

# **Your Easter Break Activities & Information**

## **Booklet**

**From Your FSA**

**Jenny Oliver**

**STAY SAFE & HAVE FUN.**



# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## PIAS Support to Parents

You can call PIAS for information, advice and support. We are providing our usual service by telephone, email, through our website and Facebook pages.

## Parenting Programmes

We are still delivering some of our Parenting Programmes virtually, but have resumed delivering some courses face-to-face. We are currently unable to take any new requests for Strengthening Families 10-14 UK until further notice, but are still accepting applications for future Incredible Year courses. Apply at:

[www.plymouthias.org.uk/parenting-programmes](http://www.plymouthias.org.uk/parenting-programmes)

Please call us on **01752 258933** or **0800 953 1131** and press

- **Option 1 for SEND Enquiries**
- **Option 2 for Parenting Programme or enquiries**

## For Enquiries

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Submit an enquiry through our website at: [www.plymouthias.org.uk/contact-us/](http://www.plymouthias.org.uk/contact-us/)

Alternatively you can email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

Please contact us if you would like to arrange an appointment.

Visit our website at: [www.plymouthias.org.uk](http://www.plymouthias.org.uk)

Stay up to date with the latest news and information by following us on Facebook: [www.facebook.com/plymouthias/](https://www.facebook.com/plymouthias/)



# Creative Curiosities Sw

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



[www.tickettailor.com/events/creativecuriositiessw](http://www.tickettailor.com/events/creativecuriositiessw)

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

## **Little Players – Stay & Play**

**Monday's, 1:30pm-5:30pm**

**Union Corner, Union Street, Plymouth, PL1 3NB**

Free, fully inclusive stay and play toddler group, combined with after school play for the under 8's and their parents/carers with fun, creative sensory activities. Snack and drink included.

## **Performers Workshops**

**Thursday's, 6-8pm**

**Oxford House Creative Hub, PL1 1TW**

Combined theatre, music and dance workshops for neurodivergent young people age 15-25 years and/or with a SEND diagnosis.

## **Achievers Crew**

**Tuesday's, 11am-2pm, Price: £10**

**The Plot, Union Street, PL1 3EZ**

Work experience and skills development for neurodivergent young people age 16+ years. We will draw up an individual scheme of work for you based on your interests.

## **Creative Curiosities South West**

For more details and to book visit:

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

Any queries call or text on 07764 737620

or email: [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)



## Little Seeds

**Mondays, 9:30am-11:30am,  
£3 per family, booking preferred.**

Little Seeds is a fun and inclusive stay and play group for preschool children of any ability. We aim to promote learning through outdoor play and exploration in a safe and supportive environment. A welcoming and warm space for children with additional needs also.

Refreshments and activities are provided for both adults and children.



**LITTLE SEEDS**  
MONDAYS 9:30AM-11:30AM £3 PER FAMILY

A fun and inclusive stay and play group for preschool children of any ability. We aim to promote learning through outdoor play and exploration in a safe and supportive environment. A welcoming and warm space for children with additional needs also.

Refreshments and activities are provided for both adults and children.

Booking preferred - [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)  
01752 300700

Charity number 1060564 Company number 1440967

**Routeways**

**Routeways**

Rooted is an inclusive activity group providing social and learning opportunities for young people aged 8-14 with additional needs.

Cooking, gardening, board games, arts and craft, music.

Outdoor facilities include pizza oven, fire pit, and secret castle.

**Rooted**

Sundays, 10 AM-1 PM  
Devonport Park Activity Centre

## Rooted

**Sunday's, 10am-1pm  
£15 per session**

Rooted is an inclusive activity group providing social and learning opportunities specifically for young people aged 8-14 with additional needs at Devonport Park Activity Centre, Fore Street, Plymouth PL1 4BU.

Cooking, gardening, board games, arts and craft, music. Outdoor facilities include pizza oven, fire pit and secret castle.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>

## Growing Together

### Transition Group

**Friday's, 10:30am-3:30pm (half-day option)**

A social and vocational group held at Devonport Activity Centre for those aged between 16 and 24 with a SEN diagnosis. Engaging in a range of community projects organised and planned by the young people. A safe environment to develop socially.



TRANSITION GROUP

## GROWING TOGETHER

A social and vocational group for those aged between 16 and 24 with a SEN diagnosis. Engaging in a range of community projects organised and planned by the young people. A safe environment to develop socially.

### FRIDAYS

10:30AM - 3:30 PM (HALF DAY OPTION)  
DEVONPORT PARK ACTIVITY CENTRE



TRANSITION GROUP

## OVER 18'S COMPLEX CARE

A social group for those aged 18-22 with complex additional needs transitioning between children and adult services. Engaging in a diverse range of activities such as cooking, crafts and community trips. A safe, inclusive environment to socialise and engage in leisure activities.

### SUNDAYS

10:30AM - 3:30 PM AT THE BECKLY CENTRE  
(WEDNESDAY SESSIONS BEING PLANNED)



## Over 18's Complex Care

### Transition Group

**Sunday's, 10:30am-3:30pm**

A social group held at the Beckly Centre for those aged 18-22 with complex additional needs transitioning between children and adult services. Engaging in a diverse range of activities such as cooking, crafts and community trips. A safe and inclusive environment to socialise and engage in leisure activities.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>



## Youth Club

Thursday's, 7pm-9pm

**£8 a session, booking essential.**

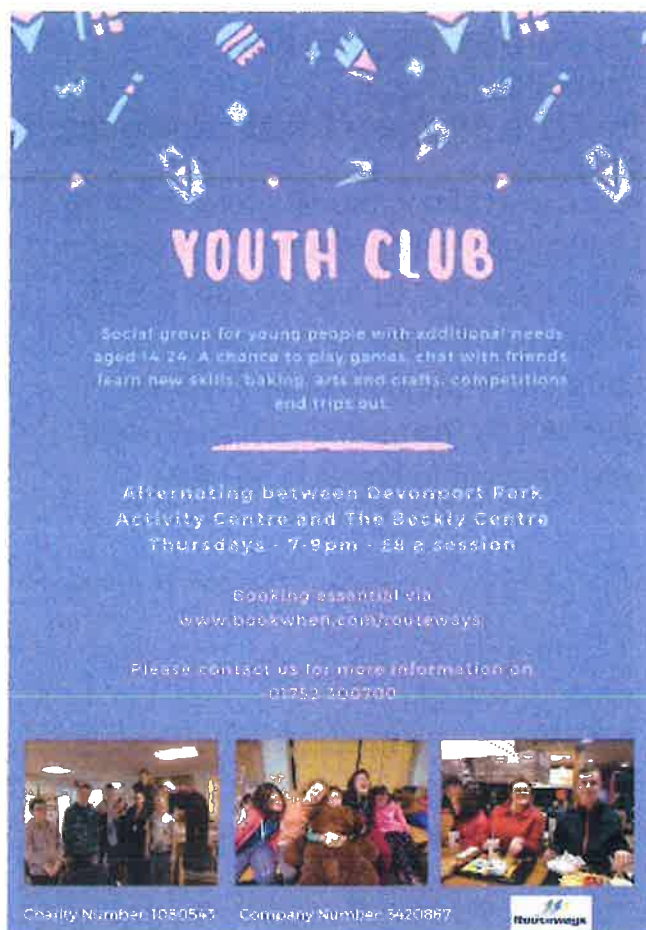
Social group for young people with additional needs aged 14-24 alternating between Devonport Park Activity Centre and The Beckly Centre.

A chance to play games, chat with friends, learn new skills, baking, arts and crafts, competitions and trips out.

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>




**YOUTH CLUB**

Social group for young people with additional needs aged 14-24. A chance to play games, chat with friends, learn new skills, baking, arts and crafts, competitions and trips out.

Alternating between Devonport Park Activity Centre and The Beckly Centre  
Thursdays - 7-9pm - £8 a session

Booking essential via  
[www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)

Please contact us for more information on  
01752 300700



Charity Number: 1080543 Company Number: 5420887



## ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

We offer

### Art & Craft Days

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



Tuesdays & Thursdays  
10am – 4pm



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

**Booking essential**

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

## ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

Due to ongoing success  
our

### Mental Health & Wellbeing Art & Craft Group

is now open

Wednesdays & Fridays  
10am – 4pm



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

**Booking essential**

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

**A group for young people who are on the Autistic Spectrum aged 10 to 21 year, they don't have a statement or diagnosis but do need to be on the spectrum. We welcome young people with other social disabilities, such as ADHD, global delay, social anxiety.**



4 Me and My Friends

The aim of the group, is to enable young people to build social skills, develop communication methods, to build friendships and confidence all through a variety of games and activities, whilst being in a safe and friendly space, but most of all to have fun!

We meet at Efford Youth and Community Centre,  
Blandford Road, Plymouth PL3 6HU

If you wish to attend the group call 01752 307695

or email [4meandmyfriends@plymouth.gov.uk](mailto:4meandmyfriends@plymouth.gov.uk)

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



## Famallama Minecraft Server

A Minecraft Server & Online Space for the Neurodiverse

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

Apply at: [Famallama Whitelist Application](#)

Facebook: Famallama Minecraft Server

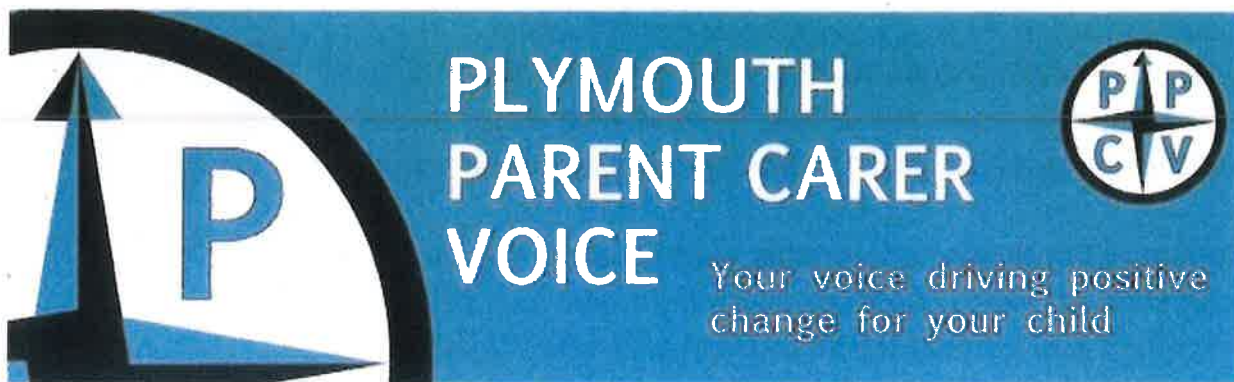
Twitter: @Famallamas

Instagram: famallama\_minecraft\_server

Website: [www.famallama.co.uk](http://www.famallama.co.uk)

Email: [SparkleTwinnie@gmail.com](mailto:SparkleTwinnie@gmail.com)





**S.E.N.D. CONFERENCE**  
Special Educational Needs and Disabilities

**When?**  
Wednesday 15th June  
9.30 - 2.30

**Where?**  
Plymouth Guildhall  
PL1 2BJ

For parents, carers, professionals  
and young people with SEND

**What?**  
1:1 meetings with professionals.  
Bookable talks and presentations.  
FREE lunch.  
Stalls full of information and activities for parents, carers  
& families of children & young people with SEND.

