Activities & Events for SEND
For Your InterestDecember 2021

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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/](https://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

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

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

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

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

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

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

**Access Code: TAMAR**

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

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

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

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

Useful InformationUniform Store 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

Is Your Child Starting Primary School Next Year?
If your child is due to start primary school in September 2022 or transfer infant to junior school, you need to start the application process now. Apply online by Saturday 15 January 2022 at: [www.plymouth.gov.uk/schooladmissions](file:///E%3A%5CGeneral%20File%20Back-Up%5CPIAS%5CFor%20Your%20Interest%5CFYI%202021%2012%20-%20Dec%5Cwww.plymouth.gov.uk%5Cschooladmissions)

Is Your Child Entitled to FREE SCHOOL MEALS?All children in Reception, Year 1 and Year 2, regardless of their parent’s financial circumstances, automatically get universal infant free school meals.

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

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

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

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

Out with the Bags… In with the BinsGarden waste collections run on a fortnightly cycle from April to November, so the final collecting day will be Friday 3 December 2021.

You don’t need to re-register for collections each year, but if you’ve not used the service previously you will need to register to have your garden waste collected.

Find out more and sign up at: [www.plymouth.gov.uk/gardenwaste](http://www.plymouth.gov.uk/gardenwaste)

Routeways

Short Breaks

School holiday sessions for young people with additional needs aged 8-17 years.

Short Breaks - Tuesday and Thursday, 10:30am-3:30pm
Cost: £15 per person
Short Breaks activities are running from Devonport Park Activity Centre on:

* Tuesday 21st December: Activity TBC – Off site activity.
* Thursday 30th December: Activity TBC – Activity at Devonport Park Activity Centre

For more information call Lucy on 01752 56702.
Limited spaces, to book visit: [www.bookwhen.com/shortbreaks](https://www.bookwhen.com/shortbreaks)

Fit and Fed – Winter 2021

Routeways will be taking part in the Fit and Fed programme over the Christmas holidays, offering activity sessions for children who receive free school meals.

Sessions will be run from Devonport Park Activity Centre on:

* Tuesday 21 December 2021, 11am-3pm
* Tuesday 28 December 2021, 11am-3pm

These activities are targeted for children and young people with ASC, learning disabilities or other disabilities.

Booking essential as spaces are limited. To book, please visit: [www.bookwhen/shortbreaks](http://www.bookwhen/shortbreaks)

A Routeways Christmas - Postponed

Originally Wed 8th Dec 2021, postponed until Wed 15th Dec 2021 at Devonport Park Activity Centre. Tickets will carry over, but if you can’t make the new date call the office on 01752 300700.

Quiet hour: 4:30pm-5:30pm, General Opening: 5:30pm-7:30pm
Cost £5 per child. Includes present from Santa.

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](https://www.bookwhen.com/routeways)

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!

Our packed programme of Christmas activities including audio described theatre trips, sailing with Santa and a polar express tram ride are fully booked but we are starting to put our 2022 activities programme together and this will include sports, science, nature and drama activities.

For further information, please contact us on: 01752 891934 / 07581 566690

Email: info@moorvision.org Web: [www.moorvision.org](http://www.moorvision.org)
Facebook: [www.facebook.com/groups/161483982931](http://www.facebook.com/groups/161483982931)

British Blind Sport – First Steps Project

First Steps Goes National!
British Blind Sport 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 build confidence, develop skills and, most importantly, have fun.

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

Sign up now to our First Steps project and receive:

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

For more information and to register, please visit: <https://bit.ly/BBSFirstSteps>
Email: firststeps@britishblindsport.org.uk or Call: 01926 424247

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

The Fun and Freedom Club can offer you:

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

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

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

Activities and Events

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

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

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

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

Creative Curiosities South West

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

Little Players – Stay & Play
Monday’s, 1:30pm-5:30pm
**Union Corner, Union Street, Plymouth PL1 3NB**

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.

Performers Workshops **Thursday’s, 6-8pm
Oxford House Creative Hub, PL1 1TW**

Combined theatre, music and dance workshops for neurodivergent young people age 15-25 years and/or with a SEND diagnosis. FREE sessions supported by Children in Need.

Wild Wonderers
Saturday 22 January 2022, 10am-6pm, Price: £60 per person
The Plot, Union Street, PL1 3EZ
Burrator Arboretum Exploration, trip to Princetown Visitor Centre and meal out. Sessions are for neurodivergent young people age 16-25 years and/or with a SEND diagnosis.

Celebrating Neurodiversity – An Evening with Jude Morrow
Sat 26 Feb 2022, 6pm-9:30pm, Price: £25
National Marine Aquarium, Plymouth PL4 OLF
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

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

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
Website: [www.keenuk.org](http://www.keenuk.org)
Mobile: 07729 286992

Mount Edgecumbe

The World of Make-Believe Garden Trail
Discover a world of cute and colourful homes where all kinds of characters live in quiet harmony. This torch-lit activity trail is designed for younger families and is an exciting way to explore a secret garden where imagination knows no end!

Dates & Times:

* Daily Friday 17 – Thursday 23 December 2021
* Daily Tuesday 28 December 2021 – Sunday 2 January 2022.

The garden is open from 1pm – 8pm. Last admission at 7pm.

