

Please take a copy

March 2018

PLYMOUTH
INFORMATION ADVICE
AND SUPPORT FOR SEND



FOR YOUR INTEREST

Schools Out... for Easter!

There are lots of fun activities and events in the Plymouth area scheduled over the school holidays and beyond for families.

Take a look and see what's on offer... there's lots to see and do and many activities are **FREE!**



If you would like to be added to our mailing list to hear about future editions of our newsletter, please contact: suzanne.davey@plymouth.gov.uk



Contents...

Short Breaks for Disabled Children	2-3
Short Breaks Consultation	4
CHICKS Respite Breaks	5
Beckly Centre	6-9
Devonport Park Activity Centre	10-13
Theatre Royal Plymouth & Other Theatre	14-15
Plymouth Arts & Heritage	16
Plymouth Libraries	17
Plymouth Music Zone	18-19
Wheelfever Projects	20
EXIM Dance	21
National Marine Aquarium	22
Wembury Marine Centre	23
Nature Plymouth	24-29
Friends & Families of Special Children	30-31
Vue Cinema & Autism Friendly	32
Autism Alert Card	33

Sporting Activities

Devon FA: Disability Football	34-35
Plymouth Marjon Football Club	36-37
Argyle Soccer Roadshows	38-39
Inclusive Football / Rugby & Disability Sport	40
Trampoline, Gymnastics, Ice Skating & Fit for Sport Camp	41
Woodlands Guide to Inclusive Sports in Plymouth	42-43
YMCA Onside / Dance & Drama	44
YMCA Holiday Club	45
National Trust Activities	46-49
The Landmark Trust	47
South West Trust Lakes	50
Ballard Trust Schools Grant	50
Concessionary Fares for Disabled	50
Youth Clubs	51-55
Support Groups	56-61
British Red Cross First Aid	62

SEND Parent / Carer Conference

This years SEND Parent / Carer Conference will be held on **Tuesday 22 May 2018, 9.30am—2.30pm** at Plymouth Guildhall.

There will be:

- Different talks to choose from
 - Stalls with information & activities
 - 1-to-1's with professionals
- and lunch will be provided.

More information to follow.

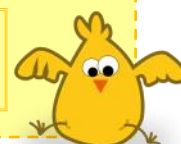


Connect with us on Facebook

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



www.plymouthias.org.uk
Email: pias@plymouth.gov.uk



SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL

Devonport Park Activity Centre

Survival Skills (age 8-16)

Tuesday 3 April 2018, 10am—4pm

Devonport Park Activity Centre

Wheelchair Accessible

Come and join us for a survival skills day on the moors.



[Book Online](#)

Monday 9 April 2018, 10am—4pm

Devonport Park Activity Centre

Wheelchair Accessible

Join us for a fun day at the Park, Which creatures are awake in the park and garden? Can you capture them on film, draw them, make cakes that look like them, make a model of them, build them a home, sow the right plants to encourage them to stay?



[Book Online](#)

Orienteering

Treasure Hunt (age 8-16)

Wednesday 4 April 2018, 10am—4pm

Devonport Park Activity Centre

Wheelchair Accessible

Join us for a fun day at the Park, solving clues, carrying out challenges, answering riddles and unlocking coordinates will take you on a treasure hunt around the park and garden, until you find the right place to dig!



[Book Online](#)

Birds, Bugs & Beasties (age 8-16)

Survival Skills (age 8-16)

Tuesday 10 April 2018, 10am—4pm

Devonport Park Activity Centre

Wheelchair Accessible

Come and join us for a survival skills day on the moors.

[Book Online](#)



Please ensure you download and complete:
[Routeways Activity Consent Form](#)

These activities are part of the Short Breaks Activities for disabled children and can be used as part of the 10 day allocation managed through Inclusion works. To be eligible your child will have a diagnosis of a disability and attend a special school or Support Centre or attend a mainstream school and have a severe or moderate learning disability with ASD or a complex physical disability. After booking an activity, please register with Inclusion Works by completing the form and 'all about me' booklet at:

<http://www.plymouth.gov.uk/shortbreaksleisureactivitiesdisabledchildren#Inclusion>

Book at: <https://bookwhen.com/routeways>

SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL

SHORT BREAKS FAMILY FUN DAYS

- Sunday 8 April
- 1pm – 5pm
- Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG
- Cost: FREE!
- Activities to include: Climbing, Trampolining, Football, Tennis, Table Tennis and Swimming

The Short Breaks Service and the Sports Development Unit are working together to provide families with disabled children the opportunity to use the excellent facilities at the Plymouth Life Centre. If you are a parent or carer of a disabled child aged 6 to 18 who lives within Plymouth, this free event allows your whole family to take part in an afternoon of various activities.

For more information and to register your interest please call the Sports Development Unit on 01752 307008 or email Ben Kerswell on ben.kerswell@plymouth.gov.uk



Short Breaks

Parent/Carer Consultation

Plymouth City Council are currently in the process of reviewing their
Short Breaks Statement

Short Breaks are where the council provide support to disabled children and young people to access activities and to give parents and carers a break from their caring responsibilities.

We would very much appreciate your input on the future shape of how we deliver this support.

A consultation forum has been arranged for parents and carers to meet with us and give us your views on Short Breaks.

Please join us on the 27th of March at 10:30 in the Guildhall



Astor Room, Guildhall, Armada Way, Plymouth PL1 2BJ

27/03/2018

10:30—12:00

CHICKS Respite Breaks



CHICKS is a national children's charity providing free respite breaks to disadvantaged children between 8-15 years old from all over the UK.

Children may attend one break per calendar year.

Anyone that works with children in a professional capacity can refer to CHICKS. For more information, including criteria for referral please see [FAQs](#). Please also see: [Refer a Child on a CHICKS Break](#).

For more information please contact :

t | 01822 811020 e | info@chicks.org.uk w | www.chicks.org.uk

2018 CHICKS Respite Break Dates

Age Groups:

Key Stage 2 = children aged 8-11 in primary only

Key Stage 3 = children aged 11-14 in secondary years 7, 8, 9 only

Key Stage 4 = children aged 14-15 in secondary years 10, 11 only

See CHICKS website for full list of [available break dates](#).

Week in 2018	Daleside, Derbyshire	Coastal, Cornwall
	Key Stage/Volunteer age	Key Stage/Volunteer age
12 – 16 Feb	KS2/18+	KS2/18+
19 – 23 Feb	KS3/20+	KS3/20+
5 Mar - 9 Mar	KS2/18+	KS4/21+
12 – 16 Mar	KS4/21+	KS2/18+
26 – 30 Mar	KS3/20+	KS3/20+
2 - 6 Apr	KS2/18+	KS2/18+
23 – 27 Apr	KS2/18+	KS2/18+
30 Apr -4 May	KS3/20+	KS3/20+
21 - 25 May	KS2/18+	KS2/18+
28 May –1 Jun	KS2/18+	KS2/18+
11 - 15 Jun	KS3/20+	KS2/18+
18 - 22 Jun	KS2/18+	KS3/20+
9 - 13 Jul	KS2/18+	KS2/18+
16 - 20 Jul	KS2/18+	KS2/18+

To discuss reserving a group of children in advance please contact coordinators@chicks.org.uk) or call 01822 811020 (option 2)

Beckly Centre—What's On



Beckly Centre, Mayers Way
Plymstock, Plymouth
PL9 9DF
01752 484433 or 07780662391



www.facebook.com/BecklyCentre

Email beckly@routeways.org.uk

EASTER PLAYScheme

WEEK 1 SPRING IS HERE APRIL TUES 3RD WED 4TH FRI 6TH

LOTS OF FUN ACTIVITIES BOTH AT BECKLY AND OUT AND ABOUT LINKED TO SPRING WE WILL BE COOKING, DOING ARTS & CRAFTS, USING THE SENSORY AND SOFT PLAY SPACE AND GETTING OUT AND ABOUT TO ENJOY THE SPRING WEATHER

WEEK 2 LOOKING AFTER OURSELVES APRIL MON 9TH WED 11TH FRI 13TH

WE WILL BE FOCUSING ON LEARNING AND PRACTICING ESSENTIAL LIFE SKILLS BOTH AT BECKLY SUCH AS HOME SKILLS LEARNING HOW TO USE THE WASHING MACHINE LOOKING AFTER OUR CLOTHES AND IN THE COMMUNITY CHECKING OUT ROAD SAFETY AND USING PUBLIC TRANSPORT.

SESSION TIMES ARE 10.30 TO 3.30 SESSION CHARGE IS £32.50 PER DAY

SOME ADDITIONAL SESSIONS MAY BE AVAILABLE AS SHOWN BELOW SUBJECT TO DEMAND

Payment Details: Cheques should be made payable to Routeways Centre Ltd.

Bank Transfer/Internet Banking: Please put your surname and Beckly in the reference so that we can identify the payment

Name: Routeways Centre Limited

Account no: 40800741

Sort Code: 56-00-63

Cancellation Policy: Sessions booked will be charged for and all sessions should be paid for in advance.

Where cancellation notice is received more than 5 working days in advance of the booked date then a charge of 25% of session fee will be due, where cancellation is within 5 working days then charge of 100% of session fee will be due

complete this section copy and return to Beckly by email beckly@routeways.org.uk or by post .

Name of Young Person	
Contact Email/Phone	

Playscheme Sessions		Please mark dates wanted		Additional days may be available subject to demand.	
Tuesday 3 rd April		Monday 9 th April		Thursday 5 th April	
Wednesday 4 th April		Wednesday 11 th April		Tuesday 10 th April	
Friday 6 th April		Friday 13 th April		Thursday 12 th April .	

For bookings as part of Care Plans, by Local Authorities and other Agencies please contact us .

WEEKEND SESSION THEMES

SAT 24TH MARCH FIRST DAY OF SPRING

Bring your wellies for a nature hunt in Radford Woods to welcome spring



SAT 31ST MARCH EASTER CELEBRATIONS

Arts crafts with an Easter theme



SAT 7TH APRIL BECKLY CAFÉ IS OPEN

Shopping, planning and cooking lunch together



SAT 14TH APRIL GAMES DAY

Board games ? BINGO? the choice is yours
or make up your own



SAT 21ST APRIL EARTH DAY

Finding out about recycling and helping to save the planet



SAT 28TH APRIL OUT AND ABOUT WITH A CAMERA

If you have a camera or phone with a camera bring it along today as we will be out and about looking for that perfect photo! Don't forget to bring your bus pass



SESSIONS RUN BETWEEN 10.30 AND 3.30 HALF SESSIONS AND SIBLING PLACES ARE ALSO AVAILABLE

Payment Details: Cheques should be made payable to Routeways Centre Ltd.

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complete this section and return to Beckly by email or by post

Name of Young Person				
Contact Email/Phone				
Weekend Sessions		Please mark dates wanted		
Saturday 24 th March		Saturday 7 th April		Saturday 21 st April
Saturday 31 st March		Saturday 14 th April		Saturday 28 th April

For bookings as part of Care Plans, by Local Authorities and other Agencies please contact us.

Routeways Centre Limited Registered Charity no. 1080543 Company no. 3420867

Tel. 01752 300700 www.routeways.org.uk

91/93 North Prospect Road, North Prospect Plymouth PL2 2NA



Beckly Centre, Mayers Way
Plymstock, Plymouth
PL9 9DF
01752 484433



facebook.com/BecklyCentre

beckly@routeways.org.uk

YOUTH CLUB

Thursdays 7-9PM, £3.

Thursday 22nd March Barbican trip

Meet at Guildhall in Plymouth at 7 for walk along Hoe to Barbican

Bring extra money or use your savings for chips / food / drinks

May be chilly so warm clothing suitable for the weather

Pick up from Guildhall at 9pm

Contact number for trip 07963541024

Thursday 29th March we are closed

Thursday 5th April Easter Egg Hunt

Use your detective skills to follow the egg hunt warm coat and torch please

Thursday 12th April Cookie Bake off

The great Beckly bake off is back!!....

search out recipes and raid the Beckly larder to make the best cookies to taste and share

Thursday 19th April Night Rescue

Refresh your first aid skills, improve your life skills and find out how to deal with an emergency situations.

