



Activities & Events for SEND

For Your Interest

Spring 2024

Schools Out!

Are you looking for activities for families in the Plymouth area, including activities for those with additional needs?

If so, you've come to the right place and some activities are **FREE!**



Note: Please check with providers for latest activity and event updates.



Office Closure—Easter Holidays

Our office will be closed on Good Friday (29 March) & Easter Monday (1 April), Monday 8 & Friday 12 April 2024.

Send us a message by completing our [contact form](#) (or scan the QR code).



Our enquiry line will be open between Tuesday 2 & Friday 12 April 2024 from 9:30am-4pm and the team will be available online. If you have a query, call 01752 258933 or 0800 953 1131.

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please sign-up at:



www.plymouthias.org.uk/

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www.plymouthias.org.uk

Email: pias@plymouth.gov.uk

Connect with us on Facebook

Stay up to date with information, activities and events in the Plymouth area by liking us at Facebook.



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Welcome to Plymouth Information, Advice and Support for SEND (PIAS) newsletter.

Welcome to the Spring Edition of the Plymouth Information, Advice and Support for SEND (PIAS) Newsletter. Spring and sunshine are on their way!

PIAS is the SENDIASS service for Plymouth. We provide free, impartial confidential information, advice, and support to children young people with SEND and their families.

It has been an incredibly busy time for the team who have responded to over 1,500 enquires since last September 2023. We aim to get back to everyone within 2 working days, if for any reason you have any difficulty getting through to the team please contact us via our [contact us page](#)

If you would like to find out more about the team, you can [watch a short webinar](#)

Feedback from families who we have supported remains very positive with over 97% of families reporting that we have been helpful or very helpful and 94% saying our support has made a lot of difference.

Feedback from parents since January:

- How to have successful meetings—"Informative session and gave me more confidence in meetings."
- The Voice of the Child—"Very positive and helpful workshop."
- Annual Reviews—"Great workshop, very informative."

The team have continued to support the work of Plymouth's Family Hubs and now have regular visits to the Step-by-Step groups across the City.

We also regularly update our [website](#). We have lots of useful information, resources and links including a section: [Children & Young people](#):

Within PIAS we also have a small team of parenting programme facilitators who offer a range of parenting programmes and SEND focussed workshops. Feedback received from parents and carers for our parenting programmes has been excellent, "It was absolutely brilliant. You feel validated, not alone and the feedback and problem solving that you receive is so valuable. Brilliant course." They also say, "Wonderful course and great facilitators, couldn't recommend enough and am very grateful for all the help, advice and support!"

We have strengthened and developed our [workshops](#). Our facilitators have led an impressive 18 workshops. These workshops have covered a wide range of SEND topics and themes and were run by our skilled case officers and parenting team. Through our workshop delivery we were able to help and support over 120 parents and carers.

Parents have told us, "Course was very well delivered and very informative and will be using techniques", and "Loved today's session. Was really helpful with achieving my goals."

A huge thank you to those who participated in our survey to collect ideas and themes for our ongoing workshop delivery, we are currently reviewing these.

See our website for future [Parenting Programmes](#)



Youth Ascends

Youth Ascends is made up of children and young people aged between 9 and 25 with special educational needs and disabilities (SEND). Youth Ascends gives Children and Young People with SEND a space to have fun, build confidence, meet others and ensure young people's views are taken into account within strategic planning provision in Plymouth.

Youth Ascends have been busy supporting the Local Partnership with its SEND Improvement Plan. The group have met with David Haley (Director Children's Services) and Lisa Linscott (Service Director Education, Participation and Skills). They contributed to the development of Local Available provision document.



The group were also invited by local Councillors to the Education and Children's Social Care overview and Scrutiny Committee meeting on 28 February. 8 children and Young people attended and were able to ask a range of questions. Questions they asked were:

- 1) I haven't heard or seen anything about the Commitments in school. What are you doing to tell everyone about them?
- 2) How will you ensure that leaders in the city are watching over the plans properly?
- 3) What are you doing to make sure that every classroom is a place where children belong and learn with the right support?
- 4) I don't think other children know about Autism and ADHD How will teachers stop children bullying children with Special Education Needs?
- 5) How will you make sure that teachers know about Special Education Needs in Schools and College?
- 6) What are you doing to increase transparency on waiting lists?
- 7) How will you make the transition from children to adult services easier?
- 8) Could you tell us when the Commitments will be fulfilled?
- 9) Can Children and Young people be involved in the development of training?

See the PIAS website for the accessible version of the Improvement Plan: [The Commitments](#)

See our [Youth Ascends film](#)

If there are any young people who would like to find out more about the group and ways in which it can build their confidence, help them meet new people and share viewpoints of people with SEND, then please contact Nicolle Gallagher at: YPForum@plymouth.gov.uk

Helen

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



PIAS Support for SEND Enquiries

If you would like information or support regarding SEND issues, please complete the online enquiry form at: www.plymouthias.org.uk/contact-us/

Parenting Programmes

We deliver a variety of Parenting Programmes and are accepting requests for Incredible Years, Circle of Security and Strengthening Families Plymouth courses. Apply at: www.plymouthias.org.uk/parenting-programmes

If you have a parenting programme query, please call us on 01752 258933 or 0800 953 1131 and select option 2.

Office Hours

Monday—Friday: 9:30am to 4pm

Office Helpline

Monday-Thursday: 9am-5pm, Friday: 9am-4:30pm

Visit our website at: www.plymouthias.org.uk

Email us at: pias@plymouth.gov.uk

Follow us on Facebook and stay up to date with the latest news and information: www.facebook.com/plymouthias/

Helpline at Contact

Contact is a national charity for families with disabled children. They have a free helpline for parents and carers where you can get information and advice about special educational need and disabilities (SEND). Contact also produce a range of publications and other resources about SEND.

Helpline: 0808 808 3555 – Monday-Friday, 9:30am-5pm.

Press 1 to speak to an education adviser, press 2 for all other helpline enquiries.

Email: helpline@contact.org.uk

Website: <https://www.contact.org.uk/>



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Workshops

PIAS are running free workshops for parent/carers at Jan Cutting Healthy Living Centre, Scott Business Park, Beacon Park Road, Plymouth PL2 2PQ.

How to Understand and Support my Child's Transitions

Tuesday's 23 or 30 April or 16 July 2024, 12:30-2:30pm

This workshop will support parents in understanding the importance of preparing their child for everyday changes that may occur in their daily routine. We will discuss and explore strategies such as visuals that parents can use to manage these transitions smoothly.

To book, visit: [Supporting my Child's Transitions Workshop](#)

How to Understand and Support my Child's Communication

Tuesday 7 May 2024, 12:30-2:30pm

If you have a child whose communication is delayed, they aren't communicating what they need/want or they have special educational needs and you need some strategies to help increase communication, then this workshop is a great start for you.

You will attend a group workshop that will cover:

- Why communication is so important
- The ways we communicate, Vocal, PECS, Sign, ACC
- The 'How to' use communication methods.



To book, visit: [Supporting my Child's Communication Workshop](#)

How to Use Visual Resources to Support my Child's Communication

Tuesday 14 May 2024, 12:30-2:30pm

If you have a child who finds it difficult to communicate and may benefit from using visual aids, then this workshop would be a great start.

The workshop will cover:

- Using pictures or objects to support your child's communication
- Help you to put pictures in place to ensure your child can communicate their needs
- Teaching your child how to use the visuals from school.

To book, visit: [Visuals to Support my Child's Communication Workshop](#)

How to Understand & Support my Child's Behaviour

Tuesday 21 May 2024, 12:30am-2:30pm

If you are looking for strategies to support your child's challenging behaviour, this workshop would be a great start.

The workshop will cover:

- Why your child is behaving the way they are
- How to support your child at home with their behaviour
- Different strategies to reduce challenging behaviour.

To book, visit: [Supporting my Child's Behaviour Workshop](#)



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



How to Use Visual Resources to Support my Child's Behaviour

Tuesday 4 June 2024, 12:30am-2:30pm

If you have a child who finds it difficult to communicate their wants and needs and may benefit from using visual aids, then this workshop would be a great start.

The workshop will cover:

- Using pictures or objects to support your child's behaviour
- Help you to put pictures or symbols in place to ensure your child can communicate their wants or needs

Teaching your child how to use the visuals from school.

To book, visit: [Using Visuals to Support my Child's Behaviour Workshop](#)

How to Understand & Support my Child's Play & Social Skills

Tuesday 11 June 2024, 12:30-2:30pm

If you have a child whose social skills are delayed, has special educational needs or doesn't attempt to access play or social environments with confidence, then this workshop would be a great start.



The workshop will cover:

- What is play? – the ages and stages, as well as the types of play
- Strategies to support children through play
- How to support children with their social development – imitation, playdates and use of social stories.

To book, visit: [Child's Play & Social Skills Workshop](#)

How to Use Rewards & Incentives with my Child

Tuesday 18 June 2024, 12:30-2:30pm

This workshop will explore the benefits of using rewards and incentives to support and encourage positive behaviours.

