Activities & Events for SEND  
For Your InterestOctober 2021  
  
What’s on this Autumn!  
Activities for the Plymouth, Plympton and Plymstock areas.

[Publication Details 3](#_Toc85138293)

[Plymouth Information, Advice & Support (for SEND) 5](#_Toc85138294)

[Understanding Your Child Solihull Approach 6](#_Toc85138295)

[Useful Information 7](#_Toc85138296)

[Routeways 9](#_Toc85138297)

[Short Breaks 9](#_Toc85138298)

[Activity Groups 9](#_Toc85138299)

[British Blind Sport – First Steps Project 10](#_Toc85138300)

[Moorvision 11](#_Toc85138301)

[Friends & Families of Special Children 12](#_Toc85138302)

[Creative Curiosities South West 13](#_Toc85138303)

[Give a Child a Chance 14](#_Toc85138304)

[Art, Craft & Laughter 14](#_Toc85138305)

[Activities Online 15](#_Toc85138306)

[Book Trust Home Time for children aged 5 and under 15](#_Toc85138307)

[The World of David Walliams 15](#_Toc85138308)

[BBC Bitesize 15](#_Toc85138309)

[Access Sport 15](#_Toc85138310)

[Educational Virtual Tour Resources 15](#_Toc85138311)

[Hoop App 15](#_Toc85138312)

[Virtual Keen 16](#_Toc85138313)

[More Activities 17](#_Toc85138314)

[Eat that Frog - Halloween Pumpkin Carving 17](#_Toc85138315)

[Summerhouse Services - Spooky Halloween Litter Pick 17](#_Toc85138316)

[Bonfire Night 17](#_Toc85138317)

[Plymouth Libraries 18](#_Toc85138318)

[The Box 19](#_Toc85138319)

[National Marine Aquarium 20](#_Toc85138320)

[National Trust 21](#_Toc85138321)

[Saltram 21](#_Toc85138322)

[Plymbridge Woods 22](#_Toc85138323)

[Buckland Abbey 23](#_Toc85138324)

[Antony 24](#_Toc85138325)

[Lydford Gorge 25](#_Toc85138326)

[Cotehele 26](#_Toc85138327)

[Crownhill Fort 27](#_Toc85138328)

[Green Minds: Oct 2021 28](#_Toc85138329)

[Get involved at Central Park! 28](#_Toc85138330)

[Get involved at Derriford Community Park! *Poole Farm* 29](#_Toc85138331)

[Fit and Fed Programme Holiday Clubs 30](#_Toc85138332)

[Walking – Explore the Trails 31](#_Toc85138333)

[Theatre 32](#_Toc85138334)

[Theatre Royal Plymouth 32](#_Toc85138335)

[Stilkskin at the Soapbox Children’s Theatre 34](#_Toc85138336)

[Barbican Theatre 35](#_Toc85138337)

[Sport Activities 36](#_Toc85138338)

[Devon FA - Disability Football in Plymouth Pan Disability Football 36](#_Toc85138339)

[Argyle Community Trust 38](#_Toc85138340)

[Plymouth Argle Football Club – Autism Packs 40](#_Toc85138341)

[Hunter District Football Club 41](#_Toc85138342)

[Oaks Rugby Inclusive 41](#_Toc85138343)

[Plymouth Fusion Junior Wheelchair Basketball 42](#_Toc85138344)

[Disability Badminton Festival 42](#_Toc85138345)

[Park Tennis Plymouth 43](#_Toc85138346)

[Tennis (FREE) at Central Park 43](#_Toc85138347)

[YMCA Inclusive Activities 44](#_Toc85138348)

[YMCA Holiday Clubs 45](#_Toc85138349)

[Inflatable Fun Days 46](#_Toc85138350)

[EXIM Dance 47](#_Toc85138351)

[Far Flung Dance 49](#_Toc85138352)

[Super Tramp Plymouth - SEND & Support Sessions 50](#_Toc85138353)

[Gym Bubbas 51](#_Toc85138354)

[Plymotion – FREE Adult Cycle Sessions 51](#_Toc85138355)

[Mount Batten Watersports & Activities Centre 52](#_Toc85138356)

[Livewell South West 54](#_Toc85138357)

[Health for Teens 54](#_Toc85138358)

[Chat Health 54](#_Toc85138359)

[Emotional Wellbeing and Mental Health 55](#_Toc85138360)

[Kooth 55](#_Toc85138361)

[Young Devon 56](#_Toc85138362)

[Plymouth Barnardo’s Children Centres 57](#_Toc85138363)

[Children’s Centres Contact Details 58](#_Toc85138364)

[Research Studies 60](#_Toc85138365)

[The School Attendance & Home Learning Experiences Study 60](#_Toc85138366)

[BabyLab – University of Plymouth 61](#_Toc85138367)

[Supporting Emotionally-based School Non-Attendance: Parents Views 62](#_Toc85138368)

[Disability Useful Information 63](#_Toc85138369)

[Plymouth City Bus App 63](#_Toc85138370)

[Devon Autism Alert Card 64](#_Toc85138371)

[Derriford Autism Service 64](#_Toc85138372)

[Hidden Disabilities Sunflower Lanyard 65](#_Toc85138373)

[Sensory Shop 65](#_Toc85138374)

[Support Groups 66](#_Toc85138375)

[Dangerous Dads 66](#_Toc85138376)

[Time for YOU 67](#_Toc85138377)

[Plymouth Parent Carer Voice: Coffee, Cake & Chat 68](#_Toc85138378)

[My Time Parent / Carer Support Sessions 68](#_Toc85138379)

[Mellow Mums Group 69](#_Toc85138380)

[Young Parents Community Café 69](#_Toc85138381)

[Barnardo’s 70](#_Toc85138382)

[Livewell Southwest 71](#_Toc85138383)

[Preparing for Adulthood – Parent Group Sign-in 71](#_Toc85138384)

[Action for Children 72](#_Toc85138385)

Publication Details  
  
Activities and Events for SEND is produced for each school holiday by:   
  
**Plymouth Information, Advice and Support for SEND**Jan Cutting Healthy Living Centre  
Scott Business Park  
Beacon Park Road  
Plymouth  
PL2 2PQ  
  
Telephone: 01752 258933  
Freephone: 0800 953 1131  
Visit our website at: [www.plymouthias.org.uk](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 ParentsYou can still call PIAS for information, advice and support. We are still providing our usual service by telephone, email, through our website and Facebook pages.  
  