Thursday 26th April Craft evening

Suggestions please for something different to try and have a go at doing
if you have a hobby or interest we could share let Josh or Georgia know

Thursday 3rd May May Day Celebrations

What's it all about, find out about old English May Day traditions

Saturday 5th May Sailing on Tectona

Opportunity to join in a day's sailing activities in Plymouth Sound on board the sailing vessel "Tectona" with the Island Trust sailing from Mount Batten.

for more information or to book a place please contact the Office asap

session fee £25.00 timings 10am to 4pm

Contact us if you have any queries, need more details
and to complete our registration and consent forms to join the youth group
The Beckly Centre Mayers Way Hooe Road Plymstock Plymouth PL9 9DF

Session fee £3.00

Plus any additional external costs for food / admissions/ activities

Join our savings club to help budget for more expensive activities

keep up to date www.facebook.com/becklycentre



Beckly Centre, Mayers Way
Plymstock, Plymouth
PL9 9DF
01752 484433



facebook.com/BecklyCentre

beckly@routeways.org.uk

ADULT SOCIAL GROUP

MONDAYS 7PM TO 9PM £5.00

Monday 12th MARCH Easter arts and crafts social evening

Monday 19th March Closed

Monday 26th March Walk and Meal at Mount Batten

Beckly Monday group will be closed over Easter

Monday 16th April Gardening and Social evening



The Youth Club and Adult Social Group are both drop in clubs but please contact us if you have not visited us before for registration.

For further details contact the Office on 01752 484433 or email Beckly@routeways.org.uk

For up to date information check out www.facebook.com/BecklyCentre

Great News

Over £600 already raised through Co Op local causes nominations to the Co-Op Community Fund

Help us to raise even more over the coming months to improve resources and services at Beckly by checking out:-

Membership.coop.co.uk/causes/14993





facebook.com/DevonportParkActivityCentre

Devonport Park Activity Centre Newsletter

News Round up

It's been an incredibly busy time at the Activity Centre. Our brand new, beautiful kitchen is now in place, all donated and fitted for us. Thanks so much to Nathan and Simply Kitchens for this incredible gift. There's light streaming through the window donated and fitted by Best Quality Windows, super new flooring thanks to Roberts Flooring and we will be redecorating over the next few weeks too.



We have had some great teams in from the DWP, which means our main room has now been redecorated (they even managed to squeeze in the time, and the people, to make over the toilet too!) We have a team coming back in March to help us get ready for our Easter Open Day.

Sense Aware Plymouth were successful in their Aviva bid, and we will shortly be able to start work on our purpose built sensory room and make proper use of the lovely equipment they worked so hard for! Thank you so much to everyone who voted us through!

Moving Forward

Now that we have the kitchen in place and with a sensory room on the way, we are well on the way to being able to extend our services, so that more families of young people with disabilities and mental health issues can be helped. We are therefore now launching our Lucky 13 Fundraising Campaign. Focussed on the Half Marathon, we have a group of parents and staff from across the Rooted Projects who are going to compete for us.

To support them over the next 13 weeks we will be collectively completing a half marathon with our groups. Additionally, Rose and her daughter Vicky are trying to lose 26lbs in total by increasing exercise and following healthy eating guidelines. As you are already aware, we also have Jess who is on target to complete a gruelling 1000 miles for us by the end of the year. We will post regular updates on our Facebook page around weight loss, training and Jess's runs Sponsorship forms are available or you can donate to the campaign at

justgiving.com/campaigns/charity/routeways-centre/rooted-lucky-13



Project Spotlight

In Other Words and Children's Minds ~ Families Matter.

Over the last few months CMFM have benefitted from insights into sensory self-regulation from Martha Hocking, Children's Occupational Therapist at Derriford Hospital, and forming relationships advice for our young people from Ruth and James.

The next session will be around Diagnosis.... now what? Led by James Cook from the Child Development Centre. As usual this will take place on the 1st Saturday of the month (April 7th) at the new, slightly earlier time of 2-4 PM.

In Other Words members have had training, and are off to take part in interviews for prospective new CAMHS employees this month, and we are all looking forward to Quiz Night after the interviews have been safely conducted!

They are also helping to design and create our new safe, calm space, if you or someone you know are a young person with ongoing or past mental or emotional health worries, and you'd like your voice to be heard within CAMHS then please do think about joining this supportive, non-judgemental group. We run on the 1st and 3rd Friday of every month. Drop Rose an email or text/call if you are interested.



Rooted Club

Rooted club times are changing from this month. We are amalgamating the 2 groups and reverting to the original times of 10-1.

All places must be pre-booked by phone 01752 500496 or email devonportpark@routeways.org.uk

We are also CLOSED on the 24th and the 31st March for training/Bank Holiday

Rooted is an inclusive group, full of exciting outdoor learning activities and social opportunities, focused on the needs of disabled children aged 8 – 16. Led by a qualified and experienced teacher, the sessions which are jointly planned with the young people attending incorporate cooking, gardening, crafts and other social activities.

Siblings are very welcome.

Every Monday 4pm – 6pm (term time).

Every Saturday 10 – 1pm (all year unless notified).

Fees are £5 for first or only child and £3 for each additional sibling, paid on attendance. (Additional costs may apply if support workers are needed contact us for more detail.)



Little Seeds

Please note we are CLOSED Friday 2nd March and Friday 30th March.

Drop in toddler/pre-school group for children of all abilities with their parent/carer. Garden based play activities, be prepared to get messy!



Friday afternoon 1pm – 3pm (all year, unless notified). Fees are £2 per family.

Children's Minds ~ Families Matter

Free participation, activity and support group for families of young people with an experience of CAMHS/SEND

Fun activities, workshops and training opportunities.

Help shape the future of CAMHS.

1st Saturday of every month 2pm – 4pm.

In Other Words

Aged between 8 and 18? Looking for support with mental health issues? 'In Other Words' is a supportive non-judgemental group of young people.

Get your voice heard by CAMHS and

influence how young people's mental health services are run. You can also gain an AQA in Participation to add to your CV. Attended by CAMHS monthly.

1st and 3rd Friday of every month 4pm – 6pm

Volunteers

If you are 18 or over you could be a volunteer. Coming from a wide range of backgrounds and abilities, our volunteers help with many jobs around the gardens and buildings. Tea, coffee and biscuits provided

Wednesdays 10am – 1pm term time

Easter Event: Save the date!



We will be running our Easter Event on Friday 6th April from 10-2 this year. You can be sure there will be an egg hunt, appearances from the Easter Bunny and hopefully some other furry and feathery little faces! Refreshments will be on offer, and various games, craft and garden activities will also be available. Please call or email us if you have queries about any of our groups or activities on offer.

01752 500496
devonportpark@routeways.org.uk

Devonport Park Activity Centre, Fore Street, Devonport, Plymouth PL1 4BT. Find us behind the cottage.					
March					
Monday	Wednesday	Friday		Saturday	
Theme:					
		2nd		3rd	
		Little Seeds 1-3 PM £2 per family.	In Other Words 4-6 PM	Rooted 10-1 £5 1st child £3 each additional sibling.	Children's Minds ~ Families Matter 3-5 PM
Theme: Mother's Day					
5 th	7 th	9 th		10 th	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.	Autism Friendly Games Night 4-6 PM £5 per young person	Rooted 10-1 £5 1st child £3 each additional sibling.	
Theme: Getting ready for Spring					
12 th	14 th	16 th		17 th	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.	In Other Words 4-6 PM	Rooted 10-1 £5 1st child £3 each additional sibling.	
Theme: Getting ready for Spring/Easter					
19th	21st	23rd		24 th	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.		NO ROOTED Site closed	
Theme: Easter					
26 TH	28 TH	30 TH		31ST	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group	NO LITTLE SEEDS GOOD FRIDAY		NO ROOTED EASTER SATURDAY	

Routeways Centre Limited, 91/93 North Prospect Road, North Prospect, Plymouth PL2 2NA
 Tel: 01752 300700 Email: enquiries@routeways.org.uk Web: www.routeways.org.uk
 Charity Registration No: 1080543 Registered Company No: 3420867

Devonport Park Activity Centre, Fore Street, Devonport, Plymouth PL1 4BT.Find us behind the cottage.						
April						
Monday	Tuesday	Wednesday	Friday		Saturday	
Theme: Easter/Spring						
2nd	3rd	4th	6th		8th	
No Rooted BANK HOLIDAY Easter Monday	Short Breaks – offsite Moors Survival Day 10-4 MUST be pre-booked see www.bookwhen.com/routeways for terms and conditions	Short Breaks – onsite Orienteering/treasure hunt 10-4 MUST be pre-booked see www.bookwhen.com/routeways for terms and conditions	Easter Event 10-2	In Other Words 4-6 PM	Rooted 10-1 £5 1st child £3 each additional sibling. Cake sale 1-2	Children's Minds- Families Matter 2-4 PM
Theme: Let's get growing in the garden!						
9th	10th	11th	13th		14th	
No Rooted Short Breaks – onsite Birds, bugs and beasts 10-4 MUST be pre-booked see www.bookwhen.com/routeways for terms and conditions	Short Breaks – offsite Moors Survival Day 10-4 MUST be pre-booked see www.bookwhen.com/routeways for terms and conditions	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family	Autism Friendly Games Night 4-7 PM 10-1 6 yrs £5 per young person	Rooted 10-1 £5 1st child £3 each additional sibling.	
Theme: St George and his dragon						
16th	17th	18th	20th		21st	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	Closed	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.	In Other Words 4-6 PM	Rooted 10-1 £5 1st child £3 each additional sibling.	
Theme: Smugglers!						
23rd	24th	25th	27th		28th	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	Closed	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.		Rooted 10-1 £5 1st child £3 each additional sibling.	
Theme: Smugglers!						
30th	1 st	2nd	4th		5th	
Rooted 4-6 pm £5 1st child £3 each additional sibling.	Closed	VOLUNTEERS 10-1 Free refreshments. Friendly, sociable, gardening based group.	Little Seeds 1-3 PM £2 per family.	In Other Words 4-6 PM	Rooted 10-1 £5 1st child £3 each additional sibling.	Children's Minds ~ Families Matter 2-4 PM



LITTLE SEEDS Toddler Group

Little Seeds is a drop in toddler/pre-school group for children of all abilities and their parent/carer, planned and led by an experienced and qualified teacher.

Little Seeds is designed to be a friendly and inclusive group offering outdoor learning and fun in the garden.

Our fabulous Devonport Park Activity Centre features extensive outdoor facilities including: pizza oven, fire pit, climbing wall, poly-tunnels, secret garden, pond, as well as indoor classrooms and kitchen area.

Activities will include:

- Digging, sowing and planting.
- Picking fruit and veg.
- Crafts & cooking.
- Themed sessions.
- Garden based play.

Be prepared to get messy!



Routeways Centre Limited, 91/93 North Prospect Road, North Prospect, Plymouth PL2 2NA
Tel: 01752 300700 • Email: enquiries@routeways.org.uk • Web: www.routeways.org.uk
Charity Registration No: 1080543 Registered Company No: 3420867

Fridays 1pm – 3pm
£2 per family.
(tea, coffee etc. included)

For more information
about Little Seeds
please contact:

Rose Taylor
01752 500 496
07920 558 543
devonportpark@routeways.org.uk

If you like the look of our
Little Seeds group, have
a look at our website for
other groups we run out
of our Devonport Park
and Beckly Centres.

www.routeways.org.uk

DEVONPORT PARK
ACTIVITY CENTRE
Fore Street, Devonport,
Plymouth PL1 4BT
01752 500496
Find us behind the cottage.



ROOTED CLUB Mon/Sat Groups

Exciting outdoor learning activities and social opportunities for young people with a disability aged 8 – 16, led by a qualified and experienced teacher, jointly planned with the young people attending.

Our fabulous Devonport Park Activity Centre features extensive outdoor facilities including: pizza oven, fire pit, climbing wall, poly-tunnels, secret garden, pond, as well as indoor classrooms and kitchen area.

Activities are held outside whenever possible and include:

- Forest schools,
- Pimp your wardrobe,
- Make up sessions,
- Cooking,
- Gardening,
- Drama/role play,
- Arts and crafts.

Siblings of all abilities within the same age range are very welcome to attend.

Come join us in the Rooted adventure!



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Charity Registration No: 1080543 Registered Company No: 3420867

Mondays 4pm – 6pm,
Saturdays 10am – 1pm.
£5 for first child, £3 for
any siblings.

For more information
about Rooted please
contact:

Rose Taylor
01752 500 496
07920 558 543
devonportpark@routeways.org.uk

If you like the look of our
Rooted Clubs, have a
look at our website for
other groups we run out
of our Devonport Park
and Beckly Centres.

www.routeways.org.uk

DEVONPORT PARK
ACTIVITY CENTRE
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01752 500496
Find us behind the cottage.



Choose us as your Co-op local cause

Go online coop.co.uk/membership



Routeways have been selected as a Co-op Local
Cause

[Support Routeways](#)

Academies & Workshops

The Last Dodo

**Monday 9—Thursday 12 April 2018,
1pm—3.30pm**

Age: 8—11 year olds

Price: £55 for week

Venue: Production & Learning Centre, TR2

The year is 1598. A group of Dutch sailors, blown off course by a storm in the Indian Ocean, land on a beautiful uninhabited island full of amazing wild-life. Within 100 years, many of these incredible & unique species, including the poor Dodo, were extinct.