A Magical Journey with Father Christmas
Join Father Christmas on a magical and interactive show inside the park’s iconic mansion. This 60 minute experience features an amazing light show, a seated story-time session and a traditional meet-and-greet opportunity that will inspire family memories to treasure for a lifetime.

Dates & Times:

* Daily Friday 17 – Thursday 23 December 2021
* Shows start at 2pm, 3pm, 4:30pm and 5:30pm.

Adventure Segway – Expedition to the Northern Lights Join Back by popular demand – jump on board your glider and be transported on an amazing after-dark ride to see the Northern Lights! This 90 minute adventure includes a special effects show to the North Pole Camp where you will complete your training in an all-action skills assault course decorated with Christmas cheer!

Dates & Times:

* Daily Friday 17 – Thursday 23 December 2021
* Daily Tuesday 28 December 2021 – Sunday 2 January 2022
* Expeditions start at 3:30pm, 4:30pm, 5:30pm and 6:30pm.

For more information and to book visit: <https://wondernights.co.uk>

Plymouth RNLI Christmas Celebration
Thursday 16 December 2021, 6:30pm for 7pm Service
at The Minster Church of St. Andrew, Royal Parade, Plymouth
Join the Royal National Lifeboat Institute for a Christmas celebration with HMS Drake Volunteer Band and Stonehouse Community Voices. After the service, please join us at the rear of the church for a glass of wine/fruit juice and mince pies.

Plymouth Together – Three Days of Christmas

The Community Hub based at Keyham Green Places, 163 Renown Street has organised three days of free events for the Keyham Community.

* **December 20 – Cuppa with a Cop** with the Keyham Community Policing Team, 1pm-2pm. **Christmas Craft Session** run by Keyham Krafties, and **Plymouth Energy Community (PEC)** will also be available for advice on keeping warm during the winter, 1pm-3pm at the Community Hub.
* **December 21 – Family Craft Session** with mince pies and alcohol-free punch, 12-noon-2pm at St. Thomas Church, Royal Navy Avenue, Keyham.
* **December 22 – Keyham Football Session** with Plymouth Argyle Premier League Kicks coaches, 1pm to 3pm at Barton Avenue, Keyham Green Places.

For more details call Debbie on 07769 300126, email plymouthtogether@plymouth.gov.uk or visit the Community Hub Monday to Friday, 11am to 4pm.

Honicknowle’s Outdoor Christmas Event
Friday 17 December 2021, 5pm-7:30pm at Honicknowle Youth Centre
Bringing the Community together for FESTIVE FAMILY FUN!

* Santa’s Grotto
* Carol singing from Shakespeare Primary School Choir
* Tombola
* Free Caricature Artist
* Raffle
* Free soup & a roll
* Tea, coffee, mince pies
* Free arts, crafts & games.

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**
Earn a bonus trading card by doing an Hour of Coding at: <https://hourofcode.com/uk/learn> or register for the free Microbit Family Coding Session on Tue 14 Dec 2021, 4-5pm at: <https://www.eventbrite.co.uk/e/microbit-family-session-plymouth-libraries-tickets-216953643187>

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
Date: Until 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. 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.

**Family Workshops: Bookmaking & Marbling Paper**
**Date: Sat 11 & Sun 12 Dec 2021, 10am-11.30am, 12.30pm-2pm and 2.30pm-4pm**
Learn how to marble paper and create your own handmade book full of Christmas wishes to treasure and keep, or give to a loved one.

**Family Workshops: Christmas Decorations
Date: Sat 18 & Sun 19 Dec 2021, 10am-11.30am, 12.30pm-2pm and 2.30pm-4pm**Make your own Christmas decorations from felt, fabric and ribbon.

**Family Workshops Cost:** £10 first child | £8 per additional child with accompanying adults free.

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>

Toddler Thursday’s **Thursday’s, 10:30am-11:30am
Price: £3 per child, suitable age 2-4 years
(pre-book online essential)**Join our Ocean Discovery Rangers in the Waves Café on Thursday mornings for adventures around the Aquarium, crafts, songs and stories.

Book Toddler Thursday tickets online at:
<https://www.national-aquarium.co.uk/events/toddler-thursdays/>

Quiet at the Aquarium **Monday’s 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/>

For more details on activities and events see website:
<https://www.national-aquarium.co.uk>

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 daily 10:30am-4:30pm, currently with a shorter route around house (face coverings must be worn). Visits to the house and garden must be book via “Nutcracker at Saltram” ticket in advance until Monday 3 January 2022. 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.

**The Nutcracker at Saltram
Date: Until 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.

Book online at: <https://www.nationaltrust.org.uk/saltram>

Percy the Park Keepers Winter Wander Trail

Date: Tue 4—Sun 30 Jan 2022, 10am-4pm
Cost: £2 per trail, booking not required. Normal admission applies.

This winter, treat your little ones to a world of adventures at Saltram on the Percy the Park Keeper's winter wander trail. Join in the fun with Percy and his animal friends and give nature a helping hand.

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

Plymbridge WoodsPlympton PL7 4SR

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

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

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

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

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

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

Buckland Abbey
Yelverton, PL20 6EY

Buckland Abbey house, gardens and estate walks are open daily from 10am-4pm. The Ox Yard Café is open daily with indoor seating for lunches, snacks and takeaway options. The Abbey (ground and middles floors open with one-way system from 11am-3:30pm), Great Barn and shop are open 10am-4pm.