Further information to be announced soon.  
Priority bookings for registered members of PPCV.  
Register at [Plymouthpcv.co.uk/join/](http://Plymouthpcv.co.uk/join/)

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

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

Further information to be announced soon. Priority bookings for registered members of PPCV. Register at: [www.plymouthpcv.co.uk/join/](http://www.plymouthpcv.co.uk/join/)







Plymouth Parent  
Carer Voice



# NEW Sensory Library

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

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

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

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

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

Visit the  
Plymouth Parent Carer Voice  
website at:

[www.plymouthpcv.co.uk](http://www.plymouthpcv.co.uk)



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



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

The Fun and Freedom Club can offer you:

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

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

For more information or to register call **01752 204369**.

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

### **Activities and Events**

Friends and Families offer a range of activities for families with children with additional needs. You can find the latest event on their events page at:

<http://www.friendsandfamilies.org.uk/events/>

To participate in activities you will need to register at:

<https://www.friendsandfamilies.org.uk/register/>

You can find out more about Friends and Families of Special Children by visiting their website at:

<https://www.friendsandfamilies.org.uk/>



## **Little Steps Together**

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

Join us at Friends & Families for our Little Steps Together sessions.

We will be hosting a fortnightly playgroup, alternating between sessions held at Virginia House and trips/activities out and about.

These sessions are designed for your child to have enriching experiences, opportunities to play with other children, learn new skills and have fun.

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Alongside these sessions there will be a parent support group. This will provide the opportunity to meet other parents and carers, gain some information and advice, or just come along for a cup of tea or coffee and relax!

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

**Sessions can be booked at:**

[www.friendsandfamilies.org.uk/services/events/](http://www.friendsandfamilies.org.uk/services/events/)

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

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

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





**Give a Child a Chance** is a local charity based in Plymouth. Our aim is to support Children and Adolescents with emotional, behavioural, and mental health difficulties.

We support the Child and Adolescent Mental Health (CAMHS) teams at Mount Gould Hospital as well as those out in the community. We also award grants to families, community groups, schools and organisations for equipment, transport, building work and activities – anything, in fact, that can help make a positive difference to children's lives.

Aside from fund & awareness raising we also provide our FREE bi-weekly family friendly BUD Club, to help the whole family where a child is affected by mental health or neurodevelopmental difficulties.

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

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

Email: [giveachildachance@sky.com](mailto:giveachildachance@sky.com)



Plymouth City Council's Sports Development Unit have received funding from the Department for Education to deliver a city-wide holiday activity and food programme during the 2022 Easter, Summer and Christmas holidays to support families with school aged children from Reception to Year 11 who receive benefit related free school meals.

Free places can also be offered to Looked After Children, children with Education, Health and Care Plans (EHCP), foster children, Young Carers, children of recognised refugees and children from asylum seeking families. More details about Holiday Clubs for Easter 2022 can be found on the councils website at:

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

## Holiday Activities

### Let's Ride Community Cycling Event

**Saturday 16 April 2022, 10am-1pm**  
**at Clearbrook Village Hall**

Led rides will take place from various locations across the city to Clearbrook Village Hall where you will find out about lots of cycling opportunities in your local area.

Come join us for a clothing sale, coffee and cake, Dr.Bike and Bike register.

For more information call Sports Development Unit on 01752 307008.

Sign up for FREE at: <https://www.letsride.co.uk>



### Mount Edgcumbe Children's Easter Trail

Sunday  
10 April

Easter Trail in Mount Edgcumbe Country Park  
Start time: 12.00pm - last registration 3.00pm

ENTRY: £3.00 per child, includes egg.

Come and stretch your legs looking  
for hidden clues around the Country Park



### Mount Edgcumbe Children's Easter Trail

**Sunday 10 April 2022 from 12pm-4pm**

**(last registration 3pm)**

**Cost: £3 per child, includes egg.**

Come and stretch your legs looking for hidden clues around the Country Park.

Arriving by car? Please note that payment machines take cash only. For more information check out our website:

[www.fomecp.org.uk](http://www.fomecp.org.uk)

A Friends of Mount Edgcumbe Country Park Event

Charity: 295261

Helping to improve the Park for everyone.

## A Big Day Out in Keyham

Monday 11 April 2022, 10am-5pm

Keyham Green Places, 163 Renown Street, Keyham PL2 2DT

A Day of Family Fun for All Ages.

Displays, activities and performances from:

North Prospect Community Choir  
Plymouth Argyle Community Trust—Street Sports  
Green Minds ~ Keyham Krafties ~ Black Dog  
Honeybees ~ Ministry of Martial Arts  
Weston Mill Fire Brigade  
North Prospect Garage Project  
Wellbeing Warriors ~ Royal Navy  
The Rock Project ~ Face Painting  
Easter Egg Hunt ~ Raffle ~ Circus Skills  
... and much more!

Registration will be required on the day to gain admission, some activities for young people will also require consent from a parent or guardian.

Register your attendance at:

<https://forms.office.com/r/GMY7yESwwV>

Food and refreshments will be provided.

Admission is free but please support our wonderful Foodbank by bringing as many donations as you can on the day to help us feed children and families across Keyham.

For enquiries email: [brian.gill@plymouth.gov.uk](mailto:brian.gill@plymouth.gov.uk)



## North Prospect Easter Event

Thursday 14 April 2022, 1pm-4pm

Titchy Park (off Greatlands Crescent),  
North Prospect

- Easter Egg Hunt
- Craft and entertainment
- Free snack bags for children

## Sponsors:

Timebank South West, Vistry Partnerships & Plymouth Community Homes

bank

Vistry  
Partnerships

Plymouth  
Community Homes



## Easter at Dartmoor Zoo

### Easter Egg Trail with a Twist!

**Sat 9—Sun 24 Apr 2022**

Join us for an egg-citing Easter trail around Dartmoor Zoo featuring our amazing animals, listen to our new animal talks and learn all about our brilliant birds. Trail is included as part of your general Zoo admission with the option of purchasing a £2 trail pack which includes a trail sheet, pencil, 30g mini eggs, a fluffy chick, bird sticker.



Book online at:

<https://www.dartmoorzoo.org.uk/celebrate-easter-with-a-basket-full-of-fun-for-children-of-all-ages/>

### Easter EggstravaganZOO at Dartmoor Zoo!

**Thur 14 Apr 2022, 5pm-8pm**

Hop on over to Dartmoor Zoo and join us for some 'egg'tastic fun in search of treats and treasures. Activities include Easter egg hunt, Easter games and prizes, meet the Easter bunny, face painting, bake sale and brilliant birds talk.



Book online at: <https://www.dartmoorzoo.org.uk/easter-eggstravaganzoo/>

## Churchwood Forest School—Family Forest Days 2022

Come and explore our magical woods, at Churchwood in Wembury. Build dens, use tools, set fires, create some wild art and make wonderful family memories.

Dates:

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



To book your place, please go to: [www.bookwhen.com/churchwoodforestschool](http://www.bookwhen.com/churchwoodforestschool)

Price: £8 per person, non-walkers are free.

Optional camp fire lunch £5 Adults / £3 children

Book your place at: [www.bookwhen.com/churchwoodforestschool](http://www.bookwhen.com/churchwoodforestschool)

## Activities Online



### HomeTime for children aged 5 and under

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

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/>



### Free fun activities!

You can find lots of free and exciting activities inspired by the wonderful characters in David Walliams' books. Download the free activity sheets for hours of fun and learning at home.

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

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

Whizz  
-kidz

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

If you would like to find out more information, please contact Ria Dummelow on **07867 124901** or email: [r.dummelow@whizz-kidz.org.uk](mailto:r.dummelow@whizz-kidz.org.uk)

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

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





@AccessSport #StayActiveWithAccess #StayInWorkout

For a full list of opportunities, go to [www.accesssport.org.uk/inclusive-activities](http://www.accesssport.org.uk/inclusive-activities)



Funded By:



Access Sport have put together lots of inclusive great resources and activities. See their website at: [www.accesssport.org.uk/Pages/Category/inclusive-activities](http://www.accesssport.org.uk/Pages/Category/inclusive-activities)

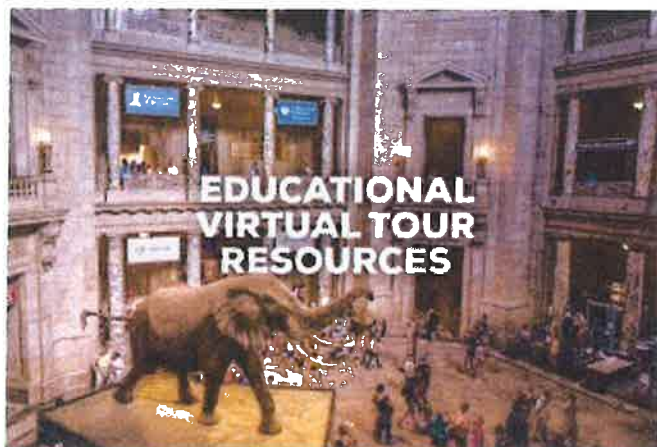
You can also find lots of [online activities](#) where you can join in 'live sessions' in real time or do in your own time at home.

[Sign up](#) to their weekly newsletter.

Find them on Facebook: [www.facebook.com/AccessSport/](https://www.facebook.com/AccessSport/)

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

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



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



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

<https://hoop.co.uk>





# Free to join!

## Who we are

We are a youth-led charity offering a range of free, inclusive activities and projects on Zoom, every week.



## What do you do?

From choir to exercise, talent shows to crafts, and everything in between! The best thing is, you can join in from the comfort of your own home.

## Joining in is free and really easy!

Find our more and register here: [keenuk.org/virtualkeen](https://www.keenuk.org/virtualkeen). We'll be in touch straight away to get you online with us!



# 100%

of new participants wanted to return for the next session!