What went wrong? And are there lessons for us to learn today, about living more carefully & thoughtfully in the world?

Take part in this musical, full of brilliant songs, movement, dance and drama, about what happened to the last Dodo and what we can do to stop it happening again.

Aesop's (Musical) Fables

**Monday 9 - Thursday 12 April 2018,
10am—12pm**

Age: 5—7 year olds

Price: £55 for week

Venue: Production & Learning Centre, TR2

Aesop was a storyteller in Ancient Greece more than 2500 years ago – but the brilliant stories with a message he told about animals have been famous ever since – and are now the inspiration for TRP's Easter Academy 2018!

Take part in this new musical, full of brilliant songs, movement, dance and

drama, featuring some of the most famous Fables –

The Hare & The Tor-

toise; The Town Mouse &

The Country Mouse; The

Boy Who Cried Wolf; and The Lion & The Mouse.



[See What's On](#)

To book call the Box Office on
01752 267222

Jungle Book

Date: Tues 3—Sat 7 April 2018

Audio Described Performance: Sat 7 April 2.30pm

Age: Adults and children age 6+

Run Time: 2hrs 15mins (approx)

Venue: The Lyric

Tickets: £10—£24 (Concessions available)

An exciting new musical adaptation of Rudyard Kipling's family classic, The Jungle Book, comes to life in this colourful new show.



What the Ladybird Heard

Date: Tues 10—Thurs 12 April 2018

Audio Described Performance: Sat 7 April 2.30pm

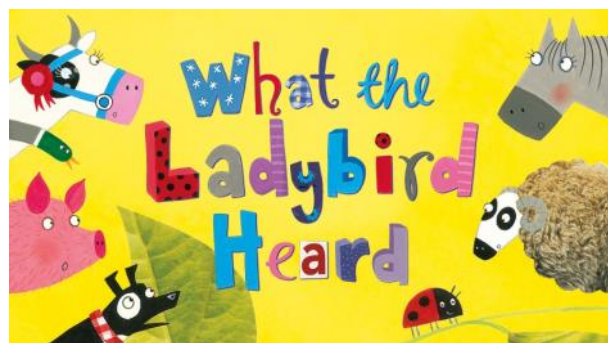
Age: Adults and children age 3+

Run Time: 55mins (approx)

Venue: The Lyric

Tickets: £10—£13.50 (Concessions available)

Join the woolly sheep, the hairy hog, the fat red hen and the dainty dog in this hit musical adaptation of Julia Donaldson and Lydia Monks' colourful farmyard adventure.



Stiltskin at the Soapbox Children's Theatre

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



Bubblicious Family Raves

Date: Fri 30 March 2018 & Sat 28 April 2018
Baby/Toddler, 1pm-3pm & Family, 4pm-6pm
Price: £7.50

Join us for a family friendly dance party at The Soapbox, with guest DJ's playing an eclectic mix of dance music from old skool to new skool, with parachute games, glowsticks, uv face painting, bubbles, chillout space and lots more to keep everyone entertained.



Dino - Saw

Date: Wed 9—Thurs 24 May 2018, 7pm
Price: £7.50

Baby Dino is coming back to the Soapbox in May! Join Dino on an adventure to explore her world in a story that will develop imaginations and encourage discovery of the world around us.
(Suitable for babies and toddlers)

Toddler Story Stomp

Monday 16 April 2018, 11am-12.30pm
Price: £6.50 (sibling discount/under 18 months free)
Come on a welly walk with us around the park, create something to take home, then cuddle up for a story told by our in house storyteller. (For 2—5 years)



To book and find other productions
Tel: 07754 177678
visit: <http://www.stiltskin.org.uk/>



Workshops

Do you want a career in Performing Arts or to become more confident and improve your well-being?

Barbican Theatre Performance Training classes offer training in dance and theatre for ages 11-25 year olds. The fun and lively classes help young people develop technical skills in dance or theatre whilst making new friends, building confidence and improving health and well-being.

For more details see:

www.barbicantheatre.co.uk/workshops/

Dick Tracy

Dates: Tuesday 3—Saturday 7 April, 7.30pm
The Plymouth Athenaeum

Newsflash! There's been a series of high-profile crimes right across the city - but fear not...The police chief's put his best man on the job - Dick Tracy.

Le Navet Bete's *Dick Tracy* is a physical comedy influenced by the world-famous detective incorporating fooling, original live music, plenty of audience interaction, lightning quick character changes, incredibly authentic accents spattered with mystery, malice and mischief.

Tickets

- £17.50 Full
- £15.50 Concessions (under 16s, over 60s, students, disabled)

More Details

Call **01752 267131** or
pop in to the Box Office at Barbican Theatre on
Castle Street, Plymouth
(Mon—Fri, 11am—6pm).



Plymouth Arts & Heritage “On Tour”

Plymouth City Museum & Art Gallery is now closed for the development of the History Centre. However, you can still find activities at various locations across the city “On Tour”.

Family Fun: Marvellous Maritime

Wednesday 4 April 2018, 10.30am-12.30pm

Mayflower Museum, entrance via

Tourist Information Centre,

3-5 The Barbican, Plymouth PL1 2LR

Price: £5 per child (accompanying adult free).

Booking essential via [Eventbrite](#).

Get the family hooked on Plymouth's marvellous maritime heritage in this interactive workshop.

We'll be joined by our friends from the National Marine Aquarium for a morning of activities that will dive deep into our oceans and explore **their history**.



Family Fun: My Mate Smeaton

Saturday 14 April 2018

Sessions: 10.30am-12.30pm & 2pm-4pm

Mayflower Museum, entrance via

Tourist Information Centre,

3-5 The Barbican, Plymouth PL1 2LR

Price: £5 per child (accompanying adult free).

Booking essential via [Eventbrite](#).

Told by professional storytellers, learn how engineer John Smeaton and his friend innovator William Cookworthy built our landmark lighthouse. You can also play with clay and make your own creation to take home.



Collections on Tour: Dartmoor:

Finding Prehistory at Dartmoor National Park

Until Monday 31 December 2018

Tues—Sat, 10am-3pm

**National Park Visitor Centre, Tavistock Road,
Princetown, PL20 6QF**

Price: Free.

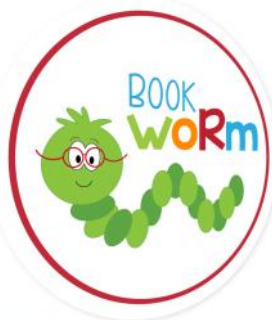
Explore the Dartmoor treasures from Plymouth City Museum and Art Gallery's collections in this small exhibition which shines a light on the lives of the people who lived on Dartmoor thousands of years ago.

Highlights include some Bronze Age ceramic urns, used both as household items and also for burying the cremated remains of the dead. You can also see stone tools such as the magnificent axe-hammer from Crocken Tor, and the flint implement from the Whitehorse Hill collection.



For more events, see:

<https://plymhearts.org/whats-on/>



Plymouth Libraries Events & Activities

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

Hello World: Coding & Digital Making

- **Monday's**: 4pm-5pm at Devonport Library
- **Tuesday's**: 4pm-5pm at Plymstock Library
- **Thursday's**, 3.30pm-4.30pm - North Prospect Library
- **Thursday's**: 4pm-5.30pm at Plymouth Central Library
- **Friday's**: 3.30pm-5pm at St. Budeaux Library
- **Saturday's**: 9.30am-10.30am at Plympton Library



"Hello World" is an after-school club for 8-13 year olds who are interested in learning new things or want to do coding and/or digital making outside of school.

There is no set agenda or lesson plan - young people can just come along and have access to the libraries public computers and resources where they can learn coding.

There will also be opportunities to use MaKey MaKey, play on Raspberry Pi's and also tablets.



There are also lots of other activities and events for adults and children:

- Grandparents / carers under 5's storytime
- Rhymetimes for babies and toddlers
- Storytimes for under 5's
- IT for beginners
- Work clubs (job hunting)
- Wellbeing Hub
- and lots more!



For details of activities and events at each Library, please see [Library Events](#)

Holiday Activities

Free activities for children at your local library during the school holidays including stories, crafts, films and coding and more.

[See what's on](#)





WHERE MUSIC MAKES COMMUNITIES

WHEN	WEEKLY SESSION	WHO'S IT FOR? & WHAT IS IT?
MONDAY		
13.00 - 14.00	Carefree Choir	Adult carers without those they care for, singing together for a little breathing space.
18.30 - 20.00	Baton Beats	Adults (18+) developing skills in a wide range of drumming styles from around the world.
TUESDAY		
10.30 - 11.30	Sharing and Caring	Carers of older & disabled people singing as a group for much needed respite.
15.00 - 16.00	Sing Out	Those affected by stroke, singing together with The Stroke Association.
16.00 - 17.00	Sensory Sounds	Children & young people (4+) with diagnosed disabilities, making music in PMZ's 'Sensation Music Station'.
WEDNESDAY		
11.00 - 13.00 (fortnightly)	In The Zone	Singing and music making at St Luke's, for those experiencing bereavement.
11.30 - 12.30	Soundtrack	Adults (18 - 30) with disabilities playing together as a band.
16.00 - 17.00	Jam Band	8 - 12 year olds, beginners & less experienced, singing & trying a range of musical instruments.
17.15 - 18.45	All Stars	Experienced 12 - 18 year old instrumentalists & vocalists playing together as a band.
THURSDAY		
10.30 - 11.30	Digital Orchestra	Adults (18+) with disabilities using digital and music technology, composing & playing music as a group.



SESSIONS ALWAYS UPDATING

To book your place call 01752 213690
or email info@plymouthmusiczone.org.uk



LLOYDS BANK FOUNDATION
England & Wales



www.plymouthmusiczone.org.uk

Tel: 01752 213690

Email: info@plymouthmusiczone.org.uk

Plymouth Music Zone

SENSORY SOUNDS

Music making activities for children aged 4-16
with PMLD, ASD/SEN

Tuesday's 4-5pm

For more information and to book,
please call Glyn on (01752) 213690 or email

info@plymouthmusiczone.org.uk

Session cost £3. To be eligible to access - Your child should have a diagnosis of a disability
and attend a special school or Support Centre or attend a mainstream school and have
a severe or moderate learning disability with ASD or a complex physical disability.

Registered Charity Number: 1100878



Course: Understanding Autism

Duration: 4 weeks / 3 hours per week

Cost: Free / Upgrade available for certification



Understand more about autism, including diagnosis, the autistic spectrum and life with autism with this free online course. Suitable for practitioners in the field of autism, healthcare workers, people on the autism spectrum, and parents or carers.

What topics will you cover?

- What is autism... and does it exist?
- Social communication skills
- Sensory sensitivities and repetitive behaviours
- Co-occurring conditions
- Strengths and difficulties of people on the autism spectrum
- Lived experiences of people on the autism spectrum

[Join Course](#)



Wheelfever runs regular weekly Inclusive Dance sessions;

Creative Dance Workshops

Every Saturday: 1pm - 2pm,
Performance Studio, Plymouth Life Centre

A creative and playful dance session that encourages confidence in movement and creativity; suitable for disabled and non-disabled children and young people between 5 and 18yrs.

This session is also suitable for young people up to 25yrs with more complex needs and those who find it difficult to concentrate.

Every Saturday: 2pm – 4pm,
Performance Studio, Plymouth Life Centre

Developing dance and choreographic skills through inclusive methods of teaching and practice. Suitable for disabled and non-disabled children and young people (12-25yrs).

The Company is registered in England and Wales as a Community Interest Company limited by guarantee, reg no. 7518233.

For more information contact
T: 07815285208
E: wheelfeverprojects@live.co.uk
Check out the website
www.wheelfeverprojects.co.uk

EXIM

Dance Company

Easter Youth Dance Week



Exim Dance Company will be running a 5-day Easter Youth Intensive between 9th - 13th April 2018 for children aged 11-14 years and 15 -18 years. Ticket will cost £70 – £120.

The sessions will run from 9.30am – 3.30pm on the 9th - 13th April 2018. All the dates and performance will take place at Plymouth School of Creative Arts

The 5-day intensive is aimed at young people who either love to dance or would love to give dance a go! No experience is necessary, Exim is an inclusive company and we welcome complete beginners through to the more experienced dancers as well as children with and without additional needs. The Exim Easter Youth Intensive is the perfect chance to learn from our highly skilled team of practitioners in friendly and relaxed sessions.

