Activities & Events for SEND  
For Your InterestMay 2022  
  
What’s on this School Holiday?  
Activities for the Plymouth, Plympton and Plymstock areas.

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**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/)

Welcome  
  
Welcome to Plymouth Information, Advice and Support for SEND (PIAS) newsletter.  
  
PIAS is the SENDIASS service for Plymouth. We are a free, impartial, and   
confidential service which aims to empower children, young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.   
  
This month we have created our first ever webinar – “Introduction to PIAS” which is now available to watch on our website at: [www.plymouthias.org.uk/](http://www.plymouthias.org.uk/)

A huge thank you to Janine and Holly for producing this. We will be uploading more content in the coming months so come and subscribe to our You Tube Channel Plymouth IAS: <https://www.youtube.com/channel/UCCla3JOw0csrcltEkyvQsqQ>   
  
We have been out and about across the City meeting families at the city wide Step by Step group, Friends and Family Little Steps Together group and the Plympton Health and wellbeing Event. Many thanks to our Volunteer Edith who has supported us in doing this.   
  
Our new volunteers are part way through their training and have been contacting families to gather feedback about the service they have received from the team.   
  
The SENDIASS case workers have been incredibly busy and are currently supporting over 400 children and young people and 360 families. If you would like to speak to a member of the team then please contact us.  
  
The parenting team have returned to face to face delivery of parenting programmes and have welcomed 2 new parent programme facilitators. A huge thank you to Steve, who has been fantastic in keeping the parenting programmes going while we wait for the new team members to join us. Welcome Jo and Kathryn.

Youth Ascends  
  
Youth Ascends is made up of children and young people aged between 9 and 25 with special educational needs and disabilities (SEND). The group acts to ensure young people’s views are taken into account within strategic planning provision in Plymouth.  
  
The group discuss issues that affect them and other children and young people with SEND in Plymouth. They advise from their own experiences and have a passion to make sure that young service users opinions are valued, their views heard equally with other members of society and by professionals in the city.  
  
Recently Youth Ascends has been a part of a National research project with the Children Commissioner office who are researching the impact of the pandemic on school attendance for children and young people with SEND.   
  
The young people had the chance to share their experiences of the pandemic and how they struggled with attending school during this time. This report will be published soon.

Young people can engage with the forum through their educational/post 16   
providers/ youth groups or agencies by attending facilitated discussion groups, drop-ins, school council meetings or by surveys, email and text communication.  
  
For further information of how you can be involved please contact Youth Ascends on 01752 258933 or email: [YPForum@plymouth.gov.uk](mailto:YPForum@plymouth.gov.uk)  
  
We hope you enjoy the information in the newsletter and that the sun shines over the half term break.

**Helen**

Plymouth Information, Advice & Support   
(for SEND)PIAS Support to ParentsYou can call PIAS for information, advice and support. We are providing our usual service by telephone, email, through our website and Facebook pages.  
  
  
Parenting Programmes  
We have resumed delivering our Parenting Programmes face-to-face. We are currently unable to take any new requests for Strengthening Families 10-14 UK until further notice, but are still accepting applications for future Incredible Year courses.   
  
Apply 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  
  
Submit an enquiry through our website at: <https://www.plymouthias.org.uk/contact-us/>   
  
Alternatively you can email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)  
  
Please contact us if you would like to arrange an appointment.   
  
Visit our website at: <https://www.plymouthias.org.uk/>   
  
Stay up to date with the latest news and information by   
following us on Facebook: <https://www.facebook.com/>

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

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

Understanding Your Child   
(0-19 years)Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.  
  
Understanding Your Teenagers’ Brain (short course)  
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

**Access Code: TAMAR**  
  
Go to <https://inourplace.co.uk/>

Apply the ‘access code’ for FREE access!  
Fill in some details to create an account.  
To return to the course(s) go to <https://inourplace.co.uk/> and sign in  
  
Website: <https://solihullapproachparenting.com/>   
Email: [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)

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

Useful InformationUniform Store PlymouthPlymouth Vineyard Church accept donations of good quality school uniform, both school specific logo uniform and generic items such as trousers / skirts / shirts and blouses etc. Uniform is then free to anyone that needs it.  
  
Families can access a Click and Collect service at: <https://www.uniformstoreplymouth.co.uk/click-and-collect/>  
  
Donation Drop-off and Collection Points:

* Wednesday’s & Friday’s, 10am-12pm at Redeemer Church, St. Barnabas Terrace, Plymouth PL1 5NN (term-time only)
* Summer Holiday pop up shop (city centre)

Keep up to date with information via their Facebook page:  
<https://www.facebook.com/UniformStorePlymouth>  
Email: [hello@uniformstoreplymouth.co.uk](mailto:hello@uniformstoreplymouth.co.uk)

Baby Bank at Southway Youth and Community CentreWe are setting up a baby bank to help and support parents and we need your support.   
  
We are looking for good quality donations:

* Vest
* Baby grows
* Cardigans
* Hats
* Mittens
* Booties
* Baby towels
* Baby slings
* Toiletries
* Baby clothing (0-18 months)
* Baby sheets
* Baby blankets
* Bibs
* Nappies
* Baby coats

Any donations, please pass to the Southway Community Group or simply drop them in to Southway Youth and Community Centre, Hendwell Close, Plymouth PL6 6TB.  
  
Unfortunately we cannot accept large items.  
  
Telephone: 01752 775969  
Email: [natalie.griffin@plymouth.gov.uk](mailto:natalie.griffin@plymouth.gov.uk)

Email: [southwaycg@outlook.com](mailto:southwaycg@outlook.com)

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: <https://www.plymouth.gov.uk/freeschoolmeals>

Healthy StartFamilies in Plymouth are being urged to check if they are eligible for the Healthy Start Scheme to help buy healthy food and milk.  
  
If eligible, you’ll be sent a Healthy Start card with money on it to spend on milk, plain, fresh and frozen fruit, pulses, tinned fruit and vegetables, and infant formula milk. Find out more: <https://www.healthystart.nhs.uk/>

Out with the Bags… In with the BinsGarden waste collections run on a fortnightly cycle from April to November.  
  
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 8-18 years.  
  
Short Breaks - Tuesday and Thursday, 10:30am-3:30pm  
Cost: £15 per person  
  
Short Breaks school holiday sessions for young people with additional needs run twice per week from Devonport Park Activity Centre on:

* Tuesday 31st May 2022: Off site activity
* Thursday 2nd June 2022: On site activity

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

Activity Groups

Little Seeds – Thursdays, 10am-12pm, £4 per family with 1 child / £1 additional childFriendly, social stay and play group for Under 5's and their parents/carers. We welcome children of all abilities and needs and encourage positive

interaction with peers. We have experienced staff to support children with disabilities, so come along and chat with us and other carers in a safe and

inclusive environment.

Join us for music, gardening, baking, arts and crafts, sensory play and so much more!  
  
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.

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

A social group for young people with a disability aged 16-24 offering vocational opportunities to learn and improve their skills in cooking, gardening, woodwork, computers, personal development and employability skills, social enterprise and other social activities held at Devonport Activity Centre.  
  
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.  
  
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!  
  
We’ve had a busy start to the year with swimming and theatre trips plus the first of our Press Play Audio Adventure days. Coming up we have a Sports Day, Outdoor Pursuits, Sailing and a Residential Trip. You can see more about our activities at: <https://www.moorvision.org/events-whats-moorvision>

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

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

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](mailto: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](mailto:info@friendsandfamilies.org.uk)

Creative Curiosities South West

We are an inclusive charitable company working with neurodivergent children and young people across the South West. We are focussed on mental wellbeing, inclusion, and aspirations for all. We offer blended Creative, Therapeutic and Adventurous Activities.  
  
**Achievers Crew  
Tuesday’s, 11am-2pm, Price: £10  
The Plot, Union Street, PL1 3EZ**Work experience and skills development for neurodivergent young people age 16+ years. We will draw up an individual scheme of work for you based on your interests.

Performers Workshops **Thursday’s, 5-7pm (term-time), Price: Free  
Oxford House Creative Hub, PL1 1TW**

Theatre, music, dance and stage combat workshops for neurodivergent young people and/or young people with a SEND diagnosis aged 11 years plus.   
  
A safe place to explore performance skills and learn about the theatre industry from professionals and make sense of emotions through storytelling, drama and real life experiences.   
  
FREE sessions supported by Children in Need.  
  
For more details about Creative Curiosities activities and to book visit:  
<https://www.tickettailor.com/events/creativecuriositiessw>

If you have any queries call or text: 07764 737620 or email: [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)

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

Things to Do

Giant’s Jubilee Tea Party & Parade

**Thursday 2 June 2022, 12pm-4pm   
at Keyham, Ford & North Downs Park, PL2 2AQ**The Giant Puppets are returning to Keyham and Ford to celebrate the Queen’s Platinum Jubilee.

There will be:

* A giant puppet parade
* Party games
* Music
* Free cake
* … and lots more!

Please come long, bring the sunshine, a picnic, blankets and party hats. FREE to attend.

Street Jubilee Party

**Saturday 4 June 2022, 11am-3pm   
along Ronald & Alexandra Terrace**Celebrating the Queen’s Platinum Jubilee with neighbours – bring tables, chairs and picnic.

Let’s make it a party to remember…

* Make decorations/bunting
* Make food to share
* Provide entertainment/quiz
* Prepare crafts, games etc
* Litterpick before and after.

Got more ideas? Join the conversation on Facebook @StLevanCommunity

3 Wishes Fairy Festival  
Friday 17 – Sunday 19 June 2022  
at Mount Edgcumbe Country Park, Cremyll, Torpoint PL10 1HZ

Cost: from £40 per day, under 7’s free.

Celebrating the 16th Anniversary.  
  
3 days and nights of camping, glamping and live music, family friendly fairy fun! Celebrating 16th Anniversary.

100+ free workshops and talks included in ticket price from £40 daily, under 7’s free.

Vegan food, fairies, mermaids, unicorns and elves.

Book online at: <https://fairyfestival.co.uk/>

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.

Road Closures for Queen’s Platinum Jubilee Celebrations

45 streets will be closed for street parties over the extended Bank Holiday weekend which runs from Thursday 2 June to Sunday 5 June 2022.

