

Your Activities & Information
Booklet for the October Half Term
From Your FSA
Jenny Oliver

TAKE CARE & HAVE FUN.



Devonport Park Activity Centre



Family Hedge and Bulb Planting Days
 Friday 27th and 28th October
 10am - 2pm
DEVONPORT PARK ACTIVITY CENTRE
 Fore Street, Devonport, Plymouth PL1 4BT
 Find us behind the cottage.
 Contact Rose: Rose@routeways.org.uk
 01752 500496
 Come and explore the gardens and play areas at the Activity Centre, and help us plant edible hedging and Spring bulbs ready for next year.
 All welcome -- children must be accompanied by an adult.
 Free Admission
 Teas, coffees, squash available.
 Wellies and suitable clothing required!



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: 1000843 Registered Company No: 3420067



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: 1000843 Registered Company No: 3420067

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

For more information
 about Little Seeds
 please contact:

Rose Taylor
 01752 500 496
 07920 558 643
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 Centre.

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!



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: 1000843 Registered Company No: 3420067

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 558 643
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**
 Fore Street, Devonport,
 Plymouth PL1 4BT
 01752 500496
 Find us behind the cottage

Academies & Workshops



Anjali Dance Company Workshop

Thursday 26 October 2017, 11am—1pm

Age: 16+ year olds

Venue: Production & Learning Centre, TR2

A workshop for differently abled dance artists.

Workshop Content:

Anjali workshops offer the opportunity for participants to learn new, challenging skills in a safe environment and to explore their creativity within dance.

Who is the workshop for?

Young people and adults over the age of 16 with different abilities can take part in the workshop. Previous dance experience is required, but not essential. If you are passionate about dance, this workshop is for you! The workshop will be fun, inclusive and motivational. All abilities welcome.

To book please contact Clair Beckett on 01752 230332 or email clair.beckett@theatreroyal.com

Apple John

Tuesday 24—Saturday 28 October 2017

Showing daily at 11am & 3pm (except Tues, 3pm showing only)

Age: 5—11 year olds and their families

Venue: The Drum, approx. 1 hour (no interval)

Tickets: £10

The life story of a man called John. And an apple tree.

A woman sits on a train. As the gentle rocking awakens the baby inside her, she starts to eat an apple and finds that its seeds have already started to sprout. She throws the core out of the window. Whoosh. A jolt and the baby is on its way. John is born. And that night, out by the railway, an apple tree starts to grow.

Apple John tells the stories of John and the apple tree side by side. Both are full of the usual stuff that lives contain – blizzards, bicycles, rock'n'roll, train sets, love, blossom, hurricanes, babies and false teeth.

It's a tale about growing up, finding your roots and adding rings to the trunk.

See Anjali Dance Company in Plymouth

Wednesday 25 October 2017, 11am—1pm

Anjali are performing *Genius* in The House. *Genius* is a show consisting of an exceptional group of dancer who perform two dramatic explorations. It is an inspirational performance of extraordinary talent and creative power.

Anyone who books onto the workshop, can book to see *Genius* at the discount rate of £5 per ticket (reduction on full price £10/concessions £7) by calling the box office with the code **Genius2017**. Tickets can be book either by individuals or by a group leader on behalf of a group.

[See What's On](#)

To book call the Box Office on
01752 267222



Bursting with original live music, playfulness and puppetry, Apple John delights in every moment without the need to utter a single word.

[Book Online](#)

Family Fun Day

Monday 23 October 2017

Come along to our FREE open day this October half term and explore the exciting world of theatre:

There will be dance and drama workshops, activities with Birmingham Royal Ballet, Face painting, treasure hunt, wardrobe challenge, live performances and lots more!

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 Event: Plymouth Banner Craft

Saturday 21 October 2017

10.15am-12.15pm & 1.45pm-3.45pm

**The Council House (left of Civic Centre),
Armada Way, Plymouth PL1 2AA**

Price: £3. Booking essential via [Eventbrite](#).

Professional artist Karen Evans will be on hand to help you create a beautiful banner using mixed media to make a statement about Plymouth and what you think is great about it.

The Big Draw 2017: Moving Flowers

Wednesday 25 October 2017

10.30am-12.30pm & 2pm-4pm

**Mayflower Museum, entrance via The Tourist
Information Centre, 3-5 the Barbican, Plymouth
PL1 2LR**

Price: Free. Booking essential via [Eventbrite](#).

Use plasticine to make your own commemorative flower and discover how to turn it into a moving image. Be inspired by the CWGC Plymouth Naval Memorial.

Remember to bring your phone or digital camera to capture your creation. Suitable for all the family!

The Big Draw 2017: We The People Flick Book Animation

Thursday 26 October 2017

10.30am-12.30pm & 2pm-4pm

**Peninsula Arts Gallery, Roland Levinsky Building,
Plymouth University, Drake Circus, Plymouth
PL4 8AA (Please use the main entrance
on North Hill)**

**Price: £2.50 per child, Suitable 7+ to teens.
(under 11s must be accompanied by an adult).
Booking essential via [Eventbrite](#).**

Take inspiration from the '[We The People Are The Work](#)' exhibition and get expert advice from professional artist Jo Larsen Burnett while make your own flick book.