We now have limited office cover to provide access to our service for those who **are unable** to contact us via phone or virtual media.

Parenting Programmes  
We are still delivering some of our Parenting Programmes virtually, but have   
resumed delivering some courses face-to-face. We are 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](mailto: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](mailto:solihull.approach@heartofengland.nhs.uk)

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

Useful InformationUniform Store PlymouthPlymouth Vineyard Church are accepting donations of good quality school uniform, both school specific logo uniform and generic items such as trousers / skirts / shirts and blouses etc.  
  
Donation Drop-off Points:

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

Families can also access a Click and Collect service via their website: <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](mailto:hello@uniformstoreplymouth.co.uk)

Is Your Child Starting Secondary SchooIs Next Year?  
If your child is due to start secondary school in September 2022, you need to start the application process now. Apply online by Sunday 31 October 2021 at: <www.plymouth.gov.uk/schooladmissions>  
  
  
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

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)

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](mailto:firststeps@britishblindsport.org.uk) or Call: 01926 424247

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

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

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

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

For further information, please contact us:

Tel 01752 891934 / 07581 566690

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

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

Moorvision have a number of Christmas activities coming up that families may be interested in:

* Sail WITHOUT Santa – evening sailing trip for teenagers 13+  
  Saturday 27th November 2021, 6-8pm, venue: Exmouth.
* Sail with Santa – family afternoon  
  Saturday 4th December 2021, venue: Exmouth.
* Cinderella Pantomime with Audio Description  
  Saturday 11th December 2021, 2:30pm, venue: Truro.
* Seaton Tramway Polar Express Ride  
  Sunday 12th December 2021, 1pm & 2pm, venue: Seaton.
* Cinderella Pantomime with Audio Description & Touch Tour  
  Saturdy 18th December 2021, 2pm, venue: Torquay.
* Wind in the Willows Show  
  Tuesday 21st December 2021, 7pm, venue: Taunton.

Please email [info@moorvision.org](mailto:info@moorvision.org) for further details on our events and Moorvision membership or see our website at [www.moorvision.org](http://www.moorvision.org)

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](mailto: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.  
  
Wild Wonderers  
Saturday 23 October 2021, 10am-5pm, Price: £60 per person   
Sessions are for neurodivergent young people age 16-25 years and/or with a SEND diagnosis.

Little Players – Stay & Play  
Monday’s, 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 26 Feb 2022, 6pm-9:30pm, 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 or email: [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)

Give a Child a Chance  
Give a Child a Chance is a local charity based in Plymouth. Our aim is to support Children and Adolescents with emotional, behavioural, and mental health   
difficulties. We support the Child and Adolescent Mental Health  (CAMHS) teams at Mount Gould Hospital as well as those out in the community. We also award grants to families, community groups, schools and organisations for equipment, transport, building work and activities – anything, in fact, that can help make a positive   
difference to children’s lives.   
  
Aside from fund & awareness raising we also provide our FREE bi-weekly family friendly BUD Club, to help the whole family where a child is affected by mental health or neurodevelopmental difficulties.   
  
Website: <https://www.giveachildachance.org.uk/>  
Facebook: <https://www.facebook.com/giveachildachanceplymouth/>  
Email: [giveachildachance@sky.com](mailto:giveachildachance@sky.com)

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/)

Virtual Keen

Free to join!  
  
Who are we?  
We are a youth-led charity offering a range of free, inclusive activities and projects on Zoom, every week.  
  
What do you do?  
From choir to exercise, talent shows to crafts, and everything in between! The best thing is, you can join in from the comfort of your own home.

Joining in is free and really easy!  
  
Find out more and register at: <https://www.keenuk.org/virtualkeen>  
  
We’ll be in touch straight away to get you online with us!  
  
100% of new participants wanted to return for the next session.   
  
Follow us! @loveinclusion on Instagram, Facebook, Twitter and Linked In  
  
Email: [info@keenuk.org](mailto:info@keenuk.org)   
Website: [www.keenuk.org](http://www.keenuk.org)  
Mobile: 07729 286992

More Activities

Eat that Frog - Halloween Pumpkin Carving  
Join our FREE fun friendly sessions and take home your very own Pumpkin for Halloween!  
  
Adult groups: Mon 18 – Fri 22 October 2021  
Parent + child over 5: Half term sessions Mon 25 – Fri 29 October 2021  
  
Sessions available in Plymouth, Torquay, Paignton and Newton Abbott.  
  
To book call 01803 551551 or message via Facebook at: <https://www.facebook.com/eatthatfroguk>

Summerhouse Services - Spooky Halloween Litter Pick  
**Saturday 30 October 2021, 3:30pm-7pm**

A spooky spectacular sponsored Halloween litter pick in aid of DRIFTS Social Resilience Training Programme (Fancy dress optional). Equipment will be kindly provided by Clean Our Patch.   
  
Event is taking place at Radford Park, Plymstock and then afterwards at The Black Cat Surf Club for hot dogs, soup and spoooookiness!  
  
All Welcome! If under 18, please bring an adult.  
  
For a sponsor form, please contact Penny on 07869 173154 or email: [summerhouse.services@gmail.com](mailto:summerhouse.services@gmail.com)   
  
Visit website at: [www.summer-house.org](http://www.summer-house.org)

Bonfire Night

**Friday 5 November 2021, from 4pm on Plymouth Hoe**  
The evening celebrations will begin at 4pm with fairground rides and also food and drink on offer.  
  