Over the 5 days you will receive dance sessions in Contemporary, Jazz and Street Dance, as well as getting to spend time creating your own dance routines, which will be performed on the final day for friends and family at The Red House Theatre.

To Book: <https://www.eventbrite.co.uk/e/exim-dance-easter-youth-dance-week-tickets-42320861837?aff=es2>

For more information contact education@eximdance.org.uk or call 07864168663

Shark & Ray Easter Games

Sat 31 March—Sun 15 April 2018, 10am-5pm

Visitors to the National Marine Aquarium will be able to take part in fun challenges and activities that will pit them against some exciting elasmobranchs!

Our 'Shark and Ray Easter Games' will showcase both shark-tastic sharks and ray-ly cool rays! Find out facts about these ocean animals that will blow your mind! Not only that, but you'll be able to meet our very own famous shark and ray family including 'Howie' one of our massive Sand Tiger Sharks and 'Coolwhip' the giant Honeycomb Whiptail Ray who lives in our Great Barrier Reef Exhibit.

[Find out more](#)



Quiet at the Aquarium

Thursday 29 March 2018, 5pm-7pm

A special two-hour event that allows families and people with autism to enjoy our exhibits without the noise and distraction of our daily shows!

Children: £5.00, Adults: £6.50
Carers & Under 3's: Free

[Book Online](#)

**Ticket Prices: Advance Pass
10% Discount online.**

Sleeping with Sharks

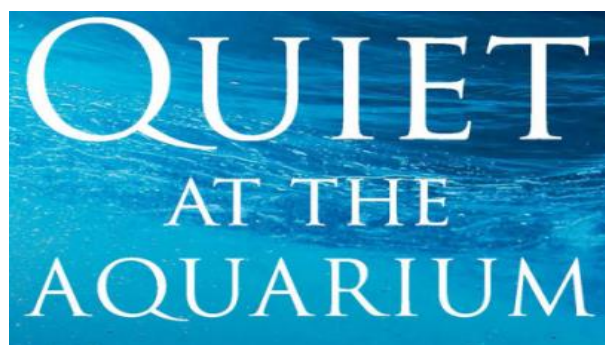
Friday 1 June & Saturday 18 August 2018
6.30pm-9am

The National Marine Aquarium will be opening their doors after dark and offering the opportunity to sleep with the sharks!

Child (age 5+): £40.00
Adult (age 16+): £30.00

Please note that these events are specifically organised for children. All children must be accompanied by an adult.

[More Details](#)



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

For more details about these events
see website: www.national-aquarium.co.uk
or call 0844 8937938

Visit Wembury Marine Centre in South Devon to explore an underwater world. The centre is open between April and September and is free to enter. For more information and events visit www.wemburymarinecentre.org

No need to book events—just come along on the day, unless otherwise stated. Bring your wellies for rockpool safari's!

All children must be accompanied by an adult.



March

Rockpool Safari

Fri 30—11am-12.30pm

Sat 31—11.30am-1pm

Price: Adult £3, Child £3 (suitable 4+)

Join Devon Wildlife Trust for a Rockpool Safari and we'll take you on a guided tour of some of the best rockpools in Devon.

April

Rockpool Safari

Sun 1—12.30pm-2pm

Tue 3—1.30pm-3pm

Sat 14—11am-12.30pm

Sun 15—11.30am-1pm

Sat 28—10.30am-12pm

Sun 29—11.30am-1pm

Price: Adult £3, Child £3 (suitable 4+)

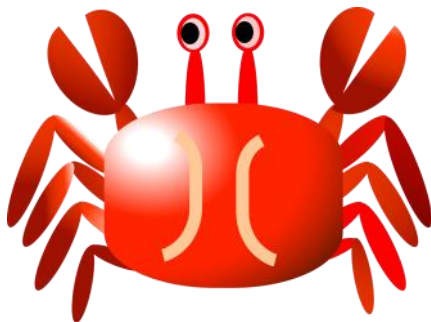
Join Devon Wildlife Trust for a Rockpool Safari and we'll take you on a guided tour of some of the best rockpools in Devon.

Spring Tide Extreme Rockpool Safari

Mon 2—1pm-2.30pm

Price: Adult £3, Child £3 (suitable 7+)

A low Spring tide today will mean that we can venture out further on the rockpools and explore areas rarely uncovered by the tide.



May

Bank Holiday Beachcombing Walk

Mon 7—2pm-4pm

Price: £5 per family

Join us for a guided beachcombing walk to look for mermaids purses, cuttlefish bones, shells and much more. This is a gentle, child friendly stroll along neighbouring Langdon beach taking in 2 miles of coast path and beach. We will also do a beach clean as we walk.

Rockpool Safari

Sun 13—10.30am-11.30pm (Free taster session)

Sun 27—10.30am-12pm

Mon 28—11am-12.30pm (Bank Holiday Safari)

Price: Adult £3, Child £3 (suitable 4+)

Join Devon Wildlife Trust for a Rockpool Safari and we'll take you on a guided tour of some of the best rockpools in Devon.

Half Term Holiday Club

Tue 29 May to Fri 1 Jun—9am-4pm

(Drop off from 8.30am, Pick up by 4.30pm)

Price: £20 per day (8-13 year olds).

Booking essential/ places limited to 15 per day.

Please call 01752 862538 or email

info@wemburymarinecentre.org

Join Devon Wildlife Trust's education team for a fun packed week of wildlife exploration. Activities will include rockpooling, snorkelling, beachcombing, bug hunting, den building, fire lighting, beach games and lots of fun!

Wembury Marine Centre

Church Road, Wembury, PL9 0HP

Tel: 01752 862538

info@wemburymarinecentre.org

Nature Plymouth



Devon
Wildlife Trust

Spring 2018

APR

- Budshead Wood
- Efford Nature Reserve
- Ernesettle Creek
- Kings Tamerton Woods
- Teat's Hill

JUN

Free family events and
wildlife volunteering
for all ages



Budshead Wood

For all events meet next to Ernesettle Scout Hut, just off
Rochford Crescent PL5 2QD

Regular Wildlife Volunteering and Training

Help us to improve Budshead Wood and learn new skills
with Devon Wildlife Trust's Urban Ranger

April

11th Family friendly volunteering - come and identify some
of the special animals and plants in this ancient woodland
11:00 - 2:00

17th & 19th Nature Trail Creation - Join us to create new
nature trails and help us to spot the signs of Spring
10:30 - 3:30

May

Drovers Lane restoration with PEA - help reveal Budshead's
hidden history, restoring the old Livestock Lane
10:30 - 3:30

June

5th Join our Summer tidy up by removing rubbish from this
lovely ancient woodland 10:30 - 3:30

7th Help us make access through the woods easier with
essential step repairs and path upgrades 10:30 - 3:30

Don't forget to check out the Urban Rangers monthly
updates, with the latest seasonal goings on and more event
details.

Adults and accompanied children welcome. Training,
equipment and tea/biscuits provided!

Want to know more...

Call Tim 07826874891 or email Tim.Russell@plymouth.gov.uk

www.facebook.com/ActiveNeighbourhoodsProject

Efford Nature Reserve

For all events meet next to Axe Close bus stop at the top of
Deer Park Drive near Military Road PL3 6RU

Regular Wildlife Volunteering and Training

Help us to improve the Marsh and learn new skills with
Devon Wildlife Trust's Urban Ranger

April

**24th Post and Rail - Help us to improve the paths through
the woodland, in readiness for the Summer 10:30 - 3:30pm**

May

**22nd & 24th Join us in keeping the paths clear and building
steps through the ravine in the beautiful Efford Marsh Nature
Reserve 10:30 - 3:30pm**

June

**12th & 14th Help us to record the incredible birds, bugs and
wildflowers throughout the reserve.**

10:30 - 3:30pm

Don't forget to check out the Urban Rangers monthly updates, with
the latest seasonal goings on and more event details.

**Adults and accompanied children welcome. Training, equipment
and tea/biscuits provided!**

Want to know more...

Call Tim 07826874891 or email Tim.Russell@plymouth.gov.uk

**Join us for free family fun activities
this Easter and May half-term**

5th Apr 11-2pm

**Help to plant beautiful spring flowers such as primroses, followed by
nature based games and an egg hunt!**

30th May 11-2pm

**Help us detect natures, supersonic hunters, followed by nature based
games and wild baking.**

Want to know more...

Call Ash 07780339194 or email Ashley.Tod@plymouth.gov.uk

www.facebook.com/ActiveNeighbourhoodsProject

Ernesettle Creek

For all events meet opposite the bus stop just off Lakeside Drive where it meets Tangmere Avenue, Ernesettle PL5 2SJ

Regular Wildlife Volunteering and Training

Help us to improve the Creek and learn new skills with
Devon Wildlife Trust's Urban Ranger

May

1st and 3rd - Trail work - celebrate May Day by helping to
keep the headland path in good shape

10:30 - 3:30pm

June

19th - Help us to record the incredible birds, bugs and
wildflowers throughout the reserve.

21st - Join us in celebrating the longest day of the year:
the summer solstice

10:30 - 3:30pm

Don't forget to check out the Urban Rangers monthly updates, with
the latest seasonal goings on and more event details.

Adults and accompanied children welcome. Training, equipment
and tea/biscuits provided!

Want to know more...

Call Tim 07826874891 or email Tim.Russell@plymouth.gov.uk

**Join us for free family fun activities this Easter
and May half-term**

03rd Apr - Help us create a beautiful wet meadow for wildlife by seeding native
wildflowers, followed by nature based games and an egg hunt!

31st May - Help us create a beautiful wet meadow for wildlife by seeding native
wildflowers, followed by nature based games and wild baking.

Want to know more...

Call Ash 07780339194 or email Ashley.Tod@plymouth.gov.uk

www.facebook.com/ActiveNeighbourhoodsProject

Kings Tamerton Woods

For all events meet at the Dalton Gardens entrance to the reserve PL5 2DS

Regular Wildlife Volunteering and Training

Help us to improve King's Tamerton and learn new skills with Devon Wildlife Trust's Urban Ranger

May

8th & 10th - Wetland creation - help create an incredible wetland habitat for wildlife, next to the new pond.

10:30 - 3:30pm

June

26th & 28th - Help to record the incredible birds, bugs and wildflowers throughout the reserve.

10:30 - 3:30pm

Don't forget to check out the Urban Rangers monthly updates, with the latest seasonal goings on and more event details.

Adults and accompanied children welcome. Training, equipment and tea/biscuits provided!

Want to know more...

Call Tim 07826874891 or

email Tim.Russell@plymouth.gov.uk

**Join us for free family fun activities
this Easter and May half-term**

4th & 10th Apr 11-2pm

Help to plant beautiful spring flowers such as primroses in the community orchard, followed by nature based games and an egg hunt!.

29th May 11-2pm

Help to plant beautiful spring flowers such as primroses in the community orchard, followed by nature based games and an egg hunt!

www.facebook.com/ActiveNeighbourhoodsProject

Teats Hill

For all events meet on the green opposite the National
Marine Aquarium PL4 0LU

Regular Wildlife Volunteering and Training

Help us to improve Teats Hill and learn new skills with
Devon Wildlife Trust's Urban Ranger

April

12th Great British Spring Clean - Join people around the
country in getting Britain's beaches tidy

10:00 - 11:00

May

15th & 17th Come and spot butterflies on our new
wildflower meadow, followed by a beach tidy up

10:30 - 3:30pm

Don't forget to check out the Urban Rangers monthly updates, with
the latest seasonal goings on and more event details.

Adults and accompanied children welcome.
Training, equipment and tea/biscuits provided!

Want to know more...

Call Tim 07826874891 or email Tim.Russell@plymouth.gov.uk

**Join us for free family fun activities
this Easter and May half-term**

Apr 9th 11:30 - 2:00

- Join the NMA hosts for curious sea creatures and clay creations, followed by
nature based games and an egg hunt with the Active Neighbourhoods team!

May 28th 11:00 - 2:00

- Join the Urban Ranger for fun family volunteering, followed by nature based
games and an egg hunt with the Active Neighbourhoods team!

Jun 16th 11:30 - 2:00

- Join the NMA hosts for curious sea creatures and clay creations, followed by
nature based games and an egg hunt with the Active Neighbourhoods team!

Want to know more...

Call Ash 07780339194 or email Ashley.Tod@plymouth.gov.uk

www.facebook.com/ActiveNeighbourhoodsProject

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 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. Call or email for more information or to register on 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

To participate in activities see the [events](#) page and complete the appropriate registration forms by clicking on the Register Today box.

