools and key partners.
Visit: <https://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny>

Plymouth Barnardo’s Children Centres

Summer Timetable 2021

Groups bookable through Children’s Centres unless otherwise stated.

Monday

* Baby Group – non mobile babies, Nomany, 10-11am, 2nd, 9th, 16th, & 23rd August.
* Latch On, Rees Well-being Hub, 1-2.30pm, Weekly (except 30th August).
* Messy Play, Plymstock, 2nd August, 10.30-11.30am.
* Bank Holiday Monday 30th August.

Tuesday

* Baby Group – non mobile babies, Whitleigh, 10-11am, 3rd, 10th, 17th, 24th & 31st August.
* Big Soft Play, Rees Well-being Hub, 10th August, 9.30-10.30am - Under 1's, 11am-12pm & 2-3pm – Toddlers.
* Step by Step, Nomony, 9.45-10.30am & 11-11.45am, 3rd, 10th, 17th, 24th & 31st August.
* Messy Play, Whitleigh, 1.30-2.30pm, 31st August.
* Woodlands Adventures, 17th August, Southway Woods, 11am-1pm, no need to book.

Wednesday

* Latch On, Plymstock, 10-11.30am, 27th July, 4th, 11th, 18th, 25th August & 1st September.
* Big Soft Play, Rees Well-being Hub, 11th August, 9.30-10.30am – Under 1’s, 11am-12pm & 2-3pm – Toddlers.
* Step by Step, St Chads, 9.30-10.30am & 11am-12pm, DELL, 0.1.45pm & 2.15-3pm, 4th, 11th, 18th, 25 August & 1st September.
* Woodlands Adventures, 11th August, Efford Valley, 11am-1pm & 25th August, Plympton Castle Green, 11am-1pm, no need to book.

Thursday

* Big Soft Play, Rees Well-being Hub, 12th August, 9.30-10.30am - Under 1's, 11am-12pm & 2-3pm – Toddlers.
* Messy Play, The Barn, 12th August, 1.30-2.30pm & High View, 19th August, 1.30-2.30pm.
* Multicultural Group Onward House, 9.30-11am, 5th, 12th, 19th, 26th August & 2nd September.
* Service Families Picnic, Plymstock Children’s Centre, 26th August, 11.30am-1pm.
* Woodlands Adventures, 5th August, Kinterbury Creek, 11am-1pm & 2nd September, Radford Woods Fairy Trail, 11am-1pm, no need to book.

Friday

* Latch On, Fourwoods, 10-11.30am, 6th, 13th, 20th, 27th August & 3rd September.
* SEND – Big Soft Play, Rees Well-being Hub, 9.30-10.30am & 11am-12pm, 13th August.
* Step by Step, The Barn, 9.15-10am & 10.30-11.15am, 6th, 13th, 20th, 27th August & 3rd September.
* Messy Play, Tothill Community Centre, 10.30-11.30am, 27th August.

Children’s Centres Contact Details

The Barn Children’s Centre
Kit Hill Crescent, Barne Barton, Plymouth PL5 1EJ
Tel: 01752 362320

Opening times: Mon—Wed 8.30am-4.30pm, Thurs 9am-4pm
& Fri 8.30am-4pm.

Email: plymouthccwest@barnardos.org.uk

Fourwoods Children’s Centre

415 Crownhill Rd, West Park, Plymouth PL5 2LN

Tel: 01752 366795

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

Email: plymouthccwest@barnardos.org.uk

Tamar FOLK Children's Centre

C/O Victoria Road Primary School, Trelawney Avenue, St Budeaux, Plymouth, PL5 1RH