**Thursday 2 June 2022**

Whitleigh Green

**Friday 3 June 2022**

Brentor Road

Stenlake Terrace

Cardigan Road

Salisbury Road

Knighton Road

Onslow Road Lane East

**Saturday 4 June 2022**

Agaton Road

Glendower Road

Ronald Terrace, Alexandra Terrace

Gilwell Avenue

Eastbury Avenue

Whiteford Road until Monday morning 9am

Pinewood Close

Pennycross Park Road Lane West

Linketty Lane West

Thornhill Road until Monday morning 8am

Princess Avenue

Huxham Close

Fanshawe Way

Nicholson Road

Mowhay Road

Palmerston Street

Powisland Drive

Honicknowle Green

**Sunday 5 June 2022**

Compton Avenue

Clevedon Park Avenue

The Grove

Rendle Street

Shirburn Road

Rosslyn Park Road

Vine Gardens

Beechwood Terrace

Springfield Avenue

Linketty Lane West

Park Street

Alfred Street

Chestnut Road

Glenavon Road

Boringdon Road

Draco Drive

Hotham Place

Manor Street Central Street

Honicknowle Green

Find out about more events going on over the Platinum Jubilee weekend at: <http://www.plymouth.gov.uk/celebratequeensplatinumjubileeus> and   
  
Visit Plymouth: <https://www.visitplymouth.co.uk/whats-on/major-events/the-queens-platinum-jubilee>

Dartmoor Zoological Society **Sounds of the Wild! - Sat 28 May—Sun 5 Jun 2022**Who made that squeak? Whose roar can you hear? Visit Dartmoor Zoo this May half term and celebrate the music and sounds of the animal kingdom. Successfully complete our interactive sounds of the wild trail to discover the crazy noises made by our animals and win a musical prize!  
  
Book online at: <https://www.dartmoorzoo.org.uk/events/may-half-term-sounds-of-the-wild/>

**Roar ‘n’ Snore – Sat 4 Jun, 16 Jul & 20 Aug 2022**

Ever wanted to spend a night in the zoo? Roar ‘n’ Snore is back offering a unique opportunity to see and hear what life is like after the gates close between dusk and dawn, when many residents come out to play.

With a private close encounters session, a keeper-led tour of the zoo and a campfire, experience an unforgettable camping trip like no other.

Book online at: <https://www.dartmoorzoo.org.uk/events/roar-n-snore/>

Churchwood Forest School  
  
Family Forest Days 2022  
Come and explore our magical woods, at Churchwood in Wembury. Build dens, use tools, set fires, create some wild art and make wonderful family memories.  
  
Dates:

* Sunday 3 April
* Sunday 1 May
* Sunday 5 June
* Sunday 3 July
* Sunday 7 August
* Sunday 4 September
* Sunday 2 October
* Sunday 6 November
* Sunday 4 December

Price: £8 per person, non-walkers are free.   
  
Optional camp fire lunch £5 Adults / £3 children  
  
Book your place at: [www.bookwhen.com/churchwoodforestschool](http://www.bookwhen.com/churchwoodforestschool)

Activities Online

Book Trust Home Time for children aged 5 and under

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

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

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

Access Sport  
Access Sport have put together lots of inclusive great resources and activities at: <https://www.accesssport.org.uk/Pages/Category/inclusive-activities>  
  
You can also find lots of online activities you can join in ‘live sessions’ in real time or do in your own time at home at: <https://www.accesssport.org.uk/online-activities>  
  
Sign up to the Access Sport newsletter: <http://eepurl.com/gZWgDf>   
  
Follow the Access Sport Facebook page at: <https://www.facebook.com/AccessSport/>

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

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

Virtual Keen

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

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

Famallama Minecraft Server

Do you have a neurodiverse child or young person who plays Minecraft on a PC or laptop computer? Famallama is a Minecraft server set up for those with varying degrees of Autism, ADHD or other Special Educational Needs (SEN).  
  
Apply to join at: <https://www.famallama.co.uk/join-us.html>

Facebook: Famallama Minecraft Server  
Twitter: @Famallamas  
Instagram: famallama\_minecraft\_server  
Website: <https://www.famallama.co.uk/>   
Email: [SparkleTwinnie@gmail.com](mailto:SparkleTwinnie@gmail.com)

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**  
Aimed at 4-11 year olds, children need to read 4 books each month to receive a sticker. Receive a special Findalots library card and activity journal by signing up at any [Plymouth Library](http://www.plymouth.gov.uk/libraries/childrenandyoungpeople/findalotslibrarychallenge).

Big Up Your Book – Wednesday’s, 4pm-4:30pm (via MS Teams)  
This is a digital book group for children. To find out more or book, email: [library@plymouth.gov.uk](mailto:library@plymouth.gov.uk) with your child’s name and library card number.

The Box  
  
The Box is Plymouth’s 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  **Another Crossing - Artist Revisit the Mayflower Voyage  
Until Sunday 5 June 2022, 10am-5pm  
Cost: Free admission.**10 artists. 4 nations. Centuries of making. This exhibition is part of our ongoing Mayflower 400 commemorations. See: <https://www.theboxplymouth.com/events/exhibitions/another-crossing>   
  
Holiday Workshops: Amazing Animal Puppets  
**Date: Sat 28, Sun 29 & Tue 31 May 2022   
Times: 10:30am-12:30pm or 1:30pm-3:30pm  
Cost: Free, no need to book. Drop in session.**Join us during May half term to cut, colour, stitch and decorate triangles to add to The Box bunting ribbon or make a flag to wave as the nation marks the Queen’s Platinum Jubilee. See: <https://www.theboxplymouth.com/events/families/family-fun-jubilee-bunting-and-flags>   
  
Family Fun: T-shirts to Tote Bags and Peg People  
**Date: Wed 1 – Sat 4 Jun 2022   
Times: 10:30am-12:30pm or 1:30pm-3:30pm**  
**Cost: Free, no need to book. Drop in session.**Bring in an unwanted long or short sleeved t-shirt and work with our creative experts to transform it into a really cool bag. If you don’t have an old t-shirt to repurpose we’ll also be making peg people.

See: <https://www.theboxplymouth.com/events/families/family-fun-t-shirts-to-tote-bags-and-peg-people>

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 30 May, 1 & 29 Aug, 24 Oct & 19 Dec 2022,   
5-7pm or 5:30pm-7:30pm   
Price: £8 per child / £10 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>

Wembury Marine Centre

Visit Wembury Marine Centre to learn about the surrounding area and it’s wildlife through interactive and informative displays, regular Rockpool and Snorkel Safaris and other marine themed events.  
  
Location: Wembury Marine Centre, Church Road, Wembury PL9 0HP  
  
Open between April and September, Tues—Sun, 10am-4:30pm.

For more information visit [www.wemburymarinecentre.org](http://www.wemburymarinecentre.org)

Booking Essential for all events. Bring your wellies or other sturdy shoes which can get wet for rockpool safari’s! All children must be accompanied by an adult (except Snorkel Safari’s).   
  
Rockpool Safari

**Sun 29 May – 11am-12:30pm  
Sun 19 Jun – 3pm-4:30pm**

**Price: £5 per person (suitable age 4+)**   
**Children must be accompanied by a paying adult.**

Join Devon Wildlife Trust for a guided rockpool safari to meet and learn about some of Wembury's most famous inhabitants, from crabs to starfish and everything in between!

Book online for Rockpool Safari’s at:   
<https://www.wemburymarinecentre.org/whats/rockpool-safaris>  
  
Platinum Rockpool Safari

**Tue 31 May – 12pm-1:30pm  
Wed 1 Jun – 12:30pm-2pm**   
**Thur 2 Jun – 1pm-2:30pm**

**Price: £5 per person (suitable age 4+)**   
**Children must be accompanied by a paying adult.**

Our expert team will take you on a guided rockpool safari to meet and learn about some of Wembury's most famous inhabitants, from crabs to starfish and everything in between!

Book online for Rockpool Safari’s at:   
https://www.wemburymarinecentre.org/whats/rockpool-safaris  
Tots & Toddler Rockpool Safari

**Sat 18 May – 10:30am-11:30am**

**Sun 12 Jun – 10:30am-11:30am**

**Price: £5 per child / adult free (suitable 4 years and under)**

Join Devon Wildlife Trust for a mini rockpool safari aimed at tots and toddlers.  
  
Book online for Rockpool Safari’s at:   
<https://www.wemburymarinecentre.org/whats/rockpool-safaris>  
  
Snorkel Safari

**Sat 18 Jun – 1pm-3:30pm**   
**Sat 25 Jun – 10am-12:30pm  
Sat 2 Jul – 12:30pm-3pm  
Sat 16 Jul – 12:30pm-3pm**  
**Sat 28 Jul – 10am-12:30pm**   
**Sat 13 Aug – 12pm-2pm**

**Price: Adult/Child £25 (+ £20 cash deposit for kit, returnable)  
Suitable: Adults / children age 8+, beginners or more advanced snorkelers, competent swimmers.**Join our fully trained BSAC Snorkel Instructors for a guided snorkel safari around the stunning Wembury Bay! We will cover basic snorkelling techniques followed by a snorkel around Wembury’s famous rocky reefs searing for and identifying underwater marine life. Full kit can be provided and is included in the cost.   
  
Book online for Snorkel Safari’s at:   
<https://www.wemburymarinecentre.org/whats/snorkel-safaris>

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. The house is open from Thurs—Mon, 11am-4pm each day. The Park Café is open from 10am-5pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) offering a range of hot and cold drinks and food.

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.

**More Information:** Admin Office 01752 333500  
Email: [saltram@nationaltrust.org.uk](mailto:saltram@nationaltrust.org.uk)

Plymbridge WoodsPlympton PL7 4SR

The Plym Valley consists of varied habitats from riverside meadows, ancient woodland and the wilderness of Dartmoor. Car parks at Plymbridge, Cadover Bridge and Shaugh Prior provide good starting points to explore the area on foot or bike.  
  