Date/Time	Event	Category
Thu 22nd Mar 2018 10:00 am - 2:00 pm	Accessing Public Services Toolkit Workshop with Cerebra <i>Virginia House, Plymouth Devon</i>	Parent/Carer
Fri 23rd Mar 2018 3:45 pm - 4:45 pm	Hydrotherapy at Woodlands 3:45-4:45pm <i>Woodlands School, Plymouth</i>	Disabled Child
Fri 23rd Mar 2018 4:45 pm - 5:45 pm	Hydrotherapy at Woodlands 4:45-5:45pm <i>Woodlands School, Plymouth</i>	Disabled Child
Mon 26th Mar 2018 10:00 am - 12:00 pm	Making Sense - Introduction to Postural Care <i>The Virginia House Centre, Plymouth</i>	Parent/Carer

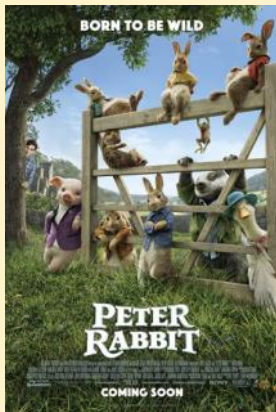
If you book for an event or activity and then are unable to attend, please contact us as soon as possible so that we can offer the place to another person. Thank you.

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

Date/Time	Event	Category
Thu 29th Mar 2018 10:00 am - 12:00 pm	<u>Parent/Carer Support Drop In Session</u> <i>Virginia House, Plymouth Devon</i>	<u>Parent/Carer</u>
Wed 4th Apr 2018 10:30 am - 2:30 pm	<u>Family Time at Hannah's Hub</u> <i>Dame Hannah Rogers School, Ivybridge</i>	<u>Family Activity</u>
Wed 4th Apr 2018 6:00 pm - 7:30 pm	<u>Family Ice Skating</u> <i>Plymouth Pavilions, Plymouth</i>	<u>Family Activity</u>
Thu 5th Apr 2018 10:00 am - 3:00 pm	<u>Fun and Freedom- Mountbatten Watersports Centre</u> <i>Mount Batten Centre, Plymstock</i>	<u>Fun and Freedom Club</u>
Thu 5th Apr 2018 11:00 am - 1:00 pm	<u>Disabled Child - Forest School</u> <i>Wild About Woods, Roborough</i>	<u>Disabled Child</u>
Mon 9th Apr 2018 10:00 am - 11:00 am	<u>DLA Workshop</u> <i>Virginia House, Plymouth Devon</i>	<u>Parent/Carer</u>
Tue 10th Apr 2018 11:00 am - 1:00 pm	<u>Making Sense - Reflexology</u> <i>Virginia House, Plymouth Devon</i>	<u>Disabled Child</u>
Wed 11th Apr 2018 10:30 am - 2:30 pm	<u>Family Time at Hannah's Hub</u> <i>Dame Hannah Rogers School, Ivybridge</i>	<u>Family Activity</u>
Thu 12th Apr 2018 9:00 am - 5:00 pm	<u>Fun and Freedom Club- Eden Project</u> <i>Eden Project, Cornwall</i>	<u>Fun and Freedom Club</u>
Thu 12th Apr 2018 10:00 am - 2:00 pm	<u>Disabled Child - Mount Batten Water Sports *FULLY BOOKED*</u> <i>Mount Batten Centre, Plymstock</i>	<u>Disabled Child</u>
Wed 25th Apr 2018 1:00 pm - 2:00 pm	<u>The Best Medicine - Laughter Workshop - Day Session</u> <i>The Virginia House Centre, Plymouth</i>	<u>Parent/Carer</u>
Wed 25th Apr 2018 7:00 pm - 8:00 pm	<u>The Best Medicine - Laughter Workshop - Evening Session</u> <i>The Virginia House Centre, Plymouth</i>	<u>Parent/Carer</u>
Thu 26th Apr 2018 10:00 am - 12:00 pm	<u>Sensory Integration - Follow on Session</u> <i>Virginia House, Plymouth Devon</i>	<u>Parent/Carer</u>
Mon 30th Apr 2018 10:00 am - 12:00 pm	<u>Making Sense Coffee Morning</u> <i>Virginia House, Plymouth Devon</i>	<u>Disabled Child</u> <u>Parent/Carer</u>

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



What's On in Plymouth

**mini
MORNINGS**

SMALL PEOPLE. BIG EXPERIENCE.
TICKETS ONLY **£2.49***
PLUS 75P BOOKING FEE ONLINE AND VIA CALL CENTRE

*Subject to availability, applies to standard 2D tickets only for selected films. Additional 75p booking fee applies per ticket purchased online or via our call centre. Visit www.vue.com/legal for full terms.

Share the magic of the big screen experience at VUE with all the family from only £2.49 per ticket for adults and children, **every Saturday and Sunday morning** and **every day** in **school holidays**.

VUE MINI MORNINGS offer might vary according to regional school holiday differences. Customers should check with the cinema before attending.

Find out what's on at:

www.myvue.com/cinema/plymouth/whats-on

Show your Nectar card when buying tickets. Each

500 points earned will give you a £2.50 discount off the total transaction value.

Points can be used on tickets, VIP seating, popcorn and other refreshments.

For more information see:

[Redeem Nectar Points](#)



Autism Friendly Screenings at Vue Cinema

Vue Cinema host an autism friendly film on the last Sunday of every month.

What Makes the Screenings Autism Friendly?

- The lights will be on low
- The volume will be turned down
- There will be no trailers at the beginning of the film
- You'll be able to take your own food and drink
- You'll be able to move around the cinema if you like
- [Free entry for carers with a valid CEA Card.](#)

February at Vue

See **Ferdinand** in Plymouth on Sunday 25 March 2018 at 10.15am.



[Book Online](#)

Are you on the Autism Spectrum?

Do you know someone who is?



The Devon Autism Alert Card helps Autistic individuals to be safer, more secure and better supported



www.dimensionsforliving.org

Tel: 07421 778809

autismcard@dimensionsforliving.org

 **Dimensions for Living**

*Fully supported by Devon & Cornwall police,
Devon County Council, Torbay Council,
Plymouth City Council & others*



Sport Activities



Pan Disability Football

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



Power Chair Football

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



Youth Pan Disability Football

- YMCA All Saints FC have started adult and youth Disability Football sessions at the Plymouth YMCA Kitto Centre.
- If you would like to attend a Football session please contact Michelle (Head Coach) by phone 07841 020162 / seachelle73@sky.com



DISABILITY FOOTBALL IN PLYMOUTH

<u>Team / Session</u>	<u>Age</u>	<u>Day</u>	<u>Venue</u>	<u>Contact</u>
Keyham Kolts Autism Active	Youth (5 – 16 years)	Tuesday (6pm – 7pm)	Devonport High School, Plymouth, PL2 3DL	Nicky Mawdsley: 07974 323921 / keyhamkolts.ateam@gmail.com
Plymouth Argyle Ability Counts Club	Adult (16 years +)	Tuesday, 7.30pm – 8.30pm	Lipson Community College Bernice Terrace, Lipson, Plymouth, PL4 7PG	<u>Male and Female Teams</u> Josh Grant: 07961 588378 Josh.Grant@paafc.co.uk
Plymouth Argyle Ability Counts Club	Youth (5 years – 16 years)	Tuesday 5.30pm - 6.30pm Sunday 10am – 11am	Goals Soccer Centres, Outland Road, Plymouth, PL2 3DE	As Above
Special Olympics Plymouth Football	Adult (16 years +) Male and Female	Wednesday (6.30pm – 8.30pm)	Plymouth YMCA, Honicknowle Lane, Plymouth, PL5 3QZ	<u>Male and Female Teams</u> Stuart Jones: 07833 228333
Tavistock Specials Football Club	Adults and Youth	Friday's (6pm – 7pm)	Tavistock AFC, Crowndale, Tavistock, PL19 8BY	Allen Lewis 07749 798808
Club Plymouth FC	Adults (16+ years)	Fridays (7.30pm – 8.30pm)	Lipson Community College Bernice Terrace, Lipson, Plymouth, PL4 7PG	Graham Eyles Phone: 07805 403301 eyles19@hotmail.com
Ocean City Powerchair Football Club	Adults and Children	Saturdays at Ridgeway School	Please contact Jenny Brooks 07855211816 / oceancitypfc@outlook.com	
Barne Barton Rangers Juniors FC	Youth (5 – 11 years)	Friday's (3.30pm – 4.30pm)	Riverside Primary School, 210 Poole Park Rd, Plymouth PL5 1DD Michelle, Telephone 07841 020162 / Email seachelle73@sky.com	

If you would like to get involved in Disability Football as a player, coach, club or volunteer please contact Ashley Harris, Disability Development Officer:
Phone: 01626 323560 / 07912 089838 / Email: ashley.harris@devonfa.com

Plymouth Marjon Ability Football Club

Football Skills and Coaching for Children with
Special Needs and Disabilities age 6-12



All Abilities Welcome!!

Learn new skills – Work at your own pace

The club is for children with learning, sensory and physical disabilities and all playing abilities - beginners, improvers and more advanced football players are all welcome. The club will be supportive to all children and everyone can work at their own pace to try new football skills.

THURSDAY

(Starts on Thursday 1st October 2015)

6.00pm – 7.00pm

Marjons Sports Centre
(Sports Hall), Derriford
Road, Plymouth, Devon,
PL6 8BH

Cost £2 per player

Plymouth Marjon FC is a Charter Standard Club and all coaches are FA Level 1 qualified as a minimum.



Supported by Devon
County FA: Developing
Football for Everyone



For more information please contact:

Andy Baum, Telephone 07717137459 / Email

baum600@hotmail.com or Chris Smietenka, Telephone

07805177101 / Email csmietanka@marjon.ac.uk

Plymouth Marjon FC

Player Registration Form

Player Registration Form



Full Name of Player

Date of Birth

Address

.....Post Code.....

Telephone Number

Email Address

Please Select:

I agree / Do not agree to photographs being taken of my child's participation in the activity by your club or Devon FA. (These images may be used in printed/video/website format for the purposes of illustrating or promoting the Football Coaching Sessions)

Emergency Contact (If different from above):

Name Tel: Relationship:

Disability

Amputee ☐

Autism ☐

Cerebral Palsy ☐

Hearing Impairment ☐

Learning Disability ☐

Behavioural Issues ☐

Visual Impairment ☐

Please give any additional info (include any communication or medical needs) that you consider relevant:

.....

.....

.....

Ethnicity

Please choose one category from A to E and then please mark X in the appropriate box to indicate your ethnic background

A White

English ☐

Irish ☐

Scottish ☐

Welsh ☐

Other ☐

B Mixed

White & black Caribbean ☐

White & black African ☐

White & Asian ☐

Other ☐

C Asian or Asian British

☐ Indian ☐

☐ Pakistani ☐

☐ Bangladeshi ☐

☐ Other ☐

D Black or Black British

Caribbean ☐

African ☐

Other ☐

E Chinese or Other Ethnic Group

Chinese ☐

Other ☐

Print Name _____ (Player)

Date _____



Argyle Football Roadshows Easter Holiday 2018

@PARCCommunityTr

/argylecommunitytrust

www.argylecommunitytrust.co.uk



All courses for Boys & Girls of all abilities aged 5 - 15 years
Membership reward cards will continue
 Courses run from 10am to 3pm with the exception of Tiny Tots 10am to 12pm

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

PAN Disability: Tailored for children with a physical impairment, learning disability or mental health condition.