Wild About Plymouth: Talk to the Animals

Saturday 4 November 2017, 11am-2.30pm

Dartmoor Zoo, Sparkwell,

near Plymouth PL7 5DG

**Price: £6.50 per person (under 3s go free.
Advanced booking essential via [Eventbrite](#).**

Enjoy a guided tour around Dartmoor Zoo and meet the residents from the enormous Siberian Tiger to the lovable African Lions.

The zoo's fantastic education team will also lead a special session where you can handle some real live animals.

Bring a picnic if you wish. The zoo café will also be open.

On the day meet us in the car park so we can walk up to the zoo together.

Home Educators: Plymouth – From Destruction to Construction

Thursday 16 November 2017, 10.30am-12 noon

**The Council House (left of Civic Centre),
Armada Way, Plymouth PL1 2AA**

**Price: Free. Booking essential via
charlotte.gunn@plymouth.gov.uk**

Are you educating your child or children at home?

Come along and have a guided tour of our '[Plymouth: From Deconstruction to Construction](#)' exhibition.

Dress up in costume, handle objects from our WW2 collection, view the Plymouth Bomb Book and get a glimpse of life in the Blitz.

Family Event: Light Up Your Night

Saturday 18 November 2017

10.30am-12.30pm & 2pm-4pm

**Mayflower Museum, entrance via The Tourist
Information Centre, 3-5 the Barbican, Plymouth
PL1 2LR**

**Price: £2.50 per child. Booking essential via
[Eventbrite](#).**

Create a delightful lantern to celebrate thanksgiving. Take tips from our professional artist.

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**: 4pm-5.30pm at Plymouth Central Library
- **Friday's**: 3.30pm-5pm at St. Budeaux Library
- **Saturday's**: 9.30am-10.30am at Plymstock 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.

Holiday Activities

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

[Find out more](#)



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: 1100873



Beowulf & Other Stories

The Soapbox Children's Theatre

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

Rattlebox Theatre retell the classic story of
Beowulf—with monsters, warriors and
weapons through imaginative story telling and
clever puppetry.

Price: £7.50 (Suitable age 6+)
To book and find other productions
visit: <http://www.stiltskin.org.uk/>



Join an evening of entertainment
on Plymouth Hoe where you can
see the bonfire and annual
fireworks display set off from the
Citadel. There will also be
fairground rides, catering stands
and other fun entertainment.

Doodle Days

Saturday 21 October—Sunday 29 October 2017

This October half term the National Marine Aquarium are recognising the powerful impact the Arts have on a person's wellbeing.

The National Marine Aquarium is the perfect setting to relax, unwind and have a go at being an artist. During October half term we are challenging you to capture the amazing ocean world through art and photography.

So come and explore the oceans changing colours, shapes and patterns whilst unwinding in front of our exhibits. Get creative and draw, sketch and doodle your way to a good mood!

[Find out more](#)



Family Fright Night

Saturday 28 October, 5.30pm

Join us for a night of spooky fun including:

- A frightening Fright night show title "The Frankenfish!"
- Trick or treat games around the Aquarium
- Spooky cupcake decorating
- Free face painting
- A slimey slime zone
- A fright zone down in the deep wreck
- And more!

Child (age 3+): £12.00

Adult (age 16+): £5.00

[Buy Tickets](#)

Sleeping with Sharks

Friday 27 October, 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

Nature Plymouth



Devon
Wildlife Trust

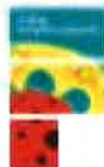
Autumn 2017

SEP

- Volunteer at Central Park
- Budshead Wood
- Efford Nature Reserve
- Ernesettle Creek
- Kings Tamerton Woods
- Teat's Hill

DEC

Free family events and
wildlife volunteering
for all ages



Central Park

No need to book.

All children must be accompanied by adults.

Can't find us or want more info?

Call us on 07833 792859

www.plymouth.gov.uk/centralparkmasterplan2017

For all events meet at the Clock Tower

Tuesday 5 September 10-3pm

**Creating a more welcoming entrance to the park
by Ford Park Road**

Thursday 7 September 1.30-3.30pm

**Weeding and watering in the Family Tree Field
with Plymouth Tree Partnership**

Thursday 14 September 10-3pm

Tidy up the grounds near Pounds House

Tuesday 3 October 10-3pm

Planting at the rockery by Ford Park Road entrance

Tuesdays 10 and 17 October 10-3pm

Hedge renovation boundary work by the golf course

Thursday 26 October 11-2pm HALF TERM FAMILY EVENT!

Bulb planting and nature fun for all ages

Tuesdays 7 and 14 November 10-3pm

**Clearing up the wallow - removing saplings
and creating habitat piles**

Saturday 25 November 10-1pm FAMILY EVENT!