Tel: 01752 361052

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

Email: plymouthccwest@barnardos.org.uk

Nomony Children’s Centre

27 St John’s Rd, Cattedown, Plymouth, PL4 0PA

Tel: 01752 261844

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

Email: plymouthcceast@barnardos.org.uk

Plymstock Children's Centre

Shortwood Crescent, Plymstock, Plymouth, PL9 8TQ

Tel: 01752 407496

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

Email: plymouthcceast@barnardos.org.uk

Rees Well-being Hub

Mudge Way, Plympton, Plymouth PL7 2PS

Tel: 01752 340550

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

Email: plymouthcceast@barnardos.org.uk

Crownlands Children's Centre

Austin Farm Primary School, Delamere Road, Plymouth PL6 5XQ

Tel: 01752 788992

Email: plymouthcccentral@barnardos.org.uk

DELL Children’s Centre

375 Blandford Rd, Efford, PL3 6JD

Tel: 01752 788992

Opening times: Mon—Thurs 8.40am-4.30pm & Fri 8.30am-4pm

Email: plymouthcccentral@barnardos.org.uk

DELL - High View Children’s Centre

High View Primary School, Efford, PL3 6JQ

Tel: 01752 788992

Email: plymouthcccentral@barnardos.org.uk

Sweetpeas Children's Centre

Compton Church Hall, 2 Revel Road, Compton, PL3 5LF

01752 788992

Email: plymouthcccentral@barnardos.org.uk

Whitleigh Children's centre

Four Greens Community Hub, 15 Whitleigh Green, Plymouth PL5 4DD

Tel: 01752 875933

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

Email: plymouthccnorth@barnardos.org.uk

Plymbridge Children's centre

C/O Plymbridge Nursery, Miller Way, Plymouth PL5 4DD

Tel: 01752 875933

Email: plymouthccnorth@barnardos.org.uk

Summer Fun at Morice Town

Come and join us for an outside play session (weather dependant!!) There will be sane, water, painting, games and much more.

Just give us a call on 01752 313293 to book spaces for you and your child/children. Sessions will run from 10am to 12pm, on the following dates: Friday’s 6th, 13th, 20th and 27th August.

When booking please specify which date you would like to book onto. A member of the Morice Town Children Centre team will get back to you and confirm which date you are booked on to.

One session per family. More may be offered if there is room on other dates.

HYPE – Helping Young People to Engage

Do you work with creative individuals?
This summer HYPE are hosting free webinars and art workshops for young people.

What is HYPE?
Barnardo’s are working in partnership with Livewell. Our mission is to always listen to and understand young people’s experiences of health care.

Our Mission – Involve, Include and Listen to EVERYONE.

Check out the HYPE film at: <https://vimeo.com/571217028>

Barnardo’s HYPE Blog Webinars

Do you work with passionate young people with views on events and topics?

The webinars are for young people aged 13-25 but professionals are welcome to come along to support young people.

About Us: Barnardo’s HYPE Blog was set up by young people in the depths of the pandemic, with the view that they could blog about topics and matters that were of interest to them! The editorial team has put together a FREE webinar demonstrating how to initiate ideas and continue them through to the final design! It is an interactive webinar where we hope young people feel that they can express their views and opinions with blog creation.

The dates of the HYPE blog webinars are:

* Monday 9th August 2021
* Friday 13th August 2021
* Monday 23rd August 2021

To book, please book tickets via Eventbrite:
<https://www.eventbrite.co.uk/e/barnardos-hype-webinar-tickets-159609888473>

For more details call 07783 801218 or email: natasha.daniel@barnardos.org.uk

Picture This! Artists Fest
Livewell Southwest would like to improve clinical settings by using artwork produced by young people. Why not take advantage of the following dates to bag yourself a master piece – learn how to paint with a professional artist and indulge in future workshops!

* Saturday 4th September 2021
* Saturday 18th September 2021
* Saturday 9th October 2021
* Saturday 30th October 2021

Where: Barnardo’s HYPE, Prideaux Court
Time: 10am-1pm

To register your interest please call Natasha on 07783 801218 or email: natasha.daniel@barnardos.org.uk

Research Studies

Youth Justice Survey

The **National Autistic Society**, in partnership with the **University of Kent**, have devised 3 surveys to help understand the needs of young autistic people who are involved, or at risk of being involved in the criminal justice system.

The survey aimed at **family members** can be accessed here -
[https://www.smartsurvey.co.uk/s/CJnewsFam/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.smartsurvey.co.uk%2Fs%2FCJnewsFam%2F&data=04%7C01%7Camber.murphy%40devon.gov.uk%7C615460c551864e8b4ad408d9107f0ca6%7C8da13783cb68443fbb4b997f77fd5bfb%7C0%7C0%7C637558960118843503%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=L1S2W2MSgF857XBsOHT1Y1UohPM5ZAN8mvOtT8NS%2FcU%3D&reserved=0)

You can take part if:

* You are a relative (e.g., parent, carer, sibling, spouse) of an autistic person who has been involved, or has had concerns about being involved, with the criminal justice system when aged 25 and under.