Venues	Date	Cost	Theme	No.
Plymouth Argyle FC, Home Park	Tues 3 April	£16	Soccer Roadshow	1
Plymouth Argyle FC, Home Park—Activities Day	Wed 4 April	£10	Activities Day	6
Plymouth Argyle FC, Home Park—Tiny Tots	Wed 4 April	£5	Tiny Tots (aged 3-6)	7
Wembury Primary School	Wed 4 April	£16	Soccer Roadshow	8
Saltash.Net Community College, Saltash	Wed 4 April	£16	Soccer Roadshow	9
Brickfields, Plymouth	Thurs 5 April	£10	Multi-Sports Day	12
Wembury Primary School	Thurs 5 April	£10	Multi-Sports Day	13
Plymouth Argyle FC, Home Park—PAN Disability	Thurs 5 April	£16	PAN Disability	17
Plymouth Argyle FC, Home Park—Girls Only	Thurs 5 April	£16	Girls Only Soccer Roadshow	18
Plymouth Argyle FC, Home Park	Fri 6 April	£16	Strikers & Goalkeepers	19
Plympton Academy	Fri 6 April	£16	Soccer Roadshow	20
St. Stephens School, Saltash	Fri 6 April	£16	Search for a Star	21
Plymouth Argyle FC, Home Park	Mon 9 & Tues 10 April	£30	Soccer Roadshow—2 days	24
Plymouth Argyle FC, Home Park—Activities Day	Wed 11 April	£10	Activities Day	31
Plymouth Argyle FC, Home Park—Tiny Tots	Wed 11 April	£5	Tiny Tots (aged 3-6)	32
Wembury Primary School	Wed 11 April	£16	Soccer Roadshow	33
Saltash.Net Community College, Saltash	Wed 11 April	£16	Search for a Star	34
Wembury Primary School	Thurs 12 April	£10	Multi-Sports Day	37
Ivybridge Community College	Thurs 12 & Fri 13 April	£30	Strikers & Goalkeepers—2 days	38
Plymouth Argyle FC, Home Park—PAN Disability	Thurs 12 April	£16	PAN Disability	42
Plymouth Argyle FC, Home Park—Girls Only	Thurs 12 April	£16	Girls Only Soccer Roadshow	43
Plymouth Argyle FC, Home Park	Fri 13 April	£18	Easter Eggstravaganza	44

Book your place online at
www.argylecommunitytrust.co.uk

For Argyle Easter Holiday Football Roadshows

Sibling Discount: Half price for additional siblings (phone bookings only)

Online Discount: £2 off all online bookings (excluding courses at £10 or under)

Early bird booking discount: £1 off all courses booked before Tuesday 3 April 2018.



Book by phone **01752 562561 ext 4** or complete the [Booking Form](#) and return with a cheque to:

Plymouth Argyle FITC
Home Park,
Plymouth, PL2 3DQ

Disability Activities

For disability activity enquiries, please contact Josh Grant, Health & Disability Officer on **01752 562561 ext 4** or email josh.grant@paafc.co.uk

Book your place online at
www.argylecommunitytrust.co.uk



Downs Syndrome Football Programme

For adults and children
Goals Soccer Centre
Plymouth, PL2 3DE
10am - 11am

Saturday, July 29, 2017
Saturday, August 26, 2017
Saturday, September 30, 2017
Saturday, October 21, 2017
Saturday, November 18, 2017
Saturday, December 16, 2017
Saturday, January 20, 2018
Saturday, February 24, 2018
Saturday, March 24, 2018
Saturday, April 28, 2018


£4 Per Session

FUN FOOTBALL SESSIONS

Bookings can be made online @ www.argylecommunitytrust.co.uk
Alternatively, simply phone 01752 562561
Contact josh.grant@paafc.co.uk

Attend all 10 sessions and win a
Signed Argyle Prize





Argyle Community Trust

Learn . Play . Succeed

Argyle Community Trust presents

PLYMOUTH ARGYLE Ability Counts

Enjoy playing football for the Plymouth Argyle Disability squad. Sessions include fun-filled football activities, with the choice of playing tournaments every month



Junior football sessions for 5-15 Years

Tuesdays 5.30-6.30pm at Goals Soccer Centre

Adult football sessions for 16+

Tuesdays 7.30-8.30pm at Lipson Cooperative Academy

Disability coaching sessions available for all ages, gender and abilities.



Important information:
£4 per session or book a six-week block online and receive one session for FREE
All players are required to wear shin pads and trainers/moulded studs
Players must bring a drink with them

For more information call the Trust on 01752 562561 ext. 4 or e-mail josh.grant@paafc.co.uk



Inclusive football sessions:



Are you a keen football player between the ages of 5 and 11 years old?



Have you got a learning disability, sensory impairment or Autism?



If you've answered yes to these questions come and join The Barne Barton Junior Rangers.



Sessions are held at the Riverside School in Barne Barton on Fridays between 3:30-4:30.



Only £2 a session; all abilities and levels welcome.



For more information contact Michelle Meenan:



By email: seachelle73@sky.com

By phone: 07841 020162



For Children with Additional Needs

Sundays 10.15am (term-time only)

Free

Held at the home ground of Plymstock Albion Oaks RFC
- Horsham Playing Fields, Staddiscombe,
Plymouth, Devon, PL9 0DF

For more details contact Mel Boalch -
melanie.boalch@sky.com / 07855 475944

Disability Sport



Sport	Day	Time	Venue	Cost	Event details
AUIswim	Sunday	3.15pm—4.15pm	Plympton Swimming Pool	Free	Recreational swimming for those on the autistic spectrum and their families.
Boccia—Devon Opportunities Club	Monday	11am—12pm	Plymouth Life Centre	£2 per person	Bowls type Paralympic sport session for those aged 16+ with a disability. Active for All active@improvinglivesplymouth.org.uk
	Wednesday	10.30am—11.30am			
Multi-Sport Devon Opportunity Club	Friday	10am—11.30am	Plymouth Life Centre	£2 per person	Sportsway Management Andrew Potter andrew@sportsway.org
Tennis	Tuesday	12.30pm—13.30pm	Plymouth Life Centre	£2.50 per person	Double Bounce Fiona Murphy doublebounce2017@gmail.com
Wheelchair Rugby	Monday	6pm—7pm	Plymouth Life Centre	Free	Westcountry Hawks Chris Perkins chrisperkins.cr@gmail.com

For more information on sporting activities contact the **Sports Development Unit** on **01752 307008** or email: sportsdev@plymouth.gov.uk

SUPER TRAMP
Support Sessions

**SUPPORTING
ADDITIONAL
NEEDS**

The session is open to anyone ages 5+

SUPPORT SESSIONS

NOW 2 sessions a week!

FREE JUMP

Meet new people!

Now 2 sessions a week!

SUPPORT SESSIONS

Thursdays 4pm to 5pm

Saturdays 5pm to 6pm

Sessions are £8 per jumper includes 1 parent/carer

Book your session online - www.supertampplymouth.co.uk

- Park closed to the general public
- Reduced number of bouncers
- Calming music is played
- Complimentary squash

Plymouth Pavilions

Ice Rink

ICE DISCO

FRIDAY NIGHT

Disco lights, lasers & the latest chart tunes! 6pm-8pm.

www.plymouthice.co.uk

Book Online or call 0845 146 1460

Calls cost 20p per minute plus your phone company's access charge

Plymouth Life Centre

40 Mayflower Drive
Plymouth, PL2 3DG
Tel: 01752 606900

Fit For Sport Activity Camps (4-12 years)

Keep fit and active in the holidays with Fit for Sport holiday camps. A wide range of activities are available, from sports and games to arts and crafts. For more information about the Activity Camps see: www.fitforsport.co.uk/activity-camps

See the Plymouth Life Centre page for full list of other recreation activities at:

www.everyoneactive.com/centre/plymouth-life-centre/



Next holiday camps:

Monday 26 March—Friday 13 April 2018

Book now at:

www.fitforsport.co.uk/venues/plymouth-life-centre/

gym bubbas

Gym Bubbas offer gymnastic classes for age 4 months to 10 years olds... including Saturday classes from 4-5pm for those with special educational needs and disabilities.

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.

www.gymbubbas.co.uk/additional-needs/



YOUTH
SPORT
TRUST



My name is Katy Wedgwood and I am the Sports Coordinator at Woodlands School in Plymouth. I have put together this guide to support young people with additional needs to access clubs that exist across the city.

Woodlands School in Plymouth became 1 of only 50 Project Ability Schools across the country in 2011. Now known as Inclusion Lead School, it's role is to support young people with additional needs to access physical activity and sport and help them develop as young leaders as well as support schools to be more inclusive in its' delivery of school sport.

This guide was put together to support and work with schools, colleges, community sports partners, parents/carers and young people, to encourage and maintain participation in sport and physical activity both during school time, after school and at weekends and upon transition from school to further education.

This project is about helping young people and their families to find out more about sports clubs that can support young people with additional needs and encourage and promote the continuation of a healthy active lifestyle.

If you have any questions or would like any further support, please feel free to contact me .

Katy Wedgwood, Inclusion Lead
Woodlands School
Picklecombe Drive
Whitleigh
Plymouth
PL6 5ES
01752 300 101
07867 552 875

You can also contact
Plymouth City Councils
Sports Development Unit on
01752 307008 for more
information.



Woodlands
Creating Empowered Lives

A GUIDE TO INCLUSIVE SPORTS CLUBS IN PLYMOUTH

Special Olympics

YMCA Plymouth, Honicknowle Lane, PL5 3NG

Ages 16+

Special Olympics Plymouth & District (SOPD) is a branch of Special Olympics Great Britain (SOGB) and provides a wide variety of sporting opportunities to people with intellectual disabilities.

We provide a multi-sports club each week and offer a variety of sports activities including; Boccia, Badminton, Short Map Bowls, Football, Tag Rugby, Kwik Cricket, Judo, Basketball, New Age Kurling, Indoor Athletics, Climbing, Gym and Table Tennis. Wednesday 6:00pm – 8:00pm £2 per session

T Alan Stockdale 01752408271 www.sopd.org.uk

YMCA

YMCA Plymouth, Honicknowle Lane, PL5 3NG

Activities including: Rebound Therapy, Trampoline, Multisports, Indoor Climbing All £3 per session Sunday AM

T Youth Manager Stacey Ferris 01752 201918 or E.stacey1@ymcaplymouth.org.uk

High Sports Climbing Wall

Plymouth Life Centre, PL2 3DG

Tuesday 4:30pm – 5:30pm

Inclusive climbing facility and instruction

1:1/1:2 Sessions Available

School/Group bookings

One-off sessions and courses available

T 01752 608740

E Service.Centre@High-Sports.co.uk

Horizons Plymouth

Sailing/Powerboating

5 Richmond Walk, Stonehouse, PL1 4LL

Thursday 4:30pm – 7:00pm

Saturday 9:00am – 12:00pm

£1 per session 8-19 year olds

E lois@horizonsplymouth.org

Westcountry Hawks

Wheelchair Rugby Club

Plymouth Life Centre, PL2 3DG

Training Monday 5:00pm – 7:00pm

£20 per month

Chairs provided

T Chris Perkins 07766314262

E chrisperkins.cr@gmail.com

Active for Life

Plymouth Guild, Guild House, PL3 5QL

For a range of activities including:

Boccia—Gardening—Football—Dance

T Larissa Milden 01752 201891

Plymouth & Devon School Sailing Association

Maderia Road, Commercial Wharf, PL1 2NX

Open Sailing - Saturday 10:00am – 1:00pm

Open to families and individuals of all ages. Learn to sail with one of our RYA qualified instructors.

Sailability - Wednesday 9:30am – 12:30pm

An inclusive Sailing session aimed at people with varied abilities.

T 07449 315396 E info@pdssa.org

1st for Tennis

The Devonshire Health and Racquets Club

Derriford, PL6 8BD

Pro-Ability Tennis Academy

Wednesday 3:30pm – 4:30pm

For players who are aged 12+ with a learning disability

Sonic Tennis Thursday 5:30pm – 6:30pm

For players of all ages, with a visual impairment

20 Degree Tennis Friday 6:00pm – 8:00pm

For players who aged 12 and over and are wheelchair users

T Mark Blackler 07730 573697

E admin.1stfortennis@icloud.com

Exim Dance Company

ADAPT YOUTH COMPANY

Inclusive dance classes

Friday 4:30pm – 6:30pm (term time only)

FREE CLASS

T 07864168663 E classes@eximdance.org.uk

Wheelfever Inclusive Dance Projects

Plymouth Life Centre Performance Studio

Saturday during term time

Creative Dance

1:00pm – 2:00pm

5-18 year olds with SEND

Improvisation & Creative Dance

2:00pm – 3:00pm

12-25 year olds SEND & non-SEND

Choreography

3:00pm – 4:00pm

12-25 year olds SEND & non-SEND

£2.50 per session

T Paula 07815285208

E wheelfeverprojects@live.co.uk

Total Fitness and Health

Crownhill Fort, PL6 5BX

Classes throughout the week and evenings and school bookings available.