Follow us! @loveinclusion



info@keenuk.org | [www.keenuk.org](https://www.keenuk.org)  
07729 286992

Register at: <https://www.keenuk.org/virtualkeen>



## National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm

Timed entry—tickets must be booked online and a time slot chosen



There are now 3 ticket types **Saver**, **Standard** and **Peak** depending on when you visit but regardless of time, the following will always be true:

- All tickets come with a complimentary free year pass to the Aquarium
- Child tickets are always half the price of adult tickets
- Senior tickets are always £2 less than adult tickets
- Student tickets are always £5 less than adult tickets
- If you live in a PL postcode, you can now purchase a **Locals Pass** meaning you'll always pay the **Saver** ticket price.



[Book online](#)



### Aquarium Toddler Club

Thursday's, 10:30am-11:30am

Price: £3 per child, suitable age 2-4 years (pre-book online essential)

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

[Book online](#)



### Quiet at the Aquarium

Monday's 18 Apr, 30 May, 1 & 29 Aug 2022

Time: 5pm-7pm or 5:30pm-7:30pm

Price: £8 per child / £10 per adult / Carers (1:1 ratio) and under 3s FREE

A special after hours two hour event that allows families and people with autism and / or other sensory needs to enjoy our exhibits without the noise and distractions of our daily shows.

[Book online](#)

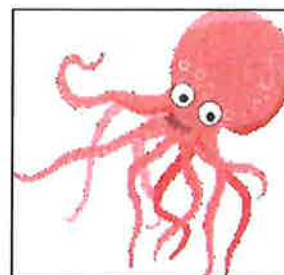


National Marine Aquarium,  
Rope Walk, Coxside, Plymouth, PL4 0LF

For more details see website:

[www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)

or call 0844 8937938



# Plymouth Libraries

Plymouth Libraries are open to the public for browsing books, book returns, collection of reserved books and pre-bookable PC use. Find out opening days and times of each library and information on safety measures when visiting from our website:

[Coronavirus \(COVID-19\) Information about Libraries](#)

Find activities and events in [Plymouth Libraries](#).

Follow [Plymouth Library Facebook](#):

- **Storytimes**—Every Monday and Friday at 10am



## Sign up for a free Library Card

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

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

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

With your Library Card Number and PIN you can:

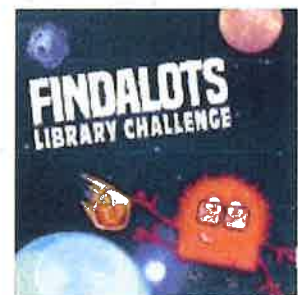
- [Download eBooks and eAudiobooks](#)
- [Download Kids eBooks and eAudiobooks](#)
- [Download free digital magazines and comics](#)
- [Reserve and renew items online](#)
- Use the computers and Wi-Fi in libraries for free
- Use [online resources](#) including dictionaries, encyclopaedias, streaming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

## FINDALOTS Library Challenge

The FINDALOTS are aliens sent to earth to discover more about our world. Aimed at 4 to 11 year olds, all children who sign up will receive a special Findalots library card and activity journal.

To receive a sticker, children need to read 4 books each month.

Sign up at any [Plymouth Library](#)



## Big Up Your Book

**Wednesday's, 4pm**

This is a digital book group for children every Wednesday.

To find out more or to book your child a slot in the group, email: [library@plymouth.gov.uk](mailto:library@plymouth.gov.uk)





## The Box

The Box is Plymouth's new heritage centre incorporating a museum, gallery and archive. It also features a café, shop and bar along with an "archive in the sky" with research and learning facilities and a major new public square for gigs, performance, theatre and events.



The Box promises an incredible experience and boasts six outstanding national collections, over two million artefacts, archives, film, photographs, figureheads, the Mayflower and a mammoth!

To visit, [book online](#).

## Events

### Another Crossing - Artist Revisit the Mayflower Voyage

**Until Sunday 5 June 2022, 10am-5pm**

**Cost: Free admission.**

10 artists. 4 nations. Centuries of making. This exhibition is part of our ongoing Mayflower 400 commemorations.

### Holiday Workshops: Amazing Animal Puppets

**Date: Tuesday 12 – Saturday 16 April 2022**

**Times: 10:30am-12:30pm or 1:30pm-3:30pm**

**Cost: Free, no need to book. Drop in session.**

Inspired by our spring exhibition featuring the work of artist Zadie Xa, come along and create your own amazing animal puppets using a range of craft materials.

### Holiday Workshops: Fabulous Forms

**Date: Monday 18 – Saturday 23 April 2022**

**Times: 10:30am-12:30pm or 1:30pm-3:30pm**

**Cost: Free, no need to book. Drop in session.**

Fancy being a sculptor? Take your lead from the wide range of works on display in the 'Breaking Mould' exhibition and have fun making a mini sculpture to take home.

For more information and events see: [The Box Events](#)

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

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



Pease check National Trust website for latest updates.

 National Trust

## Saltram

**Plympton, Plymouth, PL7 1UH**

The Saltram estate is open 10am-5pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. The house is open from Thurs—Mon, 11am-4pm each day. The Park Café is open from 10am-5pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) offering a range of hot and cold drinks and food.

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

**Saltram Pillars Walk**—Take an easy one-mile walk from Saltram House that follows parkland and woodland, providing distant views of the estuary, Plymouth and Cornwall.

**Saltram Boundary Walk**—This walk follows parkland and woodland, providing views of the estuary and Blaxton saltmarsh.

## Easter Egg Hunts at Saltram

**Dates: Sat 9 Apr—Sun 24 Apr 2022, 10am-4:30pm**

**Cost: £3 per child, booking not required. Normal admission applies.**

This spring, treat your little ones to a world of adventure at Saltram on the Easter egg nature trails. Make your way along the trail and find nature-inspired activities for the whole family. The price of the trail includes a trail map, pencil and a chocolate egg at the end. Alternatively, a limited number of allergen-free prizes are available on request. The Easter Egg Hunt is along a wheelchair user and pram-friendly route.

**More Information:** Admin Office 01752 333500

[saltram@nationaltrust.org.uk](mailto:saltram@nationaltrust.org.uk)

## Can't visit us?

If you are unable to visit a National Trust property this Easter, you can still join in the fun with these activities to do at home.

## Make Easter Decorations and Crafts

Bring some colourful crafty fun to your Easter celebrations with the National Trust's how to video guides. Laura Shack will teach you how you can use nature and recycled materials to make Easter baskets, naturally dyed Easter eggs and a bean bag chick.

See: <https://www.nationaltrust.org.uk/features/easter-crafts-how-to-guides>

## Chocolate Nests

If you find yourself with some left-over chocolate, how about making some chocolate nests? Using ingredients from the cupboard, everyone will love getting creative.

See: <https://www.nationaltrust.org.uk/recipes/chocolate-nests>

If you're hungry for more recipes search National Trust recipes at:

<https://www.nationaltrust.org.uk/recipes>



## **Plymbridge Woods**

### **Plympton PL7 4SR**

The Plym Valley consists of varied habitats from riverside meadows, ancient woodland and the wilderness of Dartmoor. Car parks at Plymbridge, Cadover Bridge and Shaugh Prior provide good starting points to explore the area on foot or bike. For the latest information, see: [Plymbridge Woods](#)



### **Plymbridge Wood Family Cycle Trail**

Follow the route of the old Great Western Railway track taking in industrial remains, towering quarry faces and breathtaking viaducts as you travel through glorious woodland before emerging out into open countryside. Start at the Plymbridge Woods car park (grid ref SX523585) for a 10 mile (16km) ride taking approximately 1 hour. See: [Plymbridge Woods Family Cycle Trail](#)

### **Woodland Wander Walking Trail**

Enjoy a dog friendly circular walk alongside the River Plym through ancient woodland. Start at the Plymbridge Woods car park (grid ref SX523585) for a 1 mile (1.6km) walk taking approximately 30-40 minutes. See: [Woodland Wander](#)

### **Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail**

Step back in time on a walk through Dewerstone, the site of many archaeological finds dating back as far as the Bronze Age. Start at Shaugh Bridge National Trust car park, near Shaugh Prior (grid ref SX533637), Plymouth PL7 5HD for a 3.5 miles (5.6km) walk taking 2-3 hours. See: [Bricks, Boulders & Bronze Walk at Dewerstone](#)

**More Information:** Admin Office 01752 341377

[plymbridgewoods@nationaltrust.org.uk](mailto:plymbridgewoods@nationaltrust.org.uk)

## **Crownhill Fort**

The Landmark Trust

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

Crownhill Fort have a number of open days / evening and pre-booked tours available to book throughout the year including Friday 29 April 2022.

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

### **Admission Prices:**

**£5.00 Adults / £3 Child (age 5-15)**

**Tickets must be purchased in advance.**

For more information contact the Fort Office on 01752 793754

Visit the [Crownhill Fort](#) website.



## Buckland Abbey

Yelverton, PL20 6EY

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

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

### Abbey Walks

Buckland Abbey has three estate walks all starting from the Great Barn and are also suitable for walking dog walking (please keep on lead). There's a walk for everyone with an easy, medium and hard route. The Yellow walk is a buggy and wheelchair friendly 15-20 minute walk taking you over the fields with an excellent view of the valley and Cistercian buildings.

### Easter Egg Hunts at Buckland Abbey

**Dates:** Sat 9 Apr—Sun 24 Apr 2022, 10am-4:30pm

**Cost:** £3 per child, booking not required. Normal admission applies.

This spring, treat your little ones to an adventure at Buckland Abbey on the Easter egg nature trails. Along the way, find nature-inspired activities for the whole family. The price of the trail includes a trail map, pencil and a chocolate egg at the end. Alternatively, a limited number of allergen-free prizes are available on request. Trail is around the Abbey gardens and is pushchair friendly.

### History of the Abbey through Art

**Dates:** Monday's 4, 11 & 18 Apr 2022, 2pm-3:30pm

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

Each Monday at 2pm, you can come and discover the history of Buckland Abbey told through the artwork on the walls. Collect a ticket from Visitor Welcome, then meet the tour guide at the entrance to the Abbey.

**More Information:** Admin Office 01822 853607

[bucklandabbey@nationaltrust.org.uk](mailto:bucklandabbey@nationaltrust.org.uk)

## Antony

Torpoint, PL11 2QA

Antony reopens for the season on Tuesday 5 April 2022 and is open on a Tuesday, Wednesday and Thursday each week, Good Friday, Easter Sunday and Easter Monday with some additional Sunday's. The garden's and café are open from 12:30-4:30pm and the house 12-5pm. Before visiting, please check the [opening-times calendar](#)

For more information see: [Antony](#)

### Easter Egg Hunts at Antony

**Dates:** Tue 12 Apr—Thur 21 Apr 2022, 12 noon-5pm

**Cost:** £3 per child, booking not required. Normal admission applies.

Join us for an Easter adventure trail in nature at Antony where you can explore the beautiful landscape garden. Discover our family-friendly trail with 10 fun nature inspired activities for you to do along the way. Finish the trail and collect your Rainforest Alliance chocolate egg or alternatively a limited number of allergen-free prizes are available on request.