The bonfire will be located near Smeaton’s Tower lighthouse and will be lit at 7:30pm. The fireworks will begin at 8pm with an assortment of rockets, fountains and firecrackers firing from the Royal Citadel. Wrap up warm and join this family friendly event for a spectacular Bonfire and Fireworks display.  
  
For more information, see:   
<https://www.visitplymouth.co.uk/whats-on/bonfire-night-p1988563>

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>  
  
Find activities and events in Plymouth Libraries:   
<https://www.plymouth.gov.uk/libraries/activitiesandeventslibraries>   
Follow 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>

**FINDALOTS Library Challenge**  
The FINDALOTS are aliens sent to earth to discover more about our world and they’re back from Monday 25 October 2021.

Aimed at 4 to 11 year olds, all children who sign up will receive a special Findalots library card and an activity journal. Children need to read 4 books each month to receive a sticker. Sign up at any Plymouth Library: <http://www.plymouth.gov.uk/libraries/childrenandyoungpeople/findalotslibrarychallenge>

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>  
  
Events **Songlines: Tracking the Seven Sisters  
Thursday 21 October 2021—Sunday 27 February 2022  
Cost: £10 adults (18+), £7.50 Concessions (The Box Members, Students, Jobseekers, Seniors age 65+, people with disabilities). Under 18s free.**The National Museum of Australia’s award-winning exhibition comes to The Box for the European premiere. Experience ancient stories from the world’s oldest continuing culture, told through paintings and objects by more than 100 artists, using state-of-the art display technology combined with art, song and dance.

This is part of the UK/Australia Season 2021-22 which forms part of a major programme of cultural exchange taking place across the two nations.  
  
**Halloween Monster Mash**  
**Saturday 30 October 2021, 6:30-9pm**  
**Cost: Tickets £5 per person. Under 3’s go free.**  
Put on your most scream-worthy outfit and dance the night away at our fangtastic family-friendly Halloween event. Tuck into some spook-tacular food and drink in our Kitchen and Bar and explore our ground floor galleries by torchlight.

For more information and events see: <https://my.theboxplymouth.com/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 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](mailto:functions@oceanconservationtrust.org)  
  
Book Dine at the Aquarium tickets online at:   
<https://www.national-aquarium.co.uk/events/dine-at-the-aquarium/>

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’s Pesky Pumpkin Trail

Date: Sat 23—Sun 31 Oct 2021, 10am-5pm (Last admission to gardens 4:15pm)

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

Saltram’s pesky pumpkins have appeared in the garden again for half term and we need your help to find them all! Pick up a free trail from the Welcome Centre and get hunting.

**The Nutcracker at Saltram  
Date: Fri 19 Nov 2021—Mon 3 Jan 2022, 10:30am-4:30pm   
Cost: Adult £8, Child £4, Booking essential. Parking £3 (Members free).**Saltram House will be adorned with decorations this Christmas telling the beloved festive story of The Nutcracker. Discover the tale of Clara and her journey to a magical land on Christmas Eve as you follow the route through the house.   
  
If you’re looking for an adventure in the gardens, you can pick up the fun and festive trail from the Welcome Centre to continue your Nutcracker themed exploration by discovering real nutcrackers.

Booking available online shortly: <https://www.nationaltrust.org.uk/saltram>

**More Information:** Admin Office 01752 333500  
Email: [saltram@nationaltrust.org.uk](mailto: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](mailto: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.  
  
Autumn Fun at Buckland Abbey

**Woodland Witchcraft Trail   
Dates: Until Sun 31 Oct 2021, 10am-4pm  
Cost: Free, booking not required. Normal admission applies.**Collect your Autumn trail sheet from Visitor Welcome and head out on the yellow route walk to explore the ancient woodlands. As you follow the trail you will discover all the folklore tales surrounding the superstition of trees. Spot all the decorated pumpkins in the Abbey and dress in your spookiest outfit for Halloween. Wellies / walking-boots recommended. Off-road wheelchair and pushchair friendly. Tramper hire available (pre-book in advance).  
  
**Winter Food & Craft Fair  
Dates: Fri 5—Sun 7 Nov 2021, 10am-4pm  
Cost: £3 per person / free National Trust Members, booking essential.**  
Get your Christmas shopping off to a great start with Buckland Abbey's annual Winter food and craft fair.  There will be 25 stalls around the site selling products from local suppliers. The Park and Ride Service from Harrowbeer will not be running this year. For a quieter experience, we recommend visiting on the Friday. Wheelchair and pushchair friendly.

**More Information:** Admin Office 01822 853607  
Email: [bucklandabbey@nationaltrust.org.uk](mailto: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>   
  
For more information see: <https://www.nationaltrust.org.uk/antony>

Family Activities at Antony  
Date: Tue 26—Thur 28 Oct 2021, 12 noon-4:30pm  
Cost: £3 per activity pack (includes crayons for tree rubbings, activity leaflet and an autumnal prize), Normal admission applies.  
Join in the fun as a family this autumn. There are pumpkins to spot, a newly introduced welly walk with puddles to splash in along the way and lots of opportunities for wild art.  
  
Pumpkin Hunt  
Follow the clues and race to find them all. You'll notice shapes and letters on each of the pumpkins and it's your job to crack the code. Are you up to the challenge? Designed for everyone – little one’s can enjoy drawing shapes as they go, whilst the older ones can get busy with the code cracking.  
  
Welly Walk – It’s time to make a splash!  
The welly walk will take you along a mystery pathway around the edge of the garden. There will be puddles to make a splash along the way. Don’t worry grown-ups… there’s a welly washing station at the end.   
  
Make a Magic Wand  
Find the den building area at the bottom of the garden. You'll discover some very special instructions for making a wand. If you follow the steps carefully you might be able to make it magical.

Autumn Photoshoot  
Make memories with friends and loved ones by taking a step into the autumn photoshoot and take a family snap to remember.

Tree Rubbings  
Autumn is filled with beautiful textures in nature like leaves, barks and seed heads. See if you can capture some of these textures in your activity pack.