For the latest information see:   
<https://www.nationaltrust.org.uk/plymbridge-woods>   
  
Plymbridge Woods Family Cycle Trail  
Follow the route of the old Great Western Railway track taking in industrial remains, towering quarry faces and breath-taking viaducts as you travel through glorious woodland before emerging out into open countryside. Start at the Plymbridge Woods car park (grid ref SX523585) for a 10 mile (16km) ride taking approximately 1 hour. See: Plymbridge Woods Family Cycle Trail: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/plymbridge-woods-family-cycle-trail>   
  
Woodland Wander Walking Trail  
Enjoy a dog friendly circular walk alongside the River Plym through ancient woodland. Start at the Plymbridge Woods car park (grid ref SX523585) for a 1 mile (1.6km) walk taking approximately 30-40 minutes. See Woodland Wander: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/woodland-wander>   
  
Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail  
Step back in time on a walk through Dewerstone, the site of many archaeological finds dating back as far as the Bronze Age. Start at Shaugh Bridge National Trust car park, near Shaugh Prior (grid ref SX533637), Plymouth PL7 5HD for a 3.5 miles (5.6km) walk taking 2-3 hours. See: Bricks, Boulders & Bronze Walk at Dewerstone: <https://www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/trails/bricks-boulders-and-bronze-walk-at-dewerstone>

**More Information:** Admin Office 01752 341377  
Email: [plymbridgewoods@nationaltrust.org.uk](mailto:plymbridgewoods@nationaltrust.org.uk)

Buckland Abbey  
Yelverton, PL20 6EY

Buckland Abbey gardens and estate walks are open daily from 10am-5pm. The Abbey (11am-4:30pm) and Great Barn (10am-5pm) are also open daily. The Ox Yard Café is open 10am-5pm with limited indoor seating for takeaway and eat in light lunches and snacks.

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.  
  
**Queen Bee Trail**

**Dates: From Sat 28 May 2022 through summer, 10am-5pm**

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

This summer come and find out what makes a Queen Bee buzz at Buckland Abbey. Bees are a vital part of our ecosystem and an important part of nature. So head out on our yellow route and follow the bee trail to discover important facts about what makes a bee a Queen and how you can keep bees safe. Collect your trail sheet from the Visitor Welcome and fill in the facts. Pushchair friendly route.

**Tudor Cooking**

**Dates: Tue 31 May2022, 11am-2pm**

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

The Buckland Abbey costume group will be in the Abbey’s Tudor kitchen to give you an insight into what people ate and how they cooked during the Tudor era.   
  
**History of the Abbey through Art**

**Dates: Most Monday’s, 2pm-3:30pm**

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

Each Monday at 2pm, you can come and discover the history of Buckland Abbey told through the artwork on the walls. Collect a ticket from Visitor Welcome, then meet the tour guide at the entrance to the Abbey. Tours available most Monday’s, but please check website for specific dates.  
  
**More Information:** Admin Office 01822 853607  
Email: [bucklandabbey@nationaltrust.org.uk](mailto:bucklandabbey@nationaltrust.org.uk)

AntonyTorpoint, PL11 2QA  
Antony is open Tuesday, Wednesday and Thursday each week, (Fri 3 Jun) and Sunday’s from June. The garden’s and café are open from 12:30-4:30pm and the house 12-5pm.  
  
Before visiting, please check the opening-times calendar: <https://www.nationaltrust.org.uk/place-pages/10/pages/opening-times-calendar>   
  
For more information see: <https://www.nationaltrust.org.uk/antony>  
  
**Platinum Jubilee Party**

**Dates: Tue 31 May—Fri 3 Jun & Sun 5 Jun 2022, 12 noon-5pm**

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

Join in with the regal festivities at Antony this May half-term. There's lots to see and do including a raising of the flag ceremony (1pm daily), jubilee party bags (cost £3, includes paper crown, union jack flag, red, white and blue seeds and garden quiz) and a picnic garden party.

**More Information:** Admin Office 01752 812191  
Email: [antony@nationaltrust.org.uk](mailto:antony@nationaltrust.org.uk)

Lydford GorgeLydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10:30am-4:30pm.

**Please Note:** The Devil’s Cauldron trail and viewing platform remain closed for extended repairs. The River trail taking in most of the gorge trail and shorter Waterfall trail are both open.   
  
For the latest information see: <https://www.nationaltrust.org.uk/lydford-gorge>

Lydford Gorge Waterfall Trail  
Head into Lydford Gorge to find the Whitelady Waterfall that has been drawing visitors since Victorian times. Take the scenic route back up through semi-ancient oak woodland and along the route of the old Great Western Railway. Start at Lydford Gorge Waterfall car park (grid ref SX501831) for a dog friendly 1 mile (1.6km) walk, taking approximately 1 hour. For a trail map and directions see: <https://www.nationaltrust.org.uk/lydford-gorge/trails/lydford-gorge-waterfall-trail>  
  
Lydford Gorge River Trail  
The walk begins as a woodland walk before the trail heads off down into the gorge to find the towering Whitelady Waterfall. Then follow the river upstream past Tunnel Falls to the tranquil Pixie Glen back to where you began. Start at the Lydford Gorge Devil’s Cauldron car park (grid ref SX508844) for a challenging 2.5 miles (4km) walk, taking approximately 2 hours. For more information see:   
<https://www.nationaltrust.org.uk/lydford-gorge/trails/lydford-gorge-river-trail>   
  
**Charcoal Drawing Workshop   
Dates: Thur 26 May 2022, 11am-1pm  
Cost: £8, booking not required. Normal admission applies.**Join Learn Devon for a charcoal drawing workshop. This is a fun art session with no drawing experience necessary. Take a walk and soak up inspiration from the natural environment. Sharpen your powers of observation, have a go at mark-making, and play with different techniques to help you capture Lydford Gorge in charcoal.

**More Information:** Admin Office 01822 820320  
Email: [lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)

CoteheleSt Dominick near Saltash, PL12 6TA  
Cotehele gardens are open daily from 10am-5pm, the estate and quay from dawn to dusk. Cotehele House is open from 11am-4pm daily and Cotehele Mill from 11am-4:30pm. Please note that due to flood damage, the mill is currently unable to operate and produce flour. 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.   
  
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.  
  
**Brilliant Bees at Cotehele Mill  
Dates: Daily, 11am-5pm  
Cost: Free, booking not required. Normal admission applies.**

This summer we’re celebrating our Brilliant Bees with a trail on the meadow at Cotehele Mill. Pick up a trail sheet from reception at the Mill and explore to find the six different bees hiding among the wildflowers.  
  
**Platinum Jubilee Picnics at Cotehele**  
**Dates: Sat 28 May – Sun 5 Jun 2022, 10am-5pm  
Cost: Free, booking not required. Normal admission applies.**  
There’s lots going on at Cotehele and Cotehele Mill to celebrate the Queen’s Platinum Jubilee. Bring a picnic, pick up a blanket from reception and follow the afternoon tea-trail to the orchards to join the fun.

**More Information:** Admin Office 01579 351346 press 0  
Email: [cotehele@nationaltrust.org.uk](mailto:cotehele@nationaltrust.org.uk)

‘50 Things’ to do Outdoors Activity Guide  
Want to make some of your own fun? You can download a ‘50 Things’ activity sheet and challenge yourself to tick off as many **‘things to do before you’re 11 and 3/4’**… including get to know a tree, go on a welly walk, have a picnic in the wild and find some funky fungi!   
  
Download your activity sheet at:   
<https://www.nationaltrust.org.uk/documents/50-things-activity-list.pdf>

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

Crownhill Fort

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 including Friday 27 May 2022.  
  
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 Minds

What is the Green Minds Project?

Green Minds is a project that is helping Plymouth become a better place for wildlife and people. We run free nature-themed events in Central Park and other greenspaces in the city. Find out more about the Green Minds Project at: <https://www.greenmindsplymouth.com/>

Free Green Minds Events

Wed 15 Jun 2022, 6pm-7pm

Butterflies in Plymouth (online talk)

Join Jess Smallcombe from Devon Biodiversity Records Centre to learn which species you’re likely to see in Plymouth and how to identify them. What do butterflies need to prosper? We’ll give you tips on how you can help.  
  
Wed 16 Jul 2022, 10am-1pm

Invertebrates—Celebrating some of our Smallest Creatures

Join us to find out more about the amazing insects that live all around us but often go unnoticed. We will search for mini-beasts such as butterflies, bees and beetles that live at Central Park, learn how to identify them and discover more about their lives.  
  
Wed 13 Jul 2022, 6pm-7pm

Plymouth Sound’s Amazing—Marine Life on our Doorstep (online talk)

Join this online talk to find out more about the intriguing marine life around Plymouth Sound. From fish that build nests, crabs that decorate themselves to sea-slugs that recycle weapons, Devon-based marine biologist Paul Naylor will tell their stories through his underwater photographs and video clips.  
  
Thur 4 Aug 2022, 10am-12pm

Green Minds Project—Summer   
Wildflower Walk

Join Jess Smallcombe from Devon Biodiversity Records Centre to explore the wildflower meadows of Central Park, Plymouth. Learn about the different wildflowers that grow here and the work Green Minds is involved in at Central Park.

**How can I find out more?**  
To find out more about these events and to book, visit: <https://greenmindsplymouth.com/events>

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   
  
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 2022 Easter, Summer and Christmas holidays to support families with school aged children from Reception to Year 11 who receive benefit related free school meals.   
  
Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children, Young Carers, children of recognised refugees and children from asylum seeking families. The next Fit and Fed holiday club programmes will be taking place over the summer holiday with details being released in June 2022 at: [https://www.plymouth.gov.uk/fitandfed](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.plymouth.gov.uk%2Ffitandfed&data=04%7C01%7CSuzanne.Davey%40plymouth.gov.uk%7C0b8fb33d146d44a798fc08da0dc57bcd%7Ca9a3c3d1fc0f4943bc2ad73e388cc2df%7C0%7C0%7C637837439070988575%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=tr4i0gv0fZQ5a7z3iu7%2BxaVOiAUJ9MPXm%2BdU03fQ10U%3D&reserved=0)

Theatre

Theatre Royal Plymouth

**Young Company  
Theatre opportunities for everyone aged 5-25**  
Work with professional artists to develop your skills for the stage or behind the scenes. The Theatre Royal Plymouth’s Young Company is a great way to increase your skills and confidence in a fun and friendly environment.  
  