**More Information:** Admin Office 01752 812191

[antony@nationaltrust.org.uk](mailto:antony@nationaltrust.org.uk)



# Lydford Gorge

Lydford, EX20 4BH



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

**Please Note:** Only the Waterfall Walk has been open during the winter months. From Tuesday 29 March 2022, National Trust hope to open the full gorge if all maintenance and repair work has been completed.

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

## Lydford Gorge Waterfall Trail

Head into Lydford Gorge to find the Whitelady Waterfall that has been drawing visitors since Victorian times. Take the scenic route back up through semi-ancient oak woodland and along the route of the old Great Western Railway. Start at Lydford Gorge Waterfall car park (grid ref SX501831) for a dog friendly 1 mile (1.6km) walk, taking approximately 1 hour. For a trail map and directions see: [Lydford Gorge Walking Trail](#)

## Lydford Gorge River Trail (Closed from Monday 1 November 2021)

The walk begins as a woodland walk before the trail heads off down into the gorge to find the towering Whitelady Waterfall. Then follow the river up stream past Tunnel Falls to the tranquil Pixie Glen back to where you began. Start at the Lydford Gorge Devil's Cauldron car park (grid ref SX508844) for a challenging 2.5 miles (4km) walk, taking approximately 2 hours. For more information see: [Lydford Gorge River Trail](#)

## Easter Egg Hunts at Lydford Gorge

**Dates:** Sat 9 Apr—Sun 24 Apr 2022, 10am-4:30pm

**Cost:** £3 per child, booking not required. Normal admission applies.

Join us for an Easter adventure in nature at Lydford Gorge. Pick up your activity pack from the welcome team at the Devil's Cauldron then discover our family-friendly trail with 10 nature-inspired activities for you to do along the way. Complete the trail and enjoy your chocolate egg at the end. Alternatively a limited number of allergen-free prizes are available on request.

**More Information:** Admin Office 01822 820320

[lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)

## '50 Things' to do Outdoors Activity Guide

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

Download your activity sheet at:

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





## Cotehele

### St Dominick near Saltash, PL12 6TA

Cotehele gardens are open daily from 10am-5pm, the estate and quay from dawn to dusk. Cotehele House is open from 11am-4pm daily and Cotehele Mill from 11am-4:30pm. The Barn restaurant located in the garden at Cotehele is open daily from 10am-5pm serving hot and cold drinks, lunches, cream teas and light snacks. For the latest information see: [Cotehele](#)

### Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there are lots of walks you can take your dog on. There are 4 dog waste bins on the estate. Download the [Walkies: Dogs at Cotehele Guide](#)

### Cotehele Quay

Visit the historic Cotehele Quay on the banks of the River Tamar where goods were once shipped to and from Plymouth. Built in Plymouth in 1899, you can also see 'Shamrock', the only fully-restored Victorian ketch-rigged sailing barge in the world. Parking: The pay and display car park on the quay is open from dawn to dusk. National Trust members can park for free by scanning their membership card at the parking machine.

### Easter Egg Hunts at Cotehele

**Dates:** Sat 9 Apr—Sun 24 Apr 2022, 10am-4pm

**Cost:** £3 per child, booking not required. Normal admission applies.

This Spring, treat your little ones to an adventure at Cotehele on the Easter egg nature trails. Follow the trail, exploring the beautiful gardens and find 10 nature-inspired fun activities for the whole family to enjoy. Complete the trail and enjoy your chocolate egg at the end. Alternatively a limited number of allergen-free prizes are available on request.

### Blossom Picnics

**Dates:** Sat 30 Apr, Sun 1 & Mon 2 May 2022, 10am-5pm

**Cost:** £3 per child, booking not required. Normal admission applies.

Pick up a blanket from the visitor reception and wander up to the orchards for a peaceful picnic among the apple blossom and listen to the birdsong.

**More Information:** Admin Office 01579 351346 press 0

[cotehele@nationaltrust.org.uk](mailto:cotehele@nationaltrust.org.uk)



**National  
Trust**

For more events and places to visit see

[The National Trust](#) website.

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)





### **What is the Green Minds Project?**

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

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

## **Green Mind Events**

**Wed 6 Apr 2022, 6pm-7pm**

### **Helping Hedgehogs in Your Garden**

Join this online talk to find out how you can help hedgehogs in your garden and local community.

**Sat 9 Apr 2022, 10am-3pm**

### **Green Hands: Family fun at Central Park**

Join us this Easter holidays for family friendly wildlife themed activities in Central Park!

**Sat 9 Apr 2022, 8:30pm-10:30pm**

### **Evening Bat Walk**

Learn about Plymouth bats and how to find them at Central Park.

**Mon 11 Apr 2022, 10am-5pm**

### **A Big Day Out in Keyham**

**Green Minds, alongside Black Dog Honeybees and Keyham Krafties,** are running nature-themed activities at Alexandra Park.

**Wed 20 Apr 2022, 10am-3pm**

### **Green Hands: Family friendly Spring Celebration at Central Park**

Join us this Easter holidays for a walk and talk around Central Park - learn how to identify spring plants and wildlife and find out about the exciting Green Minds projects happening in the park!

**Sat 7 May 2022, 10am-3pm**

### **Green Hands: Sensory walk creation & Love Exploring Trails**

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

**Mon 9 May 2022, 6pm-7pm**

### **Spring Tree Identification Walk at Central Park**

Join us at Central Park and learn how to identify trees in Spring.

**Wed 15 Jun 2022, 6pm-7pm**

### **Butterflies in Plymouth**

Join this online talk to find out more about the butterflies in Plymouth.

**Wed 13 Jul 2022, 6pm-7pm**

### **Plymouth Sound's Amazing—Marine Life on our Doorstep**

Join this online talk to find out more about the intriguing marine life around Plymouth.

**Thur 4 Aug 2022, 10am-12pm**

### **Green Minds Project—Summer Wildflower Walk**

Join us to explore the wildflowers of Central Park, Plymouth.

**For more events and to book, visit:**

<https://greenmindsplymouth.com/events>

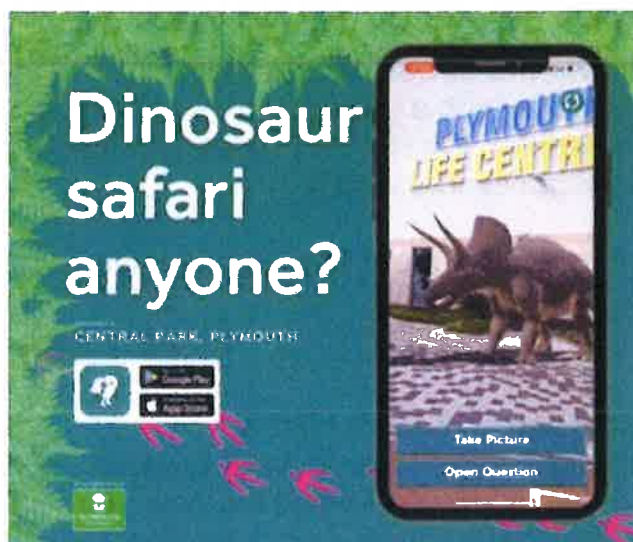
## Love Exploring

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

Find out more about the [Love Exploring App](#)

Download the android app at: [Google Store](#)

Download the iOS app at: [Apple Store](#)



## Interactive Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails app features features self-guided walking trails throughout Plymouth and gives visitors and locals alike the chance to explore the city through new eyes and discover more about its complex history.

The app includes three new tailored trails: **Mayflower Trail**, **City Centre Trail** and **Plymouth Hoe Trail**. It also hosts free partner trails including the **American Trail** and the **Sutton Harbour Heritage Trail**. Other trails will be added in the future.

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

[Find out more](#)



## Explore the Nature Trail in Ham Woods

The Friends of Ham Woods have been busy creating a nature trail across the site for you and your families to follow during the summer months.

There are 15 wooden discs to find across the woods which will be hidden in the trees, each with a different animal depicted on it. Information about each animal will be posted to their [Facebook Page](#).



For more information on parks and greenspace in Plymouth contact [wildlife@plymouth.gov.uk](mailto:wildlife@plymouth.gov.uk)





## Burrator, Devon

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

### Walking at Burrator

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

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

**Open 11am-4pm daily from Saturday 2 April 2022**

Visit the Discovery Centre to find out how the reservoir was constructed, the location of historical sites, where you can walk in the area and lots more! Pick up your free map of the site or download: [Welcome to Burrator Reservoir](#).

### What's On?

#### Easter Eggstravaganza at Burrator

**Thur 14 Apr 2022, 10am-1pm or 1:30pm-4:30pm**

**Cost: £3 per child & £2 per adult**

Join our Environment Rangers at Burrator Reservoir for a fun-filled family day of Spring themed activities including fruity bread on the campfire, making your own Easter eggs from nature, a self-led trail and much more!

Book online at: [Easter Eggstravaganza at Burrator](#)

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





# What's On

## Young Company

**Theatre opportunities for everyone age 5-25**

Work with professional artists to develop your skills for the stage or behind the scenes. The Theatre Royal Plymouth's Young Company is a great way to increase your skills and confidence in a fun and friendly environment.

Changes are currently being made to membership. In the meantime, if you'd like to be added to the Young Company mailing list, please contact:

[youngcompany@theatreroyal.com](mailto:youngcompany@theatreroyal.com)



## Billionaire Boy

**Date: Wed 13—Sun 17 Apr 2022**

**Venue: The Lyric**

**Tickets: From £13**

From the award-winning West End producers of Gangsta Granny comes this amazing production of David Walliams' Billionaire Boy!

Joe Spud is twelve years old and the richest boy in the country! He decides to leave his posh school and start at the local comp... but things don't go quite to plan and life becomes a rollercoaster as he tries to find what money can buy!



## See What's On

Call the Box Office on **01752 267222**

## Joseph & The Amazing Technicolour Dreamcoat

**Date: Tues 26—Sat 30 Apr 2022**

**Venue: The Lyric**

**Tickets: From £32**

Tim Rice and Andrew Lloyd Webber's Smash-Hit London Palladium production starring Alexandra Burke and Jac Yarrow.