**More Information:** Admin Office 01752 812191  
Email: [antony@nationaltrust.org.uk](mailto: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.  
  
Please Note: From Monday 1 November 2021, only the Waterfall walk will be open for walking and the tea-room will have more limited opening. The rest of the gorge is closed for safety and maintenance over the winter months.   
  
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 (Closed from Monday 1 November 2021)  
The walk begins as a woodland walk before the trail heads off down into the gorge to find the towering Whitelady Waterfall. Then follow the river 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](mailto: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.  
  
**Autumn Family Art Trail  
Date: Until Sun 31 Oct 2021, 10am-4pm  
Cost: Suggested donation of £2 per trail, including colouring pencils. Booking not required. (Normal admission applies)**Pick up your family trail and a pack of colouring pencils from visitor reception and then head out to the explore the garden and estate to learn about artists and poets who have been inspired by Cotehele.   
  
**Pathway to Hibernation Trail to Cotehele Mill  
Date: Until Sat 20 Nov 2021, 10am-4pm  
Cost: Free. Booking not required. (Normal admission applies)**Walk through the woods between the quay and the Mill and look for the six animals preparing to hibernate there. As you go, collect twigs, sticks, rocks and leaves to add to our new bug hotel and habitat pile at Cotehele.

**More Information:** Admin Office 01579 351346 press 0  
Email: [cotehele@nationaltrust.org.uk](mailto: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 Evening – Crownhill Fort After Dark  
Tuesday 26 October 2021, 4pm-8pm

Tickets: £5 Adults / £3 Child / Onsite Parking £2.50.  
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 evening where 12 acres of grounds will be open and also the museums with exhibits from the late 19th and 20th centuries.  
  
The Fort will be illuminated by historic lanterns with guided walks and cannon fire taking place throughout the evening.   
  
There will be a programme of timed events (tbc):

* Hot drinks, meals and desserts
* Mobile bar – Poppin’ Bottles

For more information contact the Fort Office on 01752 793754.

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

Green Minds: Oct 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)  
  
We recommend checking [www.greenmindsplymouth.com/events](http://www.greenmindsplymouth.com/events) for event updates.

**October  
Friday 29th & Saturday 30th October:**

**Funky Llama Festival**

The Green Minds team will be joining the Theatre Royal's Funky Llama Festival this year! Find us with Argyle Community Trust talking about green social prescribing & have a go at some   
nature themed activities. Find out more & book your tickets via the Theatre Royal Plymouth at [www.theatreroyal.com/whats-on/funkyllama/](http://www.theatreroyal.com/whats-on/funkyllama/)

**Other ways to get involved!**

* 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. We run a variety of activities to improve the health & wellbeing of people in Plymouth. If this is something you may be interested in, find out more via Argyle Community Trust: [www.tinyurl.com/ACTgreenprescribingupdate](http://www.tinyurl.com/ACTgreenprescribingupdate)

**Find out more**

For more events details & updates, visit [www.greenmindsplymouth.com/events](http://www.greenmindsplymouth.com/events)

To find out more about Green Minds events at Central Park, email us at:   
[wildlife@plymouth.gov.uk](mailto: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](mailto:derrifordcp@plymouth.gov.uk) with your enquiry.

Family Events

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  
  
Wednesday 27th October, 11am - 9pm: Plymouth's Festival of Nature

Join us for a fun filled day of nature activities, surveying, crafts & wildlife walks. Booking essential - find out more & book your place at [www.tinyurl.com/s8eumkyy](http://www.tinyurl.com/s8eumkyy)

Find out more

For more event details & updates on Green Minds events, visit [www.greenmindsplymouth.com/events](http://www.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](mailto:derrifordcp@plymouth.gov.uk) or call the Poole Farm team on 07500 075719.

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 during the 2021 Easter, Summer and Christmas holidays to support families with children who receive free school meals.  
  
More details about Christmas Holiday clubs will be added at:

<https://www.plymouth.gov.uk/sportandleisure/fitandfed>

Walking – Explore the Trails

**Barbican Halloween Children’s Trail  
Dates: Monday 25 – Sunday 31 October 2021**  
  
October is here and half term is on the way which means you’ll soon be looking for tricks and treats! The Barbican has combined the two in our Halloween trail. Pick up your trail map from the Barbican Tourist Information Centre and set out on your Sea Ghoul search!  
  
**Trick** – follow the havoc the Sea Ghouls have created around the shops on the Barbican, you’ll find their green splatts in the shop windows!  
  
**Treat** – find them all and collect your treat from the Tourist Information Centre.  
  
  
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

**Tiny Tales**  
**Date: Monday’s until 9 Nov 2021, 11am-11.45am including session during half term  
Venue:** Front of House, Theatre Royal Plymouth **Age:** Suitable age 2+  
**Tickets:** £4 per workshop per child, adults free!  
  
Playful storytelling for 2-4 year old and their parents/carers. In these active weekly sessions, you and your child will explore well-known stories through creative play and unique theatrical storytelling. Led by our experienced early years team, *Tiny Tales* will spark your child’s imagination and develop their curiosity about the world around them.

Book at: <https://theatreroyal.com/whats-on/tiny-tales-2021/>

Funky Llama Festival  
**Date: Fri 29 & Sat 30 Oct 2021  
Venue:** Central Park, Plymouth **Age:** Suitable all ages.  
**Tickets:** Single day: £10, Under 16s: £7.50, Fri/Sat package: £18,   
Enablers & Under 5s go free.  
  
This October half term, step right up to the greatest show in town for two big days! Join us in Plymouth’s Central Park for some Big Top magic and funky Halloween fun. With Live Music, DJs, craft stalls, a fully licensed bar, circus acts, comedy and magic from local and national performers. The party continues as the sun goes down with cabaret acts, live music and a silent disco.