Young Company courses are now open to non-members. To find out more and to book Young Company Workshops see: <https://theatreroyal.com/take-part/young-people/#young-company>

Holiday Activities  
  
TRP offer intensive week-long Theatre Academies in the Easter and Summer Holidays giving young people the chance to develop their skills with professional theatre-makers in a fun and exciting week of activities.

Look out for family-friendly workshops filled with lots of movement, rhyme, storytelling and fun.

Find out more about holiday activities at:   
<https://theatreroyal.com/take-part/young-people/#holiday-activities>   
  
Find out what’s on at the Theatre Royal Plymouth by visiting: <https://www.theatreroyal.com/whats-on/list>

**Les Misérables**

Date: Tue 24 May—Sat 11 Jun 2022

Venue: The Lyric

Tickets: From £56

Suitability: Age 8+

Running Time: 2 hours 55 mins

Returning by popular demand following a sell-out run, Les Misérables is undisputedly one of the world’s most popular musicals.  
  
Access Performances:

* Audio described performance—Thu 2 Jun 2022, 7:30pm
* Captioned performance – Thu 9 Jun 2022, 7:30pm
* BSL interpreted performance—Fri 10 Jun 2022, 7:30pm

Book at: <https://theatreroyal.com/whats-on/les-miserables-2022/>

[**The Play that Goes Wrong**](https://theatreroyal.com/whats-on/fireman-sam-live/)  
**Date: Mon 27 Jun—Sat 2 Jul 2022**  **Venue:** The Lyric   
**Tickets:** From £18  
**Suitability:** Age 8+  
**Running Time:** 2 hours (includes interval)  
  
Mischief’s multi award-winning international smash hit comedy returns to Plymouth. The Cornley Drama Society are putting on a 1920s murder mystery, but as the title suggests, everything that can go wrong… does! Don’t miss this brilliantly funny comedy that’s guaranteed to leave you aching with laughter!

Book at: <https://theatreroyal.com/whats-on/play-that-goes-wrong-2022/>

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

Stilkskin at the Soapbox Children’s TheatreOn the corner of Milne Place and Exmouth Road,   
Devonport Park, Plymouth PL1 4RD  
  
[**Pipsqueak**](https://stiltskin.org.uk/soapbox-childrens-theatre-devonhttps:/stiltskin.org.uk/soapbox-childrens-theatre-devonport-box-office/#!/CATERPILLAR-A-SHOW-FOR-TINY-PEOPLE-From-February-3rd-2022/c/32855207) **– The Adventures of a Baby Dragon**  
**Sat 28 May—Sat 4 Jun 2022, Various Times**

**Price: £10/12 (early bird tickets), under 1 free**

**Suitable: 18 months—8 years plus big people.**

Pipsqueak the dragon lived in a pot, that sat on the stove because it was hot. Join the adventures with Pipsqueak and friends.  
  
  
The Secret Storyteller  
**Sat 18 Jun 2022, 1pm  
Price: £6.50 (Children under 3 free)  
Suitable: All the family, age 4 years+**  
Come and join us somewhere, not far from Plymouth, in a secret location for a mystery story from The Secret Storyteller. The day before the event, you'll be sent instructions for what you need to bring and how to find us. The location will be in an area of natural beauty or historical interest... or both!  
  
  
Family Twilight Tales **Fri 8 Jul 2022, 6pm-7pm  
Price: £6.50 child/adult (under 1 yrs free)  
Suitable: All the family**Toast, jam, hot chocolate and a great story... What better way to end the week? Storytelling performances with The Soapbox Theatre's in-house storyteller extraordinaire, Jacqueline Slade.

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

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

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

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

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

Follow the Barbican Theatre Facebook page at: <https://www.facebook.com/BarbicanTheatrePlymouth/>  
  
Visit the Barbican Theatre website at: <https://barbicantheatre.co.uk/>

Sport Activities

Devon FA - Disability Football in Plymouth  
  
**Pan Disability Football**

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

Power Chair Football

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

Youth Pan Disability Football

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

| Team / Session | Age | Day | Venue | Contact |
| --- | --- | --- | --- | --- |
| Keyham Kolts Autism Active | Youth  (5-16 yrs) | Tues 6pm –7pm | Devonport High School, Plymouth  PL2 3DL | Sarah Brooks:  07827 336086 [taffytilder@yahoo.co.uk](mailto:taffytilder@yahoo.co.uk) |
| Plymouth Argyle Ability Counts | Adult (16+)  Male & Female | Wed 7.30pm –8.30pm | Manadon Sports & Community Hub, St. Peter’s Road,  Plymouth PL5 3DR | Alice Young: 07519 773640 [Alice.Young@pafc.co.uk](mailto:Alice.Young@pafc.co.uk) |
| Plymouth Argyle Ability Counts | Youth  (5-16 years) | Tuesday 5.30pm–6.30pm | Goals Soccer Centre, Outland Rd, Plymouth PL2 3DE | Alice Young: 07519 773640 [Alice.Young@pafc.co.uk](mailto:Alice.Young@pafc.co.uk) |
| Special Olympics Plymouth Football | Adults (16+) | Sun 10am–12pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Male & Female teams  Ralph Stubbs 07469 195006 |
| Tavistock Specials Football Club | Adults & Youth | Fri 7.30pm– 8.30pm | Tavistock AFC, Crowndale, Tavistock PL198BY | Allen Lewis 07749 798808 |
| Club Plymouth Parkway FC | Adults (16+) | Fri 7.30pm– 8.30pm | Lipson Community College, Bernice Terrace, Lipson, Plymouth  PL4 7PG | Graham Eyles 07805 403301  [eyles19@hotmail.com](mailto:eyles19@hotmail.com) |
| Ocean City Powerchair Football Club | Adults & Children | Sat | Plympton Academy, Moorland Rd, Plympton PL7 2RS | Jenny Brooks  07581 363366  [oceancitypfc@outlook.com](mailto:oceancitypfc@outlook.com) |
| Plymouth Warriors | Adults (16+) | Thurs 7-8pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs  07772 336694  [lukechilds.pwfc@yahoo.com](mailto:lukechilds.pwfc@yahoo.com) |
| Plymouth Warriors | Youth  (8-16 years) | Thursday 6-7pm  Sunday  12pm – 1pm | All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE | Luke Childs  07772 336694  [lukechilds.pwfc@yahoo.com](mailto:lukechilds.pwfc@yahoo.com) |

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

Argyle Community Trust

Soccer Roadshows  
  
Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 4-15 years and run from 9:30am—3:30pm (except Mini Kickers for age 3-6 years from 10am—11am).   
  
**Weekly Pass:** Access as many courses as you like for £70 per participant.

| **Venue** | **Date** | **Cost** | **Theme** | **No.** |
| --- | --- | --- | --- | --- |
| Manadon Sports Hub | Mon 30 May | £8 | Football Roadshow | P1 |
| Plympton Academy | Mon 30 May | £20 | Strikers & Goalkeepers | P2 |
| Manadon Sports Hub | Mon 30 May | £20 | Girls Only | P3 |
| Hooe Primary | Mon 30 May | £14 | Football Roadshow | P4 |
| Wembury Primary | Tue 31 May | £14 | Multi Sports | P5 |
| Lipson Vale Primary School | Tue 31 May | £14 | Multi Sports | P6 |
| Hooe Primary | Tue 31 May | £14 | Multi Sports | P7 |
| Ivybridge Community College | Tue 31 May | £20 | Football Roadshow | P8 |
| Ivybridge Community College | Tue 31 May | £20 | Girls Only | P9 |
| Plympton Academy | Wed 1 Jun | £20 | Football Roadshow | P10 |
| Manadon Sports Hub | Wed 1 Jun | £20 | PDC Training Day | P11 |
| Manadon Sports Hub | Wed 1 Jun | £20 | Multi Sports | P12 |
| Plympton Academy | Wed 1 Jun | £20 | Girls Only | P13 |
| Manadon Sports Hub | Wed 1 Jun | £5 | Mini Kickers – age 3-6 (10am-11am) | P14 |
| Hooe Primary | Wed 1 Jun | £14 | Football Roadshow | P15 |
| Manadon Sports Hub | Thur 2 Jun | £12 | Jubilee Special | P16 |

Disability Soccer Roadshows   
  
Argyle Community Trust run the following disability 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.
* **PAN 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 aged 5-15 years. 10am-3pm.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Venue** | **Date** | **Cost** | **Time** | **Theme** | **No.** |
| Plympton Academy | Tue 31 May | £17 | 10am-3pm | PAN Disability Roadshow | D1 |
| Manadon Sports Hub | Wed 1 Jun | £8 | 10am-1pm | Short Breaks | D2 |

To book activities, including Short Breaks or Disability Roadshows please book via: [Roadshows in Plymouth](https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/) or call 01752 562561 (ext 4).  
  
For further information please contact: [stewart.walbridge@pafc.co.uk](mailto:stewart.walbridge@pafc.co.uk)

Junior Ability Counts **Monday’s, 5pm-6pm at Manadon Sport Hub**Football for young people with a disability. Play and train in an inclusive and fun environment for children aged 5-16 (term time only). Open to all abilities. £4 per session. Taster session FREE.  
  
Adult Ability Counts – Men and Women’s Teams **Wednesday’s, 7:30pm-9pm at Manadon Sports Hub**Sessions for those age 16+ with a disability whether physical, learning or mental. Fun and friendly for all needs and abilities. No need to book, just turn up and play. £3 per session. Taster session FREE.  
  
For more information about Junior Ability Counts or Adult Ability Counts contact [alice.young@pafc.co.uk](mailto:alice.young@pafc.co.uk) or call 01752 562561 (ext 4). Book online at: <https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/plymouth-booking/>

Plymouth Argyle Powerchair Football Club **Saturday’s, 12pm-2pm  
Plympton Academy, Moorland Road, Plympton PL7 2RS  
Cost: £10 per week**  
  
Inclusive football sessions for all ages from children aged 5-55 with a variety of disabilities. Children and adults do not have to be a wheelchair user to access this provision. Powerchairs are supplied on site to those that attend.  
  
For more information email: [stewart.walbridge@pafc.co.uk](mailto:stewart.walbridge@pafc.co.uk)   
  
Book at: <https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/plymouth-booking/>

Premier League Kicks Timetable  
The Premier League Kicks projects is for children and young people aged 8-16 years. It is totally FREE… just turn up and play.  
  