Audio described performance—Thur 28 Apr 2022, 7:30pm

BSL interpreted performance—Frid 29 Apr 2022, 7:30pm



## Fireman Sam Live - Saves the Circus

**Date: Sat 14—Sun 15 May 2022**

**Venue: The Lyric**

**Tickets: From £18, Concessions £16**

**Running Time: 1 hour**

Join Sam, Penny, Elvis, Station Officer Steele and Norman in an all singing, dancing, action-packed show. You can become a fire-fighter cadet and then watch the magic of the circus.

So, come along to Pontypandy and watch the adventures unfold!



### Stiltskin at the Soapbox Children's Theatre

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

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

### Easter Holiday Clubs

Mon 11—Thu 21 Apr 2022,  
10am-3pm

Price: £24/or FREE if eligible under Fit n Fed Programme criteria

Suitable for age 8–12 years

- Circus Camp—Mon 11 Apr 2022
- Theatre Camp (One) - Tue 12-Thur 14 Apr 2022
- Theatre Camp (Two) - Tue 19-Thur 21 Apr 2022



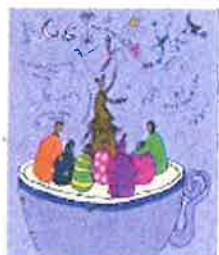
### Family Twilight Tales

Fri 6 May 2022, 6pm-7pm

Price: £6.50 child/adult (under 1 yrs free)

Suitable: All the family

Toast, jam, hot chocolate and a great story... What better way to end the week? Storytelling performances with The Soapbox Theatre's in-house storyteller extraordinaire, Jacqueline Slade.



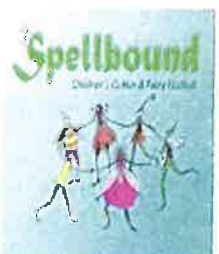
### Spellbound

Sat 21 & Sun 22 May 2022, 11am-4pm

Price: £12/£13 (free under 12 months),

Suitable: All the family

Fairies and Goblins get your wings at the ready for this year's enchanting Spellbound Fairy and Goblin Arts Festival. With storytelling performances, theatre, arts and crafts. Come dressed to impress in your best fairy and goblin outfits, adults and children alike!



### Workshops & Clubs

Stiltskins Children's Theatre Company also offer pre-school activities during the day and after school and holiday clubs for children age 4-15 years.



For more information see:

<https://stiltskin.org.uk/>



### ReBels

Opportunities for young people at the Barbican Theatre... Register your interest at joining ReBels at [ReBels Training](#)

Barbican Theatre talent development classes have returned for 12-25 year olds—only £60 for an entire year and you can choose as many sessions as you like for your age group!

### ReBels Summer 2021 Programme

- [ReBels ages 12-15](#)  
Theatre, dance, music, writing, film and more.
- [ReBels ages 14-18](#)  
Theatre, dance, music, writing, film and more.
- [ReBels ages 18-25](#)  
Theatre, dance, music, writing, film and more.
- [ReBels Music ages 15-25](#)  
Giving young people access to explore all lines of work in the music industry.
- [Digital ReBels Online Classes ages 14-18](#)  
Weekly via Zoom,
- [ReBels Masterclasses](#)  
Theatre, dance, technical, producing, finance and more (via Zoom).

### ReBels BHive

This is an online group to develop online content like podcasts, films and live-streaming. So if you're not ready for face-to-face yet, you can still be part of the [ReBels B-Hive](#).

Follow: [Barbican Theatre Facebook](#)

Visit the Barbican Theatre website:  
<https://barbicantheatre.co.uk/>



## Premier League Kicks Timetable

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

### Monday

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

### Tuesday

Southway Youth Centre, PL6 6TB,  
6:30pm-7:30pm (age 8-11 years)  
& 7:30pm-8:30pm (age 12-16 years)

### Wednesday

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

### Thursday

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

### Friday

Coxside, Teats Hill, PL4 8PH, 4pm-5pm  
St. Budeaux, The Barn, PL5 1EJ, Time TBC  
Woodview Campus, Sir John Hunt, PL5 4AA

For more information email:

[alice.young@pafc.co.uk](mailto:alice.young@pafc.co.uk) or call: 01752 562561(4)

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

PL KICKS TIMETABLE		
DAY	VENUE	TIME
MONDAY	Efford Youth Centre, PL3 6HU	6:30-8:30
TUESDAY	Southway Youth Centre, PL6 6TB	6:30-7:30 7:30-8:30
WEDNESDAY	Fox Field Close, PL3 6DF	4:30-5:30
THURSDAY	Efford Youth Centre, PL3 6HU	6:30-8:30
FRIDAY	Coxside, Teats Hill, PL4 8PH St Budeaux, The Barn, PL5 1EJ Woodview Campus, Sir John Hunt, PL5 4AA	4pm-5pm TBC 6:30-8:30

8-16 YEARS OLD FREE TURN UP & PLAY

For up to date information on sessions, scan the QR code or contact us on the website.

ALICE YOUNG @ PAFCLC 01752 562561(4)



**FREE! Book Online!**

Thursday 14th April  
10:00-13:00

Stoke Damerel  
Community College,  
PL3 4BD

Ages 8-16

**EASTER HOLIDAY ACTIVITY DAY**

Football and multi-sport activities led by Argyle Community Trust coaches children in live in Care eligible only, held at Stoke Damerel Community College Sports Hall.

Scan the QR code or contact Alice on the below details password required to book  
<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth>

alice.young@pafc.co.uk | 01752 562561

## Easter Holiday Activity Day

**Thursday 14 April 2022, 10am-1pm**  
**Stoke Damerel Community College,**  
**Sports Hall, PL3 4BD**  
**For Ages 8-16, only for children in live in care.**

Football and multi-sport activities led by Argyle Community Trust coaches.

**Only eligible for Children in live in Care only.**

FREE! Book online below.

Contact Alice on 01752 562561  
or email: [alice.young@pafc.co.uk](mailto:alice.young@pafc.co.uk) for password.

A password is required to book at:  
<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth>



## Park Tennis Plymouth

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



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

There are two ways to access the courts:

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

Stay up to date and book at: [Park Tennis Plymouth](https://parktennis.plymouth.gov.uk)

Email: [parktennis@plymouth.gov.uk](mailto:parktennis@plymouth.gov.uk)

Other places to play:

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



## Tennis for FREE at Central Park

**Saturday's, 5pm-6pm**

Tennis for Free sessions are for players aged 12 years and over only (due to COVID-19 guidelines).



Bring your racket and join us for some fun, active tennis drills.

See when the next sessions are available and book your place online at:

<https://clubspark.lta.org.uk/CentralParkTennis/Coaching>

For more information please contact the lead coach Claudia Castellani on 07796 172657

or email: [claudia.castellani@gmail.com](mailto:claudia.castellani@gmail.com)





Inclusive activities are offered at YMCA Plymouth centres in Honicknowle Lane and Torpoint during term-time. For details about the sessions and suitability, or to discuss a young person's needs, please [contact us](#)

**Fun Days @ YMCA Plymouth**

Inclusive activities are Fun Days for the whole family geared towards those with additional needs. Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more!

Cost: FREE  
Time: 11am-12:30pm  
Subject to availability -  
Please contact us  
Age: All ages

**Fun Days @ YMCA Torpoint**

Fun Days at Torpoint are for the whole family and geared towards those with additional needs. Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihockey, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks).

Cost: £3 per session  
When: Every other Saturday,  
10:30am-12pm  
Age: All ages

**YMCA Specials**

This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics.

Cost: £3 per session  
First session FREE!  
Time: Wednesday  
4:45pm-5:45pm  
Term-time only  
Ages: 5-16

**Special Olympics 'The Specials Club'**

A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more!  
Find out more at: [www.sopd.org.uk](http://www.sopd.org.uk)

Cost: £3 per session  
First session FREE!  
Time: Wednesday,  
6pm-8pm  
Age: 16+

**Fun Bounce (Not currently available)**

Trampoline based sessions for children and young people with mobility related disabilities and other additional needs. Sessions help improve strength and mobility while being supported by a qualified instructor.

Cost: £3 per session  
Time: Thursday,  
4:30pm-5:30pm  
Age: 5-18

**Trampolining (Not currently available)**

A more advanced and structured version of the Fun Bounce sessions. Sessions are for young people who want to progress and develop their trampolining ability.

Cost: £3 per session  
Time: Thursday,  
5:30pm-6:30pm  
Age: 8-18

**Indoor Climbing (Not currently available)**

Inclusive climbing sessions aiming to make climbing available to people with a wide range of ability delivered by qualified instructors using specialised equipment.

Cost: £3 per session  
Time: Tuesday,  
5pm-6pm  
Age: 8-18

For further information please call **01752 201918**  
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG  
[www.ymcaplymouth.org.uk/](http://www.ymcaplymouth.org.uk/)

## YMCA Holiday Clubs

Holiday club is a great way for young people to get the most out of their break in the school half-terms and summer holidays. Sessions run on weekdays (except bank holidays).



Holiday club is for children aged 8-16 years and includes all kinds of activities including: team games, arts and crafts, quidditch, street surfing (in the sports hall), competitions and lots more!

The next club is from Monday 11th to Friday 22nd April 2022.

Multi-activity day sessions start from just £15 (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-8:30pm) sessions also available for £3 each. Fit & Fed (Free funded places if meet criteria).

### Food Options

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

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

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



# LOVE YOUR BIKE

## PLYMOTION

Make the connection

### FREE ADULT CYCLE SESSIONS

Group sessions will be held at various times and locations. These sessions are a great chance to improve your cycle skills and pick up some handy tips with our qualified cycle instructors.

### COMMUTER TUTOR

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

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

For further information visit:  
[www.cyclessp.co.uk](http://www.cyclessp.co.uk)

Or call us on 01752 515385





## EXIM Dance

### YOUNG PEOPLE'S TIMETABLE

**PARTICIPATION IS FREE**



**FOR MORE DETAILS PLEASE CONTACT US!**  
[cl@eximdance.org.uk](mailto:cl@eximdance.org.uk)  
 07864168663

#### MONDAY

**4:30pm - 5:15pm**  
**PRIMARY DANCE** - 5-10 years  
 Oxford House Creative Hub, Stonehouse

**5:30pm - 6:30pm**  
**COMMUNITIES TOGETHER (STONEHOUSE)** 11-16 years  
 Oxford House Creative Hub, Stonehouse

**5:30pm - 7pm**  
**MAKING WAVES** - 13-18 years  
 Oxford House Creative Hub, Stonehouse

#### TUESDAY

**5:00pm - 6:30pm**  
**COMMUNITIES TOGETHER (NORTH PROSPECT)** 11-16 years  
 Beacon Hub, North Prospect

#### WEDNESDAY

**MID WEEK REFLECTION** - 5 minute creative mindfulness tasks posted across our social media

#### THURSDAY

**4:30pm - 5:30pm**  
**SOCIAL HOUR** - 11-18 (up to 25 for disabled people) separated into appropriate age groups  
 Oxford House Creative Hub, Stonehouse

#### FRIDAY

**5:00pm - 6:00pm**  
**COMMUNITIES TOGETHER (Keyham)** 11-16 years  
 Keyham Green Places Centre

**5:00pm - 6:00pm**  
**ADAPT** - 12-25 for disabled people  
 Oxford House Creative Hub, Stonehouse





Imagining Lives  
 Plymouth Service



Healthy Heart  
 Grants



Plymouth Council



Livewell

## Movement for All

Friday's, 10:45am-11:30am (weekly term times)  
 at Plymouth Life Centre, 40 Mayflower Drive,  
 Plymouth PL2 3DF (Performance Studio).