Please pre-book your tickets (members free, non-members will need to pay when booking).

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.

Winter Fun at Buckland Abbey

**Percy the Park Keeper’s Winter Wander Trail
Dates: Until Sun 2 Jan 2022, 10am-3:30pm
Cost: £2 per trail, booking not required. Normal admission applies.**This winter, treat your little ones to a world of adventures at Buckland Abbey on the Percy the Park Keeper's winter wander trail. Wheelchair and pushchair friendly route through the gardens.

**Bucklands River of Light
Dates: Sat 4 Dec 2021—Sun 2 Jan 2022, 10am-4pm
Cost: Free, booking not required. Normal admission applies.**
Head to the Great Barn where you enter a forest of Christmas trees and be immersed in a river of light. Wheelchair and pushchair friendly.

**Christmas Elizabethan Dancing & Masked Fairy-Tale
Dates: Sun 12 Dec 2021, 10am-4pm
Cost: Free, booking not required. Normal admission applies.**
Watch some traditional Elizabethan dancing in the Great Hall as you are transported back in time to when Buckland Abbey would have been brought to life with laughter and dancing at Christmas time. Wheelchair access on the bottom floor of the Abbey. Push chairs will need to be kept at the front door of the Abbey.

**Olde Father Christmas
Dates: Sat 18 & Sun 19 Dec 2021, 10am-4pm
Cost: £4 per child (includes small gift), parents/guardians ticket not required. Booking required. Normal admission applies.**
Father Christmas will be meeting small groups of children in the kitchen around the crackling fire and he will be asking you to create some Christmas magic and make a small toy. Wheelchair and pushchair friendly. Ramp for wheelchair access is available.

**Wassail
Dates: Sun 2 Jan 2022, 10am-4pm
Cost: Free, booking not required. Normal admission applies.**No New Year festivity is complete without a traditional Wassail. So come and join us as we wake the trees from their winter slumber! Before the wassailing, there will be a traditional mummers play performed in the Great Barn by Dartmoor Border Morris dancers.

Walking boots or sturdy shoes recommended for the wassailing in the orchard. Bring pots and pans or anything else noisy to help chase away “bad luck” and bring a good harvest of apples in the orchard next year.

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

AntonyTorpoint, PL11 2QA
Important notice: Antony is now closed for the season and will reopen on Tuesday 5 April 2022.

For more information see: <https://www.nationaltrust.org.uk/antony>

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

Lydford GorgeLydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-3:30pm. The Waterfall tea room is open for takeaway from 11am-3:30pm. 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 until March 2022.

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

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.

**Christmas at Cotehele: The 1980s Garland
Date: Until Sun 31 Oct 2021, 10:30am-4pm
Cost: Free, booking not required. (Normal admission applies)**Cotehele is celebrating the 65th anniversary of the Christmas Garland. The Great Hall will be dressed to replicate a photograph of the garland from 1981 with a traditional green evergreen foliage and handfuls of dried flowers.

**Wassail at Cotehele
Date: Sat 18 Dec 2021, 11:30am-12:30pm
Cost: Free. Booking not required. (Normal admission applies)**Come and join us for our annual Wassail as we scare away the evil spirits from the orchard to ensure a bumper crop of apples next year. Fancy dress is encouraged – don’t forget to bring something noisy too!

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

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

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

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

Crownhill Fort

Crownhill Fort is the best preserved of Plymouth’s Victorian Defences. Owned and managed by The Landmark Trust since 1987. The fort has 12 acres of grounds open to the public and also museums with exhibits from the late 19th and 20th centuries.

Crownhill Fort have a number of open days / evenings and pre-booked tours available to book throughout the year.

Find out what’s on at Crownhill Fort at: <https://www.landmarktrust.org.uk/crownhill-fort/crownhill-fort-whats-on/>

For more information contact the Fort Office on 01752 793754.

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

**Green Hands at Central Park**

Join us for FREE light-touch outdoor activities Jan 2022 – May 2022.

Argyle Community Trust & The Green Minds Project have teamed up as part of a green social prescribing programme to run free ‘Green Hands’ events in Central Park.

Get active & learn light-touch wildlife conservation & heritage skills through Green Hands & enjoy a taster of how to stay fit & care for Central park at the same time!

Free Green Minds Events

Sat 15 Jan 2022, 10am-3pm
Green Hands: Big Garden Bird Watch in Central Park!
We're getting ready to celebrate the RSPB's Big Garden Birdwatch with a bird survey at Central Park! Join us as we record the different types of bird across the park.

Wed 26 Jan 2022, 10am-3pm

Green Hands: Bug hotel restoration & Caring for Central Park
Join us as we restore the bug hotels of Central Park and learn about how you can help mini-beasts at home! We'll also be caring for the park, making sure the paths and gutters are clear, and we may even have a go at fixed point photography!

Sat 12 Feb 2022, 10am-3pm
Green Hands: Ponds & Plants at Central Park
We'll be getting ready for the Central Park ponds project by cutting back bamboo in the existing pond and doing a survey to discover the plants and wildlife living there already.

Wed 23 Feb 2022, 10am-3pm

Green Hands: Tree Care & Tree Checks at Central Park
Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

Sat 12 Mar 2022, 10am-3pm
Green Hands: Seed Sowing & Caring for Central Park
Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

Wed 23 Mar 2022, 10am-3pm

Green Hands: Tree Care & Tree Checks at Central Park
Help care for the trees of Central Park, with maintenance on the trees we recently planted and checking on the health of our mature trees across the park.