The workshop will cover:

- Difference between bribes and rewards
- Different types of rewards and incentives that could be used
- When and how to set these up and to individualise them to suit your child and be successful.



To book, visit: [Rewards & Incentives Workshop](#)

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



The following workshops will be delivered by our SEND team face-to-face or virtually. For the virtual sessions you will be sent details of how to join the workshop a few days before the event.

How to have Successful Meetings

Wednesday's 8 May or 26 June 2024, 12:30-2:30pm – Face-to-face

Monday's 13 May or 1 July 2024, 9:30-11:30am – Virtual

Are you the parent/carer of a child/young person with SEND?

Would you like to feel more confident when attending meetings?



This workshop will give you information, strategies and tips on:

- Making the most of meetings
- How to feel more confident
- Feeling empowered to share yours and your child's points of view.

To book, visit: [How to have Successful Meetings Workshop](#)

Annual Reviews

Wednesday's 22 May or 10 July 2024, 12:30-2:30pm – Face-to-face

Thursday 23 May or Monday 15 July 2024, 9:30-11:30am – Virtual

Are you the parent/carer of a child or young person with SEND who has an education, health and care plan (EHCP)? Would you like to learn about annual reviews which are used to monitor a child/young person's progress?

The workshop will cover:

- The purpose of an annual review
- What happens before, during and after a review
- Annual reviews for children from year 9
- Transition annual reviews
- When the local authority can cease an EHCP.



To book, visit: [Annual Reviews Workshop](#)

Voice of the Child

Wednesday 5 June 2024, 12:30-2:30pm – Face-to-face

Monday 10 June 2024, 9:30-11:30am – Virtual

Are you the parent/carer of a child/young person with SEND? Would you like information, advice and support on ensuring the voice of your child/young person is heard?



The workshop aims to:

- Share ideas on how to gather and share your child's/young persons views
- Understand why this is important and the difference it can make.

To book, visit: [Voice of the Child Workshop](#)

Solihull Approach Online Course

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understand Your Baby

Online 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.

Understanding Your Child with Additional Needs

An online course for parents, relatives and friends of a child who may have a physical or learning disability or who may have autistic traits.



Access Code: TAMAR

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

Apply the 'access code' for FREE access!

Fill in some details to create an account.

To return to the course(s) go to <https://inourplace.co.uk/> and sign in.

Website: <https://solihullapproachparenting.com/>

Email: solihull.approach@heartofengland.nhs.uk

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



FAMILY HELP AND INFORMATION LINE

**Need help or advice about your own family?
Are you a practitioner who wants to get some advice about a family
you are working with?**

Get in touch using our new Early Help and SEND Advice Line.

Our Family Support Workers are here to talk about worries or answer your questions.

We can offer support around:

- Parenting guidance
- Emotional Wellbeing
- Social and emotional development
- Relationship worries
- Education worries
- School attendance
- SEND concerns
- The SEND Process



Book a conversation now at www.plymouth.gov.uk/familyhelp

SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL

Short Breaks

Routeways are the broker for all short break activities for children and young people with an additional need in Plymouth.

All enquiries for Short Breaks should contact Routeways in the first instance on **01752 300700**.

Routeways will then discuss with families what they can offer and if it is felt that they cannot meet a young person's needs, Routeways will contact the Short Breaks Team direct.

Please note: It is not always the case that a young person attending a Special School will automatically meet the criteria for Short Breaks and there may be an activity in which that young person can still participate without a specialist package.

Tuesday, 10:30am-3:30pm

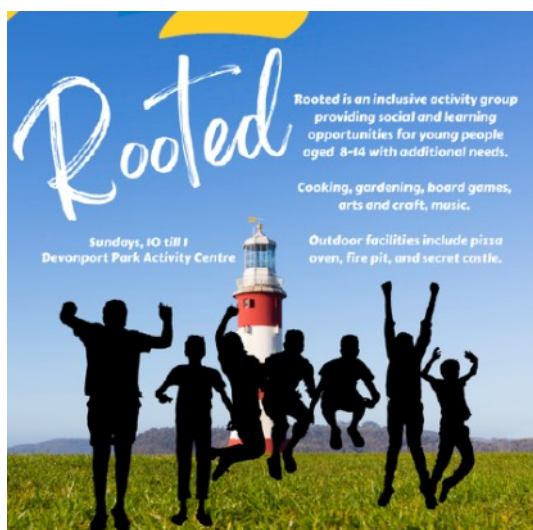
Cost: £15 per person, Booking Essential, limited spaces available.

During the school holidays, Short Breaks often run off-site activities from Devonport Park Activity Centre. Any young person aged between 8-18 years with an Education, Health & Care Plan (EHCP), formal diagnosis, or who attends a specialist provision can join them.

For more details call Lucy on 01752 856702

See what's on and book at:

www.bookwhen.com/shortbreaks



Rooted

Sunday's, 10am-1pm

£10 per session

Rooted 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.

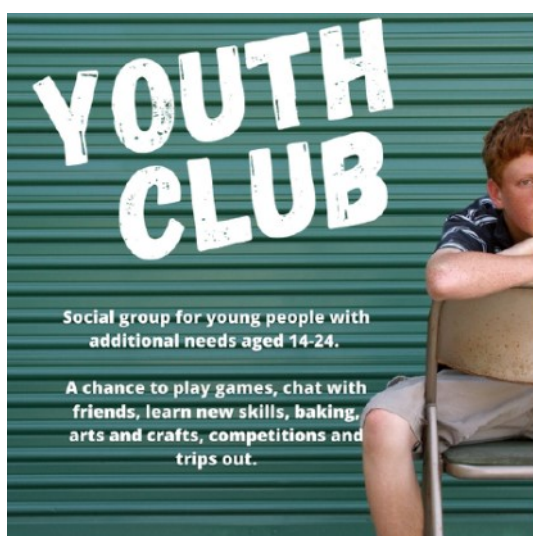
Booking Essential

Growing Together

Monday & Friday (term time) or Monday (school holidays), 10:30am-3:30pm (half-day available)

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.

Booking Essential.



Youth Club

Thursday's, 7pm-9pm

Social 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.

Booking Essential.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>



Plymouth Parent Carer Voice (PPCV) is Plymouth's official parent carer forum working in partnership with the local authority to help shape and improve the range of services in education, health and social care for families in the Plymouth area.

Register free to join PPCV at: <https://www.plymouth.pcv.co.uk/join/>

Being a registered member of PPCV gives you access to the members portal where you can access recordings and presentations of previous events.

Post Ofsted Online SEND Survey

PPCV and Plymouth City Council (PCC) are asking for your input into this additional survey which looks into the central services that you and your child/young person use. We are asking for feedback based on the period between 1st September 2023 to the 29th February 2024.

Post Ofsted Online SEND Survey



Why is there an additional survey this year?

After the recent OFSTED report, we are looking for feedback from families into the services they received from the last inspection (June 2023) to see if there have been any changes in these services.

Closing date: Friday 22 March 2024

Complete the survey at: [Post Ofsted Online SEND Survey](#)

See events at:

<https://www.plymouthpcv.co.uk/events/>

Visit the Plymouth Parent Carer Voice website at: www.plymouthpcv.co.uk
Facebook: <https://www.facebook.com/PlymouthPCV>
Email: 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>



Plymouth Parent Carer Voice 

NEW Sensory Library

You can borrow new toys, books and activities that stimulate, activate and calm children with SEND

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

Based at PPCV Office
46 City Business Park, Plymouth PL3 4BB

See our website for more details
www.plymouthpcv.co.uk

★ ★ ★
**READ...
LEARN...
THINK...
CREATE...
DREAM...
ACHIEVE...**

Creative Curiosities Sw

Blended social, creative arts, adventurous and mental/sensory wellbeing experiences for neurodivergent children and young people and/ or those with a SEND diagnosis

	Social, adventurous creative experiences		Bricks for Autism Groups		Drawing and talking		Weekly Youth Music & Theatre workshops		Private tuition Qualified teacher.
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www.tickettailor.com/events/creativecuriositiessw

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.

For more details and to book activities visit:

<https://www.tickettailor.com/events/creativecuriositiessw>

If you have any queries, call or text: 07764 737620 or email: hello@creativecuriosities.org.uk

Friends & Families of Special Children Young Carers Fun & Freedom Club



Young 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 Families also 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 children with additional needs. Upcoming events can be booked at: <https://friends-and-families.checkfront.com/reserve/>

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

You can find out more about Friends and Families of Special Children by visiting their website at:
.
<https://www.friendsandfamilies.org.uk/>



Little Steps Together

Are you a parent or carer of a child aged 0-5 with a disability or awaiting a diagnosis?

Join us at Friends & Families for our 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.

Sessions can be booked at:

<https://friends-and-families.checkfront.com/reserve/>

If you have any questions, please contact Holly at holly@friendsandfamilies.org.uk

If you book for an event or activity and then are unable to attend, please contact us as soon as possible so that we can offer the place to another person. Thank you.