T Mark Smith 07779021427

E mark@totalfitnessandhealth.co.uk

Ocean City Power-Chair Football Club

Plympton Academy, PL7 2RS

Training takes place most Saturdays

T Jenny Brooks 07581363366

E oceancitypc@outlook.com

JOOLA Plymouth

Table Tennis, Eggbuckland, PL6 5YB

We offer fully inclusive table tennis sessions for the whole family on Sunday evenings from 5:00pm – 7:30pm £3.50

T 07836 550308 E joolaplymouth@aol.com

Plymouth Argyle Ability Counts

Football Club

Home Park, PL2 3DG

Adults Tuesday 7:30-8:30pm

Juniors Tuesday 5:30-6:30pm

Play for PAFC's official team. Fun and inclusive sessions for all disabilities and learning conditions. £4 per session

Active Argyle Multi Sport Club

All children ages 12+ Thursdays 4:45-6:00pm

Play and enjoy a variety of sports such as table tennis and football with the green army. £2 per session

T Josh Grant 01752 562561

E josh.grant@pafc.co.uk

Plymouth Life Centre

For activities including;

Bounceability (trampoline / rebound therapy)

Moveability (gymnastics)

Swimability (including talent ID)

Diveability (learn to dive)

Gentle Yoga

Shootability (basketball)

Indoor Bowls (All disabilities)

T Louise Chaves 01752 606900

E louisechaves@everyoneactive.com

Mount Batten Watersports Centre

Turnchapel, PL9 9SJ

Inclusive watersports facility and instruction

T 01752 404567

E enquiries@mount-batten-centre.com

Sports Way Management's Inclusive Multisport Club

Plymouth Life Centre, PL2 3DG

Every Friday (Term Time) 10:00am-11:30am

Ages 5-18 available to school age pupils of all abilities. Cost £1 per person (teachers/ staff/ carers participate for free)

T Andrew Potter 07971498404

E andrew@sportsway.org

YMCA OnSide is a fun and inclusive club open to any young person, aged 8 to 30, who wants to develop their interests and skills in sport.

YMCA OnSide aims to support young people with disabilities and offers a diverse range of activities.



Onside Sessions

Activity	Day	Time	Cost
Fun Days—Torpoint	Saturday	10.30am—12pm	£3
Fun Days—Plymouth (Includes trampolining, climbing, laser shooting, table tennis, badminton, bouncy castle and more!)	First Sunday of each month	11am—12.30pm	£3

Other Inclusive Activity Sessions

Activity	Day	Time	Age	Cost
Indoor Climbing	Tuesday	4.45pm—5.45pm	8-18	£3 per session
YMCA Specials	Wednesday	4.45pm—5.45pm	8-16	£3 / 1st session FREE
Special Olympics www.sopd.org.uk	Wednesday	6pm—8pm	16+	£3 / 1st session FREE
Fun Bounce	Thursday	4.30pm—5.30pm	8-18	£3 per session
Trampolining	Thursday	5.30pm—6.30pm	8-18	£3 per sessions

For further information please contact Youth & Families Manager, Stacy Ferris at stacey.f@ymcaplymouth.org.uk or call **01752 201918**
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG

Young Company Hubs

The Young Company Hubs are weekly dance and drama workshops for young people who are not able to access our Young Company activities at the Theatre Royal's Production and Learning Centre.

There are hub groups at four partner schools:

- Tuesday's—All Saints
- Wednesday—Saltash.net
- Thursday's—Marine Academy Plymouth and Plymouth School of Creative Arts



If you are interested in attending a hub group, please contact the drama department at one of the partner schools above.

For more details please contact Scarlett Sterne via email scarlett.sterne@theatreroyal.com or call **01752 2303157**





Easter Holiday Club

3rd April - 13th April



Easter activities for ages 8-16

Multi-Activity club only £12 per day!
Additional early and late sessions also available.

Find out more
ymcaplymouth.org.uk/holidayclub
 T 01752 201918

See booking form on reverse.



YMCA PLYMOUTH
 Honicknowle Lane, Plymouth, PL5 3NG
 Registered Charity No. 1066919



Registered No. EY47954

Please tick (or tally for multiple children) sessions you would like to book.
Completed form must be returned to YMCA Plymouth with full payment enclosed.

Date	Early Bird - £3 8:00 - 9:30	Multi-Activity - £12 9:30 - 15:30	Stop-over - £3 15:30 - 17:30
Tues 3rd April			
Wed 4th April			
Thurs 5th April			
Fri 6th April			
Mon 9th April			
Tues 10th April			
Wed 11th April			
Thurs 12th April			
Fri 13th April			

Please note, YMCA membership is required for use of our clubs and facilities.
This is either a daily fee of £1 or annual single club membership of £5 per child.

Child's name _____ DOB _____ / _____ / _____ Gender _____

Address _____

Postcode _____ School _____

Telephone _____ Email _____

Please detail any additional needs or special requirements such as disabilities, allergies, medication or dietary requirements:

Does your child need an inclusion worker? If so, please tick ☐

Emergency contact (When parent / carer cannot be contacted)

Name _____ Number _____

I agree that in case of an emergency, attempts will be made to contact me at the telephone numbers on this form. In the event that I cannot be contacted, I give consent for YMCA Plymouth to authorise urgent medical treatment by a qualified person as necessary on my behalf. I understand that it is my responsibility to inform YMCA Plymouth in writing of any change to this information.

Parent / Carer Name _____

Signature _____ Date _____

All Holiday Club staff are enhanced DBS checked, have had child protection training and hold relevant national body qualifications. A first aid officer is always on-site.



Saltram

Plympton, Plymouth, PL7 1UH

Cadbury Easter Egg Hunt

Dates: Saturday 24 March—Sunday 8 April, 10am-4pm

Price: £2 (normal admission charges apply), booking not required

Go on a Easter Egg hunt around Saltram's beautiful garden, spot the clues and solve the mystery.

Easter Holidays

Dates: Daily from Thursday 29 March—Sunday 15 April, 10am-5pm

Price: Free (normal admission charges apply), booking not required

Spring is in the air and the gardens are waking up, the days are drawing out and the Easter holidays are upon us which means it's time to get out and about.

Garden Tours

Date: Wednesday's 28 Mar, 4 & 11 April 2018, 2pm-2.45pm

Price: Free (normal admission charges apply), booking not required

Ever wondered how the gardeners keep the lawn so nice, or grow a particular flower? You can find out by joining of the friendly gardeners for a stroll around the garden, see what's looking good at the moment and hear a little about the gardens history. Its your chance to ask for some tips for your own garden too.

Trust 10

Dates: Last Sunday's of Month: Sunday 23 March, 22 April, 27 May 8.45am-10.30am

Price: Free, booking not required (dogs on leads welcome)

Note: Please arrive before 9am to register for event. Children between 14-16 must run with an adult.

A free monthly way-marked 10K run around the Saltram estate.

More Information: Admin Office 01752 333500

saltram@nationaltrust.org.uk



Buckland Abbey

Yelverton, PL20 6EY



Cadbury Easter Egg Hunt

Dates: Saturday 24 March—Sunday 8 April, 10am-4pm

Price: £2 per trail (members and non-members), booking not required

Hop along to Buckland this Easter and you can join in with an Easter egg hunt, create fantastic crafts and discover what Tudor life was like in the Abbey.

Easter Holiday Fun

Dates: Daily from Monday 2—Sunday 15 April 2018, 11am-4.30pm

Price: Free, booking not required (normal admission charges apply)

Join Buckland Abbey for some Easter holiday fun... follow the Cosmic Egg themed trail around the estate, explore the house or do some of our craft events running over the course of the week.

- Monday 2 & 9: Naturemake—Prices from £4
- Tuesday 3 & 10 April: Naturemake—Prices from £4
- Wednesday 4 & 11 April: Buckland Craft Day—Make your own Cosmic Egg. £2, cash only.
- Thursday 5 & 12 April: Family Felt Making—£3.
- Friday 6 & 13 April: Buckland Craft Day—£2
- Saturday 7 & 14 April: Family Mosaic Making—£4, cash only.
- Sunday 8 April: Easter Mummers play and Morris dancing
- Sunday 15 April: Rag Rugging workshop—£3

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk

Crownhill Fort Open Days

The Landmark Trust

The Fort grounds and museums will be open on the following dates:

- Friday 30 March 2018, 12pm-5pm
- Friday 27 April 2018—3pm-7pm
- Friday 25 May 2018, 12pm-5pm

Activities will include talks, event tours and live firing throughout the day. The Devon Remembers exhibition about Crownhill in the First World War will be available to view and also new Children's Trail.

Open Day Admission Prices:

£5.00 for adults, £2.50 for children and £12 for family ticket.

Payment by cash or cheque (payable to The Landmark Trust). We cannot process cards.

Limited free parking.

For more information contact the Fort Office on **01752 793754**.

Full programme of events available on [The Landmark Trust](http://TheLandmarkTrust.org.uk) website.

Antony

Torpoint, PL11 2QA



Cadbury Easter Egg Hunt

Dates: Friday 30 March— Thursday 5 April & Tues 10—Thur 12 April 2018, 12pm-4.30pm

Price: £2 per trail, booking not required (normal admission charges apply)

Follow the clues in our trail around the garden and claim your Cadbury prize. For children of all ages.

Glorious Garden Tour

Dates: Wednesday's 4 & 18 April, 2 & 16 May 2018, 2.30pm-4pm

Price: Free, booking not required (normal admission charges apply)

This year marks the bicentenary of Humphry Repton who designed the spectacular landscaped garden at Antony. This walk and talk with the garden team will give you an insight into the celebrated designer and provides a rare opportunity to view the Bath House.

Meet the Beekeeper

Dates: Sunday's 6 May, 24 June & 5 August 2018, Talks at 2pm, 2.45pm & 3.30pm

Price: Free, booking not required (normal admission charges apply)

Join a presentation by local beekeeper Tim Payne from City Bees and find out about the ancient art of beekeeping.

More Information: Admin Office 01752 812191

antony@nationaltrust.org.uk

Lydford Gorge

Lydford, EX20 4BH

Walks: The long and short circular walks to see the Whitelady waterfall and river Lyd are open. Please note that the Devil's Cauldron and Tucker's pool paths are currently closed due to fallen trees.

Cadbury Easter Egg Hunt

Dates: Friday 30 March—Sunday 15 April 2018, 10pm-4.30pm

Price: Child £3, booking not required (normal admission charges apply)

Discover more about the trees that grow in the gorge by following bunny's trail... a delicious treat will be waiting at the end!

Bug Home Making

Dates: Thursday 5 April 2018, 10.30-1.30pm

Price: £2, booking not required (normal admission charges apply)

Construct a home for all sorts of creepy crawlies and tick off one of the 50 things to do before you're 11 ¾.

Making Woodland Bunny Faces

Dates: Friday 13 April 2018, 11am-1pm & 1.30pm-3.30pm

Price: £3 per sculpture, booking advisable (normal admission charges apply)

Create your own bunny face sculpture for your garden or home using local wood and basic hand tools. All materials supplied with full instruction from the ranger team.

More Information: Admin Office 01822 820320

lydfordgorge@nationaltrust.org.uk

Cotehele House & Mill

St Dominick near Saltash, PL12 6TA



Cadbury Easter Egg Hunt at Cotehele

Dates: Daily from Saturday 24 March— Sunday 8 April 2018, 10am-4pm

Price: £2 per trail, (normal admission charges apply), booking not required,

Suitable age 3+

Bunny has made a puzzle for you around the garden. Pick up a map and follow the clues to point you in the right direction of the chocolate treat that's waiting for you at the end.

Pick up a New Book with World Book Day

Dates: Saturday 24 & Sunday 25 March 2018, 10am-5pm.

Price: Free event, booking not required, (normal admission charges apply)

We can't celebrate World Book Day without something new to read, so pop into the shop at Cotehele to see a selection of limited edition reads for you to spend your £1 book token on. Voucher entitles the purchaser to £1 off any book in stock at the shop on that day with a cover price of £2.99 or more or in exchange for a World Book Day £1 book. One voucher per transaction.

Milling Days at Cotehele Mill

Dates: Thursday's & Sunday's from Sunday's 25 March 2018 2017, 11am-4pm

Price: Free event, booking not required (normal admission charges apply)

The millers grind organic wholemeal flour. You can watch the grinding and bagging on Thursdays and Sundays (water dependent) and buy a bag to take home.

Costume Sunday's at Cotehele Mill

Dates: Sunday's 25 March, 1, 8 & 15 April 2018 2018, 11am-4pm

Price: Free event, booking not required (normal admission charges apply)

Come and meet the mill team dressed in Victorian costume. Milling is dependent on water levels in the Morden stream and baking demonstrations are subject to volunteer availability.

First World War Exhibition at Cotehele—Dulce Et Decorum Est

Dates: Daily until Sunday 28 October 2018, 11am-4pm

Price: Free event, booking not required (normal admission charges apply)

Cotehele's First World War exhibition features photos, trench art and personal items loaned from members of the local community.

More Information: Admin Office 01579 351346 press 0

cotehele@nationaltrust.org.uk.

For more events and places to visit see

[The National Trust](http://www.nationaltrust.org.uk) website.

www.nationaltrust.org.uk





swlakestrust

Burrator Discovery Centre Burrator Reservoir, Yelverton PL20 6PE

Family Wildlife Watch

**Sunday 25 March , 10.30am-
12.30pm**

Visit Burrator Discovery Centre and take part in a range of wildlife and heritage themed activities followed by hot chocolate and biscuits.