A celebration of trees with planting at the Family Tree Field

Tuesday 5 December 10-3pm

Winter Tidy-Up

Budshead Wood

For all events meet next to Ennesettle 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

September Tue 26th, Thu 28th 10:30 - 3:30pm

October no dates due to half-term

November Tue 28th and Thu 30th 10:30 - 3:30pm

December Tue 12th and Thu 14th 10:30 - 3:30pm

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

BOOKING ESSENTIAL!

Call Tim on **07826874891** or
Tim.Russell@plymouth.gov.uk

Send us your pictures
from your local green
space to win prizes and
have your photo appear
here in January!



Well done to Ray for
winning last quarters
competition with his shot
of practical conservation in
action, your prize is in the
post.



www.facebook.com/ActiveNeighbourhoodsProject

Efford Nature Reserve

For all events meet next to the bus stop at the top of Deer Park Drive before the junction with 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

September Tue 5th, Thu 7th, & Sat 30th 10:30 - 3:30pm

October Tue 3rd and Thu 5th 10:30 - 3:30pm

November Tue 7th and Thu 9th 10:30 - 3:30pm

December Tue 5th and Thu 7th 10:30 - 3:30pm

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

BOOKING ESSENTIAL!

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

Free family October half-term event

Wednesday 25th October 11-2pm

Help us to make Efford Marsh a better place to take your family, followed by nature based games and crafts with Active Neighbourhoods.

Send us your pictures from your local green space to win prizes and have your photo appear here in January!



Well done to Ray for winning last quarters competition with his shot of practical conservation in action, your prize is in the post.



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

September Tue 12th, Thu 14th 10:30 - 3:30pm

October Tue 10th and Thu 12th 10:30 - 3:30pm

November Tue 14th and Thu 16th 10:30 - 3:30pm

December no dates due to Xmas break

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

BOOKING ESSENTIAL!

Tim.Russell@plymouth.gov.uk

Tim on 07826874891



Send us your pictures from
your local green space to
win prizes and have your
photo appear here in
January!

Well done to flay for winning
last quarters competition
with his shot of practical
conservation in action, your
prize is in the post.



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

September Tue 19th, Thu 21st 10:30 - 3:30pm

October Tue 17th and Thu 19th 10:30 - 3:30pm

November Tue 21st and Thu 23rd 10:30 - 3:30pm

December no dates due to Xmas break

Adults and accompanied children welcome

Training, equipment and tea/biscuits provided!

BOOKING ESSENTIAL!

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

Free family October half-term events

Tuesday 24th October 11-2pm

Help us to make Kings Tamerton a better place to take your family, followed by nature based games and crafts with Active Neighbourhoods.

Send us your pictures from your local green space to win prizes and have your photo appear here in January!



Well done to Ray for winning last quarter's competition with his shot of practical conservation in action, your prize is in the post.



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 Teat's Hill and learn new skills
with Devon Wildlife Trust's Urban Ranger

September no dates

October Sat 14th 11-2pm, and Tue 31st 10:30 -
3:30pm

November Thu 2nd 10:30 - 3:30pm

December no dates

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

BOOKING ESSENTIAL!

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

Free family October half-term event

Thursday 26th October 11-2pm

Help us to make Teat's Hill a better place to take your family,
followed by nature based games and crafts with Active
Neighbourhoods.

The day will also be an opportunity to have your say on Teat's Hill
play area improvements.

Send us your pictures
from your local green
space to win prizes and
have your photo appear
here in January!



Well done to Ray for winning
last quarters competition
with his shot of practical
conservation in action, your
prize is in the post.



www.facebook.com/ActiveNeighbourhoodsProject



From 13 October 2017



What's On in Plymouth



From 10 November 2017

MINI MORNINGS
SHARE THE MAGIC OF THE BIG SCREEN
EXPERIENCE WITH ALL THE FAMILY.

MINI MORNINGS
PRESENTED BY
DisneyLife

Tickets from only **£2.49**

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.

Availability of the **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



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.

October at Vue

See **Despicable Me 3** in Plymouth on Sunday 29 October 2017 from 10.15am.



[Book Online](#)



Argyle Football Roadshows

October Half Term 2017



Boys and Girls aged 5-15 years • Courses run from 10am - 3pm • Registration will not open until 9.30am at the earliest
 Membership reward cards will continue • www.argylecommunitytrust.co.uk

Argyle are running the following Football Courses during October half-term holidays. See flyer for full list of [October Half Term 2017 Roadshows](#)

Apart from Tiny Tots, all courses are open to boys and girls of all abilities aged 5-15 years and run from 10am—3pm.