(01752) 204 369 or email: info@friendsandfamilies.org.uk



Plymouth City Council's Sports Development Unit have received funding from the Department for Education to co-ordinate a city-wide holiday activity and food programme during the 2024 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, asylum seeking and Ukranian families and children who are home educated who would be eligible for free school meals if they were in school.

The next Fit and Fed holiday club programmes will take place during the **Easter Holidays**.

Find out more and book at: <https://www.plymouth.gov.uk/fitandfed>

If you need to speak to someone about the Fit and Fed programme, or have any queries you can email: sportsdev@plymouth.gov.uk

Family Learning

We are running more of our family fun workshops in the Easter break. These are FREE Easter Holiday Family Workshops, aimed at children aged 6+.



The following workshops are available:

- Parent/Carer & Child Dice Games
- Parent/Carer & Child Silk Screen Printing
- Parent/Carer & Child Card Games
- Parent/Carer & Child Mask Making
- Parent/Carer & Child Number Fun
- Parent/Carer & Child Spring Planting & Pot Decorating
- Parent/Carer & Child Darts Games
- Family First Aid
- Parent/Carer & Child No Sew Felt Flowers

To book visit: <https://www.oucoursesouthwest.co.uk/coursesfamily-learning>

ART, CRAFT & LAUGHTER
Creating Healthy Minds
07880327022

We offer

Art & Craft Days

for adults with Learning Disabilities
in a small, creative, safe space

 Tuesdays & Thursdays 
10am – 4pm

Come for an hour or all day, the choice
is yours.

Booking essential

William Sutton Community Hall, 6 Shelley Way, St Budeaux,
Plymouth PL5 1QF

ART, CRAFT & LAUGHTER
Creating Healthy Minds
07880327022

Due to ongoing success
our

Mental Health & Wellbeing Art & Craft Group

is now open

 Wednesdays & Fridays 
10am – 4pm

Come for just an hour or all day, the
choice is yours.

Booking essential

William Sutton Community Hall, 6 Shelley Way, St Budeaux ·
Plymouth PL5 1QF



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 also offer an assessment service, 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 started off 2024 with a busy programme of swimming and climbing activities, as well as taking over 100 members to see the amazing Audio Described/Touch Tour Performance of Aladdin at the Theatre Royal.

Plans for the next few months including a science, sports and forest school days, sailing, theatre and 2 outdoor activity residential trips.

We look forward to welcoming any new families of children with vision impairment to the group.

See more about our activities at:
www.moorvision.org/events-whats-moorvision

For further information, please contact us:

Tel 01752 891934 / 07581 566690

Email: info@moorvision.org Web: www.moorvision.org

Facebook: www.facebook.com/groups/161483982931

British Blind Sport First Steps Project



First Steps Goes National!

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

If your child is aged 3 to 11 with a 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
- 1-1 support from our First Steps Officer

For more information, please visit: bit.ly/BBSFirstSteps

Email: firststeps@britishblindsport.org.uk

Call: 01926 424247

Charity number: 1168093 Company Limited by Guarantee Number 10009918

Sign up at:

<https://bit.ly/BBSFirstSteps>

Activities Online



HomeTime for children aged 5 and under

Fun stories and activities to keep you
and your child entertained at home:

[HomeTime for Children](#)



Free fun activities!

You can find lots of 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.

See: [The World of David Walliams Activities](#)

Whizz-Kidz have some really exciting online activities running for young
wheelchair users aged 8-25 via zoom. We offer fun activities like
disco's, crafts, baking, coffee mornings and so much more.
We are also running Employability Days and Employability hubs.

All services are free of charge. The young person or their parents will
just need to fill out a form.

If you would like to find out more information, please contact Ria Dum-
melow on **07867 124901** or email: r.dummelow@whizz-kidz.org.uk



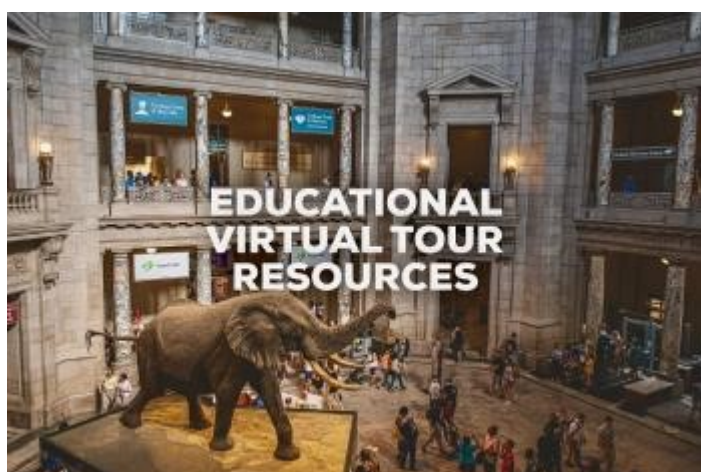
See Website: <http://www.whizz-kidz.org.uk/>
See Facebook: <https://www.facebook.com/whizzkidz/>

Whizz-Kidz, 2nd Floor, 30 Park Street, London SE1 9EQ
Company limited by guarantee. Registered in England and Wales (No. 2444520). Registered Charity No. 802872.

BBC Bitesize

Bitesize have put together lots of resources for years 1 to 9 which can be used for home-learning or in the classroom.

<https://www.bbc.co.uk/bitesize>

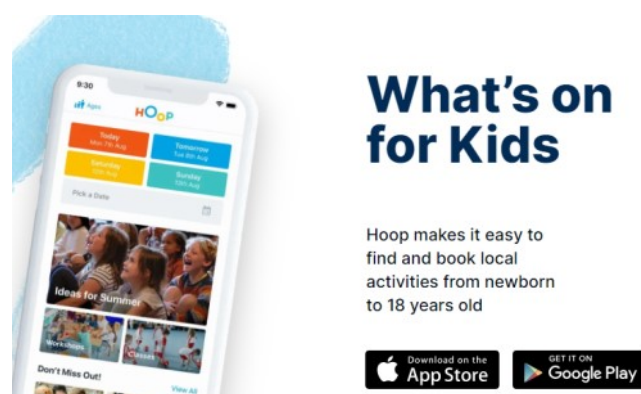


[Free Virtual Tours of World Museums, Educational Sites & Galleries for Children](#)

Hoop

Find local activities with free app Hoop including activities for young people with special educational needs and disabilities.

Visit: <https://hoop.co.uk>



Plymouth Libraries

Find out [what's on](#) at your local library.
Call 01752 305900 or email library@plymouth.gov.uk
Follow the [Plymouth Library Facebook](#)



Sign up for a free Library Card

You can join the library [online](#).

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

If you join the library online, you'll need to visit a library to pick up your card.



With your Library Card Number and PIN you can:

- [Reserve and renew items online](#)
- [Download eBooks and eAudiobooks](#)
- [Download Kids eBooks and eAudiobooks](#)
- [Download free digital magazines and comics](#)
- Use the computers and Wi-Fi in libraries for free
- Use [online resources](#) including dictionaries, encyclopaedias, streaming music, newspapers, homework help and more.

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!

Visit [The Box website](#)

The Box have a number of exhibitions and events running throughout the year including family workshops.

Find out what's on at: [The Box Events](#)



For more information and to keep up-to-date see The Box website:

<https://www.theboxplymouth.com/>



National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm



There are now 3 ticket types **Saver, Standard and Peak** depending on when you visit:

- All tickets come with a complimentary free year pass to the Aquarium
- If you live in a PL postcode, you can now purchase a **Locals Pass** meaning you'll always pay the **Saver** ticket price.

[Book online](#)



Ocean Todds at the Aquarium

Tuesday's & Friday's, 10:30am-11:30am

Price: £5 per child, suitable age 2-4 years (pre-book online essential)

Join our Ocean Discovery Rangers in the Waves Café on Tuesday and Friday mornings for adventures around the Aquarium, crafts, songs and stories.

[Book online](#)



Quiet at the Aquarium

Monday's 8 April, 27 May 2024

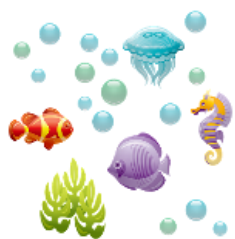
Time: 5:30pm-7:30pm or 6:00pm-8:00pm

Price: £8 per child / £10 per adult /

Carers (1:1 ratio) 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 online](#)



**National Marine Aquarium,
Rope Walk, Coxside, Plymouth, PL4 0LF**

For more details see website:

www.national-aquarium.co.uk

or call 0844 8937938



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.

The main programme of events run between April and September— additional events may run outside these months. Find out what's on at:

www.wemburymarinecentre.org/whats



Dartmoor Zoological Society

Easter EGGsplorer Trail

Fri 29 Mar – Sun 14 Apr 2024

Get your little splorers ready and tackle our Easter themed trail at Dartmoor Zoo! Find the 8 Easter eggs that the Easter Bunny has hidden.

Book online at: [Easter EGGsplorer Trail](#)



Roar 'n' Snore

Sat 4 May, 6 Jul & 17 Aug 2024

Join Dartmoor Zoo for a camping trip like no other! Camp inside the zoo itself and find out what life is like between dawn and dusk, when many of the residents come out to play.