For more information or to book activities email
heritage@swlakestrust.org.uk
or call 01822 855700

Ballard Trust Schools Grant

The Ballard Trust Schools Grant will be advertised on **Wednesday 4, Thursday 5 and Friday 5 April 2018** in the **Plymouth Herald**.

Trustees of the Estate of Albert Casanova Ballard will then invite applications for grants from Parents / Guardians ONLY of BOYS aged 10-15 years, living in Plymouth and attending Plymouth schools (years 6-11).

Grants are to be used towards the provision and maintenance of school uniforms, clothes, equipment, books etc for such pupils.

Applicants will then need to apply for an application form and return by the date stated.



Consessionary 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.

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.

See: [Disabled Persons Railcard](#)



Plymouth and District Deaf Children's Society Youth Club



Who?

Deaf young people age 11 and up, we have approx. 10 or more sessions a year, 2-4 hours and usually later on a Saturday afternoon, sometimes in the holidays, with food included. (**A nominal fee may be requested to cover this cost)



The young people

Why?

For deaf young people to have time together in a safe social environment without other family members. This is something that it can be hard for deaf young people to achieve as their deaf friends do not always live close to them.

What and Where?

We Aim to have two styles of sessions:

- Activity Club sessions with a variety of activities such as pool, table tennis, kittles, art, craft and cooking. We have a snack tea which the young people prepare themselves and everyone helps clear up at the end of club. We are very close to securing a permanent venue.
- Special club sessions which include parties such as for Halloween and trips out, for example Bowling, Laser Quest, Camping, Trekking.

have made their own group rules. Group discussions take place to discuss collectively what the young people want from their club.

Several young people are interested in fund raising to support club activities and their ideas are being encouraged. Young people are also involved in making an application to the Lottery Reaching Communities Fund to give financial stability to the regular club sessions.

What the young people say:

"I like doing all the different things like last Halloween and making things. I like meeting my friends."

"I like to see my friends and do different things. I always have so much fun and the best day."

"I like all the different things and lots of friends."

"To be able to be with my deaf friends that I can relate to and have a break from the hearing world."

For more info email pdcsyouthclub@gmail.com
or visit the website at: www.plymouthdcs.org

4 Me & My Friends



4 Me & My Friends, is a group for young people who predominantly have ASD and ADHD although we also take other forms of disabilities and learning issues.

Access is through a referral process either through a professional body or through self-referral, to obtain a form please see contact details below.

Ages 11+

**Based in the Efford youth centre
Wednesdays 5pm-7.15**

Sue Willcocks

Senior Professional Youth Worker
Homes & Communities
Plymouth City Council
Estover Youth Centre
Plymouth
P6 8 UN
T 01752307643
M +447766367346
E susan.willcocks@plymouth.gov.uk

John Davies

Senior Youth Support Worker
Homes & Communities
Plymouth City Council
Efford Youth Centre
Plymouth
PL3 6hu
T 01752307695
E john.davies2@plymouth.gov.uk

No Limits Youth Club

No limits is a **FREE** youth club that is open to young people aged 11-25 who identify as having an additional need. We are based at the Southway Youth Centre on a Wednesday night, 6pm - 8pm.

The [No Limits Video](#) explains in more detail about the group and what we do.

See the video at: <https://vimeo.com/145047999>



Each Wednesday night session runs a variety of activities including arts and crafts, pool, basic cooking, x-box, wii, and a huge range of board games. As well as the activities we do cover a range of 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 including all of the activities and food that we provide.

Although a referral is not required it is always recommended that you speak to Kirsty Harris before accessing the session.

kirsty.harris@plymouth.gov.uk

07585 404012

South Youth Centre, Hendell Close, Plymouth, PL6 6TB

Join us on the journey.



Plymouth Ambassador Club

- Are you a wheelchair user aged between 8 and 25 years old?
- Do you want to meet new friends?
- Would you like to gain new skills?
- Would you like to become more confident?
- Would you like to become more independent?
- Do you want to have fun?

Whizz-Kidz meets on the first Sunday of each month from 11.30am – 5pm at the Plymouth Life Centre. Our youth club is completely free and jammed packed full of fun games and activities.

Call Sally on 07867 124901 or email at s.ellis@whizz-kidz.org.uk to find out more.



LOTTERY FUNDED



Whizz-kidz

move a life forward

Whizz-Kidz is the working name of the Movement for Non-Mobile Children.
Registered charity in England and Wales No. 303572. Charity registered in Scotland No. SC040807.



Autism Friendly



GAMES NIGHT

MAGIC
The Gathering®

**DUNGEONS
& DRAGONS**

Carcassonne

MUNCHKIN

MONOPOLY



RISK

**EXPLODING
KITTENS**

and more...

Bring along your favourite games

Second Friday of every month from 4pm til 7pm

Ages 10-16

Devonport Park Activity Centre

£5 with snacks and drinks included

Contact Rose on 07920 558543 for more details

Book here: www.bookwhen.com/routeways

Fully supervised and DBS monitored



Charity Registration Number 1080543 Company Registration Number 9420867



Parents Again Support Group (PASG)

The Parents Again Support Group is an independent support group for relatives who are guardians of a child / young person who is not their own. For example the relative could be an aunt, uncle or grandparent.

Come along to:

- Make new friends
- Discuss issues
- Get information and advice
- Find out more about today's education system

The group meets on the **first Wednesday of every month** from **11.30am-1.00pm** during **term-times only** at:

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

Next meetings: Wednesday's

- **2 May 2018**
- **6 June 2018**
- **4 July 2018**

For more information please call
Gordon Rawlins on **01752 369369**.



Completely Special

Supports parents / families of children with disabilities. They hold regular events that parents, carers, siblings and even grannies can enjoy with a disabled child.

They offer support and advice and also hold a variety of events, coffee evenings and meetings.

Contact: Tessa (Chair): 07727674730
or Denise (Secretary): 07850426729

completelyspecial@gmail.com



F.A.N.S. (Family Additional Needs Support) is an online informal support Facebook group for parents all over the world with children with additional needs and also for those in Devon and Cornwall.

F.A.N.S. Facebook:

www.facebook.com/groups/1477579382524955



Young Parent's Group

**To support young parents and
carers with their children**

Young Parent's Group

**Manor Street Children's Centre
Monday 1.30-2.30pm**

HOW

ACTION FOR CHILDREN

WORKS

Manor Street Children's Centre,
25 Manor St, Plymouth PL1 1TL



Plymouth Autism Parent/Carer Support Group

Is your child on the autism spectrum?

Come to our free monthly daytime or evening support group meetings or see our Facebook page and join our private group.

**Wednesday 28th March 2018, from 7.15pm to 9pm at
Pomphlett Methodist Hall, Pomphlett Road, Plymstock,
PL9 7RA (near Plymstock Morrisons)**

**Thursday 29th March 2018, from 10.15am – 12 noon, at
the Welcome Hall, Fore Street, Devonport, PL1 4DN**

**All parent/carers of children with autism (of any age) are
welcome. Please come and join us for a cuppa and a chat.**

(For our Facebook page search 'Plymouth Autism Parent Support').

Your autism clarity

Contact: Ellie Scott / Tara Vassallo - Email: paab@nas.org.uk

The support group also have a Facebook page and Facebook closed group:

Plymouth Autism Parent Support Group [Facebook Page](#)

Plymouth Autism Parent Support Group: [Facebook Closed Group](#)



PLYMOUTH AUTISM HUB FUTURE DATES

3 – 5 PM (SOME LATER SESSIONS IN RED*)

Tuesday Activities Sessions:

3 April

17 April: 3.45 - 5.45pm

1 May

15 May

29 May: 3.45 - 5.45pm

12 June

Tuesday Better Futures Hub Sessions:

6 Feb: 4 – 6pm

20 Feb: 3.45 - 5.45pm

6 March

20 March: 3.45 - 5.45pm

10 April

8 May

5 June

19 June: 3.45-5.45

Saturday Sessions:

27 Jan, 3 March, 31 March, 28 April, 26 May, 30 June

Venue: Moments Café Community Hub, 69a New George Street, Plymouth, PL1 1RJ

You can just come along or book in advance if you have special requirements – transport available – programme may change check on our website and facebook page

**Plymouth Autism Hub dates
Moments cafe and
community hub**

**Regular activities for
people 16+ with autism**

**Better Futures Hub
support**

FREE

**Refreshments and
transport available**

WORKING WELL WITH AUTISM

2 St Maurice Road, Plymouth PL7 1JS
01752 283953
07879457268

www.workingwellwithautism.org

email:

janet@workingwellwithautism.org

rob@workingwellwithautism.org





IN OTHER WORDS

Supporting Children and Young People's aged 8-18 years' mental health, In Other Words offers a supported self-governing group with fun activities and ongoing development opportunities to help build confidence, self-esteem and belief in a non-judgemental, confidential, safe and non-clinical environment.

1st & 3rd Friday of the month, 4-6PM.

CHILDREN'S MINDS FAMILIES MATTER

Children's Minds ~ Families Matter is a parent participation project led by Routeways, supported by Plymouth Parent Carer Voice.

We provide monthly fun family activities to give families the opportunity to share their experiences whilst learning together. We aim to empower families with children of all ages to ensure their and future families experience of CAMHS is the best it can be.

1st Saturday of the month, 3-5PM.

Both groups offer the opportunity to share your experience of the Child and Adolescent Mental Health Service in Plymouth and help shape the future of the Service in Plymouth in our four-weekly sessions.

Based at our fabulous Devonport Park Activity Centre, these groups can enjoy the extensive outdoor facilities including: pizza oven, fire pit, climbing wall, poly-tunnels, secret garden, play areas, pond, as well as indoor classrooms and kitchen area.



For more information
about these groups
please contact:

Rose Taylor
01752 500 496
07920 558 543
devonportpark@
routeways.org.uk

If you like the look of our
CAMHS groups, have a
look at our website for
other groups we run out of
our Devonport Park and
Backly Centre.

www.routeways.org.uk
[facebook.com/Devonport
ParkActivityCentre](https://facebook.com/DevonportParkActivityCentre)

DEVONPORT PARK ACTIVITY CENTRE

Fore Street, Devonport,
Plymouth PL1 4BT
01752 500496
Find us behind the cottage.

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 up to 11 to play together, to explore the local environment, to meet others and to learn some new skills.



Dangerous Dads have two groups in the Plymouth area:

- [Plymouth \[South West City\]](#)
- [Plymouth \[St. Budeaux & Barne Barton\]](#)

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

For further information and questions about The Dangerous Dads Network please contact Ian Blackwell on **07731 795160** or email:
dangerousdads@btinternet.com
<http://dangerousdads.org.uk/>

Plymouth Hospitals NHS Trust

Plymouth Hospitals NHS Trust are working towards improving identification and support offered to carers through a number of initiatives which will be introduced throughout 2017. We want you to feel welcome and where you (and the patient) want to continue to undertake your normal caring tasks during an inpatient stay. We recognise that a patient's stay can be less stressful if a carer is able to help provide support during times of treatment. Our wards have extended their opening times so that you can visit any time between 07:30am – 10:00pm, with the exception of a few areas including, children's areas, maternity and critical care.

In the first instance carers will be offered **free car parking** when the person you care for is admitted to hospital and you are contributing to their care during an inpatient stay. Please approach the ward staff and explain you are a carer and they will be able to provide you with the necessary pass to ensure you do not have to pay parking fees for those days you are contributing to the care in hospital.

We recognise that carers do not always feel listened to or able to contribute to discussions about treatment for the person you care for and may feel shut out and frustrated. Our improvement plan will aim to address some of these issues and ensure staff listen to carers.



FIRST AID LEARNING FOR YOUNG PEOPLE

TEACH THE SKILLS AND CONFIDENCE TO **STEP IN** DURING A CRISIS.



Do you work with young people aged 10-19 years, or know someone that does?

The British Red Cross are offering free First Aid workshops for established groups in Plymouth. These aim to enable young people to feel more confident, willing and able to help themselves and someone else in a first aid emergency.

There are 18 skills in total e.g. helping someone who is heavily bleeding or having an asthma attack. Workshops can generally cover 4-5 skills in 1.5 hours.

For more information and a booking form, please contact Claire McMahon, Youth Education Coordinator on 07753 853222 or email: cmchanon@redcross.org.uk



FIRST AID FOR 10 TO 19 YEAR OLDS

Teaching life-saving skills to build young people's confidence to help others

Refusing to ignore people in crisis

For Your Interest is produced 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

www.plymouthias.org.uk



www.facebook.com/plymouthias

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suzanne.davey@plymouth.gov.uk



Scan for website