Early bird booking discount: Book any course on line before Friday 20th October to

Venues	Date	Cost	Theme	No.
Plymouth Argyle FC, Home Park (2 Day)	Mon 23 & Tue 24 Oct	£30	2 Day Roadshow	1
Plymouth Argyle FC, Home Park—Activity Day	Wed 25 Oct	£10	Activities Day	7
Plymouth Argyle FC, Home Park—Tiny Tots	Wed 25 Oct	£6	Tiny Tots (aged 3-6)	8
Saltash.Net Community College, Saltash	Wed 25 Oct	£16	Train like a Pro	9
Plymouth Argyle FC, Home Park —PAN Disability	Thur 26 Oct	£16	Soccer Roadshow	12
Plymouth Argyle FC, Home Park	Thur 26 Oct	£16	Girls Only	13
Ivybridge Community College	Thur 26 Oct	£16	Soccer Roadshow	14
Brickfields	Thur 26 Oct	£10	Multi-Sports	15
Plymouth Argyle FC, Home Park	Fri 27 Oct	£18	Freaky Football Friday	19

Receive additional £1 discount *Online bookings only.

Sibling Discount *Half price for second child (phone bookings only)

Online Discount *£2 off all online bookings (courses over £10)

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



Street Games Doorstep Sport Clubs

Street Games is a national sports charity that support a network of projects and initiatives to give sporting and volunteering opportunities to young people (14 to 25 year olds) across the UK.



Booking is not required - you can just turn up. However, we would advise you to turn up five minutes early to your first session to introduce yourself to the session leader.

Doorstep Sport Club**	Day	Time	Venue	Session type	Cost	Suitable for
City Centre	Wednesday	4pm—5pm	School of Creative Arts, 22 Millbay Road, PL1 3EG	Street Dance	Free	12 to 16 year olds
Devonport	Friday	6.30pm-8pm	Seymour House, Seymour Road, PL3 5AR	Multi-sport	£1	11 to 16 year olds
Devonport	Saturday	11.30am—12.30pm	Doghouse Boxing Gym, 28 Stonehouse Street, PL1 3PE	Boxing	Free	11 to 19 year olds
Efford	Thursday	6.30pm—7.30pm	Efford Youth Centre, Blandford Road, PL3 6HU	Boxing Football Table Tennis	Free	11 to 17 year olds
Estover	Wednesday	7pm—8pm	Estover Youth Centre, 120 Miller Way, PL6 8UN	Boxing & Outdoor Multi-sport	Free	11 to 17 year olds
Lipson	Monday	5.30pm—6.30pm	Lipson Co-operative Academy, Bernice Terrace, PL4 7PG	Football	Free	14 to 25 year olds
North Prospect	Friday	4pm—5pm	The Beacon Hub, North Prospect Road, PL2 POA	Multi-sport	Free	11 to 17 year olds
North Prospect	Friday	7pm—8pm	Plymouth Life Centre, 40 Mayflower Drive, PL2 3DG	Multi-sport	£3.35	11 to 17 year olds
St Budeaux	Tuesday	4.45pm—5.45pm	Marine Academy Plymouth, Trevithick Road, PL5 2AF	Cheerleading	£1	12 to 16 year olds
Tothill	Thursday	6pm—7pm	Tothill MUGA	Football	Free	11 to 17 year olds
Whitleigh	Every 3rd Friday of the month	7.30pm—9pm	Salvation Army, 56 Lancaster Gardens, PL5 4AA	Multi-sport	£1	11 tp 17 year olds

Fit & Fed Holiday Programme

Hamoaze House, Devonport, PL1 4JQ from 10am—2pm, £2.50 per day

Primary School: 8-10 years—Mon 23, Tue 24 & Wed 25 October 2017

Secondary School: 11-14 years—Thurs 26 & Fri 27 October 2017

This holiday style helps families find affordable holiday provision that will allow children to socialise, be active and well fed. The Fit and Fed programme will provide young people with a hot meal at lunchtime.

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



Disability Sport

Sport	Day	Time	Venue	Cost	Event details
Active Argyle—Devon Opportunities Club	Thursday	4.45pm—6pm	Plymouth Argyle Football Club	£2, first session free	Open multi-sports session for those with disability / learning disability (age 11+).
AUTiswim	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	Paralympic sport delivered by Boccia Plymouth in partner-
	Wednesday	10.30am—11.30am			
Multi-Sport Devon Opportunity Club	Friday	10am—11.30am	Plymouth Life Centre	Free	A multi-sports session aimed at young people with a disability or learning difficulty aged 11 years and over
Wheelchair Rugby	Monday	6pm—7pm	Plymouth Life Centre	Free	Wheelchair rugby sessions led by Westcountry Hawks.