**Monday**  
Manadon Sports Hub, PL5 3JG, 5-6pm (invite only)  
Honicknowle Green MUGA, PL5 3PH, 6-8pm  
  
**Tuesday**  
Southway Youth Centre, PL6 6TB, 6:30-8:30pm   
Granby Street, PL1 4BL, 4:30-6pm  
  
**Wednesday**  
Fox Field Close, PL3 6DF, 5-7pm (currently paused)  
Keyham Green Places MUGA, PL2 2DT, 5:30-7:30pm  
  
**Thursday**  
Efford Youth Centre, PL3 6HU, 6-7:30pm  
Chaddlewood Multi-use Games Area, PL7 2XS, 5-7pm  
Goals Soccer Centre, PL2 3DE, 5:30-6:30pm (referral only)  
  
**Friday**  
Woodview Campus, Sir John Hunt, PL5 4AA, 6-8pm  
St. Budeaux, The Barn, PL5 1EJ, 6-8pm

For more information email: [alice.young@pafc.co.uk](mailto: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 offer FREE Autism packs. They have been designed for supporters – particularly children with autism, who attend matches, to make the match-day experience more accessible and enjoyable. They are part of the club’s commitment to be more autism-friendly.  
  
The Sensory packs for autistic children are completely free of charge and will be available from Home Park throughout the 2021/22 season. There are a limited number of packs available, so they will be issued on a first-come, first-served basis.  
  
The Sensory packs include:

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

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

Hunter District Football Club

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

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

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

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

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

Win, Lose, Draw……Learn!!!

Plymouth Warriors FC  
We are an inclusive / disability football club for everyone (mental health, physical, learning difficulties, ADHD, ASD etc), all genders for age 4 and up.  
  
Get active, build confidence, make friends and learn football skills with our FA qualified coaches in a safe and comfortable environment. Even if you’re struggling at your club level there is an opportunity for extra training sessions to grow yourselves while remaining in your league club.

Sessions are:

* Men’s: Monday’s, 9pm-10pm & Thursday’s, 7pm-8pm
* Youth: Thursday’s, 6pm-7pm & Sunday’s 12-noon-1pm
* Ladies: Sunday’s, 12-noon-1pm

Prices start at: Small Bundle - £10 a month (£5 a sibling) for 1 session a week plus £4 if you turn up to another unscheduled session / Large Bundle - £18 a month (£9 a sibling) for 2 sessions a week. A yearly signing on fee of £20 for youths and adults includes registration and insurance costs.  
  
For more information contact Luke Childs on 07772336694 or email: [lukechilds.pwfc@yahoo.com](mailto:lukechilds.pwfc@yahoo.com). See: <https://plymouthwarriors.co.uk/>   
Facebook: Plymouth Warriors CIC / Twitter: @plymwarriors

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>

Plymouth Fusion Junior Wheelchair Basketball

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

**Training: Saturday’s**

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

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

For more information contact: Aaron Blyth-Palk

Mobile: 07867 380975

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

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

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

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

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

There are two ways to access the courts:

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

Stay up to date and book at:   
<https://www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark/sportandleisurecentralpark/parktennisplymouth>   
  
Email: [Parktennis@plymouth.gov.uk](mailto:parktennis@plymouth.gov.uk)  
  
Other places to play:

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

Tennis (FREE) at Central Park  
Saturday’s, 5pm-6pm  
Tennis for free sessions are for players aged 12 years and over only (due to COVID-19 guidelines). Please bring your racket and join us for some fun, active tennis drills.   
  
See when the next sessions are available and book your place online at:  
<https://clubspark.lta.org.uk/CentralParkTennis/Coaching>   
  
For more information please contact the lead coach Claudia Castellani on 07796 172657 or email: [claudia.castellani@gmail.com](mailto:claudia.castellani@gmail.com)

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

| **Activity** | **Activity Details** | **Cost / Time / Age** |
| --- | --- | --- |
| Fun Days @ YMCA  Plymouth | Inclusive activities are Fun Days for the whole family geared towards those with additional needs.  Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more! | Cost: FREE Time: 11am-12:30pm Subject to availability - Please contact us Age: All ages |
| Fun Days @ YMCA  Torpoint | Fun Days at Torpoint are for the whole family and geared towards those with additional needs.  Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihock, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks). | Cost: £3 per session When: Every other Saturday,  10:30am-12pm Age: All ages |
| YMCA Specials | This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics. | Cost: £3 per session First session FREE! Time: Wednesday 4:45pm-5:45pm Term-time only Ages: 5-16 |
| Special Olympics ‘The Specials Club’ | A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special  Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more! Find out more at: [www.sopd.org.uk](http://www.sopd.org.uk/) | Cost: £3 per session First session FREE! Time: Wednesday, 6pm-8pm Age: 16+ |
| Fun Bounce (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 session Time: Thursday, 4:30pm-5:30pm Age: 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 session Time: Thursday, 5:30pm-6:30pm Age: 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 session Time: Tuesday,  5pm-6pm Age: 8-18 |

YMCA Holiday Clubs  
  
Holiday club is a great way for young people to get the most out of their break in the school half-terms and 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 30th May to Friday 3rd June 2022.  
  
Multi-activity day sessions start from just £15 (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). Fit & Fed (Free funded places if meet criteria).  
  
**Food Options**

Our cafe is open from Monday – Friday, 9am to 2pm, located upstairs in the main building. It offers both hot and cold food, including: sandwiches, chicken nuggets and chips, baked potatoes and vegetarian options.   
  
For more information and to book call 01752 201918 or visit: <https://www.ymcaplymouth.org.uk/holidayclub/>

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.
* Communities Together (Stonehouse), 11-16 years, 5:30pm-6:30pm, Oxford House Creative Hub, Stonehouse.
* Making Waves, 13-18 years, 5:30pm-7:00pm,   
  Oxford House Creative Hub, Stonehouse.

Tuesday

* Communities Together (North Prospect), 11-16 years, 5:00pm-6:30pm  
  Beacon Hub, North Prospect.

Wednesday

* Mid-Week Reflection – 5 minute creative mindfulness tasks posted across our social media.

Thursday

* Social Hour, 11-18 years (up to 25 with disabilities) separated into appropriate age groups. 4:30pm-5:30pm.  
  Oxford House Creative Hub.

Friday

* Communities Together (Keyham), 11-16 years, 5:00pm-6:00pm, Keyham Green Places Centre.
* Adapt, 12 up to 25 with disabilities, 5:00pm-6:00pm,   
  Oxford House Creative Hub.

For more details please contact us!  
  
Email: [classes@eximdance.org.uk](mailto:classes@eximdance.org.uk)   
Tel: 07864 168663

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

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

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

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

Contact: [laura@eximdance.org.uk](mailto:laura@eximdance.org.uk)

Tel: 07864168663

Far Flung Dance Theatre

Far Flung Coffee Cup Choir  
Thursday’s, 6pm-7:15pm at Rockets & Rascals, Plymouth PL1 2JL  
Meet us for a coffee and a catch-up from 5:30pm.  
  
A weekly inclusive adult choir session for people to sing and socialise.  
  
£3 per session. Booking required.   
  
To book a place contact: [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

Far Flung Steering Group  
Every last Friday of month on Zoom, 12pm-1pm  
  
Far Flung Dance Theatre are looking for new members to join their Steering Group.  
  
The group meet every last Friday of the month on Zoom to discuss Far Flung projects such as Coffee Cup Choir, Disability and Access related discussions and arts related conversations.   
  
For more information please email: [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

Drakes Den SEN Sessions

**Wednesday’s, 4pm-5:30pm & Friday’s, 9am-11am**  
  
We will be holding exclusive SEN only sessions outside of our normal opening hours for your child to enjoy the full soft play experience without the hustle and bustle of regular play sessions. During this time, the children will be able to discover the soft play without the distraction of music, disco lighting and sounds. This is also a great opportunity to meet and socialise with other SEN children and families.  
  
To book, visit: <https://www.drakes-den.co.uk>

Super Tramp Plymouth - SEND & Support Sessions

SEND Session  
Thursday’s, 4pm-5pm  
For bouncers with additional needs and their carers.  
  
Support Session  
Sunday’s, 5pm-6pm

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 per bouncer, 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 £2.50 a pair and are yours to keep.  
  
Book online at: <https://www.supertrampparks.co.uk/plymouth>  
  
  
SEND & Support Parties  
Super Tramp also offer SEND and Support parties.   
  
Find out more at: <https://www.supertrampparks.co.uk/send-parties>

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>

Sensory Skate  
Sensory Skate at Plymouth Ice Rink on Friday 24 June 2022, 6pm-7pm.  
  
Book at: [https://www.plymouthice.co.uk/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.plymouthice.co.uk%2F%3Ffbclid%3DIwAR0a9Vz4pFzlCctpF9H07LGQgXL-CCnWFreqEfYMpIjWjAMGWmRNZE3ISS8&h=AT2IFxBsWXnVLnJjCSxAQNGgILluqtBlomuckwn9SuiZSpgdY2chape0ABFObMgjj17ftKV7nDAMDgbjv9THGaDewXgNsu5WgzjHsviqOTRWxH0ebu7ZGH3oNnhfGC3Dc6Ga&__tn__=-UK-R&c%5b0%5d=AT0Zua5SE1bDsOLjW6VwsLYVEiuZhkCfwtNks9U--s3AZKTJ2ASQzbzBAj_Z635iYHee9LuZvoajF8JOr_NzJgaKTaxOAMME7Y25sHLKLUS9Cb6PwbheA-QwjFwd8j_PCaSjulXxJAsM5APoejELT_iUKSVNh4aFmB5vu17dpKPr1SC1mf_NNcRy9a2WbZH7gG_Uj0f2)

Plymotion – FREE Adult Cycle Sessions  
  
Group sessions will be held at various times and locations. These sessions are a great chance to improve your cycle skills and pick up some handy tips with our qualified cycle instructors.  
  
Commuter Tutor  
We can also offer one-to-one sessions for anyone who wishes to review their route to work or place of study accompanied by one of our instructors.   
  
Bikes are available for loan and we can cater for all levels of cycling and a range of disabilities.  
  
For further information visit: [www.cyclepssp.co.uk](http://www.cyclepssp.co.uk) or call us on 01752 515385.