Sat 9 Apr 2022, 10am-3pm

Green Hands: Family fun at Central Park
Join us this Easter holidays for family friendly wildlife themed activities in Central Park!

Wed 20 Apr 2022, 10am-3pm
Green Hands: Family friendly Spring Celebration at Central Park
Join us this Easter holidays for a walk and talk around Central Park - learn how to identify spring plants and wildlife and find out about the exciting Green Minds projects happening in the park!

Sat 7 May 2022, 10am-3pm

Green Hands: Sensory walk creation & Love Exploring Trails

Help us to create a series of sensory walks around Central Park and make our trails more accessible for everyone to enjoy!

How can I get involved?Green Hands is being run by our friends at Plymouth Environmental Action (PEA). Book onto 1 or more session by clicking: [www.tinyurl.com/BookGreenHands](https://www.tinyurl.com/BookGreenHands)

Would you like to book as a family or group? Email PEA at
plymouthenvironmentalaction@hotmail.co.uk for more details.How can I find out more?For more details, please visit www.greenmindsplymouth.com or email PEA at: plymouthenvironmentalaction@hotmail.co.uk

What is the Green Minds Project?

Green Minds is a project that is helping Plymouth become a better place for wildlife & people. We run free nature-themed events in Central Park & other greenspaces in the city.

Find out more about Central Park:
[www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/](https://www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/)

Find out more about the Green Minds Project at: [www.greenmindsplymouth.com](http://www.greenmindsplymouth.com)

Tell me more about Green Hands at Central Park!

What should I expect & what should I bring with me?
The Green Hans sessions are being run by Plymouth Environmental Action (PEA). We have a relaxed start with cup of tea & biscuits, plus time to chat with the other volunteers! The PEA leaders will explain the plan for the session, before the group (usually about 10) head off into the park to do some light-touch, wildlife conservation activities like tree care, planting & wildlife walks.

Most of the session will be outdoors, so we recommend wearing warm & waterproof clothes with sturdy shoes / trainers. Bring your lunch, a drink & anything else you need to feel comfortable! Waterproofs / wellies can be borrowed on the day & we have access to shelter at lunchtime if needed.

All activities will be run in line with coronavirus guidance & social distancing measures will be in place to ensure everyone feels safe & comfortable.

If you would like to know more details about accessibility, activities for each session or if you have any questions, please email the PEA team at:
plymouthenvironmentalaction@hotmail.co.uk

How do I sign up for an event?

If you would like to join 1 or more of the Green Hands sessions, simply enter your details in the booking form found at [www.tinyurl.com/BookGreenHands](http://www.tinyurl.com/BookGreenHands) to register your place on events. You will receive an email from PEA a few days before the event with activity details, meeting location & a link to register as a PEA volunteer.

The PEA team will get in touch with you if there are any changes before the event or if it needs to be postponed due to winter weather! If you can no longer make an event, please cancel your booking & let the PEA team know by emailing plymouthenvironmentalaction@hotmail.co.uk

Would you like to join Green Hands as a family or group?

If you have a team of people interested in joining the Green Hands sessions, email plymouthenvironmentalaction@hotmail.co.uk for details on how you can get involved.

Find out more:
Green Minds: [www.greenmindsplymouth.com/](http://www.greenmindsplymouth.com/)

Plymouth Environmental Action: [www.pea-volunteering.co.uk/](http://www.pea-volunteering.co.uk/)

Social Prescribing in Central Park: [www.tinyurl.com/ACTgreenprescribingupdate](http://www.tinyurl.com/ACTgreenprescribingupdate)

South West Lakes Trust

Burrator Reservoir

Burrator Reservoir is the jewel of Dartmoor and lies within Dartmoor National Park. Surrounded by open moorland and dramatic tors, historic settlements and a Nature Reserve it offers a unique day out for families, nature enthusiasts and historians alike.

**Walking at Burrator**Explore miles of open moorland, including an easy access 1.5km wildlife trail in the Arboretum suitable for wheelchairs and pushchairs.

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

**Open Sunday’s, 10am-3pm**Visit the Discovery Centre to find out how the reservoir was constructed, the
location of historical sites, where you can walk in the area and lots more! Pick up your free map of the site or download: Welcome to Burrator Reservoir

**Family Activity Day: Water, Willow & Wreath Making Workshop**
**Date: Sunday 12 December 2021
Sessions: 10am-12pm, 12:30pm-2:30pm or 2:30pm-4:30pm
Price: Tickets FREE—£8 per wreath**
Join our Environment and Engagement Rangers for a Water, Willow and Wreath Making workshop. Each session will include a short walk and talk about the reservoir and the chance to cut some willow for your wreath, followed by the opportunity to craft your very own Christmas wreath to take home with you.

Book online at: <https://www.swlakestrust.org.uk/Event/family-activity-day-at-burrator-reservoir-water-and-willow-wreaths>

Find out more about Burrator Reservoir at: <https://www.swlakestrust.org.uk/burrator>

Walking – Explore the Trails

Love Exploring

Have you ever visited a place and wished there was more to do? Love exploring includes free games, trails and detailed maps to help you discover more about a place and have fun. Explore together with the free Love Exploring app which includes the Dinosaur Safari trail at Central Park.