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

The Man Who Wanted to be a Penguin  
**Date: Wed 1 Dec 2021—Sat 22 Jan 2022  
Venue:** The Drum **Age:** Suitable for all the family, ages 3+   
**Tickets:** From £12  
**Running Time:** TBC  
This is the story of an extraordinary explorer, a curious conjurer and pioneering problem-solver. You’ll find him pottering in his shed; planning his latest mission. He is learning to speak Penguin and hopes that you will too!   
  
With a playful energy and a mix of puppetry, music and song, this show will be a delightful celebration of wild creativity and the joy of individuality.

Book at: <https://theatreroyal.com/whats-on/penguin/>   
  
Aladdin  
**Date: Fri 17 Dec 2021—Sat 15 Jan 2022  
Venue:** The Lyric   
**Age:** TBC  
**Tickets:** From £13  
**Running Time:** TBC  
Join us for a magic carpet ride for our pantomime, ***Aladdin***. Packed with all of the traditional pantomime ingredients audiences expect, ***Aladdin***features laugh-out-loud comedy, stunning scenery, beautiful costumes and plenty of boos and hisses. Follow Aladdin, his brother Wishee Washee, and of course his mother Widow Twankey, on a spectacular adventure. Expect flying carpets, a wish-granting genie, an evil sorcerer and a lamp-full of laughs.  
  
Book at: <https://theatreroyal.com/whats-on/aladdin/>   
  
Find out what’s on at the Theatre Royal Plymouth by visiting: <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  
  
Quest for the Ice Dragon  
Various dates during October 2021, am/pm  
Price: £12/£14 (advance ticket)  
Join us for a festive enchanted winter adventure in search of the Ice Dragon. Jump into your welly boots, woolly hats, gloves and scarves… come what may, we’re off on a magical journey to find the Ice Dragon and nothing’s going to stand in our way, not even a dastardly sorcerer!   
  
The Christmas Mouse  
Various from Wed 8 – Fri 24 Dec 2021  
Price: £10/£12 (under 12 months free), Suitable for Under 5’s and their big people   
Christmas mouse has lost its home when the snow begins to fall. Can the Christmas Mouse find somewhere warm and snuggly before Christmas Day?  
  
The Magic Lantern and the Story Thief  
Various from Sat 11 – Fri 24 Dec 2021  
Price: £10/£12/£14/£16 (under 18 months free), Suitable 4+  
Stiltskin create a rich tapestry of light and dark, where people’s stories are brought to life by the light of the magic lantern - whilst the story thief waits in the shadows, looking for a story of her own. Full of fun and wonderful surprises for all the family.  
  
Bubblicious: Baby and Family Raves **Fri 31 Dec 2021 – New Year’s Eve  
Baby Rave: 1pm-3pm, £10 (early bird ticket)  
Family Rave: 4pm-6pm, (£12 (advance ticket)**Join us for our biggest family friendly dance party of the year at the Soapbox, celebrating New Year’s Eve on a different time zone! Bubbles, UV, old skool, new skool, fun, games and licensed bar.

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

**Workshops & Clubs**Stiltskins Children’s Theatre Company also offer pre-school activities during the day and after school and holiday clubs for children age 4-15 years.  
  
For more details see: <https://stiltskin.org.uk/workshops/>

Barbican TheatreOpportunities for young people at the Barbican Theatre... register your interest in joining ReBels at ReBels Training: <https://barbicantheatre.co.uk/rebels-training/>   
  
Barbican Theatre talent development classes have returned for 12-25 year olds—only £60 for an entire year and you can choose as many sessions as you like for your age group!   
  
Sessions are split into the following:

* **ReBels ages 12-15** – Theatre, dance, music, writing, film and more.  
  <https://barbicantheatre.co.uk/rebels-training/rebels12-15s/>
* **ReBels ages 14-18** – Theatre, dance, music, writing, film and more.  
  <https://barbicantheatre.co.uk/rebels-training/rebels14-18/>
* **ReBels ages 18-25** – Theatre, dance, music, writing, film and more.  
  <https://barbicantheatre.co.uk/rebels-training/rebels18-25/>
* **ReBels Music ages 15-25** – Giving young people access to explore all lines of work in the music industry.  
  <https://barbicantheatre.co.uk/rebels-music/>
* **Digital ReBels Online Classes ages 14-18** – Weekly via Zoom.  
  <https://barbicantheatre.co.uk/rebels-training/digital-rebels-weekly-online-talent-development-classes/>
* **ReBels Masterclasses** – Theatre, dance, technical, producing, finance and more (via Zoom).  
  <https://barbicantheatre.co.uk/rebels-training/rebelsmasterclasses/>

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](mailto: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](mailto:seachelle73@sky.com)

| **Team / Session** | Age | Day | Venue | Contact |
| --- | --- | --- | --- | --- |
| Keyham Kolts Autism Active | Youth  (5-16 yrs) | Tues 6pm –7pm | Devonport High School, Plymouth  PL2 3DL | Sarah Brooks:  07827 336086 [taffytilder@yahoo.co.uk](mailto:taffytilder@yahoo.co.uk) |
| Plymouth Argyle Ability Counts | Adult (16+)  Male & Female | Wed 7.30pm –8.30pm | Manadon Sports & Community Hub, St. Peter’s Road,  Plymouth PL5 3DR | Alice Young: 07519 773640 [Alice.Young@pafc.co.uk](mailto:Alice.Young@pafc.co.uk) |
| Plymouth Argyle Ability Counts | Youth  (5-16 years) | Tuesday 5.30pm–6.30pm | Goals Soccer Centre, Outland Rd, Plymouth PL2 3DE | Alice Young: 07519 773640 [Alice.Young@pafc.co.uk](mailto:Alice.Young@pafc.co.uk) |
| Special Olympics Plymouth Football | Adults (16+) | Sun 10am–12pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Male & Female teams  Ralph Stubbs 07469 195006 |
| Tavistock Specials Football Club | Adults & Youth | Fri 7.30pm– 8.30pm | Tavistock AFC, Crowndale, Tavistock PL198BY | Allen Lewis 07749 798808 |
| Club Plymouth Parkway FC | Adults (16+) | Fri 7.30pm– 8.30pm | Lipson Community College, Bernice Terrace, Lipson, Plymouth  PL4 7PG | Graham Eyles 07805 403301  [eyles19@hotmail.com](mailto:eyles19@hotmail.com) |
| Ocean City Powerchair Football Club | Adults & Children | Sat | Plympton Academy, Moorland Rd, Plympton PL7 2RS | Jenny Brooks  07581 363366  [oceancitypfc@outlook.com](mailto:oceancitypfc@outlook.com) |
| Plymouth Warriors | Adults (16+) | Thurs 7-8pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs  07772 336694  [lukechilds.pwfc@yahoo.com](mailto:lukechilds.pwfc@yahoo.com) |
| Plymouth Warriors | Youth  (8-16 years) | Thursday 6-7pm  Sunday  11am – 12pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs  07772 336694  [lukechilds.pwfc@yahoo.com](mailto:lukechilds.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](mailto:ashley.harris@devonfa.com)