Mount Batten Watersports & Activities Centre

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

Bellboat Half Day Adventure- £32.50 per person or £60 for two spaces.  
  
Monday 30 May: 13:00 - 16:00  
Thursday 2 June: 13:00 - 16:00  
Wednesday 27 July: 09:00 - 12:00

Tuesday 2 August: 13:00 - 16:00

Tuesday 16 August: 13:00 - 16:00

Wednesday 24 Aug: 09:00 - 12:00

Tuesday 30 August: 13:00 - 16:00  
Wednesday 26 October: 13:00 - 16:00

Archery & Orienteering Half Day Adventure- £32.50 per person or £60 for 2 spaces.  
  
Tuesday 31 May: 13:00 - 16:00   
Thursday 2 June: 13:00 - 16:00  
Thursday 27 October: 13:00 – 16:00  
  
Climbing & Seashore Explore Day Adventure- £32.50 per person or £60 for 2 spaces.  
  
Wednesday 1 June: 09:00 - 12:00

Thursday 28 July: 09:00 - 12:00

Thursday 11 August: 09:00 - 12:00

Thursday 25 August: 09:00 - 12:00

Wednesday 3 August: 13:00 - 16:00

Wednesday 17 August: 13:00 - 16:00

Wednesday 31 August: 13:00 - 16:00

Friday 28 October: 13:00 - 16:00

Orienteering & Inflatable Rafts- £32.50 per person or £60 for 2 spaces.  
  
Friday 29 July: 09:00 - 12:00

Friday 12 August: 09:00 - 12:00

Friday 26 August: 09:00 - 12:00

Thursday 4 August: 13:00 - 16:00

Thursday 11 August: 13:00 - 16:00

Friday 1 September: 13:00 - 16:00  
  
Giant Paddleboard & Soft Archery- £32.50 per person or £60 for 2 spaces.  
  
Tuesday 26 July: 09:00 - 12:00

Tuesday 9 August: 09:00 - 12:00

Tuesday 23 August: 09:00 - 12:00

Friday 5 August: 13:00 - 16:00

Friday 19 August: 13:00 - 16:00

Friday 2 September: 13:00 - 16:00

**Royal Yachting Association Stage 1 and 2 course** - £299.95 per person

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

Monday 1 —Friday 5 August

Monday 8 —Friday 12 August

Monday 15—Friday 19 August

Monday 22 —Friday 26 August

Monday 29 Aug—Friday 2 September

School Holiday Sessions for Secondary (age 11-15)A range of new half-day adventures and courses for those aged 11+.  
  
For more information and to book sessions for secondary (age 11-15) see:  
<https://www.mount-batten-centre.com/young-people/school-holiday-secondary-school-ages/>  
  
Kayak Half Day Adventure - £32.50 per person or £60 for 2 spaces.  
  
Monday 30 May: 09:00 - 12:00

Tuesday 31 May: 09:00 - 12:00

Thursday 28 July: 13:00 - 16:00

Tuesday 2 August: 09:00 - 12:00

Thursday 11 August: 13:00 - 16:00

Tuesday 16 August: 09:00 - 12:00

Thursday 25 August: 13:00 - 16:00

Tuesday 30 August: 09:00 - 12:00  
  
Stand-Up Paddleboarding Half Day Adventure - £32.50 per person or £60 for 2 spaces.  
  
Wednesday 1 June: 09:00 - 12:00

Sunday 5 June: 09:00 - 12:00

Tuesday 26 July: 13:00 - 16:00

Friday 5 August: 09:00 - 12:00

Tuesday 9 August: 13:00 - 16:00

Friday 19 August: 09:00 - 12:00

Tuesday 23 August: 13:00 - 16:00

Friday 2 September: 09:00 - 12:00

Friday 28 October: 09:00 - 12:00  
  
Climbing & Abseiling Half Day Adventure - £32.50 per person or £60 for 2 spaces.  
  
Friday 29 July: 13:00 - 16:00

Monday 1 August: 09:00 - 12:00

Friday 12 August: 13:00 - 16:00

Monday 15 August: 09:00 - 12:00

Friday 26 August: 13:00 - 16:00

Monday 29 August: 09:00 - 12:00

Tuesday 25 October: 13:00 - 16:00  
  
Inflatable Rafts & Soft Archery - £32.50 per person or £60 for 2 spaces.  
  
Monday 25 July: 13:00 - 16:00

Thursday 4 August: 09:00 - 12:00

Monday 8 August: 13:00 - 16:00

Thursday 18 August: 09:00 - 12:00

Monday 22 August: 13:00 - 16:00

Thursday 1 September: 09:00 - 12:00

Thursday 27 October: 09:00 - 12:00  
  
**Royal Yachting Association Stage 1 and 2 course** - £299.95 per person

(5 day course): 09:00 – 16:30 each day  
  
Monday 1 —Friday 5 August

Monday 8 —Friday 12 August

Monday 15—Friday 19 August

Monday 22 —Friday 26 August

Monday 29 August—Friday 2 September

Livewell South West  
  
Health for Kids

A fun and interactive resource for learning about health with games, activities and quizzes. As well we enjoying the content with your child, you can get advice on supporting their health and wellbeing.  
  
Text a school nurse for confidential advice and support on: 07480 635189  
Visit: <https://www.healthforkids.co.uk>

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

Health for Teens  
  
Get help with all kinds of things like healthy eating, relationships, smoking, emotional health, bullying, self-harm, alcohol and drugs, anxiety, sleep and puberty. See videos find health information, take quizzes and find out the truth behind the rumours.  
  
Text a school nurse for confidential health advice and support on: 07480 635198  
Visit: <https://www.healthforteens.co.uk>

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

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

Emotional Wellbeing and Mental Health  
  
Key services for children and young people and families to contact in Plymouth.  
  
CAMHS  
  
For children and young people under the age of 18 / Parents / Carers.  
  
All children and young people struggling with their mental health can call the helpline for advice and support.  
  
Parents, carers and families or professionals with concerns about a young person’s mental health also call the number.  
  
24 hours a day, every day including over the weekend.  
  
Helpline Contact: 01752 435122

Kooth

For secondary school age young people.  
  
Free, safe and anonymous online support for young people. This service provides web based information and advice along with chat based conversations and forums.  
  
Monday to Friday, 12pm – 10pm

Saturday to Sunday, 6pm – 10pm.

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

Young Devon

For secondary school age young people.  
  
Someone to talk to for young people concerned about their mental health or emotional wellbeing.  
  
Available remotely through video calls, phone calls, messaging or email at flexible times to suit young people.

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

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

Email: [wellbeingenquiries@youngdevon.org](mailto:wellbeingenquiries@youngdevon.org)

Visit website at: <https://www.youngdevon.org>   
  
Other key websites:  
  
Plymouth Online Directory (POD), includes SEND local offer.   
Visit: <https://www.plymouthonlinedirectory.com>  
  
Progeny is a whole school based approach to supporting emotional health and wellbeing across school communities by working with schools and key partners.  
  
Visit: <https://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny>

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](mailto: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](mailto: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>

Consultations and Research

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](mailto:plymouthbabylab@plymouth.ac.uk)

Childcare Choices Website Survey  
  
Parents, childcare providers and local authorities alike use the Childcare Choices website at: <https://www.childcarechoices.gov.uk/>   
  
The Department for Education is keen to hear any feedback and comments you may have as users. Please help by completing the two minute survey at: <https://binaryvision.surveysparrow.com/s/Childcare-Choices-website-feedback/tt-b4d841>

iPoorly Project  
**Digital support for all parents with sick child under 12 years of age.**  
  
The iPoorly project aims to find out how websites and or mobile apps can be used to help parents when their child is sick at home. The project is being planned by a group of nurses, doctors and university staff who have lots of experience in working with parents on research projects in this area.   
  
We want to find out how these things need to be designed to be easy for all parents to use. We want to include people from a wide range of different backgrounds to make sure that what we develop works for people who have limited budgets, different cultural beliefs, different languages and different experiences of being a parent of a child under 12 years.   
  
We are looking for parents who would be interested in helping us to design the project so that we can apply for some funding to do the project. We are planning the project in three main areas: Plymouth, Leicester and Tower Hamlets in London, so these are the areas where we are looking for interested parents. Ideally parents would have a child under 12 years of age and are good at connecting with other parents in their communities. Is this you? Interested in helping?  
  
We will reimburse any expenses and provide a £15 Amazon voucher for attending the Zoom meeting.   
  
If you are interested please complete the registration form via this link below a member of the team (Heather Eardley) will be in touch with you. Please note that the information you provide will be used only for the purposes of the iPoorly project.  
  
Register at: [iPoorly Project](https://forms.office.com/Pages/ResponsePage.aspx?id=6-c3VPuDGk2_07skfgYb8fWXBHLduVFIkFLw1VUGMHhUN1FCNEtWSVRRNjVOVDJCOTBHNVdJSlBROC4u)  
Email: Heather Eardley at [Heather.Eardley@plymouth.ac.uk](mailto:Heather.Eardley@plymouth.ac.uk)

SEND Review  
Share your views on proposals for the Special Educational Needs and Disabilities (SEND) and alternative provision (AP) system in England by   
Friday 22 July 2022.  
  
We went to hear from a wide range of people including parents/carers, children and young people and people working in the SEND and alternative provision system.  
  
On the GOV.UK website there are resources to help you understand the proposals at: <https://www.gov.uk/government/publications/send-and-ap-green-paper-responding-to-the-consultation>   
  
The Department for Education have also now published accessible versions of the green paper including:

* a full British Sign Language version to support those who are deaf or have a hearing impairment
* an easy-read version to support those with learning disabilities
* a guide to help children and young people with SEND or those in alternative provision to understand the green paper and respond to the consultation.

Accessible versions of the green paper are available at: <https://www.gov.uk/government/consultations/send-review-right-support-right-place-right-time>

Take part in the consultation at: <https://sendreview.campaign.gov.uk/>

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

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

Young Fathers in Education Needed!

Are you a young father currently studying for a degree (at any level) at a UK University or Further Education Institution? Have you started your degree in the academic year 2021/22? Or have you completed / withdrawn from your degree within the last 2 years?  
  
Were you aged 25 or under when expecting your first child?