The survey aimed at **Autistic adults** can be accessed here -
[https://www.smartsurvey.co.uk/s/CJnewsAut/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.smartsurvey.co.uk%2Fs%2FCJnewsAut%2F&data=04%7C01%7Camber.murphy%40devon.gov.uk%7C615460c551864e8b4ad408d9107f0ca6%7C8da13783cb68443fbb4b997f77fd5bfb%7C0%7C0%7C637558960118853456%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Xx%2BKu8mcmFNSwRwC%2F%2FN894gCiRd7Nv1Ce%2F883L7iZJQ%3D&reserved=0)

You can take part if you:

* You are an autistic person currently aged 18 or over

AND:

* Were involved with the criminal justice system when aged 25 and under, OR
* Had/have concerns about being involved with the criminal justice system when aged 25 and under.

The survey aimed at **professionals** can be accessed here -
[https://www.smartsurvey.co.uk/s/CJnewsProfs/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.smartsurvey.co.uk%2Fs%2FCJnewsProfs%2F&data=04%7C01%7Camber.murphy%40devon.gov.uk%7C615460c551864e8b4ad408d9107f0ca6%7C8da13783cb68443fbb4b997f77fd5bfb%7C0%7C0%7C637558960118843503%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IxYJte5c7Km4HLuRjFR3bbYsbr3hcs9poQ3P2MLktvo%3D&reserved=0)

You can take part if:

* You are a criminal justice professional (e.g. police, judiciary, prison, probation, youth offending team, legal or para-legal) who has experience working with young autistic offenders aged 25 or under.

OR

* You are a professional who has worked with autistic clients (e.g. social worker, support worker, teacher, psychologist, psychiatrist, community psychiatric nurse) who have been involved with the criminal justice system aged 25 or under.

The School Attendance & Home Learning Experiences Study

The COVID-19 pandemic brought many disruptions to children’s education, including the education of children with intellectual (learning) disability and/or autism.

The University College London (UCL) have launched an important new study to understand the educational experiences of children with an intellectual disability and/or autism. The study aims to collect data from approximately 1500 parents of 5 to 15 year old children and will be available online over the summer of 2021.

Find out more about the study and take part at: <https://www.ucl.ac.uk/psychiatry/kitescovid19>

Snapshot of You Survey

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

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

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

There are no right or wrong answers. We want to know what you think.

If there is a question that you do not want to answer you can miss it out.

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

Thank you for helping us share your feelings.

Take the survey at: <https://docs.google.com/forms/d/e/1FAIpQLSfzzbZgT9QZYOp6aVGnJq8xe5hIUV7I5qyCHrSzLQRTdHwAyw/viewform>

Life as an LGBT+ Young Person in 2021

Are you aged 13-19 and identify as being LGBT+?

This survey is being conducted by Barnardo’s and Sheffield Hallam University. It aims to find out what it is like being a young LGBT+ person (aged 13-19) living in England in 2021.

Take the survey at: <https://shusls.eu.qualtrics.com/jfe/form/SV_e9h7dnjBgK1L3f0?Q_CHL=qr>

BabyLab – University of Plymouth

Parents of newborn babies up to 6 years old!

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

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

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

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

For more information and to register to the Babylab please visit: <https://www.psy.plymouth.ac.uk/bablab>

Email: plymouthbabylab@plymouth.ac.uk

Supporting Emotionally-based School Non-Attendance: Parents Views

Hello! My name is Rachel and I am training to be an Educational Psychologist with the University of East Anglia.

As part of my training I am completing research into ‘emotionally based school non-attendance’ (commonly known as ‘School Refusal’), and how best to support parents of children experiencing this difficulty.

‘Emotionally-based school non-attendance’ (EBSNA) refers to a child or young person having difficulties going to school due to emotional reasons, such as anxiety, or stress. This can sometimes result in complete non-attendance, but can also present in many different ways.

I am looking for parents of Primary-aged children who have previously experienced this difficulty, and have since demonstrated some progress to participate in my research. I will be exploring ‘What worked’ to support them to improve their attendance or engagement with education. It is hoped that this research will better inform how professionals work with and support parents experiencing EBSNA in the future.

If you have a child in Year 8 or below who:

* Has experienced difficulty in attending school within the past 3 years,
* Has severe emotional upset at the prospect of going to school,
* Has demonstrated some progress with their attendance since first experiencing these difficulties (however small)…

Then your views are important to this research!