Other Sporting Activities

Sport	Day	Time	Venue	Cost	Event details
Badminton	Friday	6.30pm—7.30pm	Marine Academy Plymouth	£1	Suitable for everyone aged 16+ years. Booking preferred.
Handball	Thursday	6pm—7pm	Plymouth Life Centre	First session free	Everyone age 16 and over. Booking not required.
Just Play Football	Thursday	7pm—8pm	Plymouth Life Centre	Free	Everyone aged 16 and over. Booking required.
Netball Now	Tuesday	7pm—8pm	Brickfields Sports Centre	£2	All women aged 16 and over
Tennis for Free	Saturday	1pm—3pm	Devonport Park	Free	Everyone aged 5 and over
Table Tennis	Friday	6.30pm—7.30pm	Marine Academy Plymouth	£1	Table tennis sessions suitable for everyone aged 16+ years
Trophyman Football	Saturday	9.30am—10.30am	Brickfields Sports Centre	Free	Football sessions led by Plymouth Trophyman FC.
Underwater Hockey	Saturday	5pm—7pm	Plymouth Life Centre	Contact for cost	Aged 6-15 years, able to swim at least 50m and be confident under the water. Contact Plymouth Octopush Club at john@puhc.co.uk
Water Polo	Sunday	3pm—5pm	Plymouth Life Centre	Contact for cost	Aged 12 years and over. Contact Devonport Royal Swimming Association for cost at gensecdrsa@gmail.com

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



Children's Activities

Throughout the school holidays the Mount Batten Centre provide a fun-filled dynamic range of both wet and dry adventure days.

All Adventure Days include a packed lunch and cost £34.95 per person, or buy 2 for £64.95 when booking 2 people onto the same adventure day.

The Mount Batten Centre also run Certified courses in Dinghy Sailing, Powerboating and Paddlesports throughout the school holidays.

For further details see: [School Holiday Youth Activities Programme 2017](#)

	Oct
Kayak & Canoe	23
Climb & Abseil	24
Hawk 20 Sailing	25
Dinghy Sailing	26
Windsurf	
Coasteering & Climb (11+)	
Stand Up Paddleboarding (11+)	
Multi—Activity WEEK (5 days starting on...)	23

Adventure Days and Certified Courses start at 9am and finish at 4.30pm except for Sand up Paddleboard Adventure Day 9am-3pm. Minimum age 8 years for all courses, except Stand up Paddleboard and Coasteering & Climbing Adventure Days 11+ years only.

To book please contact the Mount Batten Centre.

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

T: 01752 404567 E: enquiries@mount-batten-centre.com www.mount-batten-centre.com
www.facebook.com/MountBattenWatersports

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

Other Inclusive Activity Sessions

Activity	Day	Time
Indoor Climbing	Tuesday	4.45pm—5.45pm
Special Olympics	Wednesday	6pm—8pm
Fun Bounce	Thursday	4.30pm—5.30pm
Trampolining	Thursday	5.30pm—6.30pm

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

Free workshops in dance and drama in partnership with the Theatre Royal Plymouth and All-Saints Academy.

Sessions available for age 10-14 year olds.



Dance

Where: All Saints Academy Plymouth
When: Tuesday, 5pm-6.30pm
Ages: 10-14
Cost: Free

Drama

Where: All Saints Academy Plymouth
When: Tuesday, 5pm-6.30pm
Ages: 10-14
Cost: Free

South West Dance School

Contemporary / Slow Dance

Monday 5pm, ages 10+

Freestyle Disco

Monday 6pm, All ages

Dinky Divas

Wednesday 3pm, ages 3-7

Disco Competition Training

Thursday 4.45pm, Various ages

For bookings please contact Sam: 07792 102040



**FREE
BIKEABILITY COURSES FOR
CHILDREN AT VICTORIA
PARK**

**OCTOBER HALF TERM
COURSES AVAILABLE NOW**

If you're thinking about getting on your bike, why not complete your Bikeability? It's fun and gives you the skills and confidence to cycle in modern road conditions.

Level 1 (Year 3/4) - Monday 23rd October

Course 1 - 10am to 12pm

Course 2 - 1pm to 3pm

For children who are able to ride a bike without stabilisers. At Level 1, new riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Children will usually be trained in a group of up to 12 per instructor.

Level 3 - (Year 7+) – Tuesday 24th October

9am to 3pm

Level 3 equips trainees with skills for more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. Trainees must have completed Level 2 in order to attend this course.

**Booking is essential! Please go to:
www.cyclepssp.co.uk to reserve your space and get
more information**



Sports Development Unit, Plymouth City Council



www.cyclepssp.co.uk



A Christmas Carol at The Plymouth Athenaeum

14 December 2017 - 7 January 2018

The inimitable Le Navet Bete (The Wizard of Oz, The Jungle Book, Robin Hood, Dracula) are back for their seventh Christmas in Plymouth (but this year at [The Plymouth Athenaeum](#)) with a joyful, comic retelling of Charles Dickens' classic tale. Co-produced with Barbican Theatre this festive physical comedy treat is perfect for the whole family.

Tickets

- £14 (under 16s, over 60s, students, registered disabled)
- £16 (full)
- £50 (2 full + 2 under 16s)

Group saver: buy 10 tickets get the 11th FREE (additional booking fees apply).

[Book Here](#)

call **01752 267131** or pop in to the Box Office at Barbican Theatre on Castle Street, Plymouth.