Would you be interested in sharing your experiences of being a young student-father by taking part in one or more online or telephone interview as part of a PhD Study?  
  
If the answer is yes and you would like to find out more about the study and what is involved, please contact Kerry Fletcher (PGR) at: [K.Fletcher@leedstrinity.ac.uk](mailto:K.Fletcher@leedstrinity.ac.uk)

As a thank you, all participants will receive a £10 gift voucher after each interview. Closing date: Saturday 20 August 2022.

Healthwatch Plymouth – Child and Young People Feedback  
  
Did you know…1 in 6 children or young people have a diagnosed mental health condition?  
  
For children and young people dealing with mental health issues, access to child and adolescent mental health services (CAMHS) can be extremely important.  
  
Healthwatch Plymouth are gathering feedback from young people and families about your experiences of accessing CAMHS in Plymouth since the start of the COVID-19 pandemic.  
  
Share your experiences now via our online survey at:  
<https://www.surveymonkey.co.uk/r/PlymouthChildrenYoungPeople>

Healthwatch Working from Home Survey  
Since the start of the pandemic in 2020 the need to work from home has increased significantly. For some this has been a positive experience, while for other it has impacted them negatively.  
  
We want to hear your experiences from working from home to help us understand how the new way of working has impacted health and wellbeing.  
  
Share your feedback via our short online survey at: <https://www.surveymonkey.co.uk/r/HealthwatchWorkingFromHome>

Healthwatch Unpaid Home Carers Survey  
  
Are you caring for a friend or relative at home?  
  
Together with Improving Lives Plymouth, we want to assess the impact caring responsibilities at home have on health and wellbeing.  
  
If you have experience caring for someone at home as an unpaid carer, we are keen to hear your feedback through our short online survey at: <https://www.surveymonkey.co.uk/r/HealthwatchUnpaidCarers>

Healthwatch Plymouth – Health and Care Services Feedback  
  
Help make a difference by sharing your feedback on the services you use:

* Dentists
* Emergency care
* GP’s
* Hospitals
* Pharmacies
* Social care
* Opticians
* Community based.

Healthwatch take your experiences, both good and bad and share these with those that have the power to make change happen.  
  
Share your experiences at: <https://www.healthwatchplymouth.co.uk/services/>

Disability Useful Information  
  
Concessionary Fares for Disabled Travellers  
  
Bus Pass  
If you have a disability, you may be eligible for a bus pass allowing for free travel on most local bus services in England between 9.30am and 11pm weekdays and all day at weekend and on public holidays. If you are registered blind, you can enhance your pass so that you can travel free before 9.30am (within Plymouth).  
  
Apply online for a bus pass at: <https://www.plymouth.gov.uk/parkingandtravel/publictransport/buspass>   
  
Disabled Persons Railcard

Those with disabilities may also be eligible to purchase a Disabled Persons Railcard. This will enable you (and another adult travelling with you) to get 1/3 off adult rail fares travelling on any National Rail network in Great Britain.   
  
Find out if you’re eligible for a Disabled Persons Railcard at:   
<https://www.disabledpersons-railcard.co.uk/are-you-eligible/>   
  
  
**The Stagecoach Bus App**  
Our mobile app has all you need – bus tracking on our live map, journey planning, live bus information and mobile bus tickets.

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

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

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

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

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

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

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

Derriford Autism Service  
  
Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.\*   
  
The service is for patients and staff and allows those with Autism to inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.  
  
The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.  
  
**Tel:** 01752 4(32920)  
**Email:** [plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net?subject=Derriford%20Autism%20Service)   
  
*\*People with Autism who also have a Learning Disability will continue to be   
supported by the Learning Disability Team.*

Hidden Disabilities Sunflower Lanyard  
  
A hidden disability is a disability that may not be immediately obvious. The free hidden disabilities sunflower lanyard act as a sign that the customer has a hidden disability and may need additional support.  
  
**How to get a sunflower lanyard for people with hidden disabilities**  
  
Just pick one up in a participating store such as Tesco, Sainsbury’s, M&S, Argos, airport, station or venue at a customer service desk or checkout. The lanyards are free to keep and you won’t need proof of your disability.  
  
Alternatively you can also purchase at The Hidden Disabilities Store at: <https://hiddendisabilitiesstore.com/>

Sensory Shop  
  
First Saturday of month, 9am-10am  
Drake Circus, 1 Charles Street, Plymouth PL1 1EA  
On the first Saturday of every month between 9am and 10am, Drake Circus are offering a sensory shopping hour in partnership with Dementia Friends and the National Autistic Society.   
  
Each store will be turning off their music and dimming their lights to create a low sensory shopping experience for all customers.

Parent Groups

Plymouth Barnardo’s Children Centres

Citywide Summer Timetable: Tuesday 3 May – Friday 22 July 2022

Monday

* Baby & Toddler Group: Church of the Holy Spirit, Southway,   
  9:30-11am & Rees Wellbeing Hub, 1-2:30pm (no group 6 June).
* Latch On, Rees Well-being Hub, 1-2:30pm (no group 6 June).
* Step by Step, Tamarfolk, 9:30-10:15am.
* Baby Massage, 5 weeks (starts 6 June), Nomony, 9:am-11am.
* Baby Bookstart, 5 weeks (starts 13 June), Whitleigh, 1:30-2:30pm.

Tuesday

* Baby & Toddler Group: The Barn, 10am-11:30am & St. Mary’s Church, Plymstock, 10-11:30am.
* Baby Pathway: Fourwoods, 9:30-11am & Rees, 9:30-11am.
* Step by Step: Nomony, 9:30-10:15am & 10:45-11:30am.
* Baby 1st Aid.
* Latch On, DELL, 10-11:30am.
* Young Parents Café, Hendewell Centre, Southway, 12:30-2:30pm
* Baby Massage, 5 weeks (starts 3 May), The Barn, 1-2:30pm.
* DWP Clinic—Bookable only, Rees—Phone centre to book.

Wednesday

* Baby & Toddler Group: Tamarfolk, 9:30-11am, Compton Church 1-2:30pm & Honicknowle, 1-2:30pm.
* Latch On, Nomony, 1-2:30pm.
* Twins Group, Rees Well Being Hub, 10-11:30am, 2nd & 4th Wed of month.
* Step by Step: High View, 1-1:45pm & 2:15-3pm.
* Cafés: DELL, 9:30-11:30am.
* Café Connect, The Barn, 10am-2pm.
* Sticky Kids, 3 weeks (starts 11 May), Fourwoods, 10-11am.
* Postnatal Pilates: DELL (no group 5 May).
* Driving Healthy Futures, 5 weeks (starts 8 June), Fourwoods, 11am-1pm.

Thursday

* Baby Pathway: Whitleigh, 1-2:30pm (starts 16 June) & Crownlands, 10-11:30am (please book).
* Baby & Toddler Group: High View, 10:15-10:45am & Mainstone, 9:30-11am (no group 5 May).
* Latch On: Whitleigh, 10-11:30am.
* Step by Step: Whitleigh, 9:30-10:15am & 10:45-11:30am.
* Multi-Cultural Group: Onward House, 9:30-11am.
* Postnatal Circuits: The Barn.
* Service Family Easter Group: Radford Community Centre, Plymstock, 10-11:30am (term-time only).
* DWP Clinic—Bookable only, DELL, 12-3pm.

Friday

* Baby Massage, 5 weeks (starts 17 June), Plymbridge, 1-2:30pm.
* Baby & Toddler Group: Tothill Community Centre, 10-11:30am & St. Chads, Whitleigh, 10-11:30pm.
* Latch On: Fourwoods, 10-11:30am.

Contact your local Children’s Centre for further information on groups.  
Bookable groups are noted. All other groups please just come along.  
See Barnardo’s Facebook page at:   
<https://www.facebook.com/barnardosplymouth/>

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](mailto:info@thepioneersproject.co.uk)

Dell Community Café

Join us for a cuppa and friendly chat at the Community Café, DELL Children’s Centre, 375 Blandford Road, Efford, Plymouth PL3 6JD on Wednesday’s from 9:30am-11:30am.

Children’s Centres Contact Details  
  
**The Barn Children’s Centre,** Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ

Tel: 01752 362320, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

**Opening times:** Mon & Wed 8.30am-4.30pm & Thurs 9am-4pm  
  
**Fourwoods Children’s Centre,** 415 Crownhill Rd, West Park,   
Plymouth, PL5 2LN

Tel: 01752 366795, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

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

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**Tamar FOLK Children's Centre**, C/O Victoria Road Primary School, Trelawney Avenue, St Budeaux, Plymouth PL5 1RH

Tel: 01752 361052, Email: [plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

**Opening times:** Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm  
  
**Nomony Children’s Centre**, 27 St. John’s Road, Cattedown,   
Plymouth PL4 OPA  
Tel: 01752 261844, Email: [plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

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

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**DELL Children’s Centre**, 375 Blandford Road, Efford, Plymouth PL3 6JD  
Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

**Opening times:** Mon—Thurs 8.40am-4.30pm & Fri 8:30am-4pm

**DELL—High View Children’s Centre**, High View Primary School, Efford, Plymouth PL3 6JQ

Tel: 01752 788992, [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)   
**Opening times:** Re-opening soon

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**Rees Well-being Hub**, Mudge Way, Plympton PL7 2PS

Tel: 01752 340550, Email: [plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

**Opening times:** Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm  
  
**Plymstock Children’s Centre**—Temporarily relocated.   
Please call Rees or Nomony Children’s Centres.  
Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

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**Whitleigh Children’s Centre**, Four Greens Community Hub, 15 Whitleigh Green, Plymouth PL5 4DD

Tel: 01752 875933, Email: [plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

**Opening times:** Mon—Thurs 8.30am-4.30pm & Fri 8.30am-4pm  
  
**Plymbridge Children’s Centre**, C/O Plymbridge Nursery, Miller Way, Plymouth PL5 4DD

Tel: 01752 875933, Email: [plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)   
**Opening times:** Re-opening soon

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**Crownlands Children’s Centre**, Austin Farm Primary School,   
Delamere Road, Plymouth PL6 5XQ

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

**Sweetpeas Children’s Centre**, Compton Church Hall, 2 Revel Road, Plymouth PL3 5LF

Tel: 01752 788992, Email: [plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

Plymouth Young Parents Support Group

Southway Youth and Community Centre is now opening a Young Parents Community Café with a difference!   
  