Argyle Community Trust

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Venues** | **Date** | **Cost** | **Theme** | **No.** |
| Manadon Sports & Community Hub | Mon 25 Oct | £18 | Argyle Football Roadshow | P1 |
| Manadon Sports & Community Hub | Mon 25 Oct | £18 | Girls Only Roadshow | P2 |
| Ivybridge CC | Mon 25 Oct | £18 | Strikers & Goalkeepers | P3 |
| Wembury Primary | Tue 26 Oct | £18 | Multi-sports Roadshow | P3 |
| Newton Ferrers Primary | Tue 26 Oct | £18 | Football Roadshow | P4 |
| Lipson Vale Primary | Tue 26 Oct | £14 | Multi-sports Roadshow | P5 |
| Plympton Academy | Tue 26 Oct | £10 | Football Roadshow | P6 |
| Manadon Sports & Community Hub | Wed 27 Oct | £18 | Strikers & Goalkeepers | P7 |
| Manadon Sports & Community Hub | Wed 27 Oct | £10 | Multi-sports Roadshow | P8 |
| Manadon Sports & Community Hub | Wed 27 Oct | £5 | Tiny Tots (10am-11am) | P9 |
| Wembury Primary | Wed 27 Oct | £18 | Football Roadshow | P10 |
| Newton Ferrers Primary | Wed 27 Oct | £18 | Multi-sports Roadshow | P11 |
| Manadon Sports & Community Hub | Thurs 28 Oct | £10 | LTPD Intense Day | P12 |
| Plympton Academy | Thurs 28 Oct | £18 | Strikers & Goalkeepers | P13 |
| Plympton Academy | Thurs 28 Oct | £18 | Girls Only Roadshow | P14 |
| Lipson Vale Primary | Thurs 28 Oct | £14 | Multi-sports Roadshow | P15 |
| Plympton Academy | Fri 29 Oct | £18 | Strikers & Goalkeepers | P16 |
| Ivybridge CC | Fri 29 Oct | £18 | Strikers & Goalkeepers | P17 |
| Ivybridge CC | Fri 29 Oct | £18 | Girls Only Roadshow | P18 |

Disability Soccer Roadshows

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Venues** | **Date** | **Cost** | **Time** | **Theme** | **No.** |
| Manadon Sports & Community Hub | Mon 25 Oct | £18 | 10am-1pm | Short Breaks | D1 |
| Manadon Sports & Community Hub | Thurs 28 Oct | £16 | 10am-3pm | Disability Roadshow | D2 |

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

* **Short Breaks**—Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and Educational Health and Care Plan (EHCP). 10am-1pm
* **Disability 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.

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](mailto: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](mailto:alice.young@pafc.co.uk) or call 01752 562561 (option 4)

Plymouth Argle Football Club – Autism Packs  
  
Plymouth Argyle Football Club have recently published their FREE Autism packs. They have been designed for supporters – particularly children with autism, who attend matches, to make the match-day experience more accessible and enjoyable. They are part of the club’s commitment to be more autism-friendly.  
  
The Sensory packs for autistic children are completely free of charge and will be available from Home Park throughout the 2021/22 season. There are a limited number of packs available, so they will be issued on a first-come, first-served basis.  
  
The Sensory packs include:

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

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

Hunter District Football Club

Hunter District Football Club offer disability football training sessions for 7-11 year olds at Coombe Dean School in Plymstock on Friday’s from 6-7pm.

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

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

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

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

Win, Lose, Draw……Learn!!!

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. First 3 sessions are FREE.

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

Plymouth Fusion Junior Wheelchair Basketball

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

**Training: Saturday’s**

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

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

For more information contact: Aaron Blyth-Palk

Mobile: 07867 380975

Email: [info@plymouthfusionwheechairbasketball.com](mailto:info@plymouthfusionwheechairbasketball.com)

Website: [plymouthfusionwheelchairbasketball.com](https://plymouthfusionwheelchairbasketball.com/)

Facebook: <https://www.facebook.com/plymouthfusionwheelchairbasketball>   
Instagram: <https://www.instagram.com/plymouthfusionwbc/>

Disability Badminton Festival  
Sunday 28 November 2021, 9:45am-11:45am  
at Plymouth Life Centre, 40 Mayflower Drive, Plymouth PL2 3DF  
To celebrate the success of the Tokyo 2020 Paralympic Games, Liskeard Junior & Inclusive Badminton Club and Tavyside Badminton are hosting a FREE disability badminton festival.   
  
This festival provides the opportunity for all disabled people to get involved so why not try a new sport? Or if you have experienced badminton previously, it’s time to get back on court!   
  
The Disability Badminton Festival can be enjoyed by all and promises to be a fun-filled day of skill-based activities and on-court-games.  
  
All ages and disabilities welcome.  
  
Sports wheelchairs will be available.  
  