HALF TERM STAY & PLAY

AT THE LIFE CENTRE ON 24TH & 27TH OCTOBER 2017

Cost £5 per child & £1 per adult.

24TH Oct, Sessions - 10-11.30, 12-1.30 and 2-3.30pm

27TH Oct, Sessions - 10-11.30, 11.45-1.15 and 1.30-3pm

Tickets available at reception

For more info on the event, please contact us through facebook, email or by phoning 07973 682114



Plymouth Life Centre

Facebook: <https://www.facebook.com/eaPlymouth/>

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 23 October—Friday 27 October 2017

Book now at:

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



Saltram

Plympton, Plymouth, PL7 1UH

Hallowe'en Half Term Fun

Dates: Saturday 21—Sunday 29 October 2017, 1pm–4pm

Price: Free (normal admission applies), booking essential

Lots of spooktacular Hallowe'en happenings are going on for all the family to enjoy this October half-term.

- Monday—Meet in the den building area for some forest school fun and make a broomstick!
- Tuesday—Kids spooky house tour. Meet Thomas the House Steward who will take you on a short tour of the house and share spooky tales, gruesome facts and other scary things. Meet in the entrance hall at 1pm, 2pm and 3pm.
- Wednesday—Saloon inspired crafts in the house 12pm—3.30pm.
- Thursday—Bring in your pumpkins to carve some spooky faces!
- Friday—Join Mister Storyfella for some scarey stories in the Orangery.
- Saturday—Kids spooky house tour. Meet in the entrance hall at 1pm, 2pm and 3pm.

Pesky Pumpkin Trail & Moving House Trail

Dates: Saturday 21—Sunday 29 October 2017

Price: Free (normal admission applies), booking essential

All week you will be able to go on a 'Pesky Pumpkin Trail' in the garden or the 'Moving House Trail' in the house. Just pick up a trail sheet on arrival.

Awesome Autumn Trail & Top Trumps Trail

Dates: Saturday 21—Sunday 29 October 2017

Price: £2 per trail (normal admission applies), booking essential

Pick up an Awesome Autumn or Top Trunks trail sheet for the park for £2 and earn a very special wooden medal.

Trust 10k Run

Dates: Sunday's—22 October, 26 November & 17 December 2017, 9.00am–10.30am

Price: Free (members and non-members), 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



Medieval Beast Hunt

Dates: Daily until 29 October 2017, 10am-4.30pm

Price: £1 per trail, (normal admission charges apply)

March past a moldwarpe, catch a coney and hunt for a herinacius. Come along to Buckland Abbey and track down the medieval beasts on two estate walks. Yellow (shorter) walk is step-free. Blue (longer) walk contains steps.

House Tours

Dates: Wednesday's 18 & 25 October 2017, 11am-1.00pm

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

Join one of our knowledgeable volunteers for an in-depth tour of the Abbey. Places limited - places on a first come, first served basis. Meet in Visitor Welcome.

Medieval Halloween

Dates: Monday 23 October—Friday 27 October 2017, Drop in between 11am-3pm

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

Discover the Medieval origins of Halloween, when restless spirits were kept at bay with disguises and offerings. You can make a mask and discover ancient superstitions with a trail around the house too.

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk

Crownhill Fort Open Days

Museums at Night

Crownhill Fort will be participating in Museums at Night and will be lit by many historic lanterns and lamps on:

- **Friday 27 October 2017—3pm-8pm**

1500—Grounds open
1545—Firing of a 2 inch field gun
1630—Tour of ramparts & historic artillery talk
1730—Tour of a Caponier and Chemin de Ronde
1800—Ramparts closed to visitors
1900—32 pounder cannon firing
(even more spectacular at night!)

Beauty in Decay at Crownhill Fort

Friday 24 November 2017—Midday-4pm

Join us for a special public open day that looks at unrestored parts of the Fort.

The Landmark Trust

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**.

For more details see
[The Landmark Trust](http://TheLandmarkTrust.org.uk) website.

Lydford Gorge

Lydford, EX20 4BH



Hallowe'en Trail

Dates: Saturday 21 October—Sunday 29 October 2017, 10am-3.30pm

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

Follow the spooky trail to see what scary myths and ghastly legends you can uncover surrounding the gorge and Dartmoor to gain your prize.

Torchlit Walk—From Waterfall Car Park, EX20 4BL

Dates: Friday 27 October 2017, 5.30pm-6.30pm

Price: £10 (£8 for members) per ticket with torch, £2 for accompanying adults and children over 5 years. Booking essential.

Light your way to Whitelady waterfall with a flaming torch, enjoy music from the choir as the night descends then head back to warm up with a hot chocolate and toast marshmallows over the fire.

Spooky Day

Dates: Sunday 29 October 2017, 11am-3pm

Price: Child £5, booking not needed (normal admission charges apply)

Get yourself into the spirit of Hallowe'en. Make your very own broomstick, fashion yourself a spider familiar and take home a magic wand. Join in the potions class to brew some strange concoctions!