Find out more about the Love Exploring App at: <https://loveexploring.co.uk/>

Download the android app from the Google Store: <https://play.google.com/store/apps/details?id=com.sprytar.android&hl=en>
Download the iOS app at the Apple Store:
<https://apps.apple.com/us/app/love-exploring/id1291889815>

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>

Fit and Fed Holiday Clubs

Plymouth 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. Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children and young carers.

Over the Christmas school holidays, the Sports Development Unit are working in partnership with a number of providers to offer a variety of Holiday Clubs across the city for children and young people aged 5 to 16 years who meet at least one of the criteria above. Each holiday club is managing their own bookings, so you will need to contact them directly. For a list of providers and more information see: <https://www.plymouth.gov.uk/sportandleisure/fitandfed>

Theatre

Theatre Royal Plymouth

**Tiny Tales at Christmas**
**Date: Mon 13 Dec 2022 or Mon 30 Dec 2022
Times:** 11am-11.45am or 12:15pm-1pm  **Venue:** Front of House, Theatre Royal Plymouth **Age:** Suitable age 2+
**Tickets:** £5 per workshop per child, adults free!

Come along to our Young Company ***Tiny Tales at Christmas*** where you will be immersed into the world of festive tales through creative play and unique theatrical storytelling, led by our professional early years practitioners.

Each session will be the same, so you will only need to attend one of the four available.

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

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
**Tickets:** From £13

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.

Access Performances:

* Audio described performance: Thu 6 Jan 2022, 2:30pm & Fri 14 Jan, 7pm
* Captioned performance: Fri 7 Jan, 7pm & Wed 12 Jan, 2:30pm
* Relaxed performance: Thu 13 Jan, 12:30pm (including Audio Description & BSL Interpreted)
* BSL Interpreted: Sat 15 Jan, 1pm

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

The Lion, the Witch and the Wardrobe
**Date: Tues 22—Sat 26 Feb 2022
Venue:** The Lyric
**Age:** Suitable age 6+
**Tickets:** From £27
**Running Time:** 2 hours 20 mins
Direct from London, the smash-hit production of C.S. Lewis’ classic The Lion, the Witch and the Wardrobe, voted the nations favourite book in 2019, is coming to Plymouth! Step through the wardrobe into the enchanted kingdom of Narnia!

Access Performances:

* Audio described performance—Thu 24 Feb, 2pm
* Captioned performance—Fri 25 Feb, 7:30pm

Book at: <https://theatreroyal.com/whats-on/lion-witch-and-the-wardrobe/>

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

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

Youth Pan Disability Football

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

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

If you would like to get involved in Disability Football as a player, coach, club or volunteer please contact Ashley Harris, Disability Development Officer.
Phone: 01626 323560 / 07912089838 / Email: ashley.harris@devonfa.com

Argyle Community Trust

Soccer Roadshows

Argyle are running a number of holiday football roadshows across Devon and Cornwall over the 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 | Weekly Pass | £70 | Christmas Special Weekly Pass | PL |
| Manadon Sports Hub Limited - 200 spaces | Thu 16 Dec4:30-7pm | £25 / £37\* | Christmas Cracker Football Roadshow | PL1 |
| Manadon Sports & Community Hub | Mon 20 Dec | £18 / £27\* | Christmas Special Football Roadshow | PL2 |
| Manadon Sports & Community Hub | Tue 21 Dec | £18 / £27\* | Christmas Special Football Roadshow | PL3 |
| Plympton Academy | Tue 21 Dec | £18 / £27\* | Christmas Special Football Roadshow | PL4 |
| Manadon Sports & Community Hub | Wed 22 Dec | £18 / £27\* | Christmas Special Football Roadshow | PL5 |
| Manadon Sports & Community Hub | Thur 23 Dec | £18 / £27\* | Christmas Special Football Roadshow | PL6 |
| Manadon Sports & Community Hub | Wed 29 Dec | £18 / £27\* | Festive Football Roadshow | PL7 |
| Manadon Sports & Community Hub | Thur 30 Dec | £18 / £27\* | Festive Football Roadshow | PL8 |

Christmas Special Weekly Pass – Access as many courses as you like for £70.

\*Sibling discount available for some courses – choose two entries option when booking for discount.

Disability Soccer Roadshows

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Venues** | **Date** | **Cost** | **Time** | **Theme** | **No.** |
| Manadon Sports & Community Hub | Thur 16 Dec | £25 | 4:30-7pm | Disability Christmas Cracker | D1 |
| Manadon Sports & Community Hub | Mon 20 Dec | £8 | 10am-1pm | Short Breaks | D2 |
| Manadon Sports & Community Hub | Thur 30 Dec | £16 | 10am-3pm | Disability Christmas Roadshow | D3 |

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

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

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

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

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

Premier League Kicks Timetable

The Premier League Kicks projects is for children and young people aged 8-18 years. It is totally FREE… just turn up and play.