Book online at: [Roar 'n' Snore](#)



Father's Day: Dad's Go Free

Sun 16 Jun 2024

This Father's Day, Dartmoor Zoo will be offering Dad's FREE admission.

Book online at: [Father's Day: Dad's Go Free](#)



For more upcoming events see: [Events Calendar](#)

Crownhill Fort

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

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

Find out: [What's on at Crownhill Fort](#)

The Landmark Trust

Admission Prices:

£5.00 Adults / £3 Child (age 5-15)

Tickets can be purchased online in advance or using cash on day.

For more information contact the Fort Office on 01752 793754

Visit the [Crownhill Fort](#) website.

Pease check the National Trust website for the latest updates on what's on at each location.



Saltram—Plympton, Plymouth, PL7 1UH

For the latest information, see: [Saltram](#)

Admin Office: 01752 333500 or email: saltram@nationaltrust.org.uk

Plymbridge Woods—Plympton PL7 4SR

For the latest information, see: [Plymbridge Woods](#)

Admin Office: 01752 341377 or email: plymbridgewoods@nationaltrust.org.uk

Buckland Abbey—Yelverton, PL20 6EY

For the latest information see: [Buckland Abbey](#)

Admin Office: 01822 853607 or email: bucklandabbey@nationaltrust.org.uk

Lydford Gorge—Lydford, EX20 4BH

For the latest information see: [Lydford Gorge](#)

Admin Office: 01822 820320 or email: lydfordgorge@nationaltrust.org.uk

Cotehele—St Dominick near Saltash, PL12 6TA

For the latest information see: [Cotehele](#)

Admin Office: 01579 351346 press 0 or email: cotehele@nationaltrust.org.uk

‘50 Things’ to do Outdoors Activity Guide

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

Download your activity sheet at:

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



For more events and places to visit see
[The National Trust](#) website.
www.nationaltrust.org.uk



Exploring the Outdoors

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](#)



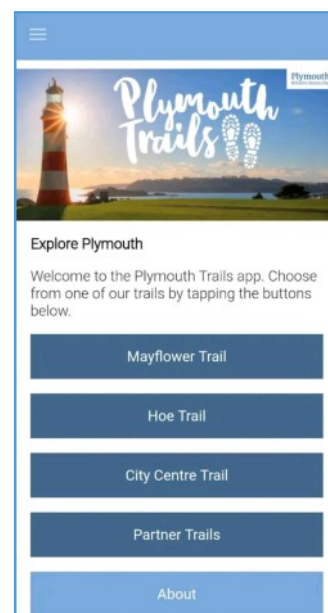
Plymouth Trails App

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.

The app is available to download on Android or iOS. The app and core trails are available in English, French, Spanish and German.

[Find out more](#)



iNaturalist App

iNaturalistUK

Are you looking for a way to get outside and learn more about wildlife? Become an iNaturalist by downloading the app to a mobile device or using the [iNaturalist website](#).

Sign up to the [National Parks UK Look Wild](#) project and upload photos of plants, insects or animals that you find interesting. You don't even need to know what they are, as the iNaturalist community will help you identify. Your contributions will also help scientists understand wildlife on local and national levels.

Geocaching

Geocaching is the world's largest treasure hunting game.

You can join in the fun by downloading the official geocaching app to play!

See: <https://www.geocaching.com/sites/education/en/>



Burrator, Devon

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 10am-3:30pm (Saturday & Sunday's)

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>



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:

www.greenmindsplymouth.com

Find out about and book events run by Green Minds at:

<https://greenmindsplymouth.com/events>



Young Company

Theatre opportunities for everyone age 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.



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 what's on at Theatre Royal Plymouth at:

<https://www.theatreroyal.com/whats-on/list>

Call the Box Office on **01752 267222**



Stiltskin at the Soapbox Children's Theatre

On the corner of Milne Place and Exmouth Road, Devonport Park, Plymouth PL1 4RD

Stiltskin's Soapbox Children's Theatre is Devon's award winning independent children's theatre based in Plymouth and one of only a handful of theatres in Britain that specialise in producing theatre and cultural events for children.

Stiltskins Children's Theatre Company also offer pre-school activities during the day and run after school drama workshops and holiday clubs for children age 4+.

For more details on what's on at the Box Office and workshops see: <https://stiltskin.org.uk/>



ReBels

Opportunities for young people at the Barbican Theatre... Register your interest at joining ReBels at [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!

ReBels Programme

- [ReBels Music](#) (age 15-25)
Opportunities to explore all lines of work in the music industry.
- [ReBel Players](#) (age 12-18)
Theatre, dance, music, writing, film and more.
- [ReBel Music Production](#) (age 15-25)
Working on the production elements of music making.
- [ReBels Young Company](#) (age 18-25)
Theatre, dance, music, writing, film and more.

Follow: [Barbican Theatre Facebook](#)

Visit the Barbican Theatre website:
<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, Plymouth Warriors, Club Plymouth FC and Plymouth Mayflower Special 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 see information overleaf.



Youth Pan Disability Football

- There are a number of children's inclusive Football clubs in Plymouth with further information overleaf.



DISABILITY FOOTBALL IN PLYMOUTH

Team / Session	Age	Day	Venue	Contact
Plymouth Argyle Ability Counts Club	Adult (16+) Male and Female	Wednesday's 7.30-8.30pm	Manadon Sports & Community Hub, St. Peter's Road, Plymouth PL5 3DR	Male and Female Teams Stewart Walbridge: 01752 562561 Stewart.Walbridge@paafc.co.uk
Plymouth Argyle Ability Counts Club	Youth (5-16 years)	Monday's 5.30-6.30pm	As above	As above
Plymouth Mayflower Specials	Adult (16+) Male and Female	Sunday's 10am-12pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Male and Female Teams Ralph Stubbs: 07469 195006
Tavistock Specials Football Club	Adults and Youth	Friday's 6-7pm	Tavistock AFC, Crowndale, Tavistock PL19 8BY	Adrian Walker 07488 395198 adrianwalker5678@gmail.com
Club Plymouth Parkway FC	Adults (16+)	Friday's 7.30-8.30pm	Lipson Community College, Bernice Terrace, Lipson, Plymouth PL4 7PG	Graham Eyles Phone: 07805403301 eyles19@hotmail.com
Plymouth Argyle Powerchair Football Club	Adults and Children	Saturday's	Plympton Academy, Moorland Road, Plympton PL7 2RS	Stewart Walbridge 01752 562561 Stewart.Walbridge@paafc.co.uk
Plymouth Warriors	Adults (16+)	Mon & Thurs 6-7pm (Men's)	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Luke Childs 07772 336694 lukechilds.pwfc@yahoo.com
		Sun 12-1pm (Ladies)		
Plymouth Warriors	Youth (8-16 years)	Thursday's 5-6pm Sunday's 12-1pm	As above	As above
Hunter District Disability FC	Youth (7-16 years)	Friday's 7-8pm	Morley Meadow Primary School, 51 Encombe Street, Plymstock PL9 7GN	Ross Hart 07795 198899 inclusion.hdfc@gmail.com

If you would like to get involved in Disability Football as a player, coach or club or volunteer please contact Ashley Harris, Disability Development Officer.

Phone: 01626 323560 / 07912 089838 / Email: ashley.harris@devonfa.com

School Holiday Soccer Roadshows 2024



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including a number in the Plymouth area at various locations. Courses are open to boys and girls of all abilities aged 4-14 years and run from 9:30am—3:30pm.

Holiday Soccer Roadshows

Holiday Soccer Roadshows include:

- Football Roadshows
- Strikers & Goalkeepers
- Girls Only
- Multi-Sports
- Fit and Fed

For holiday courses in the Plymouth area, please see: [Plymouth Holiday](#)

Disability Soccer Roadshows

Argyle Community Trust run the following disability soccer roadshows:

- **Short Breaks**—Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and Educational Health and Care Plan (EHCP). 10am-1pm
- **SEND Football 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 4-16 years. 10am-3pm.

For future Short Breaks or Disability Roadshows please book via: [Plymouth Disability](#) or call 01752 562561 (ext 6).

For further information please contact: eoin.donovan@pafc.co.uk



For more information see:
[Argyle Courses](#)

Junior Ability Counts

Monday's, 5pm-6pm

at Manadon Sport Hub

£1 per session (term block)

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.

[Find next course](#)



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 5-100 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.

[Find next session](#)



Premier League Kicks

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

For up-to-date information on sessions see:
[Premiere League Kicks](#)



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, 6pm-7pm & Thursday's, 6pm-7pm
- Youth: Thursday's, 5pm-6pm & Sunday's 12pm-1pm
- Ladies: Sunday's, 12pm-1pm

For more information contact Luke Childs on 07772336694
or email: lukechilds.pwfc@yahoo.com

See: <https://plymouthwarriors.co.uk/>

Facebook: Plymouth Warriors CIC / X: @plymwarriors



Hunter District Football Club

Hunter District Football Club offer disability football training sessions for 7-16 year olds on Friday's from 7-8pm at Morley Meadow Primary School, 51 Encombe Street, Plymstock PL9 7GN

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, for those who wish to.