More Information: Admin Office 01822 820320

lydfordgorge@nationaltrust.org.uk

Antony

Torpoint, PL11 2QA

Twilight Ramble

Dates: Monday 23 October 2017, 6pm-8.30pm

Price: Adult £8, Child £6 (Payment by cash or cheque on the night)

See Antony's landscape in a different light as we search for creatures of the night. Includes hot chocolate and cake. Bring a torch, sensible footwear and warm clothing.

The main visitor car park will be closed at this time so please park in the disabled car park - no special pass needed. Make your way towards the second hand bookshop where the group will meet.

Hallowe'en Trails & Crafts

Dates: Tuesday 24 October—Thursday 26 October 2017, 12pm-3pm

Price: Child £1.50 trail only / £1.50 crafts only or £3 (both), booking not required (normal admission charges apply)

Have fun with us on a Hallowe'en trail in the garden plus creepy crafts.

More Information: Admin Office 01752 812191

antony@nationaltrust.org.uk

Cotehele House & Mill

St Dominick near Saltash, PL12 6TA



Freak Week at Cotehele Mill

Dates: Saturday 21 October 2017—Sunday 29 October 2017, 11am–4pm

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

Are you brave enough for all the spooky things going on at the mill this Hallowe'en?

Milling Days at Cotehele Mill

Dates: Thursday's & Sunday's, 11am–4pm

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

Watch the millers grind organic wholemeal flour every Thursday and Sunday (water dependent).

Hallowe'en Half Term Fun on Cotehele Quay

Dates: Monday 23—Friday 27 October 2017, 11am–3pm (drop-in)

Price: Various as below, booking not required (normal admission charges apply)

Have some spooky creative fun on Cotehele Quay. Suitable age 4+. Children should bring an adult to help them with their projects and keep them safe with the sharp tools.

- **Monday & Thursday:** Pumpkins—£3
- **Tuesdays:** Broomsticks—£3
- **Wednesday's:** Monster making—£1
- **Friday:** Mask making—£1

Fright Night in Cotehele House

Dates: Saturday 28 October 2017, 5.30pm–7.30pm (drop-in)

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

Experience the spooky side of Cotehele House wandering around by torchlight. Event is suitable for children and families. It is essential that everyone in the group brings a torch please. Timed tickets will be issued on arrival. The Barn Restaurant and shop will be open.

First World War Exhibition at Cotehele - Home and Away

Dates: Until Sunday 31 December 2017, 11am–4pm

Price: Free event (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



National
Trust



swlakestrust

**Burrator Discover Centre
Burrator Reservoir, Yelverton
PL20 6PE**

Family Activity Drop In Day

Wednesday 25 October, 10am-3pm

Cost: £2 per child & £1 per adult.

Drop into the Discovery Centre and take part in a variety of activities including outdoor cooking, woodwork, environmental art and nature trails.

Free Letterboxing Exhibition

Sunday 29 October, 10am-4pm

Cost: £2 per child & £1 per adult.

Come along to the Discovery Centre at Burrator Reservoir to see some real collectors items and meet other fellow letterboxers.

Family Wildlife Session

Sunday 29 October, 10.30am-12.30pm

Cost: £2 per child & £1 per adult

Come and try our letterboxing challenge at Burrator Reservoir. The session will include a short walk and activities on route, followed by hot chocolate and biscuits. Meet in the Discovery Centre.

Halloween Spooktacular

Tuesday 31 October, 6pm-8pm

Cost: £2 per person (Booking required)

Come and join us for our annual Halloween Spooktacular evening. There will be a number of traditional Halloween activities, plus a night walk, pumpkin carving and spooky stories.

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



The Friends of Mount Edgcumbe Country Park, King, Quainton & 2025



Children's Halloween Hunt

Mount Edgcumbe

Sunday 29th October

Put on your most spooktacular costume and come and join in the fun

Register to take part 12noon - 2.30pm at the Orangery

There will be a fancy dress competition for all ages - young and old. This will be held at 2pm by the Orangery with prizes for the scariest costumes



£2.50 per child - treat at the end for all registered

The event goes ahead whatever the weather!

For more information follow us on www.mountedgcumbe.gov.uk, Facebook or email events@friends-of-mount-edgcumbe.org.uk



TRULY SCRUMPTIOUS CAKERY!

BY KAREN & GEMMA XX


During October half term, Truly Scrumptious Cakery will be running some Spookytastic baking workshops!