Monday
Efford Youth Centre, PL3 6HU, 6:30pm-8:30pm

Tuesday
Southway Youth Centre, PL6 6TB, 6:30pm-8:30pm

Wednesday

Fox Field Close, PL3 6DF, 4:30pm-5:30pm

Thursday
Efford Youth Centre, PL3 6HU, 6:30pm-8:30pm

Friday
Coxside, Teats Hill, PL4 8PH, 4pm-5pm

St. Budeaux, The Barn, PL5 1EJ, Time TBC

Woodview Campus, Sir John Hunt, PL5 4AA

For more information email: alice.young@pafc.co.uk or call: 01752 562561(4) For up-to-date information on sessions see: <https://argylecommunitytrust.co.uk/what-we-do/community-engagement/pl-kicks/>

Plymouth Argyle 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>

Oaks Rugby InclusiveA non-contact special needs rugby-group catering for boys and girls from the age of 4/5 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 with sausage and chips afterwards. 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>

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

Win, Lose, Draw……Learn!!!

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

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

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

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

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

There are two ways to access the courts:

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

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

Email: Parktennis@plymouth.gov.uk

Other places to play:

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

Tennis (FREE) at Central Park
Saturday’s 11 & 18 December 2021, 5pm-6pm
Tennis for free sessions are for players aged 12 years and over only (due to COVID-19 guidelines). Join us for some fun, active tennis.

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

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

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

| **Activity** | **Activity Details** | **Cost / Time / Age** |
| --- | --- | --- |
| Fun Days @ YMCA Plymouth | Inclusive activities are Fun Days for the whole family geared towards those with additional needs. Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more!  | Cost: FREETime: 11am-12:30pmSubject to availability - Please contact usAge: All ages |
| Fun Days @ YMCA Torpoint | Fun Days at Torpoint are for the whole family and geared towards those with additional needs. Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihock, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks). | Cost: £3 per sessionWhen: Every other Saturday, 10:30am-12pmAge: All ages |
| YMCA Specials | This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics. | Cost: £3 per sessionFirst session FREE!Time: Wednesday4:45pm-5:45pmTerm-time onlyAges: 5-16 |
| Special Olympics‘The Specials Club’ | A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more!Find out more at: [www.sopd.org.uk](http://www.sopd.org.uk/) | Cost: £3 per sessionFirst session FREE!Time: Wednesday, 6pm-8pmAge: 16+ |
| Fun Bounce(Not currently available) | Trampoline based sessions for children and young people with mobility related disabilities and other additional needs. Sessions help improve strength and mobility while being supported by a qualified instructor. | Cost: £3 per sessionTime: Thursday, 4:30pm-5:30pmAge: 5-18 |
| Trampolining(Not currently available) | A more advanced and structured version of the Fun Bounce sessions. Sessions are for young people who want to progress and develop their trampolining ability. | Cost: £3 per sessionTime: Thursday, 5:30pm-6:30pmAge: 8-18 |
| Indoor Climbing(Not currently available) | Inclusive climbing sessions aiming to make climbing available to people with a wide range of ability delivered by qualified instructors using specialised equipment. | Cost: £3 per sessionTime: Tuesday, 5pm-6pmAge: 8-18 |

YMCA Holiday Clubs

Holiday club is a great way for young people to get the most out of their break in the school half-terms and 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 20th to Friday 24th December 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).

**Funded Places**

Young people eligible for free school meal benefit can get a fully funded free space on our Christmas Holiday Club, subject to availability.

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

EXIM Dance

EXIM Improving Lives Through Dance.

Young People’s Timetable
Participation is Free

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

For more details please contact us!

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

Family Movement Workshop Taster Session
Monday 13 December 2021, 10am-11am
Oxford House Creative Hub, 29 Manor Street, Plymouth PL1 1TW

Exim Dance Company will be delivering their second FREE Family Movement session for children aged 3-5 years alongside other family members or guardians. The sessions are open to families or guardians with and without movement experience. They will consist of themed based fun movement activities incorporating games and props as well as socialising time with other families.

To reserve your place, please book a FREE ticket through Eventbrite at:
<https://www.eventbrite.co.uk/e/family-movement-sessions-tickets-181629357297>

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

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

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

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

Contact: laura@eximdance.org.uk

Tel: 07864168663

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>

**SEND Christmas Party
Thursday 23 December 2021, 5pm**-**6pm**Come and get in the festive spirit with our one-hour SEND Christmas Party! There will be festive fun and a goody bag for each ticket holder. Tickets are £10 per person (including one free carer). Goody bags are for ticket holder only and excludes the additional adult/carer. Additional adult/carer tickets can be purchased for £8 per person.

Book online at: <https://roller.app/supertrampplymouth/products/checkout#/sessions>

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.

Livewell South West

Health for Kids

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

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

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

Health for Teens

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

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

Chat Health

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

0-5 Parents Service: 07480 35188
5-19 years Parents Service: 0748035189

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

Emotional Wellbeing and Mental Health

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

CAMHS

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

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

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

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

Helpline Contact: 01752 435122

Kooth

For secondary school age young people.

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

Monday to Friday, 12pm – 10pm

Saturday to Sunday, 6pm – 10pm.

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

Young Devon

For secondary school age young people.

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

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

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

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

Email: wellbeingenquiries@youngdevon.org

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

Other key websites:

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

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

Visit: <https://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny>

Young People Services

ChildLine – 24/7. Call free – 0800 11 11.

ChildLine is here to help anyone under the age of 19 in the UK with any issue they’re going through.

Kooth – 24/7.
<https://www.kooth.com>
Online Mental Wellbeing Community for young people.

Young Minds – 24/7. Text free – ‘YM’85258
Young Minds is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The Zone Plymouth
Call – 01752 206626.
If you’ve been affected by the incident our youth support volunteers are available to support you. Call or email on enquiries@thezoneplymouth.co.uk or arrange to come in and see us.