Inclusive free fun dance movement sessions for people who identify as disabled that are 18+. The sessions are open to those with some movement experience or nothing at all.

To express an interest or for more information email:

[chloe@eximdance.org.uk](mailto:chloe@eximdance.org.uk)



# WOMEN IN MIND

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

## WHEN:

Free weekly sessions

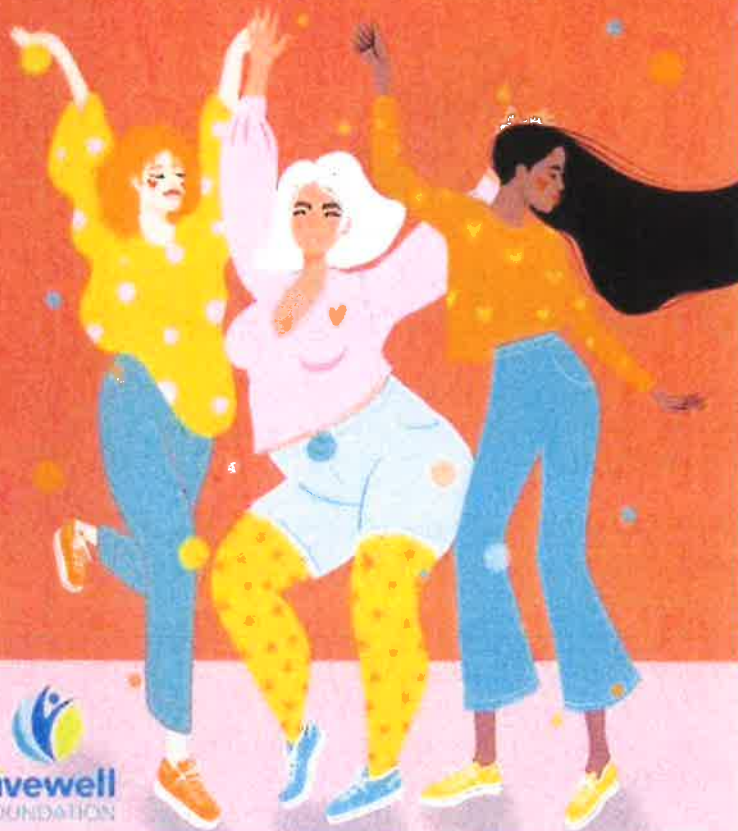
Thursdays 6:30pm - 7:30pm & Fridays 10am - 11am

## WHERE:

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

## Contact:

[laura@eximdance.org.uk](mailto:laura@eximdance.org.uk)  
07864168663





# COFFEE CUP CHOIR

A weekly inclusive adult choir session for people to sing and socialise.

Thursdays 6 - 7.15pm

@ Rockets & Rascals, Plymouth, PL1 2JL

Meet us for a coffee and a catch-up from 5.30pm

£3 per session

**BOOKING REQUIRED**

To book a place contact [farflungdt@gmail.com](mailto:farflungdt@gmail.com)

*Rockets & Rascals*

funded through



TRP



## STEERING GROUP

Join our monthly online steering group. This group is perfect for any adult who has a passion for equality in the arts.

During the group we discuss relevant disability arts topics, our projects/groups and the future of the company.

Every last Friday of the month 12-1pm.

To express an interest on joining us or for further information, please send an email to:

Clair Sargeant | [farflungdt@gmail.com](mailto:farflungdt@gmail.com)





Wednesdays  
4pm-5:30pm

Fridays  
9am - 11am

# SEN SESSIONS

Visit  
[www.drakes-den.co.uk](http://www.drakes-den.co.uk)  
to Book!

Please bring your  
medical letter or blue  
badge with you on the  
day



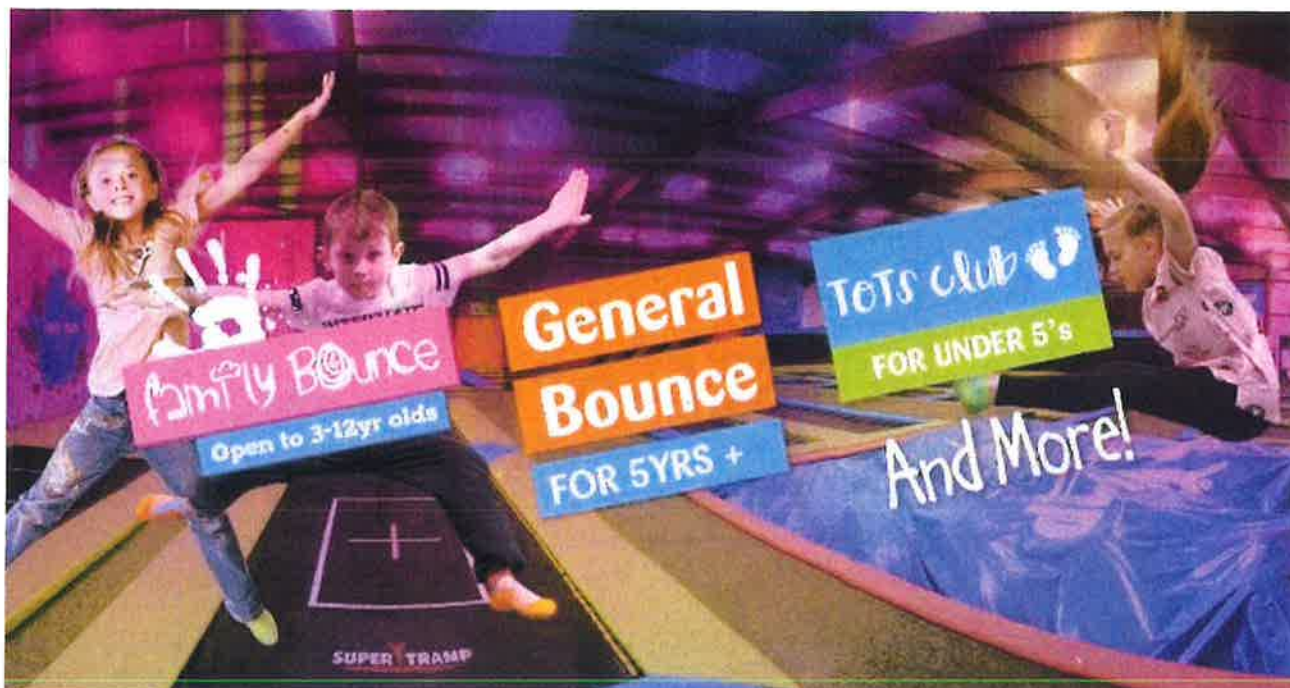
We will be holding exclusive SEN only sessions outside of our normal opening hours for your child to enjoy the full soft play experience without the hustle and bustle of regular play sessions. During this time, the children will be able to discover the soft play without the distractions of music, disco lighting and sounds. This is also a great opportunity to meet and socialise with other SEN children and families.



To book visit: [www.drakes-den.co.uk](http://www.drakes-den.co.uk)







## Super Tramp Plymouth

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

## SEND & Support Sessions

### SEND Session

Thursday's, 4pm-5pm

For bouncers with additional needs and their carers.

### Support Session

Sunday's, 5pm-6pm

For bouncers with additional needs, their siblings, other family members and carers or parents.

### How much are they?

Our SEND Session and Support Session are £8 per bouncer, this includes admission for 1 jumper and 1 accompanying adult/carer.

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



Super Tramp also offer SEND & Support parties.

Find out more at: <https://www.supertrampparks.co.uk/send-parties>

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

Book online at:

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



**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.

# **gym bubbas**

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/](http://www.gymbubbas.co.uk/additional-needs/)

Website: [www.gymbubbas.co.uk](http://www.gymbubbas.co.uk)

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

You Tube Channel: [www.youtube.com/channel/UC0GK0A-5cKbYlWpRaxnF3ew](https://www.youtube.com/channel/UC0GK0A-5cKbYlWpRaxnF3ew)

## **Sensory Skate**



This session will include low volume background music with all other noise kept to a minimum. Calm and attentive stewards will be on hand to help you at all times. This will also be reduced capacity and skating aids are included.



### **Sensory Skate Session at Plymouth Ice Rink**

Friday 1 April 2022, 6pm-7pm

Book at: <https://www.plymouthice.co.uk/>



## School Holiday Sessions for Primary (Age 8-11)

A selection of new half-day adventures are now available for 8-11 year olds.

For more information and to book see:

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

	Price	Session Dates
<b>Bellboat Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Monday 11 April: 09:00 - 12:00 Friday 22 April: 13:00 - 16:00 Monday 30 May: 13:00 - 16:00 Thursday 2 June: 13:00 - 16:00
<b>Archery &amp; Orienteering Half Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Tuesday 12 April: 09:00 - 12:00 Wednesday 20 April: 13:00 - 16:00 Tuesday 31 May: 13:00 - 16:00 Thursday 2 June: 13:00 - 16:00
<b>Climbing &amp; Seashore Explore Day Adventure</b>	<b>£32.50 per person</b> or £60 for 2 spaces.	Wednesday 13 April: 09:00 - 12:00 Thursday 21 April: 13:00 - 16:00 Wednesday 1 June: 09:00 - 12:00
<b>RYA Youth Sailing Stage 1 and 2</b>	<b>£299.95 per person</b>	Monday 30 May—Friday 3 June  5 day course: 09:00—16:30 daily



# EMOTIONAL WELLBEING AND MENTAL HEALTH

Key services for children, young people and families to contact in PLYMOUTH



## CAMHS

### FOR: CHILDREN AND YOUNG PEOPLE UNDER THE AGE OF 18 / PARENTS / CARERS

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

[www.kooth.com/index.php](http://www.kooth.com/index.php)

or search for Kooth on a search engine

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

## YOUNG DEVON

### FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

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

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

- ◆ Wellbeing – confidential and safe conversation with one of our Team to share any concerns you may have and consider further support

- ◆ Counselling – receive counselling support
- ◆ Wellbeing café – where a group can share issues, concerns and develop coping skills / strategies helped by one of our Team

CONTACT:

Call: 08082 810 155

(Monday to Friday 9am to 5pm)

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

Website: [www.youngdevon.org](http://www.youngdevon.org)



### Key websites

POD

[www.plymouthonlinedirectory.com](http://www.plymouthonlinedirectory.com) (includes SEND local offer)

Young Devon

[www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit](http://www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit)

Kooth

[www.kooth.com/index.php](http://www.kooth.com/index.php)

Progeny\*

[www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny](http://www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny)

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





## IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

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

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

Find out if you qualify and apply online at:

[www.plymouth.gov.uk/freeschoolmeals](http://www.plymouth.gov.uk/freeschoolmeals)



## Uniform Store Plymouth

Plymouth Vineyard Church are accepting donations of good quality school uniform, both school logo specific and generic items.