To book your place visit: <https://badmintonengland.playwaze.com/the-big-hit---para-festivals/cv8i2n4pmkh/session-display?eventid=PhysicalEvents/2497-C>

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](mailto:parktennis@plymouth.gov.uk)  
  
Other places to play:

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

Tennis (FREE) at Central Park  
Every Saturday, 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](mailto: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: FREE Time: 11am-12:30pm Subject to availability - Please contact us Age: All ages |
| Fun Days @ YMCA  Torpoint | Fun Days at Torpoint are for the whole family and geared towards those with additional needs.  Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihock, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks). | Cost: £3 per session When: Every other Saturday,  10:30am-12pm Age: All ages |
| YMCA Specials | This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics. | Cost: £3 per session First session FREE! Time: Wednesday 4:45pm-5:45pm Term-time only Ages: 5-16 |
| Special Olympics ‘The Specials Club’ | A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special  Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more! Find out more at: [www.sopd.org.uk](http://www.sopd.org.uk/) | Cost: £3 per session First session FREE! Time: Wednesday, 6pm-8pm Age: 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 session Time: Thursday, 4:30pm-5:30pm Age: 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 session Time: Thursday, 5:30pm-6:30pm Age: 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 session Time: Tuesday,  5pm-6pm Age: 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: team games, arts and crafts, quidditch, street surfing (in the sports hall), competitions and lots more!  
  
The next club is from Monday 25th to Friday 29th October 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. Trips £30 (8:30am-5:30pm).  
  
**Food Options**

Our cafe is open from Monday – Friday, 9am to 2pm, located upstairs in the main building. It offers both hot and cold food, including: sandwiches, chicken nuggets and chips, baked potatoes and vegetarian options. 

For more information and to book call 01752 201918 or visit: <https://www.ymcaplymouth.org.uk/holidayclub/>

Inflatable Fun Days  
  
@YMCA Plymouth

Joust Arena, Terror Slide, Ball Pool, Football, Darts and more!

Sunday’s 2021:

10th October

7th November

5th December

Session Times:

10am-12pm

12pm-2pm

2pm-4pm

£5 per session or £8 with meal deal.

Pre-book at YMCA reception or call 01752 201918 to guarantee a space.

YMCA Plymouth, Honicknowle Lane, PL5 3NG

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](mailto:classes@eximdance.org.uk)   
Tel: 07864 168663

Movement for All  
Friday’s, 10:45am-11:30am (weekly term times)   
at Plymouth Life Centre, 40 Mayflower Drive,   
Plymouth PL2 3DF (Performance Studio).   
  
Inclusive free fun dance movement sessions for people who identify as disabled that are 18+. The sessions are open to those with some movement experience or nothing at all.  
  
To express an interest or for more information email: [chloe@eximdance.org.uk](mailto:chloe@eximdance.org.uk)

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

WHEN: 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](mailto:laura@eximdance.org.uk)

Tel: 07864168663

Far Flung Dance  
  
Flung Further **Thursday’s 23 September – 2 December 2021, 2-3pm**

**(excluding October half-term)  
Space to Move – 2 Charles Darwin Rd, Mount Wise Cres, Devonport, Plymouth PL1 4GU**  
An inclusive dance session for adults who identify as female. For mature movers and those who like to move creatively and improve their strength and confidence.   
  
£4 per session or £30 for 10 sessions.   
To book your place contact [farflungsarah@gmail.com](mailto:farflungsarah@gmail.com)

Coffee Cup Choir **Thursday’s, 6-7:15pm at Boston Tea Party, Plymouth PL4 0EX**  
A weekly inclusive adult choir session for people to sing and socialise. Meet for a coffee and catch up from 5:30pm.  
  
Booking required. To book a place contact: [farflungdt@gmail.com](mailto:farflungdt@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](mailto:farflungdt@gmail.com)

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>

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>

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 CentreSchool 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 sessions for primary (age 8-11) see:   
<https://www.mount-batten-centre.com/young-people/school-holiday-primary-school-ages/>

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

* Tuesday 26th October: 13:30 - 16:30
* Thursday 28th October: 09:30 - 12:30

1. Archery & Orienteering Half Day Adventure- £29.50 per person or £55 for two people from the same household or support bubble.  
     
   Session dates:

* Thursday 28th October: 13:30 - 16:30

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

* Monday 25th October: 13:30 - 16:30

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

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

Session dates:

* Monday 25th October: 09:30 - 12:30
* Wednesday 27th October: 13:30 - 16:30
* Friday 29th October: 09:30 - 12:30

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

Session dates:

* Tuesday 26th October: 09:30 - 12:30
* Friday 29th October: 13:30 - 16:30

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/>

**Family Half Day Adventures**A selection of half-day adventures give parents/guardians and children the chance to have fun trying out different paddlesports together.   
  
Kayak & Giant Paddleboard Half Day Family Fun - Minimum age 7 years. Maximum of two children per participating adult.   
  
Price:

* 1 adult and 1 child £60
* 1 adult and 2 children **or** 2 adults and 1 child £85
* 2 adults and 2 children £110
* 2 adults and 4 children £165

Session dates:

* Wednesday 27th October: 09:30 - 12:30
* Saturday 30th October: 13:30 - 16:30

For more information and to book Family Half Day Adventures see:   
<https://www.mount-batten-centre.com/adults/family-adventures/>

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](mailto: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   
  
Citywide October Half Term Timetable  
Monday 25 – Friday 29 October 2021

Monday

* Baby Group – non mobile babies, Nomany, 10-11:30am.
* Latch On, Rees Well-being Hub, 1-2:30pm.
* Spooky Fun! – 25th Oct, Mainstone, 10-11am & Rees, 1:30-2:30pm, please book.

Tuesday

* Baby Group – non mobile babies, Fourwoods, 10-11:30am.
* Latch On, DELL, 10-11:30am.
* Spooky Fun! – 26th Oct, The Barn, 1:30-2:30pm, please book.
* Young Parents Group, Hendwell Centre, Southway, 12:30-2:30pm.