Services for All

It’s OK to ask for help.

Victim Support - 24/7. Call free - 0808 1689 111.

MindLine - 24/7. Call free - 0800 138 1692.
Available to anyone in the city or wider Devon who needs emotional support.

Samaritans - 24/7. Call free - 116 123.
Support with any issues, including mental and emotional health.

Livewell Southwest - 24/7. Call free - 0800 923 9323.
First Response available to anyone in Plymouth experiencing a mental health crisis.

Giveusashout.org - 24/7. Text free - 'SHOUT' TO 85258.
Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Simply Counselling Domestic Abuse

Simply Counselling offer free counselling support for domestic abuse survivors.

The support can be for practical issues with the aim of empowering the individual to make steps to resolve the issue and/or emotional support to talk through for example any fears they might have in accessing counselling.

Abuse and trauma can be difficult to talk about. We offer free counselling for people and families affected by domestic abuse in safe and secure offices.

We have a Support Worker who could meet you in a place of your choice, talk about what we do, and offer you practical support to help your counselling.

If you are worried about contacting us, please use a way that works for you (email, phone, text, Facebook).

Contact Simply Counselling on:
01752 560900 / 07712 122153
or email: simplycounsellingcicsw@gmail.com

For more information see our website: [www.simplycounselling.org](https://www.simplycounselling.org)

Plymouth Domestic Abuse Service

Please also see Plymouth Domestic Abuse Service who can provide free confidential advice and support for victims of domestic abuse.

Tel: 0800 458 2558
Website: <https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/plymouth-domestic-abuse-services-pdas>

Plymouth Barnardo’s Children Centres

Café Connect
**Wednesday’s, 10am-2pm
at The Barn, Kit Hill Crescent, Barne Barton, Plymouth PL5 1EJ**Join us for a midweek Starbucks coffee and help us tackle food waste by taking away donated food from M&S, Lidl and Tesco.

Upcycle clothing – bringing something you no longer need or take something you could use. Safe and friendly environment where all ages are welcome. Plus children’s activities in the mornings.

For more information visit: <https://www.thepioneersproject.co.uk> or email: info@thepioneersproject.co.uk

Children’s Centres Contact Details

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

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

Email: plymouthccwest@barnardos.org.uk

Fourwoods Children’s Centre

415 Crownhill Rd, West Park, Plymouth PL5 2LN

Tel: 01752 366795

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

Email: plymouthccwest@barnardos.org.uk

Tamar FOLK Children's Centre

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

Tel: 01752 361052

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

Email: plymouthccwest@barnardos.org.uk

Nomony Children’s Centre

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

Tel: 01752 261844

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

Email: plymouthcceast@barnardos.org.uk

Plymstock Children's Centre

Shortwood Crescent, Plymstock, Plymouth, PL9 8TQ

Tel: 01752 407496

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

Email: plymouthcceast@barnardos.org.uk

Rees Well-being Hub

Mudge Way, Plympton, Plymouth PL7 2PS

Tel: 01752 340550

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

Email: plymouthcceast@barnardos.org.uk

Crownlands Children's Centre

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

Tel: 01752 788992
Email: plymouthcccentral@barnardos.org.uk

DELL Children’s Centre

375 Blandford Rd, Efford, PL3 6JD

Tel: 01752 788992

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

Email: plymouthcccentral@barnardos.org.uk

DELL - High View Children’s Centre

High View Primary School, Efford, PL3 6JQ

Tel: 01752 788992

Email: plymouthcccentral@barnardos.org.uk

Sweetpeas Children's Centre

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

01752 788992

Email: plymouthcccentral@barnardos.org.uk

Whitleigh Children's centre

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

Tel: 01752 875933

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

Email: plymouthccnorth@barnardos.org.uk

Plymbridge Children's centre

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

Tel: 01752 875933

Email: plymouthccnorth@barnardos.org.uk

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>

BabyLab – University of Plymouth

Parents of new-born 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

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

Girls and Pupil Referral Units

Are you a woman over 16 who has attended a Pupil Referral Unit in the last 5 years or is currently attending? Would you be interested in sharing your experiences and talking to me?

Taking Part
I am looking for women who are **over 16** who previously attended a Pupil Referral Unit. I would like women who were there for **3 or more months.**

Taking part would involve a **one-on-one virtual interview** talking with me on a day that suits you. The interview would last about **45 minutes – 1 hour and we will go at your pace**, taking as many breaks as you like.

If you choose to take part, you can **stop at any point.** You do not need to give me a reason for this.

All your information will be kept confidential and anonymous (which means **I won’t put your real name in my work**).

The Research
My name is Amelia King and I’m a Trainee Educational Psychologist at the University of Exeter. I’m interested in giving young women a platform to voice their opinion on their alternative education.

My research aims to explore what young women thing about their experiences of attending a Pupil Referral Unit, with the hope of helping people understand what it’s like to be a girl in alternative education. **Interview Themes**We will talk about the topics listed here:

* Identity
* Life experiences
* Background information
* Staff relationships
* Gender
* Friendship.