Hunter District FC are inclusive, accepting players who struggle in mainstream, or those with low confidence as well as those with disabilities. They look 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 inclusion.hdfc@gmail.com

Win, Lose, Draw.....Learn!!!

PEM Football Club Taster Sessions

**Sunday 7 & Sunday 14 April 2024, 10am-12pm
at Dean Cross Fields, Plymstock PL9 7AZ**

Amputee | Grass Frame Users | Mental Health | Deafness | Dwarfism | ADHD
Down Syndrome | Autism | Learning Disability | Cerebral Palsy

We are a newly established friendly football club looking for new players to join our pan-disability organisation (boys and girls). All abilities are welcome!

No obligation to join permanently and it's completely free.

Ages 5-11 | Ages 12-14 | Ages 15-16 | Ages 16+

Public Transport: Bus Route 1A, 2, 5, 5A (Broadway)

Organisers: Lee Ellis, Chris Marsh, Kev Treeby, Luke Monnington

Facilities: Toilets, bar, tea, coffee, snacks, limited parking

Register at: <https://forms.office.com/r/4pszRkCBzg>

Email: pemfootball@hotmail.com

Telephone: 07877 236083 (Text WhatsApp)



The poster for PEM FC features a photograph of a football training session on a grass field. To the right of the photo is a red box with white text that reads 'PEM FC Free Coaching Sessions For Pan Disability Football'. Below this, it says 'We are a newly established friendly football club looking for new players to join our pan-disability organisation (boys & girls) All abilities are welcome! No obligation to join permanently & it's completely free.' and provides contact details: 'Email: Pemfootball@hotmail.com' and 'Telephone: 07877236083'. At the bottom right is a QR code with the text 'Scan QR code to register or click'. The poster also includes a header with various categories: 'Amputee | Grass Frame Users | Mental Health | Deafness | Dwarfism | ADHD | Down Syndrome | Autism | Learning Disability | Cerebral Palsy'. On the left side of the poster, there are four sections: 'HAVE FUN', 'MAKE NEW FRIENDS', 'PLAY FOOTBALL', and 'BE ACTIVE', each with a small icon and a brief description of the activities.



Training Sessions

Sunday's, 9:30am-10:30am

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

At Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF

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's 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@plymouthfusionwheelchairbasketball.com

Website: plymouthfusionwheelchairbasketball.com

Facebook: [plymouthfusionwheelchairbasketball/](https://www.facebook.com/plymouthfusionwheelchairbasketball/)

Instagram: [plymouthfusionwbc](https://www.instagram.com/plymouthfusionwbc)



Find Your Beat

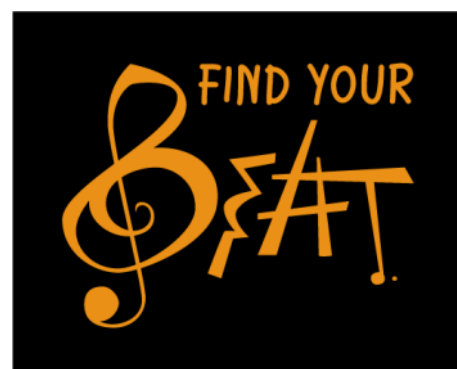
Far Flung CIC are launching Find your Beat in partnership with The Barbican Theatre, Plymouth. Find Your Beat is an inclusive dance training programme for those who love live music and dance, aimed at girls/women who identify as Disabled and Neurodivergent age 10-17.

Join us for a free taster session:

Friday 5th April 2024, 10-11:30am

Barbican Theatre Plymouth

To find out more or book a place for this free workshop, contact Clair at Far Flung CIC: farflungdt@gmail.com



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: [Park Tennis Plymouth](https://www.parktennisplymouth.gov.uk)

Email: parktennis@plymouth.gov.uk

Other places to play:

- **Devonport Park**—3 courts, free, turn up and play policy.
- **Tothill Park**—1 court open daily
- **Harewood House, Plympton**—Courts bookable via [Plympton Tennis Club](https://www.plymptontennisclub.co.uk)



Plymouth Pisces

Sunday's, 11am-1pm at Plymouth Life Centre

The local swimming club for people who have a disability.

- Build confidence in the water
- Swimming exercises for rehabilitation
- Friendly group
- Lane swimming for improved fitness
- Or just walk and chat.



For more information visit: <https://www.pisces-club.co.uk>
or email: enquiries@pisces-club.co.uk

Registered Charity No: 801261



Inclusive activities are offered at YMCA Plymouth centres in Honicknowle Lane and Torpoint during term-time including:

- Special Olympics 'The Specials Club'
- Indoor climbing (coming soon)
- Wheelchair Basketball

For more information about the sessions see: [YMCA Inclusive](#)

To discuss a young person's needs and the suitability of sessions, please contact us on 01752 201918 or complete the [online form](#)

YMCA Activity 825 Clubs

Join YMCA Plymouth's 825 Club from 8am to 5:30pm every school half-term and summer holiday. Sessions run on weekdays (except bank holidays).

The 825 club is for children aged 8-16 years and includes all kinds of activities including street surfing, arts and crafts, climbing, sports and trips to adventure parks.

Next club: Easter Half-Term 2024—Monday 1 to Friday 12 April 2024.

Multi-activity day sessions start from just £17 (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-5:30pm) sessions also available for £3 each. Trips (Select clubs only) £40 (8:00am-5:30pm). Fit & Fed (Free funded places if meet criteria).

Food Options

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

Please note: Children will need to bring a packed lunch on trip days.

For more information and to book call 01752 201918 or visit:

<https://www.ymcaplymouth.org.uk/holidayclub/>

For further information please call **01752 201918**
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG
www.ymcaplymouth.org.uk/



Book online to avoid disappointment, as there are often no walk-in spaces available on the day.

SEND & Support Sessions

SEND Session—Thursday's
4-5pm (term-time) or 5-6pm (school holidays)
For bouncers with additional needs and their carers.

Support Session—Sunday's
5-6pm (term-time and school holidays)
For bouncers with additional needs, their siblings, other family members and carers or parents. Support sessions also provide families with the opportunity to meet other families who face similar day-to-day challenges.

How much are they?

Our SEND Session and Support Session are £8.99 per bouncer, this includes admission for 1 jumper and 1 accompanying adult/carer.



Everyone will need to purchase a pair of our Super Tramp grip socks if you don't already own a pair. They're £2.50 a pair and are yours to keep.

Carers—General Bounce Sessions

Super Tramp also offer a carer discount in General Bounce sessions. Carers can enter the park for free regardless of the amount of support they need to offer. All we ask is that they have a pair of Super Tramp grip socks and a valid waiver.

For more information see: <https://www.supertrampparks.co.uk/send-support>

SEND & Support Parties

Super Tramp also offer SEND & Support parties.
Find out more at: <https://www.supertrampparks.co.uk/send-parties>

All bouncers **must** hold a valid waiver. If you are 16 or under waiver must be completed by a parent or guardian on site.
You must be 5 years or older to bounce in General Bounce sessions.

Book online at:

<https://www.supertrampparks.co.uk/plymouth>

SEN Sessions

Sunday's, 9am (term-time)

or Tuesday & Thursday's, 9am (School holidays)

Clip 'n Climb Plymouth run SEN sessions for climbers with special educational needs providing a calm environment for all members of the family to climb.



SEN Sessions offer:

- Restricted numbers in session
- Plenty of instructors to help out
- Music can be turned down, if required
- Colouring activities now available.

For more information or to book sessions, visit: <https://plymouth.clipnclimb.co.uk/>

Gym Bubbas

Gym Bubbas offer gymnastic classes for children age 4 months to 10 years ... including sessions for those with special educational needs and disabilities.

See: <https://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: www.gymbubbas.co.uk

Facebook: www.facebook.com/pg/GymBubbas/

You Tube Channel: www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew

School Holiday Sessions for Primary (Age 8-11)

Half-day adventures available for 8-11 year olds include:

- Bellboat Half-Day
- Inflatable Raft & Orienteering Half-Day
- Climbing & Seashore Explore Day
- Ladder Climb, Abseil & Tower Visit
- Giant Paddleboard & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings for 2024 available at:

[School Holiday Sessions for Primary \(Age 8 - 11 Years\)](#)



School Holiday Sessions for Secondary (Age 11-15)

Half-day adventures and courses available for those aged 11+ include:

- Kayak Half-Day
- Stand-Up Paddleboarding Half-Day
- Climbing & Abseiling Half-Day
- Inflatable Rafts & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings for 2024 available at:

[School Holiday Sessions for Secondary \(Age 11-15 Years\)](#)

**Mount Batten Watersports & Activities Centre, 70 Lawrence Road,
Mount Batten, Plymouth, PL9 9SJ**

T: 01752 404567 E: enquiries@mount-batten-centre.com

www.mount-batten-centre.com

www.facebook.com/MountBattenWatersports



FREE*

Bikeability Courses

FREE* bikeability holiday courses in Plymouth, Ivybridge and Tavistock.