For more information and to take part visit: [https://forms.office.com/Pages/ResponsePage.aspx?id=lYdfxj26UUOKBwhl5djwkKGvfXqLX4tEqAhPCZu8bz1UQjNTRVU5NEUwQ0FZVElYME9QSENRVkpTRi4u](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DlYdfxj26UUOKBwhl5djwkKGvfXqLX4tEqAhPCZu8bz1UQjNTRVU5NEUwQ0FZVElYME9QSENRVkpTRi4u&data=04%7C01%7CSuzanne.Davey%40plymouth.gov.uk%7Ce000bad3ffbd4077801308d948424fa0%7Ca9a3c3d1fc0f4943bc2ad73e388cc2df%7C0%7C0%7C637620271897460758%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FYW0rkYoXmP2NkIZmmX1Mj0qtGJKHfrQR5lKypIlIM4%3D&reserved=0)

Rachel can be contacted via email at: r.sawyer@uea.ac.uk

Disability Useful Information

Concessionary Fares for Disabled Travellers

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

Apply online for a bus pass at: <https://www.plymouth.gov.uk/parkingandtravel/publictransport/buspass>

Disabled Persons Railcard

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

Find out if you’re eligible for a Disabled Persons Railcard at:
<https://www.disabledpersons-railcard.co.uk/are-you-eligible/>

Are you Exempt from Wearing a Face Covering on Public Transport?
Following Government guidelines, both Stagecoach and Plymouth City Bus ask passengers to wear a face covering while using their services unless they are exempt due to a health condition or a disability.

Apply for a Stagecoach Journey Assistance Card: <https://www.stagecoachbus.com/promos-and-offers/national/journey-assistance-cards>

Let Plymouth City Bus drivers know you’re exempt from wearing a face covering by downloading a PDF ‘Helping Hands’ card which you can either print out and or save / or screenshot on your phone to show the driver when you board. Download at: <https://s3-eu-west-1.amazonaws.com/images-gonortheast.passenger-website.com/downloads/Coronavirus_Helping-Hand.pdf>

Devon Autism Alert Card

Are you on the Autism Spectrum? Do you know someone who is?The Devon Autism Alert Card was introduced to support people on the Autistic Spectrum. The card tells the emergency services or others that they may need to change their approach or behaviours in a way to support the card holder because they are Autistic.

See: <https://www.devonlink-up.org/autism-alert-card/>

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

To obtain a card, please contact us on **07592131597** and leave a message or email us on admin@devonlink-up.org

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

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

Derriford Autism Service

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

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

The service also offers Autism awareness training to staff and 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

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

Hidden Disabilities Sunflower Lanyard

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

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

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

Alternatively you can also purchase at The Hidden Disabilities Store at: <https://hiddendisabilitiesstore.com/>

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.

Support Groups

Dangerous Dads

The Dangerous Dads network supports fathers’ groups across the UK and

Internationally. It offers a range of fun, low-cost activities all year round for fathers / male carers.

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

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

Conversation Cafés – Tuesday’s, 7pm-8pm
**The Barn, Kit Hill, Plymouth PL5 1EJ or online**Calling all dads and male carers (step-dads, uncles, grandads etc)… meet other dads, make new friends and discuss the challenges and successes of being dad at our Conversation Cafés.

Where?Online… join us from the comfort of your own home or if you’re in Plymouth join us in person at The Barn (includes free pizza!)

Book your FREE place by emailing: bookings@dangerousdads.org.uk

Join the Dangerous Dads Dadventures Facebook group to see what’s going on in Plymouth. See: <https://www.facebook.com/groups/426314597567896/>

DadFest Cornwall
**Friday 20th – Sunday 22nd August 2021**
DadFest Cornwall is a small festival with a focus on fun, outdoor activities that dads and male carers can do with their children.

It’s a chance for children to play with other children, and for fathers to meet other fathers, and for dads and children to spend some quality time together.