Are you a parent under 25? Come and join us at the café! Something a little different in your day. Socialise, chill, chat while your little ones play!  
  
Every Tuesday from 12:30pm to 2:30pm at Southway Youth and Community Centre, Hendwell Close, Plymouth, PL6 6TB  
  
For more information please contact [natalie.griffin@plymouth.gov.uk](mailto:natalie.griffin@plymouth.gov.uk)

Plymouth Young Parents Support Group – Facebook  
This is a private Facebook group for Young Parents or expecting mothers/parents under 25 years old wanting to make new friends, get support or be part of a community.   
  
Join at: <https://www.facebook.com/groups/2235441169920751/>

Livewell SouthwestPerinatal Peer Support Group **Friday’s, 1pm-2:30pm from 18 June 2022  
at Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS**A peer support group for mums-to-be or new mums struggling with their mental health and emotional wellbeing to meet for informal, friendly and free advice from our peer supporters.   
  
For more information and to sign up, email [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)   
  
Peer SupportersAre you a mum with experience of perinatal mental health issues who would like to offer support to new mums, and mums to be, who are struggling with their mental health and emotional wellbeing?

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

For more information email: [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)

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 practitioners can provide

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)

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  
Dangerous Dads offer free socially distanced events for dads and their children. Find out what is going on by emailing: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

To book your free place, email: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

DadFest 2022  
DadFest if the only festival in the country just for dads and their children. The next DadFest is taking place in Cornwall from Friday 16 – Sunday 18 September 2022. Book tickets at: <https://forms.gle/NVus6rnMZMNuLXGeA>

Research – Dangerous Dad’s Events  
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>

Armed Service Families

Service Families Group

Thursday’s, 10am-11.30am (term-time only) at Radford Community Centre, Stokingway Close, Plymstock PL9 9JL. Come and join us for our baby and toddler groups run by Barnardo’s. All service families are welcome.

Navy Mellow Mums Group

Mellow Mums is an 8-weeks digital support group for new mum’s or those with a child under 2 years old aimed specifically for Naval mums. It has been developed to reduce isolation and to support better perimental health.  
  
Groups will run in March, May and September and are open to Naval mum’s across the whole of the UK.  
  
The project is being funded through the Royal Navy and Royal Marines Charity and delivered in partnership with Home-Start South and West Devon, Home-Start Portsmouth and Home-Start Kernow.  
  
For more information please contact 07307 873163 or email: [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com)  
  
To refer to the Mellow Mum’s Group, visit:   
<https://homestart-southandwestdevon.org.uk/navy-armed-forces/>

Building Resilience with Military Families  
  
Bounce Forward are offering a FREE 6-week online course for armed forces families for parents to learn about the science behind emotional resilience, how to build your own resilience and also raise resilient children.

Sessions are from 8pm-9pm on:

* Thursday’s from 2nd June 2022

To sign up, visit:   
<https://bounceforward.com/building-resilience-with-military-famili/>

SEND Parent Support

Plymouth Parent Carer Voice: SEND Conference  
Plymouth Parent Carer Voice (PPCV) annual **SEND Conference** will take place on Wednesday 15th June 2022, 9:30am-2:30pm at Plymouth Guildhall, PL1 2BJ for parents, carers, professionals and young people with SEND.

* 1-1 meetings with professionals
* Bookable talks and presentations
* Free lunch
* Stalls full of information
* And activities for parents, carers, and families of children and young people with SEND.

Find out more at: <https://www.plymouthpcv.co.uk/send-conference-2022/> You will need your unique PPCV number to register for the SEND Conference. Register at: [www.plymouthpcv.co.uk/join/](https://www.plymouthpcv.co.uk/join/)

Plymouth Parent Carer Voice: Coffee, Cake & Chat  
Wednesday’s, 10am-11amA fortnightly virtual meeting for parents / carers of children with special educational needs and disabilities. We are here to chat, share stories and help you find the right services and information.  
  
For the next meeting see: <https://www.plymouthpcv.co.uk/events/>  
  
For access codes and instructions about how to join the meeting, please message Facebook at <https://www.facebook.com/PlymouthPCV> or email [info@plymouthpcv.co.uk](mailto:info@plymouthpcv.co.uk)

Plymouth Parent Carer Voice: Sensory Library  
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: <https://www.plymouthpcv.co.uk>  
  
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 Time for You groups start:

* Please contact Jo at mums4achange for details of future groups.

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

Messy Munchkinz Sensory Play Session

**When:** Thursday’s, 10:30am-12pm   
**Venue:** St. Mark’s Church, Sanctuary Close, Ford, PL2 1EN  
**Cost:** £1 per family  
  
Messy Munchkinz in conjunction with Wolseley Trust and Whiz Kidz are offering sensory and child development play sessions for babies and   
pre-school children up to 5 years old.  
  
To book email: [nickichinnock@wolseley-trust.org](mailto:nickichinnock@wolseley-trust.org)

My Time Parent / Carer Support Sessions  
Thursday’s (Fortnightly), 8pm-9pm, Free online event  
My Time online parent/carers sessions give you the opportunity to chat, share experiences, have fun and most importantly relax and concentrate on YOU!  
  
If you would like more information or to join the sessions, please contact Nicky from Friends and Families of Special Children.  
  
Tel: 01752 204369  
Email: [nicky@friendsandfamilies.org.uk](mailto:nicky@friendsandfamilies.org.uk)   
See Facebook: <https://www.facebook.com/events/232088921826215/>

Little Steps Together

Tuesday’s (Fortnightly)  
Are you a parent or carer of a child aged 0-5 with a disability or awaiting diagnosis? Join us at Friends and Families for our new Little Steps Together sessions.  
  
We will be hosting a fortnightly playgroup, alternating between sessions held at Virginia House and trips/activities out and about. These sessions are designed for your child to have enriching experiences, opportunities to play with other children, learn new skills and have fun.  
  
Alongside these sessions there will be a parent support group. This will provide the opportunity to meet other parents and carers, gain some information and advice, or just come along for a cup of tea or coffee and relax!

We will be inviting other professionals to come and talk to you such as Jess from our Lending Library, PIAS (Plymouth Information, Advice and Support for SEND), Occupational Therapists and more.

Book sessions at: <https://www.friendsandfamilies.org.uk/services/events/>

If you have any questions, please contact Holly at [holly@friendsandfamilies.org.uk](mailto:holly@friendsandfamilies.org.uk)

Plymouth Group for Autistic Adults and Teenagers

Tuesday’s (fortnightly), 7pm-9pm, £2 per session  
St. Budeaux Methodist Church, 73 Barne Lane, Plymouth PL2 1RX  
  
Recreational groups for autistic adults and teens alternating fortnightly.

* Adults group 18+
* Teens group age 13-17 years

To find out the dates for each group, please email: [pymautism@yahoo.com](mailto:pymautism@yahoo.com) or message via the Facebook at: <https://www.facebook.com/Plymouth-Group-for-Autistic-Young-Adults-109417014822323>

4 Me and My Friends Youth Group

A group for young people who are on the Autistic Spectrum aged 10 to 21 year, they don’t have a statement or diagnosis but do need to be on the spectrum. We welcome young people with other social disabilities, such as ADHD, global delay, social anxiety.  
The aim of the group, is to enable young people to build social skills, develop   
communication methods, to build friendships and confidence all through a variety of games and activities, whilst being in a safe and friendly space, but most of all to have fun!  
  
We meet at Efford Youth and Community Centre, Blandford Road, Plymouth PL3 6HU  
  
If you wish to attend the group call 01752 307695  
or email [4meandmyfriends@plymouth.gov.uk](mailto:4meandmyfriends@plymouth.gov.uk)  
   
We can also arrange pre-visits to the centre if needed.

Ambitious About Autism Youth Network  
  
Ambitious about Autism have launched the UK’s first online platform for autistic young people aged 16-25. The network is a safe and moderated online space designed to help young people understand their autistic identity and connect with others. You will be able to:

* Apply for upcoming paid opportunities
* Sign up and access peer support sessions
* Receive updates from groups and panels
* Instant message other Youth Network members
* Access a live feed of information.

Sign up at: <https://ambitious-youth-network.ambitiousaboutautism.org.uk/>  
  
Autism Plymouth Parent Support

Come and join us for our monthly online support meeting and catch-up where you can share your ups and downs in a safe, non-judgemental atmosphere with people who understand and can sometimes suggest ways to make life easier. Our group is run for parent/carers by parent/carers and is completely free to attend.  
  
Please email [plymouthparentsupport.group@nas.org.uk](mailto:plymouthparentsupport.group@nas.org.uk) for the ZOOM link, meeting ID and password to join from your computer or laptop. If you are joining using a tablet or phone, visit your app store and download the ‘ZOOM Cloud Meetings’ app, then email for the meeting ID and password.

Preparing for Adulthood – Parent Group Sign-in

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

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

If you would like to hear more information regarding the next meeting, please sign-up below, and we will be in touch.  
  
[Parent Group Sign-up](https://forms.office.com/Pages/ResponsePage.aspx?id=vzPWsuH040SwuPUzgGcHPIia9qkL1ddMrnP-FRp_GsFURVNYTzIwSklIRE04UlZSUjA5MUxBRlpOQyQlQCN0PWcu&fbclid=IwAR2-teJRK7bO8bkphTEAVg-WgM4wspI_EA9sDXp8rduLe0jMHIaCpmJ7Ilw)  
Email: [pfaparentgroup@woodlands.plymouth.sch.uk](mailto:pfaparentgroup@woodlands.plymouth.sch.uk)  
  
Young Adult Carers Service Plymouth  
   
Are you a Young Adult Carer aged between 18-25? Improving Lives Plymouth have a new Young Adult Carers service in Plymouth to support you with your caring role. A drop in session with a light meal and refreshments provided. Stay for as little or as long as you would like.  
  
Running on the second Monday of the month, 5:30-8:30pm.   
  
Location: The Salvation Army, 56 Lancaster Gardens, Plymouth, PL5 4AA  
  
For more information, please email: [YACS@improvinglivesplymouth.org.uk](mailto: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/>

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>