- [Bikeability Learn to Ride](#): age 7-16
- [Bikeability Level 1](#): age 7, 8 or 9 (year 3 or 4)
- [Bikeability Level 2](#): age 9+ and in year 5 or above
- [Bikeability Level 3](#): age 11+ and in year 7 or above



Venues

- Victoria Park, Plymouth, PL1 5NJ
- Ivybridge Community College, Harford Road, Ivybridge, PL21 JA
- Tavistock College

*Bikeability charge a refundable deposit of £45, paid by paypal to secure your place. This is refundable on completion of the booked course.



Booking essential please visit
www.cyclepssp.co.uk

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.

See: [Adult Training](#)

Commuter Tutor

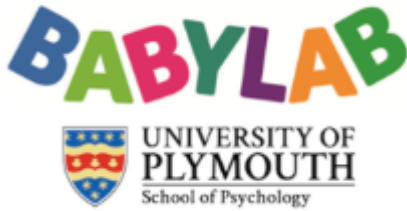
We can also offer one-to-one sessions for anyone who wishes to review their route to work or place of study accompanied by one of our instructors.

Bikes are available for loan and we can cater for all levels of cycling and a range of disabilities.

For further information visit: <https://www.cyclepssp.co.uk/>

Call us on 01752 515385.





Babylab—University of Plymouth

Parents of newborn babies up to 6 years old!

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

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

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

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

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

Email: plymouthbabylab@plymouth.ac.uk



Did you participate in Strengthening Families Plymouth in the last year?

Do you have time to tell us more about your experience?

Please contact:

harriet.keenor@students.plymouth.ac.uk

to help us gain a deeper insight into how
SFP helps parents and contribute to important research
to help deliver programmes better in the future.

Children's Rights Survey



Plymouth City Council Participation team are a team of youth workers who help children and young people have a say on issues that affect them to help improve services.

The team are looking to ensure young people under 18 years old have better understanding of their rights and what they can expect from services.

This survey has been created to find out what young people know about their rights.

Take part at:

<https://forms.office.com/e/7cMp7NK8aX>

Plymouth Youth Autism Dental Project

We need your help with research to find out how we can best support the oral health of autistic children and young people in Plymouth.

Who are we? We are a team of researchers, dentists and community engagement experts from the University of Plymouth and the Peninsula Dental Social Enterprise.



Why are we doing this research? Caring for your teeth can be difficult. For autistic children and young people there may be additional challenges. We know that autistic children and young people often have high levels of untreated tooth decay and gum disease and are more likely to have teeth taken out under general anaesthetic.

What do we want to do? We want to understand from autistic children, young people and those that care for them what influences how they look after their teeth and access dental care. The research will be used to inform the development of dental care services for autistic children and young people in Plymouth and beyond.

How are we doing it? We would like to talk to autistic children and young people about looking after their teeth and going to the dentist. We would also like to speak to the parents and carers of autistic children and young people about these issues.

You are invited to take part if you, your child or the child you care for is:

- Autistic or on the autism pathway
- Aged 5-19 years
- Living or at school, college or work in Plymouth.

As a thank you for taking part, you (or your child) will receive a £10 Love2Shop voucher.

Interested in finding out more?

Please see: <https://www.plymouth.ac.uk/research/access-to-dental-care-for-children-and-adolescents>

If you are interested in taking part, please contact lead researcher Jo Erwin at jo.erwin@plymouth.ac.uk or on 07973 902024.

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: [Childcare Choices Website Survey](#)



What Does Your Mental Health Pathway Look Like?

If you live in Plymouth and are aged 16-25 you can help shape and design mental health support for 16-25 year olds across the city.

Have you ever accessed mental health support, if so why not tell us about it?

Email: natasha.daniel@barnardos.org.uk

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

Healthwatch Plymouth—Child & 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>

Help make a difference by sharing your feedback on the services you use

Share your experiences today at
[healthwatchplymouth.co.uk/services/](https://www.healthwatchplymouth.co.uk/services/)

healthwatch
Plymouth

Dentists		Emergency Care	
GP's		Hospitals	
Pharmacies		Social Care	
Opticians		Community Based	

Healthwatch take your experiences of using their health and care services—both good and bad and share these with those who have the power to make change happen.

Share your experiences at:

<https://www.healthwatchplymouth.co.uk/services/>

Is Your Child Entitled to Free School Meals?

All children in Reception, Year 1 and Year 2, regardless of their parent's financial circumstances, automatically get universal infant free school meals.

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

Find out if you qualify and apply online at:

www.plymouth.gov.uk/freeschoolmeals



IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

Healthy Start



Check if you're eligible at
healthystart.nhs.uk



Healthy Start

Families 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: www.healthystart.nhs.uk



Uniform Store Plymouth

Plymouth Vineyard Church accept donations of good quality school uniform, both school logo specific and generic items. Uniform is then free to anyone that needs it.

This service is a joint project run by Plymouth Vineyard Church and Redeemer Church Plymouth.

Donation drop-off and collection point:

- Every Tuesday, Wednesday and Friday from 10am-1pm at 93 New George Street, PL1 1RQ (Old Bon Marche Shop)
- Also see a list of: [drop-off donation points](#)

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Website: [Uniform Store Plymouth](#)

Email: hello@uniformstoreplymouth.co.uk

Kids Eat Free Over Holidays

Money Saving Central have put together a list of places where kids eat FREE (or for £1) during school half terms and holidays.

Find a full list at:

<https://moneysavingcentral.co.uk/kids-eat-free>

Travel and Transport

Whether you are heading to work or into town, until 31 December 2024, a single bus journey will cost no more than £2 on most routes across England.

Find out more about the scheme at:

[Plan Your Bus Journey](#)

Visit the Government's Help for Households website to find out how you could save [money on travel](#).

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)



See [Plymouth City Council Bus Pass](#)

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](#)

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.

Download the free app now:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)



Plymouth Citybus App

Plan your journey, buy your tickets, track your bus live and follow your progress.

Download the free app now at:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)



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 need to have an official diagnosis.

To obtain a card, please email your name and full address to:

devonautismcard@dimensionsforautism.life



Derriford Autism Service

The [Autism Service](#) is for those with autism who do not have a learning disability.* Autistic patients can inform staff of specific needs so that reasonable adjustments can be made to improve their care.

The service also provides advice to those caring for patients on the Autistic Spectrum.

Tel: 01752 4(32134)

Email: plh-tr.derrifordautismservice@nhs.net

**The Learning Disability Team will continue to support patients with autism who also have a learning disability.*

Hospital Passport App

University Hospitals Plymouth have launched a hospital passport app. This has been created to support people with a learning disability so that they can inform hospital staff of their needs, likes and dislikes and any other details that might affect their care.

To download the app, search for “Hospital Passport” on your phones app store [Android](#) or visit: [Apple](#)

Also see the [learning disability service guides](#).

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](#)



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.

See: [Making Drake Circus Accessible for All](#)



Perinatal Peer Support Group

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.

- Wednesday's, 10am-12pm at Whiteleigh Four Greens, 15 Whiteleigh Green, Plymouth PL5 4DD
- Friday's, 9:30am-11:30am at Tamar Folk Children's Centre (attached to Victoria Road Primary), Trelawney Avenue, St. Budeaux, Plymouth PL5 1RH
- Friday's, 1pm-2:30pm at Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS

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

Peer Supporters

Are 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 groups

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

Mellow Mums Group

Being a mum can be tough and Home-Start's aim is to be there for parents when they need us.

Mellow Mums is an informal, one hour session, via Zoom, each week to give Mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don't want to.

We want the group to be led by Mums so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.

It will be facilitated by a Home Start Co-ordinator and there will be no more than 10 attendees each week.

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

If you would like to know more or are interested in attending the next group, contact us at homestart.shpt@gmail.com

We will send you a link to access the group via Zoom using your phone, tablet, laptop or computer.



Plymouth Young Carers Support Group

Tuesday's, 12:30-2:30pm
at Southway Youth & Community Centre,
Hendwell Close, Plymouth PL6 6TB

Southway Young Parents Community Café

Are you a parent under 25?
Come and join us at the Café!
Something a little different in your day!
Socialise, child, chat while your little ones play!



Plymouth Young Parents Support

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

Join at:

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



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



Baby Bank

Southway Youth & Community Centre

We are setting up a baby bank to help and support parents.
And we need you're support
We are looking for good quality donation's.