COVID Money Back Guarantee

Book tickets for DadFest Cornwall: <https://docs.google.com/forms/d/e/1FAIpQLSdJw5sSjMmOXqFYxz3m2zckGolSa3IPipuyJS6UkhnJZa_DAQ/formResponse>
Find out more about DadFest Cornwall: <https://dangerousdads.org.uk/dadfest-cornwall-information/>
For any further questions email: bookings@dangerousdads.org.uk

Time for YOU
Mums4aChange are running two free weekly supportive zoom groups for mums of children with additional needs in Devon and Cornwall on the following dates:

* **Wednesday’s from 8 September 2021, 9:30am—11:30am**7 week zoom group for those in Plymouth or the surrounding area.
* **Friday’s from 10 September 2021, 9:30am—11:30am**10 week zoom group for those in Devon and Cornwall.

**Price: Free, priority booking
Public: Anyone on or off Facebook**Booking essential—priority if on benefits. To book, please contact us via our Facebook page at: <https://www.facebook.com/mums4achange> or email jo@mums4achange.org

Run by Jo Ball, Life and Career coach, trainer, mum of 2 with an Arts Therapy background. Supported by Clare Gale a trained counsellor who has a son with complex medical needs.

Plymouth Parent Carer Voice: Coffee, Cake & Chat
Wednesday’s, 10am-11amA fortnightly virtual meeting for parents / carers of children with special educational needs and disabilities. We are here to chat, share stories and help you find the right services and information.

For the next meeting see: <https://www.plymouthpcv.co.uk/events/>

For access codes and instructions about how to join the meeting, please message Facebook at <https://www.facebook.com/PlymouthPCV> or email info@plymouthpcv.co.uk

Plymouth Parent Carer Voice: Sensory Library
You can borrow new toys, books and activities that stimulate, activate and calm children with SEND.

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

Based at Plymouth Parent Carer Voice Office, 46 City Business Park, Plymouth PL3 4BB

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

My Time Parent / Carer Support Sessions
Thursday’s (Fortnightly), 8pm-9pm, Free online event
My Time online parent/carers sessions give you the opportunity to chat, share experiences, have fun and most importantly relax and concentrate on YOU!

If you would like more information or to join the sessions, please contact Nicky from Friends and Families of Special Children.

Tel: 01752 204369
Email: nicky@friendsandfamilies.org.uk
See Facebook: <https://www.facebook.com/events/232088921826215/>

Barnardo’s

If you would like to attend any of the groups below, to book email: support@barnardos.org.uk or message Barnardo’s Facebook page at:
<https://www.facebook.com/barnardosplymouth/>New Parent, New Baby Group **Monday’s, 1:30pm-2:15pm**Come along for a chance to meet and chat with other new parents and their babies.

Baby Bookstart **Thursday’s, 10am-10:45am**Come along for rhymes, stories and activities.

Toddler Time **Wednesday’s, 10am-10:45am**Come along to meet and chat to others and enjoy activities, singing and dancing.

Plymouth Young Parents Support GroupThis is a private Facebook group for Young Parents or expecting mothers/parents under 25 years old wanting to make new friends, get support or be part of a community.

Join at: <https://www.facebook.com/groups/2235441169920751/>

Livewell SouthwestOnline Peer Support Group **Monday’s, 10:30am-11:30 on Microsoft Teams**If you are a new mum or a mum to be and feel you need some extra support, or a place to talk about how you are feeling, grab a cuppa and join our informal group. Friendly, welcoming virtual groups of 6.

Please email livewell.perinatalpeersupport@nhs.net to receive your Microsoft Teams link.

Peer SupportersAre you a mum with experience of perinatal mental health issues who would like to offer support to new mums, and mums to be, who are struggling with their mental health and emotional wellbeing?

* You can offer friendly, non-judgemental support
* Lived experiences of perinatal mental health issues
* Face to face and virtual groups

For more information email: livewell.perinatalpeersupport@nhs.net

**Preparing for Adulthood – Parent Group Sign-in**

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

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

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

[Parent Group Sign-up](https://forms.office.com/Pages/ResponsePage.aspx?id=vzPWsuH040SwuPUzgGcHPIia9qkL1ddMrnP-FRp_GsFURVNYTzIwSklIRE04UlZSUjA5MUxBRlpOQyQlQCN0PWcu&fbclid=IwAR2-teJRK7bO8bkphTEAVg-WgM4wspI_EA9sDXp8rduLe0jMHIaCpmJ7Ilw)

Email: pfaparentgroup@woodlands.plymouth.sch.uk

Action for Children
Have a question about parenting?

Action for Children are offering free online parenting support for families with children aged 0-19. You can ask for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety at this challenging time.

Read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat at: <https://parents.actionforchildren.org.uk/>