If you are interested in taking part in this research or know any women who might be, please contact me as soon as possible at: ajk222@exeter.ac.uk

The Parent Carer Wellbeing Study

The Parent Carer Wellbeing study are looking for parent carers who care for a child with a disability or long-term illness. By understanding the needs and experiences of parent carers in England and how caring affects their wellbeing, this research hopes to provide the foundation for the development of better support services.

To find out more about this study and to take part visit: <https://www.parentcarerwellbeing.org/>

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

Take the survey at: <https://surveymonkey.co.uk/r/16-25>

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

Derriford Autism Service

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

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

The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.

**Contacts:** Kate Bamforth
**Autism Spectrum Lead Nurse**
**Tel:** 01752 4(32920)
**Email:** plh-tr.derrifordautismservice@nhs.net

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

Hidden Disabilities Sunflower Lanyard

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

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

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

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

Sensory Shop

First Saturday of month, 9am-10am
Drake Circus, 1 Charles Street, Plymouth PL1 1EA
On the first Saturday of every month between 9am and 10am, Drake Circus are offering a sensory shopping hour in partnership with Dementia Friends and the National Autistic Society.

Each store will be turning off their music and dimming their lights to create a low sensory shopping experience for all customers.

Support Groups

Dangerous Dads

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

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

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

All Ages:
Sat 11 Dec 2021, 1-4pm - Christmas Presents & Christmas Wreath
Limited spaces available for dads and their kids to make Christmas presents and a Christmas wreath at The Barn, Kit Hill, Barne Barton, Plymouth
PL5 1EJ. To book, email: bookings@dangerousdads.org.uk

**Sat 18 Dec 2021 – Christmas Party CANCELLED**

Research
Have you been to a Dangerous Dad’s event in Plymouth, Cornwall or South Devon this year? We’d like to know your views for some research being carried out in partnership with Plymouth University.

Visit: <http://forms.office.com/r/k1c5CzCjc7>

Conversation Cafés
Tuesday’s 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

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

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

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

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

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

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

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

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

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

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

Time for You

Time for You is a supportive weekly Zoom group for mums of children with additional needs. In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It’s a place to be with others who ‘get it’ and a chance to build a toolkit to help you navigate life’s ups and downs.

The next group is starting:

* Friday’s, 9:30am-11:30am from Friday 14 January 2022—FREE 11 week zoom group funded by the National Lottery Community Fund.

Booking essential—priority if on benefits. To book, please contact us via Facebook at: <https://www.facebook.com/mums4achange> or email jo@mums4achange.org

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

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

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

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

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

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

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

Mind Devon

Emotional Support for New Parents
Are you a new mother, mum-to-be, or partner?

It’s very common to have concerns or experience stress about the changes that happen with parenthood.

If you would like some emotional support about these hormonal and identity changes, our qualified practitioner can provide you with one-to-one assistance and advice.

We are offering one-to-one emotional support by telephone and online via Zoom.

To enquire about this service, please complete an online enquiry form at: [www.devonmind.com/parents](https://www.devonmind.com/parents)

Barnardo’s

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

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

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

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

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

Plymouth Group for Autistic Young Adults

Tuesday’s (fortnightly), 7pm, £2 per session
St. Budeaux Methodist Church, 73 Barne Lane, Plymouth PL2 1RX

A new recreational group for autistic young adults aged 18-25 years.

Message via Facebook: <https://www.facebook.com/Plymouth-Group-for-Autistic-Young-Adults-109417014822323>

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

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

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

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

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

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

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

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

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

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

Email: pfaparentgroup@woodlands.plymouth.sch.uk

Time to Talk Next Steps

Free support for young people with additional needs and their families.

About the Programme
Time to Talk Next Steps provides free support for young people aged 16-25 years in England with additional needs. It is for young people who are experiencing anxiety, isolation and who have limited or no plans for the future. In partnership with the National Development Team for Inclusion (NDTi), Contact are providing support, information and workshops for parents and carers about transition to adulthood. The project is generously funded by The National Lottery Community Fund.

What Support is Available for Young People?
Depending on what each young person wants and needs, there are various types of support available:

* One-to-One Online Sessions with a support to discuss future plans
* Peer Support to regularly link up with other young people.
* Training Opportunities to become a peer supporter or to deliver training for professionals.
* Useful Contacts & Networks in your area.

Support will be tailored to each individual.

* Our trained staff will focus on: strengths, reducing anxiety, building confidence and countering social isolation.
* The project will help young people to think about building independence by providing encouragement and motivation for their future.

What Support is Available for Parents & Carers?

Through Time to Talk Next Steps, Contact can provide the following services to support you as a parent or carer:

* **Preparing for Adulthood Workshops** to explore how to support young people into adulthood.
* **Listening Ear Appointments** with a family support adviser.
* **Contact Helpline** for advice, information and support.

How to Request Support

Visit the webpage for more information and links to the request for support forms: <https://www.ndti.org.uk/projects/time-to-talk-next-steps>

Young Adult Carers Service Plymouth

Are you a Young Adult Carer aged between 18-25? Improving Lives Plymouth Caring for Carers have a new Young Adult Carers service in Plymouth to support you with your caring role.

Food and Forum followed by a Young Adult Support group starting Monday 13th Dec at 5:30-8:30pm, then every second Monday of the month.

Location: The Salvation Army, 56 Lancaster Gardens, Plymouth, PL5 4AA

For more information, please email: YACS@improvinglivesplymouth.org.uk or call/text Nicolle: 07305043634 or Alex: 07496641182

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/>