All ingredients supplied.
£15 each, sibling discount available

For more information and to book call **07967 327702** or see www.truly-scrummy.co.uk

JOIN OUR FRIGHTFULLY FUN


HALLOWEEN CRUISE



Haunting tales, Ghoulish Games & Trick or Treat Treasure Chest
All fancy dress welcome
Prizes for the spookiest costumes
Ticket price includes a free soft drink

SATURDAY 28TH OCTOBER 5.30 - 7PM

Adults - £10.00	Family (2 adults & up to 3 children) - £28.00
Children (aged 5-15) - £6.00	Infants (aged under 4) - FREE

 **PLYMOUTH BOAT TRIPS**
CRUISES • HOLIDAY HOMES

To book tickets please visit www.plymouthboattrips.co.uk or call 01752 253 153

2-5 Commercial Wharf, Barbican, Plymouth, PL1 2NX

Marine Academy Plymouth Community Sports

October Half Term Holiday Club

Focus on Football

Tues 24th & Thurs 26th

Multi-Sports

Weds 25th

Inflatable Fun Day

Fri 27th



Focus on Football & Multi-Sports

Ages 4-11

10am-4pm

(Doors Open at 9am)

£30 of 5 days or £12 a day

2 great schemes rolled into 1!

Mr Bounce's Inflatable Fun Day

9.30am-12 12.30-3pm

£6 a session or £10 for both

Ages 4-11



**Spaces are limited,
Book your place today!!**

Tel: 01782 213951

@: Darren.stewart@marineacademy.org.uk



Halloween Spooky Story Stomp

The Soapbox Children's Theatre,
Devonport Park, Plymouth

**Mon 30th & Tue 31st October 2017
10:30am to 12noon**

Come and make some
Halloween hangings to decorate your
room and then listen to a story with
Willow the friendly witch.

A special spooky story stomp for
children under 5, come dressed up
and join in the fun at The Soapbox
Children's Theatre.

Book tickets at: [The Box Office](#)

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

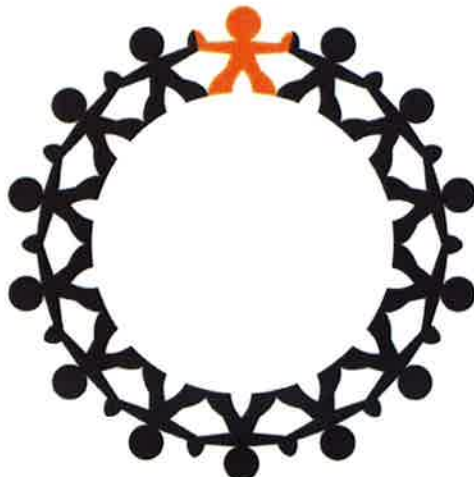
The group meets on the **first Wednesday of every month from 11.30am-1.00pm** during **term-times only** at:

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

Next meetings: Wednesday's

- 1 November 2017
- 6 December 2017

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



DISABILITY IS NOT CONTAGIOUS
- IGNORANCE IS

- Are you like me, a parent/carer of a child with additional needs, diagnosed or going through the process?
- Do you want to meet with other parents and carers for a chat, a coffee, advice and most importantly, support.
- If so then please feel free to come along to our coffee mornings every Monday and Thursday 10am to 12 noon
- Cost is a donation towards the group.

Family Additional Needs Support, Frederick Street Centre
Stonehouse Plymouth PL1 5JW Tel: 07599 996389



<https://www.facebook.com/groups/1477579382524955>

F.A.N.S. Facebook:

www.facebook.com/groups/1477579382524955



Plymouth Autism Parent/Carer Support Group monthly meetings

Is your child on the autism spectrum?

Come to our new free support group

- daytime or evening

Thursdays October 19 & November 23rd, 10.15am - noon

The Welcome Hall, Fore Street, Devonport PL1 4DN.

Or evening meetings

Wednesdays October 18 & November 22nd 7.15pm to 8.45pm

**at Pomphlett Methodist Church Hall, Pomphlett Road PL9 7RA
near Plymstock Morrisons.**

Contact: Ellie Scott Email: paab@nas.org.uk

Supported by the National Autistic Society, Plymouth Branch.

Your Autistic Society

Website: www.naspaab.org.uk

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



Young Parents Group



A group for
Young parents under 25
and their children

Monday
1.30pm – 2.30pm

Action for Children is committed to helping the most vulnerable children and young people in the UK break through justice, deprivation and inequality, so they can achieve their full potential

For further information please contact Reception on: **01752 253364** or email **manorstcc@actionforchildren.org.uk**

actionforchildren.org.uk

Registered charity nos. 1097940/SC038092 Company no. 4764232

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



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.

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.

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 are able to 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
Beckly Centres.

www.routeways.org.uk

DEVONPORT PARK ACTIVITY CENTRE

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



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

If you would like to be added to our mailing list to receive notification when the next issue is published, please email:

suzanne.davey@plymouth.gov.uk



Scan for website



**For other event you can look at
the
primary times or the following
web sites:**

[www.parents-guide-to-
plymouth.co.uk](http://www.parents-guide-to-plymouth.co.uk)

www.plymouthoncourse.com

www.plymouthschoolsout.org.uk

www.wildlifetrust.co.uk

www.plymouth.gov.uk

www.routeways.org.uk

www.nationaltrust.org.uk

**Why not go to the cinema if it's a
wet day**

www.myvue.com

www.plymouthreelcinimas.co.uk