- Vest
- Baby Grows
- Cardigans
- Hats
- Mittens
- Booties
- Baby Towels
- Baby Slings
- Toiletries
- Baby Clothing 0-18mths
- Baby sheets
- Baby blankets
- Bibs
- Nappies
- Baby Coats

Any donations please pass them to Southway Community Group
or simply just drop them in to
Southway Youth & Community Centre,
Hendwell Close PL6 6TB
01752 775969

Unfortunley we can't accept any large iteams
Email - natalie.griffin@plymouth.gov.uk
Email - southwaycgc@outlook.com

SOUTHWAY COMMUNITY GROUP PLYMOUTH YOUNG PARENTS SUPPORT GROUP



BABY PANTRY

THE BABY PANTRY IS A FREE SERVICE FOR THOSE IN NEED

PRE-LOVED BABY ESSENTIALS FOR ALL THOSE WHO REQUIRE EXTRA SUPPORT.
CLOTHING, TOILETRIES AND NAPPIES
FOR CHILDREN UNDER 24 MONTHS
FREELY AVAILABLE

TO APPLY PLEASE SCAN THE QR CODE AND FOLLOW THE DETAILS

Southway Youth & Community Centre
Hendwell Centre
Southway
PL66TB
Southway_BabyPantrycg@outlook.com

SOUTHWAY COMMUNITY GROUP PLYMOUTH YOUNG PARENTS SUPPORT GROUP

Please note, we can not guarantee everything, but we will try our best to help

Bringing Up Baby

Text Catch Up Service from Home Start – South & West Devon

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you. (Not suitable if your family is at Child in Need or Child Protection level)

If you have a new baby or child under 12 months, we will text you every two weeks for an initial 12 week, just to check in and see how things are going.

For further information or to request the text service, contact Emma at:
emmaflood.homestart@gmail.com



Bringing Up Baby

Text Catch Up Service

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you.

If you have a new baby or child under 12 months, we will text you every two weeks, for an initial 12 weeks, just to check in and see how things are going.

For further information or to request the text service contact Emma on the email below

(Please note this service is not suitable if your family is at CIN or CP level)

emmaflood.homestart@gmail.com

HOME START South & West Devon PLYMOUTH YOUNG PARENTS SUPPORT GROUP

Plymouth Children's Centres

Find out what is available at each of the Children's Centres in Plymouth including parent groups, activities and events and contact details: [Children's Centres](#)

Also see: [Barnardos Facebook](#)



FOUR GREENS
COMMUNITY TRUST
Helping people, changing lives

COMMUNITY LARDER

Four Greens Wellbeing Hub
Every Thursday
2pm - 5pm

Do you need some support with food?

Each week we will have a range of different food available

- 15 items for £3
- 10 items for £2
- 5 items for £1

All money to be reinvested into the community larder

Please bring your own bag!



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



Community Cafe
at DELL
Children's Centre
375 Blandford Road
PL3 6JD

Wednesday's
9.30 am - 11.30 am

You are welcome to join us for a cuppa & a friendly chat



The Dangerous Dads network supports fathers' groups across the UK and internationally. It offers a range of fun, low-cost activities all year round for fathers / male carers.

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

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

Join Dangerous Dad's [Dadventures](#) Facebook group to see what's going on in Plymouth.



Free Events for Dads

Dangerous Dads offer free events for dads and their children.

Find out what is going on by emailing:
bookings@dangerousdads.org.uk

Research—Dangerous Dads 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>

Visit the Dangerous Dad's website at:
www.dangerousdads.org.uk

Join Andy @ Dad's Group

Saturday's (Monthly sessions), 10am-12pm

Lark Sure Start Community Room, Rear of Ham Drive Nursery, Ham Drive, Plymouth PL2 2NJ

A group for dad's to be, dad's, step-dad's and male carers to come along and meet up with other dad's and spend time with your children.

For the next session
Contact 01752 313293 or 07969 958205.

SATURDAY 9TH SEPT, 7TH OCT, 28TH OCT, 18TH NOV AND 16TH DEC

Join Andy @ Dad's Group
10 am to 12 noon

Enjoy time with your children,
making activities or playing

or just have a coffee & chat with other dad's

CONTACT 01752 313293 OR 07969 958205

VENUE: LARK SURE START COMMUNITY ROOM, REAR OF HAM DRIVE NURSERY PL2 2NJ

Kinship Carers Group

Are you a kinship carer?

A new group has started for kinship carers and special guardians in the Plymouth area giving an opportunity to meet, listen, share and support one another.

For more details and dates of the next sessions, please contact Jayne Howard on 07518 291759

or email: Jayne.Howard@kinship.org.uk



South West Kinship Carers Group

An online monthly support group for kinship carers living in South West England who are raising a child for a family member or friend.

For more information and to register, visit: [South West Kinship Carers Group](#)

Kinship also offer free information, advice and support, as well as free workshops and opportunities to connect with other kinship carers.

Visit the Kinship website at: <https://compass.kinship.org.uk/>



Armed Services Families

Strengthening Parents

Royal Navy and Royal Marine Charity (RNRMC) are working closely with Home-Start and Relate to offer a free programme to parents in order to strengthen relationships to support family cohesion.

Whether you are still together or co-parent apart, conflict is normal. But when it happens a lot and never leads to resolution it can damage relationships and families.

The programmes are available to Royal Navy families anywhere in the UK and are delivered digitally via Teams or Zoom, once a week for an hour or two over 5 or 10 weeks depending on the programme.

To find out more see: [Strengthening Parents](#)

Service Families Group

Thursday's, 1-2:30pm (term-time only)
at St. Mary's Church Hall, Church Road, Plymstock PL9 9BP.

As a parent being part of a community activity can help you feel less alone as you are amongst peers. Children will have fun, make friends and grow in their social skills.

Come and join us for our Service Family Group run by Barnardo's. All service families are welcome.
No need to book, just turn up and play.



Little Troopers Therapy Programme

Little Troopers is a new therapy programme supporting the mental health and wellbeing of children whose parents serve in the British Armed Forces. Its aim is to support forces children who find it difficult to deal with the challenges that military life can bring, e.g. having a parent deployed or moving home or school frequently.

Referrals can be made at:
[Little Troopers Therapy Programme](#)





A Zoom group for mum's with low mood and/or feeling isolated with a child under 2 years.

Each programme consists of one session a week over 8 weeks.

The group is an informal facilitated group, bringing mum's together to chat and make connections with the aim of creating longer-term, sustainable networks beyond the programme.

(This is a rolling programme)



"I have been struggling with my mental health and felt really isolated.

Mums on Board has given me the opportunity to make really good friends."

Navy Mums on Board groups starting in April, June, August and October in partnership with Royal Navy and Royal Marines charity and Home Start Portsmouth.



If you are interested and want to find out more, visit:

[Navy/Armed Forces](#)

Email: homestart.shpt@gmail.com

SEND Support

What is the SEND Local Offer

The SEND Local Offer is where you can find information about the provision and support services available for children and young people (age 0-25 years) who have Special Educational Needs and disabilities with regards to education.

For more information, visit: [SEND Local Offer](#)

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

Messy Munchkinz Sensory Play Session

When: Wednesday's, 10-11:30am

Venue: Endeavour Hall, 1st Crownhill Scout Hut, Plymouth PL5 3AN

Cost: £1 per family



Messy Munchkinz in conjunction with Wolseley Trust and Whiz Kidz offer sensory and child development play sessions, a fun and learning time for children age 6 months to 3 years. See: <https://www.wkuk.org/>

To book email:

nickichinnock@wolseley-trust.org

Step By Step

Do you have any worries about your child's development?

Step by
step



Barnardo's have specialised groups to help with children who may have signs of developmental delay and/or SEN.

Come along to one of our Step By Step groups to gain advice and support for you and your child.

- Monday – The Barn, 10:00-11:15am
- Tuesday – Nomony, 10:00-11:15am
- Wednesday – High View, 1:45-2:45pm
- Thursday – Whitleigh, 10:00-11:15am

No need to book, just come along.

Find contact details for [Barnardo's Children's Centres](#)

Barnardo's Facebook: <https://www.facebook.com/barnardosplymouth/>

Parent/Carer Support Sessions

Wednesday's, 10am-11am

at The Virginia House Centre, Peacock Lane, Plymouth PL4 0DQ

Come along to our free, friendly Parent/Carer Support Group facilitated by Holly and Fran from our Family Support Team at Friends and Families of Special Children. The group is for parents and carers who have a child or young person with additional needs (0-25 years) with or without a diagnosis.

If you would like more information, please contact Hollie on 01752 204369 or email: holly@friendsandfamilies.org.uk

[Book Sessions](#)



**FRIENDS &
FAMILIES**

Empowering families with
disabled children

Ambitious About Autism Youth Network

Ambitious about Autism have launched the UK's first online platform for autistic young people aged 16-25. The networking is a safe and moderated online space to help young people understand their autistic identity and connect with others.



Young people will be able to:

- Find volunteering, work experience and apply for upcoming paid opportunities
- Sign up and access peer support sessions
- Receive updates from groups and panels
- Work together to campaign for change
- Instant message other Youth Network members
- Access a live feed of information.

For more details visit:

[Join Ambitious Youth Network](#)

Famallama Minecraft Server



A Minecraft Server & Online Space for the Neurodiverse.

Do you have a neurodiverse child or young person who plays Minecraft on a PC or laptop computer? Famallama is a Minecraft server for those with varying degrees of Autism, ADHD or other Special Educational Needs (SEN).