Wednesday

* Latch On, Plymstock, 10-11:30am.
* Spooky Fun! – 27th Oct, St. Chads, 10-11am & Compton Church, 1:30-2:30pm.

Thursday

* Multicultural Group Onward House, 9:30-11am.
* Latch On, Whitleigh, 10-11:30am.

Friday

* Latch On, Fourwoods, 10-11:30am.
* Spooky Fun! – 29th Oct, Tothill, 10-11am, please book.

Spooky fun for toddlers and pre-school children 18 months to 4 years.  
  
Halloween focused activities such as decorating pumpkins, spider soup and messy play.   
  
Dressing up is also welcome!  
  
Bookable – please contact your local children’s centre.

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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:plymouthcccentral@barnardos.org.uk)  
  
Sweetpeas Children's Centre

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

01752 788992

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

Whitleigh Children's centre

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

Tel: 01752 875933

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

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

Research Studies

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>   
What Does Your Mental Health Pathway Look Like?  
  
If you live in Plymouth and are aged 16-25 you can help shape and design mental health support for 16-25 year olds across the city.  
  
Have you ever accessed mental health support, if so why not tell us about it?

Email: [natasha.daniel@barnardos.org.uk](mailto:natasha.daniel@barnardos.org.uk)   
  
Take the survey at: <https://surveymonkey.co.uk/r/16-25>

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/babla](https://www.psy.plymouth.ac.uk/bablab)b/

Email: [plymouthbabylab@plymouth.ac.uk](mailto: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](mailto: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/>   
  
  
**The Stagecoach Bus App**  
Our mobile app has all you need – bus tracking on our live map, journey planning, live bus information and mobile bus tickets.

* For Android download at Google Play:  
  <https://play.google.com/store/apps/details?id=com.stagecoach.stagecoachbus>
* For iOS download on the App Store:   
  <https://apps.apple.com/gb/app/stagecoach-bus-plan-track-buy/id1151110474>

Plymouth City Bus App  
Plan your journey, buy your tickets, trace your bus live and follow your progress.

* For Android download at Google Play:  
  [https:/play.google.com/store/apps/details?id=uk.co.plymouthbus](https://play.google.com/store/apps/details?id=uk.co.plymouthbus)
* For iOS download on the App Store: [https:/apps.apple.com/us/app/plymouthbus/id1558093731](https://apps.apple.com/us/app/plymouthbus/id1558093731)

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

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

The Devon Autism Card is now managed by Dimensions for Autism.  
  
To obtain a card, please email:

[devonautismcard@dimensionsforautism.life](mailto:devonautismcard@dimensionsforautism.life)

Derriford Autism Service  
  
Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.\*   
  
The service is for patients and staff and allows those with Autism to inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.  
  
The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.  
  
**Contacts:** Kate Bamforth  
**Autism Spectrum Lead Nurse**  
**Tel:** 01752 4(32920)  
**Email:** [plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net?subject=Derriford%20Autism%20Service)   
  
*\*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 and children under 10.   
  
Activities offer opportunities for children to play together, to explore the local environment, to meet others and to learn some new skills.

All dad’s, grandad’s and male carers are welcome.  
  
Join the Dangerous Dads Dadventures Facebook group to see what’s going on in Plymouth. See: <https://www.facebook.com/groups/426314597567896/>  
  
Free Events for Dads – Autumn Series 2021  
  
Places are limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments - so booking is essential.

Under 5s:   
Sat 6 Nov 2021, 2-3:30pm - Just Imagine Parties & Play  
Firework and sensory fun with paint, sensory lights and craft including refreshments and cake for dads at Just Imagine, Christian Mill Business Park, Crownhill, Plymouth PL6 5DS  
  
To book under 5’s, please email: [info@blossomingbumpsandbabies.co.uk](mailto:info@blossomingbumpsandbabies.co.uk) with name, children’s age and contact details.  
  
Over 5s:  
Sat 11 Dec 2021, 1-4pm - Christmas Presents  
Making Christmas presents at The Barn, Kit Hill, Barne Barton, Plymouth   
PL5 1EJ. To book, email: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)  
  
All Ages:  
Sat 23 Oct 2021 – Sea Shore  
Activities in the Amazing Art vehicle, Chrysalis, on a sea shore theme. Meet Devil’s Point car park from 1pm. PL1 3RS. To book, email: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

Conversation Cafés  
Tuesday’s 19 October, 23 November & 14 December 2021, 7pm-9pm  
**The Barn, Kit Hill, Plymouth PL5 1EJ or online via Zoom**Discuss the challenges and successes of being dad at our Tuesday Conversation Cafés – a safe space to talk all things dad and eat pizza.  
  
Join us from the comfort of your own home or if you’re in Plymouth join us in person at The Barn (includes free pizza!)  
  
Book your FREE place by emailing: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

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](mailto: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](mailto:nicky@friendsandfamilies.org.uk)   
See Facebook: <https://www.facebook.com/events/232088921826215/>

Mellow Mums Group

Being a mum can be tough and Home-Start’s aim is to be there for parents when they need us.  
  
Mellow Mums is an informal, one-hour session, via Zoom, each week to give mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don’t want to.  
  
We want the group to be led by Mums and so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.  
  
It will be facilitated by a Home Start Co-ordinator for eight weeks and there will be no more than 10 attendees each week.

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

The next group starts on **Thursday 28th October, 9:30am – 10:30am**.

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

Young Parents Community Café

Southway Youth and Community Centre is now opening a Young Parents Community Café with a difference!   
  
For under 25s, starting Tuesday 29th September 2021, 12:30pm-2:30pm at Southway Youth Community Centre, Hendwell Close, Plymouth PL6 6TB  
  
For more information please contact [natalie.griffin@plymouth.gov.uk](mailto:natalie.griffin@plymouth.gov.uk)

Barnardo’s

If you would like to attend any of the groups below, to book email: [support@barnardos.org.uk](mailto: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](mailto: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](mailto: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](mailto: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/>