Donation Drop-off Points:

- Wednesday's 10am-12pm at Plymouth Vineyard Church, 13 Cornwall Street, Plymouth City Centre (near M&S)
- Wednesday's & Friday's, 10am-12pm at Redeemer Church, St. Barnabas Terrace, Plymouth PL1 5NN

Families can also access a Click and Collect service via their website:

[Uniform Store Plymouth—Click & Collect](#)

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Email: [hello@uniformstoreplymouth.co.uk](mailto:hello@uniformstoreplymouth.co.uk)

## Healthy Start



Families in Plymouth are being urged to check if they are eligible for the Healthy Start Scheme to help buy healthy food and milk.

If eligible, you'll be sent a Healthy Start card with money on it to spend on milk, plain, fresh and frozen fruit, pulses, tinned fruit and vegetables, and infant formula milk.

Find out more: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## OUT WITH THE BAGS IN WITH THE BINS

Sign up for a bin delivery at  
[plymouth.gov.uk/gardenwaste](http://plymouth.gov.uk/gardenwaste)

You old green garden waste bags will not be collected.



The Garden waste collections run on a fortnightly cycle from April to November.

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

Sign up at:

[www.plymouth.gov.uk/gardenwaste](http://www.plymouth.gov.uk/gardenwaste)



# Plymouth Barnardo's Children Centres



## Citywide Easter Holiday Timetable: Monday 11 – Friday 22 April 2022

### Monday

- Latch On, Rees Well-being Hub, 1-2:30pm.
- Easter Fun! – 11 April : Church of the Holy Spirit, Southway, 9:30am-11am & Rees Wellbeing Hub, 1pm-2:30pm.
- No groups Easter Monday 18 April 2022.

### Tuesday

- Latch On, DELL, 10am-11:30am.
- Easter Fun! 12 April: The Barn, 10-11:30am.
- Physical Fun – 19 April, The Barn, 3-5 year olds, 10am-10:45am & 0-2 year olds, 11:15am-12pm.

### Wednesday

- Twins Group, Rees Well Being Hub, 10-11:30am, 2nd & 4th Wed of month.
- Latch On, Radford Community Centre, Plymstock, 11am-12:30pm.
- Easter Fun! – 13 April: Compton Church, 1pm-2:30pm.
- Wellbeing Day, Rees, 12pm-5pm.
- Physical Fun – 20 April: Whitleigh, 3-5 years, 10am-10:45am & 0-2 years, 11:15am-12pm, Compton Church, 3-5 years, 1pm-1:45pm & 0-2 years, 2pm-2:45pm. Please book via the Children's Centre.
- Café Connect, The Barn, 10am-2pm.

### Thursday

- Latch On, Whitleigh, 10-11:30am.
- Easter Fun! – 14 April: Whitleigh, 10am-11:30am.
- Multi-Cultural Group, Onward House, Easter Fun! – 14 April: 10am-11:30am.
- Service Family Easter Fun Day, Radford Community Centre, Plymstock, 14 April, 10am-11:30am.
- Exim Dance & Family Movement Sessions (0-5 years), 21 April: Rees, 9:30am-10:30am. Please book via the Children's Centre.
- Our Efford, 21 April: DELL Highview, 11am-3pm. All welcome! .

### Friday

- Latch On, 22 April: Fourwoods, 22 April: 10am-11:30am.
- Baby & Toddler Group, Tothill Community Centre, 10-11:30am.
- No groups 15 April, Good Friday

Contact your local Children's Centre for further information on groups.

Bookable groups are noted. All other groups please just come along.

## New Parent, New Baby Group



Come along for a chance to meet  
and chat with other New Parents and their  
babies



**Mondays 1:30-2:15pm**  
Starting 22nd February 2021

To book please message  
Barnardos Plymouth Facebook page  
or email [support@barnardos.org.uk](mailto:support@barnardos.org.uk)



## Baby Bookstart

Come along for  
rhymes, stories  
and activities



**Thursdays 10-10:45 am**

Starting 25th February 2021

To book please message Barnardos  
Plymouth Facebook page or email  
[support@barnardos.org.uk](mailto:support@barnardos.org.uk)



If you would like to attend any of these groups:

- New Parent, New Baby Group
- Baby Bookstart
- Toddler Time

To book email [support@barnardos.org.uk](mailto:support@barnardos.org.uk) or  
message Barnardos Facebook page at:  
<https://www.facebook.com/barnardosplymouth/>

 **PLYMOUTH  
YOUNG  
PARENTS  
SUPPORT GROUP**

## Toddler Time



Come along to meet and chat to others  
and enjoy activities, singing and dancing



**Wednesdays 10-10:45 am**

Starting 24th February 2021

To book please message  
Barnardos Plymouth Facebook Page  
or email [support@barnardos.org.uk](mailto:support@barnardos.org.uk)



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





**PLYMOUTH  
YOUNG  
PARENTS  
SUPPORT GROUP**

## Southway Young Parents Community Cafe

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

**Every Tuesday from 12.30pm to 2.30pm**

Southway Youth and  
Community Centre  
Handwell Close  
PL6 5TB






## Baby Bank

**Southway Youth  
& Community Centre**

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

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

*Any donations please pass them to Southway Community  
Group  
or simply just drop them in to  
Southway Youth & Community Centre,  
Handwell Close, PL6 5TB  
01752 775969*

Unfortuntnley we can't accept any large items  
Email - [natalie.griffin@plymouth.gov.uk](mailto:natalie.griffin@plymouth.gov.uk)  
Email - [southwaycg@outlook.com](mailto:southwaycg@outlook.com)



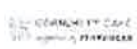

### Café Connect

10.00am - 2.00pm Wednesday  
The Barn, 101 Hill Crescent, Barne Barton, PL5 1EJ

Join us for a midweek Starbucks coffee and help us tackle food  
waste by taking away donated food from M&S, Lidl and Tesco.

Upcycle clothing - bringing something you no longer need or take  
something you could use.

Safe and friendly environment where all ages are welcome  
PLUS children's activities in the mornings



Working together for the Barne Barton community

[www.thepioneersproject.co.uk](http://www.thepioneersproject.co.uk)  [info@thepioneersproject.co.uk](mailto:info@thepioneersproject.co.uk)



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

**Wednesday's  
9.30 am - 11.30 am**

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





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



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

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

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

## Free Events for Dads

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

### 0-5 Age Group:

#### Easter Craft Activities

—Sat 9 April 2022, 9:30-11am

Easter craft activities will take place at Just Imagine Parties and Play, Christian Mill Business Park, Crownhill, Plymouth PL6 5DS.

To book your free place, please email:  
[info@blossomingbumpsandbabies.co.uk](mailto:info@blossomingbumpsandbabies.co.uk)

### 5-13 Age Group:

#### Explore the Shore

—Sat 30 April, 11am-2:30pm

Gentle walk, explore rock-pooks with local experts, cook nettle soup, play on the beach and more. Meet at Ayrmer Cove, Ringmore, TQ7 4HL.

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

## Research—Dangerous Dads Events

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

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



DadFest is the only festival in the country just for dads and children!

The next DadFest is taking place in Cornwall from: Friday 16—Sunday 18 September 2022

[Book tickets](#)

## Armed Services Families

### Navy Mellow Mums Group

Mellow Mums is an 8-weeks digital support group for new mum's or those with a child under 2 years old aimed specifically for Naval mums. It has been developed to reduce isolation and to support better perimental health.

Groups will run in March, May and September and are open to Naval mum's across the whole of the UK.

The project is being funded through the Royal Navy and Royal Marines Charity and delivered in partnership with Home-Start South and West Devon, Home-Start Portsmouth and Home-Start Kernow.

For more information please contact 07307 873163 or email: [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com)

To sign up, visit: [Navy Mellow Mums Group](#)



**MELLOW  
MUMS**

- Are you a Naval Mum?
- Do you have a child under 2 years?
- Would you like to meet mums in a similar situation and improve your well-being?



Believe in  
children

**Barnardo's**

**SERVICE FAMILIES GROUP**



COME AND JOIN US FOR OUR  
BABY AND TODDLER GROUP  
RUN BY BARNARDO'S

Thursday 10:00am-11:30am  
(Term Time Only)

ALL SERVICE FAMILIES WELCOME

The Radford Centre  
Stokingway Close  
Plymstock  
PL9 9JL

### Building Resilience with Military Families

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

Sessions are from 8pm-9pm on:

- Wednesday's from 20<sup>th</sup> April 2022
- Thursday's from 2<sup>nd</sup> June 2022

To sign up, visit:

[Building Resilience with Military Families](#)



# SEND Support

## Time for You

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

The next Time for You groups start:

- Friday's, 9:30am-11:30am from Friday 29 April 2022 – FREE 11 week zoom group for those in Devon and Cornwall
- Monday's, 11am-1pm from Monday 9 May 2022 – FREE 10 week zoom group for mum's in Plymouth.

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

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

Sessions are funded by The Peoples Health Trust.

## Messy Munchkinz Sensory Play Session

**When:** Thursday's, 10:30am-12pm

**Venue:** St. Mark's Church, Sanctuary Close, Ford, Plymouth PL2 1EN

**Cost:** £1 per family

Messy Munchkinz in conjunction with Wolseley Trust and Whiz Kidz are offering sensory and child development play sessions for babies and pre-school children up to 5 years old.

To book email:

[nickichinnock@wolseley-trust.org](mailto:nickichinnock@wolseley-trust.org)





**Mind Devon**

Emotional Support for New Parents



Are you a new mother, mum-to-be, or partner?

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

If you would like some emotional support about these hormonal and identity changes, our qualified practitioners can provide one-to-one emotional support by telephone and online via Zoom.