Apply at:

[Famallama Whitelist Application](#)

Facebook: Famallama Minecraft Server

X: @Famallamas

Instagram: famallama_minecraft_server

Website: www.famallama.co.uk

Email: SparkleTwinnie@gmail.com

SEEDS—SEND Exploring and Enhancing Digital Skills

Thursday's, 1-3pm

at Efford Youth & Community Centre, Blandford Road, Plymouth PL3 6HU

SEND Exploring and Enhancing Digital Skills is a club for 16-21 year olds with SEND.

Get involved in:

- Basic IT skills like Word, Excel, PowerPoint
- Photography
- Film making
- Animation
- Coding and programming
- Music making
- 3D printing
- Internet awareness skills
- and more!

Earn digital badges that can go on your CV.

Contact us to book as spaces are limited.

Email: digitalyouthwork@plymouth.gov.uk

or call or text 07890 035146.



4 Me and My Friends

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



We can also arrange pre-visits to the centre if needed.

No Limits Youth Club

Wednesday's, 6pm-8pm
at Southway Youth Centre, Hendwell Close,
Plymouth PL6 6TB



A Youth Club Session that is open for young people aged 11-24 years old who identify as having an additional need.

We run sessions including arts and crafts, pool, Xbox and Wii and a huge range of board games! As well as the activities, we also cover topics with young people such as healthy relationships, risk taking behaviour, drugs and alcohol, the environment and much more.

The sessions are free to attend. Although a referral via a professional body is not required, as a parent/carers if you would like your son/daughter to attend you must contact us before attending.

For further information about sessions and activities running in the group please call Kirsty on 01752 308607 / 07585 404012 or email nolimits@plymouth.gov.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, X and Linked In

Email: info@keenuk.org

Website: www.keenuk.org

Mobile: 07729 286992



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Preparing for Adulthood—Parent Group Sign-up

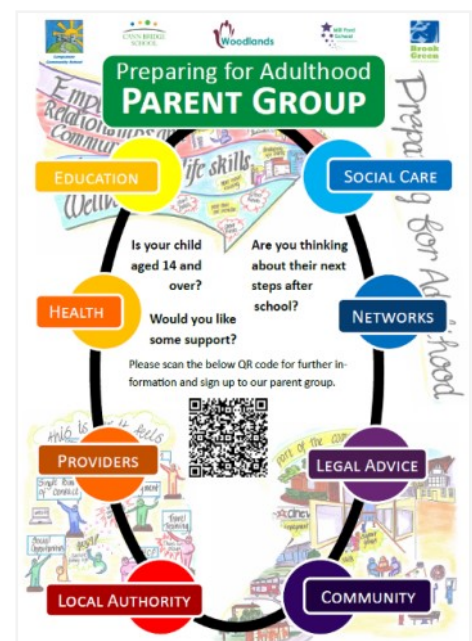
In partnership with other agencies, including Education, Social Care and Health providers; the parent group runs regularly to provide opportunities for networking, information, advice and support for parents and young people.

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

Email: pfaparentgroup@woodlands.plymouth.sch.uk



COFFEE, CAKE & CHAT

with Plymouth
PCV every
2 weeks



open to all
parent carers,
please join us

You can find all of the details on our new website under events. If you would like to request a speaker about a topic for discussion please contact us.

Coffee, Cake & Chat

Wednesday's, 10am-11am

A fortnightly 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



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 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.

Find us on [Facebook](#).

Come and join our online platform where parents and carers can connect, share and access peer support 24/7. See: [Autism Plymouth Parent Support Group](#)

Autism
Plymouth
Parent
Support



National
Autistic
Society



Staying Healthy Illness Feelings Getting Help

A fun and interactive resource for learning about health



Games
Activities
Quizzes

Psst! Parents!
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

www.healthforkids.co.uk

Follow us:  livewellsouthwest  @livewellsw

 Text a school nurse for confidential advice and support.



HEALTH FOR TEENS

**TEXT YOUR SCHOOL NURSE FOR
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

07480 635198

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING	RELATIONSHIPS	SMOKING
EMOTIONAL HEALTH	BULLYING	SELF HARM
ALCOHOL & DRUGS	ANXIETY	SLEEP
		PUBERTY

YOU CAN ALSO VISIT:

WWW.HEALTHFORTEENS.CO.UK

**SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,
AND FIND OUT THE TRUTH BEHIND THE RUMOURS**



07480 635189

Health for Kids: www.healthforkids.co.uk
 Health for Teens: www.healthforteens.co.uk



NEW Health Visiting and School Nursing TEXT SERVICE

PARENTS. CARERS. YOUNG PEOPLE.

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back

 <p>0-5 years Parents Service 07480 635188</p>	 <p>5-19 years Parents Service 07480 635189</p>	 <p>11-19 years Young People's Service 07480 635198</p>
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Alternatively, phone lines are open Monday-Friday, 9am-5pm.
 Call 01752 434008

EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, 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 can 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.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

www.kooth.com/index.php

or search for Kooth on a search engine

(this service provides web based information and advice along with chat based conversations and forums)

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

CONTACT:

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

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org



Key websites

POD www.plymouthonlinedirectory.com (includes SEND local offer)

Young Devon www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit

Kooth www.kooth.com/index.php

Progeny* www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny

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

Support Services—Young People

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

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

Kooth – 24/7.

<https://www.kooth.com>

Online Mental Wellbeing Community for young people.

Young Minds – 24/7. Text free – 'YM'85258

Young Minds is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

The Zone Plymouth

Call – 01752 206626.

If you've been affected by the incident our youth support volunteers are available to support you. Call or email on enquiries@thezoneplymouth.co.uk or arrange to come in and see us.

Support Services—For Everyone

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.

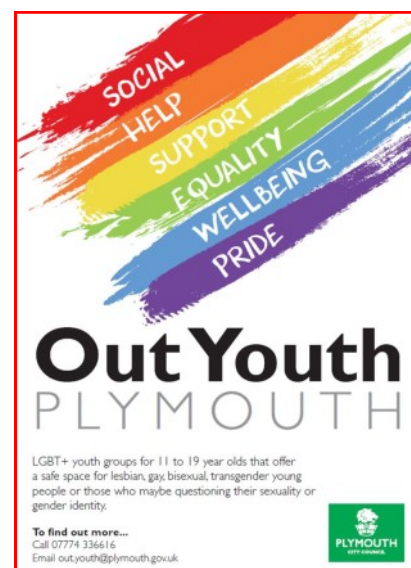


Out Youth Plymouth

LGBT+ youth groups for 11 to 19 year olds that offer a safe space for lesbian, gay, bisexual, transgender young people or those who maybe questioning their sexuality or gender identity.

To find out more call 07774 336616 or email:

out.youth@plymouth.gov.uk



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.

When you need to talk...

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



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).

For more information see our website:
www.simplycounselling.org



Simply Counselling Domestic Abuse
Unit 4a, Stoke Damerel Business Centre
5 Church Street
Plymouth PL3 4DT

Plymouth Domestic Abuse Service (PDAS)

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

Tel: 0800 458 2558

**Sanctuary
Supported
Living**

Refuge4Pets

If you are looking or have left an abusive relationship but have nowhere for your pets to go while you access safety and support, [Refuge4Pets](#) maybe able to foster your pet.

They take referrals from local domestic abuse services, the police, refuges, housing services etc or you can contact them directly.

Tel: 0300 4000 121
Email: info@refuge4pets.org.uk

MAKING CARERS COUNT

Working in partnership with Carers Trust



Improving Lives
Plymouth

A Charity supporting people since 1907

Are you a Young Adult Carer aged between 18-25?

The new Young Adult Carers service in Plymouth are looking 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 between 5:30 and 8:30pm

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



Please call, text or email for more info
YACS@improvinglivesplymouth.org.uk
Nicolle 07305043634 Alex 07496641182



YACS@improvinglivesplymouth.org.uk



HEADSPACE

Headspace offers an out of hours drop-in service and phone line for people who consider they are approaching a mental health crisis.

The service aims to provide a non-clinical setting with a safe, calm and structured environment where individuals can access peer support in one of our venues.

Opening times: 6pm – midnight, 7 days a week, 365 days a year.

- Monday & Tuesday—Four Green Wellbeing Hub, Whitleigh Green, Plymouth PL5 4DD
- Wednesday—Barne Barton Wellbeing Hub, Tamar View Community Resource Centre, Poole Park Road, Plymouth PL5 1DD
- Thursday—Mannamead Wellbeing Hub, Improving Lives Plymouth, Mannamead Road, Plymouth PL3 5QL
- Friday—Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS
- Saturday & Sunday—Ernest English House, Buckwell Street, Plymouth PL1 2DA

Contact us on:

Email: headspace@colebrooksw.org

Telephone or text: 07890 257614

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.



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/>

Find useful resources from Action for Children at:
<https://parents.actionforchildren.org.uk/>

Activities and Events for SEND is produced at the end of term 2 (Christmas holiday), term 4 (Easter holiday) and term 6 (Summer holiday) by:

Plymouth Information, Advice and Support for SEND

Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

Telephone: 01752 258933

Freephone: 0800 953 1131

Visit our website at: www.plymouthias.org.uk



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:

www.plymouthias.org.uk