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

## **My Time Parent/Carer Support Sessions**

Our regular online parent/carers sessions give you the opportunity to chat, share experiences, have fun and most importantly relax and concentrate on YOU.

Time: Thursday's (Fortnightly), 20:00-21:00

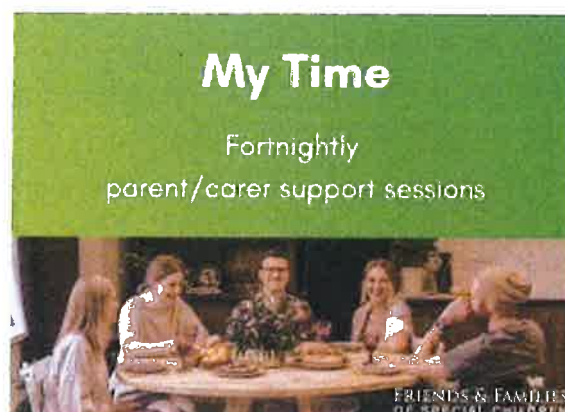
Price: FREE, Online event

If you would like more information, or to join the sessions, please get in touch with Nicky.

Tel: 01752 204369

Email; [nicky@friendsandfamilies.org.uk](mailto:nicky@friendsandfamilies.org.uk)

See Facebook: <https://www.facebook.com/events/232088921826215/>



## Plymouth Group for Autistic Adults & Teenagers

**Tuesday's (fortnightly), 7pm-9pm,  
£2 per session  
St. Budeaux Methodist Church, 73 Barne Lane,  
Plymouth PL2 1RX**

Recreational groups for autistic adults and teenagers alternating fortnightly.

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

To find out the dates for each group, please email:  
[pymautism@yahoo.com](mailto:pymautism@yahoo.com) or message via their  
[Facebook Page](#)



## Ambitious About Autism Youth Network

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

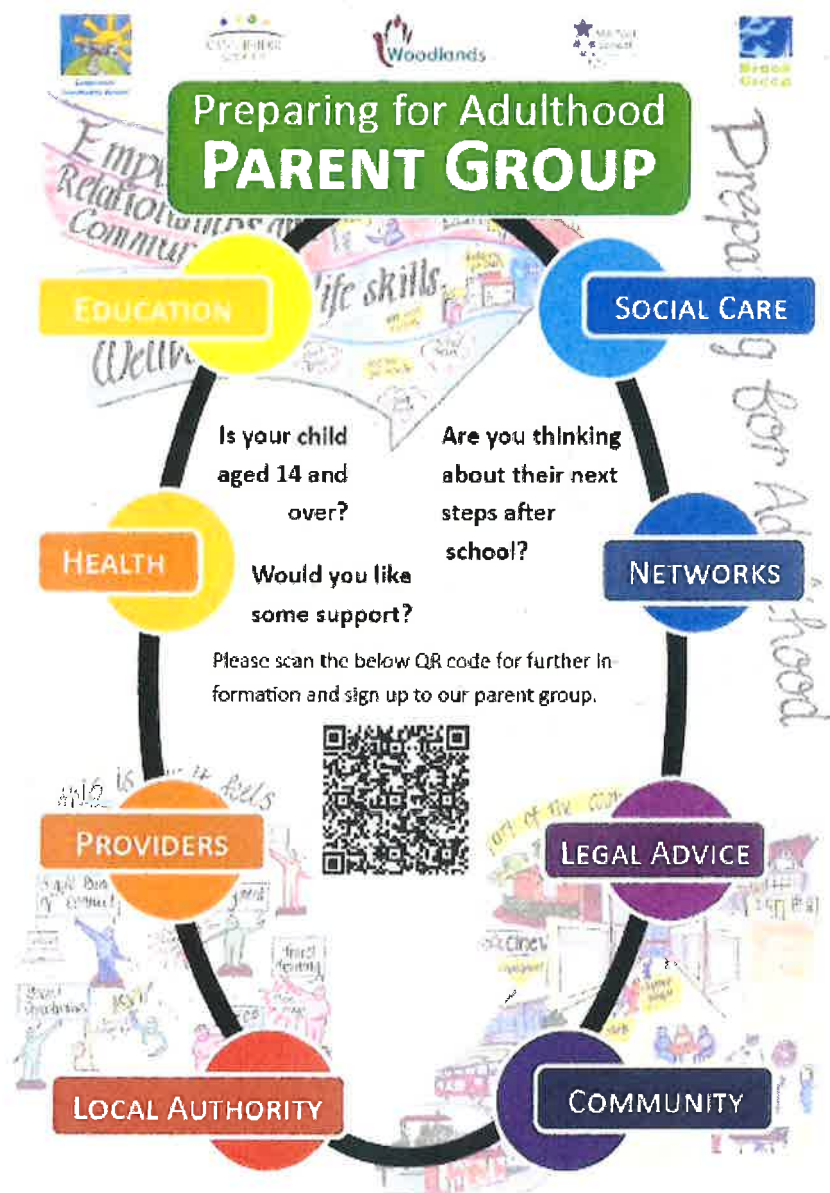
Young people will be able to

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



For more details visit:

[Join Ambitious Youth Network](#)



## Preparing for Adulthood—Parent Group Sign-up

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

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

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

[Parent Group Sign-up](#)

Email: [pfaparentgroup@woodlands.plymouth.sch.uk](mailto:pfaparentgroup@woodlands.plymouth.sch.uk)



# COFFEE, CAKE & CHAT

with Plymouth  
PCV every  
2 weeks



open to all  
parent carers,  
please join us

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

## Coffee, Cake & Chat

Wednesday's, 10am-11am

A fortnightly virtual meeting for parents / carers of children with special educational needs and disabilities. We are here to chat, share stories and help you find the right services and information.

For the next meeting see:

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

For access codes and instructions about how to join the meeting, please message Facebook at:

<https://www.facebook.com/PlymouthPCV>  
or email [info@plymouthpcv.co.uk](mailto:info@plymouthpcv.co.uk)



## Autism Plymouth Parent Support

Join our monthly online support meeting and catch-up.

Although we still cannot meet safely in person, we will continue to hold our support/catch-up meetings 'virtually' via Zoom. We hope you'll log on and join us with your favourite drink.

Come and join us for our monthly online support meeting and catch-up where you can share your ups and downs in a safe, non-judgemental atmosphere with people who understand and can sometimes suggest ways to make life easier. Our group is run for parent/carers by parent/carers and is completely free to attend.

Please email [plymouthparentsupport.group@nas.org.uk](mailto:plymouthparentsupport.group@nas.org.uk) for the ZOOM link, meeting ID and password to join from your computer or laptop. If you are joining using a tablet or phone, visit your app store and download the 'ZOOM Cloud Meetings' app, then email for the meeting ID and password.

Autism  
Plymouth  
Parent  
Support



National  
Autistic  
Society

## Support Services—Young People

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

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

**Kooth** – 24/7.

<https://www.kooth.com>

Online Mental Wellbeing Community for young people.

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

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

**The Zone Plymouth**

Call – 01752 206626.

If you've been affected by the incident our youth support volunteers are available to support you. Call or email on

[enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk) or arrange to come in and see us.



## Support Services—For Everyone

It's OK to ask for help.

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

**MindLine** - 24/7. Call free - 0800 138 1692.

Available to anyone in the city or wider Devon who needs emotional support.

**Samaritans** - 24/7. Call free - 116 123.

Support with any issues, including mental and emotional health.

**Livewell Southwest** - 24/7. Call free - 0800 923 9323.

First Response available to anyone in Plymouth experiencing a mental health crisis.

**Giveusashout.org** - 24/7. Text free - 'SHOUT' TO 85258.

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

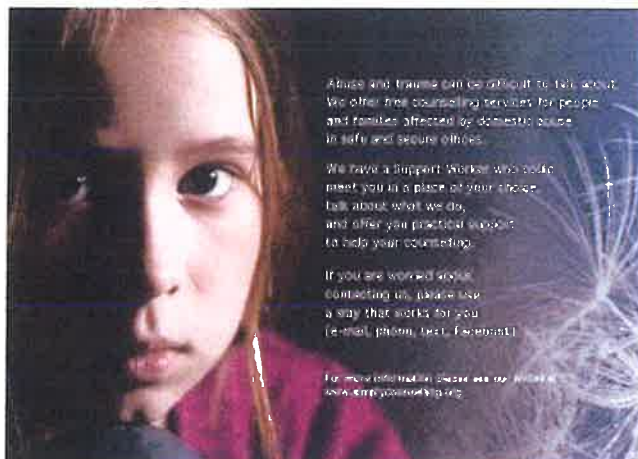
# Simply Counselling Domestic Abuse

Simply Counselling offer free counselling support for domestic abuse survivors.

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

When you need to talk...

Contact Simply Counselling on  
01752 560900 / 07712 122153  
or email [simplycounsellingcicsw@gmail.com](mailto:simplycounsellingcicsw@gmail.com)



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

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

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

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

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

## Plymouth Domestic Abuse Service (PDAS)

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

Tel: 0800 458 2558

**Sanctuary**  
**Supported**  
**Living**



# Here to help

Action for  
Children

## Have a question about parenting?

Action for Children is offering free online parenting support for families with children aged 0-19. You can ask us for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety at this challenging time.

Head to [parents.actionforchildren.org.uk](https://parents.actionforchildren.org.uk) to read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat.

Whatever you need, Action for Children are here to listen and support you.

Registered charity no. 1097048/SC038092 Company no. 4764232 © Action for Children 2020. 1458

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

Activities and Events for SEND is produced for each school holiday by:

### **Plymouth Information, Advice and Support for SEND**

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

Telephone: 01752 258933

Freephone: 0800 953 1131

Visit our website at: [www.plymouthias.org.uk](http://www.plymouthias.org.uk)



[www.facebook.com/plymouthias](https://www.facebook.com/plymouthias)

If you would like to be added to our mailing list to receive notification of when the next issue is published or receive other useful SEND information occasionally, you can sign up at our website:

[www.plymouthias.org.uk](http://www.plymouthias.org.uk)



SCAN ME



**For other Events, Activity's or  
Information**

**you could try the Primary Times or  
the following web Sites:-**

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

[www.plymouthoncourse.com](http://www.plymouthoncourse.com)

[www.plymouthschoolsout.org.uk](http://www.plymouthschoolsout.org.uk)

[www.wildlifetrust.co.uk](http://www.wildlifetrust.co.uk)

[www.plymouth.gov.uk](http://www.plymouth.gov.uk)

[www.myvue.com](http://www.myvue.com)

[www.plymouthreelcinimas.co.uk](http://www.plymouthreelcinimas.co.uk)

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

