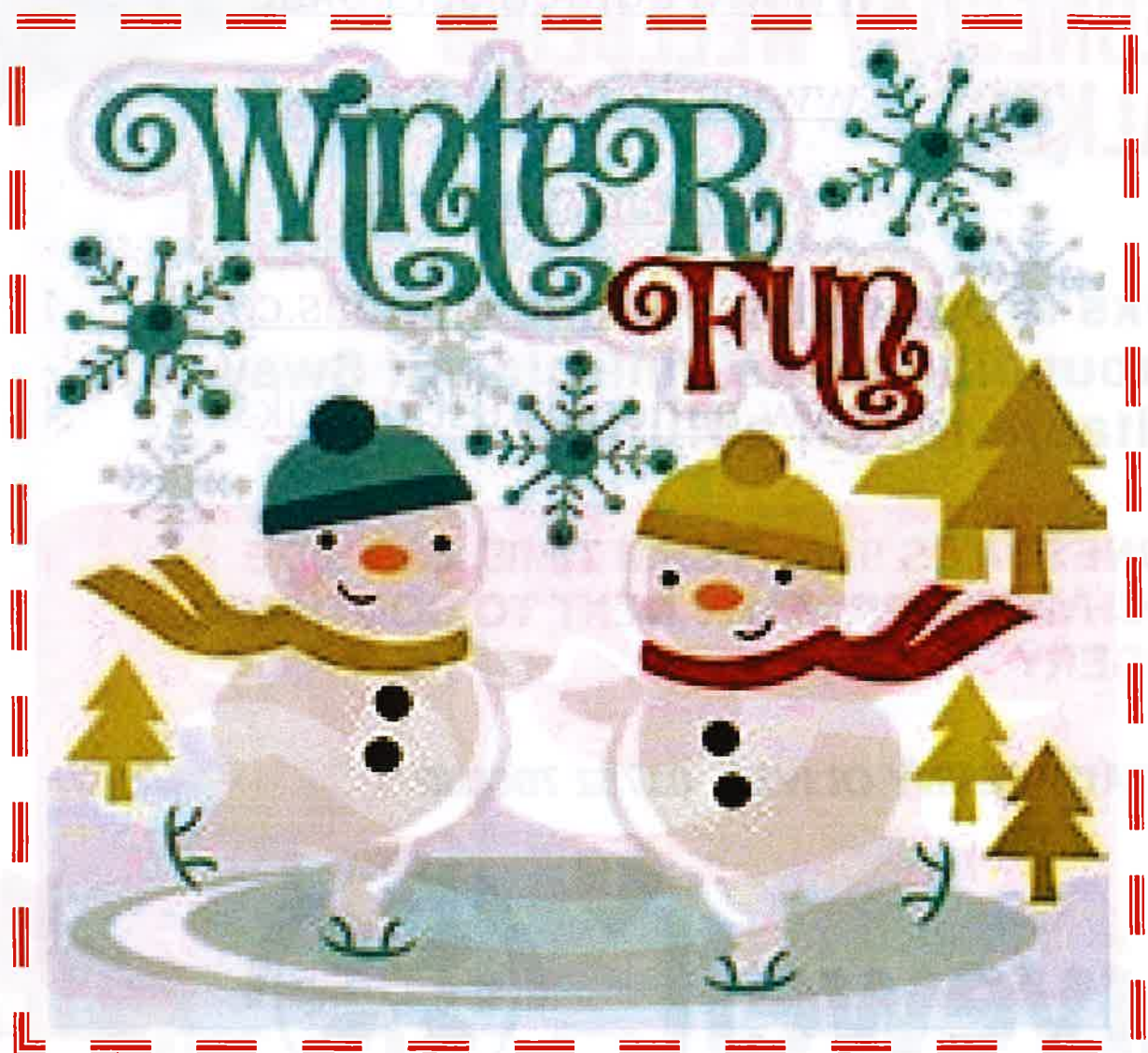
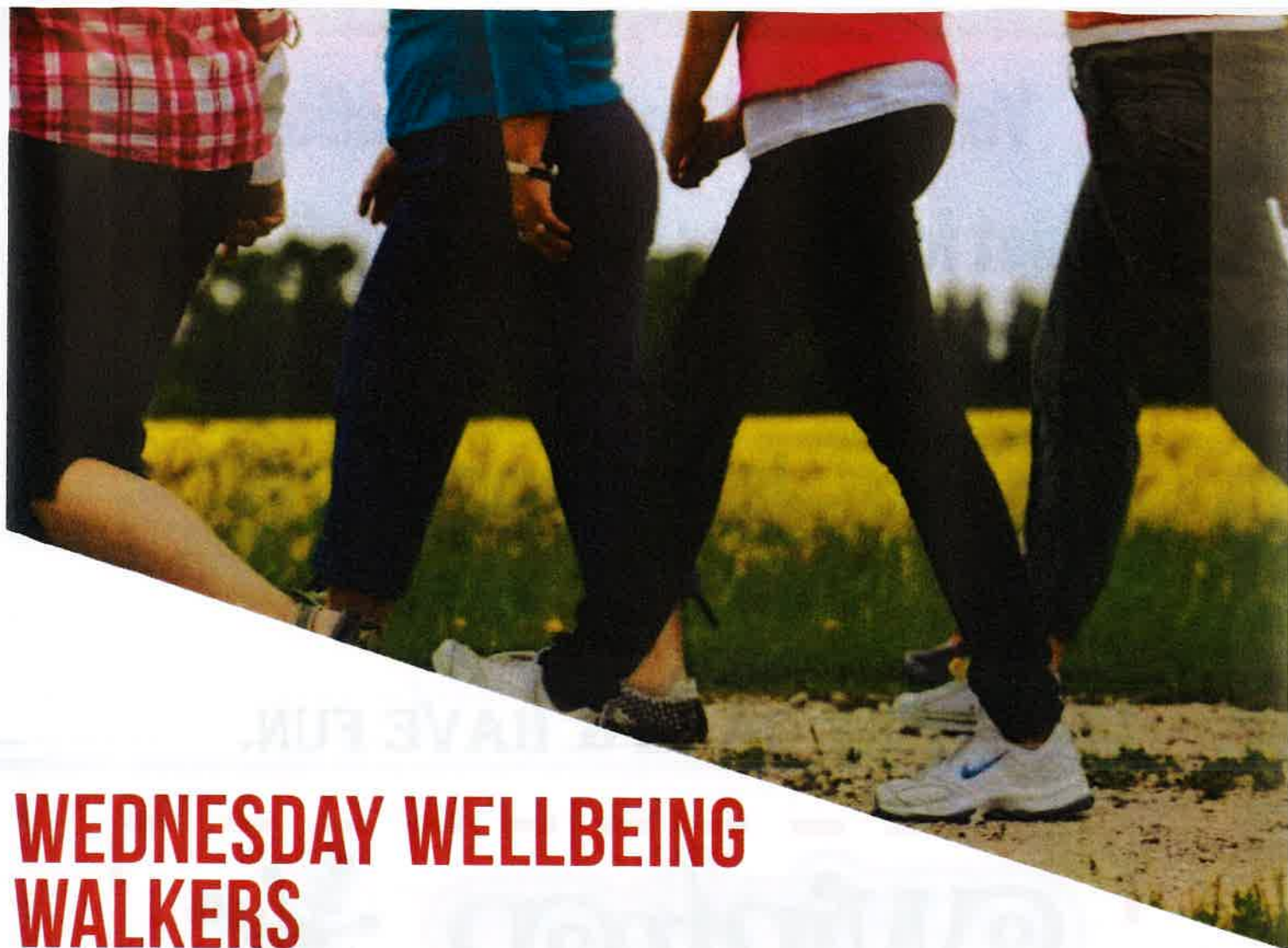


**Your Activities & Information**  
**Booklet for the For February Half Term**  
**From Your FSA**  
**Jenny Oliver**

**TAKE CARE & HAVE FUN.**







## **WEDNESDAY WELLBEING WALKERS**

**walks around the community & surrounding areas, finishing at Sway cafe (suitable for all abilities)**

**WEDNESDAY'S 9AM (TERM TIME) OUTSIDE BEECHWOOD PRIMARY NEXT TO SOUTHWAY SURGERY**

**CONTACT JENNY OLIVER 01752 706360**



# The Wednesday Wellbeing Walkers



Community  
LivingWell

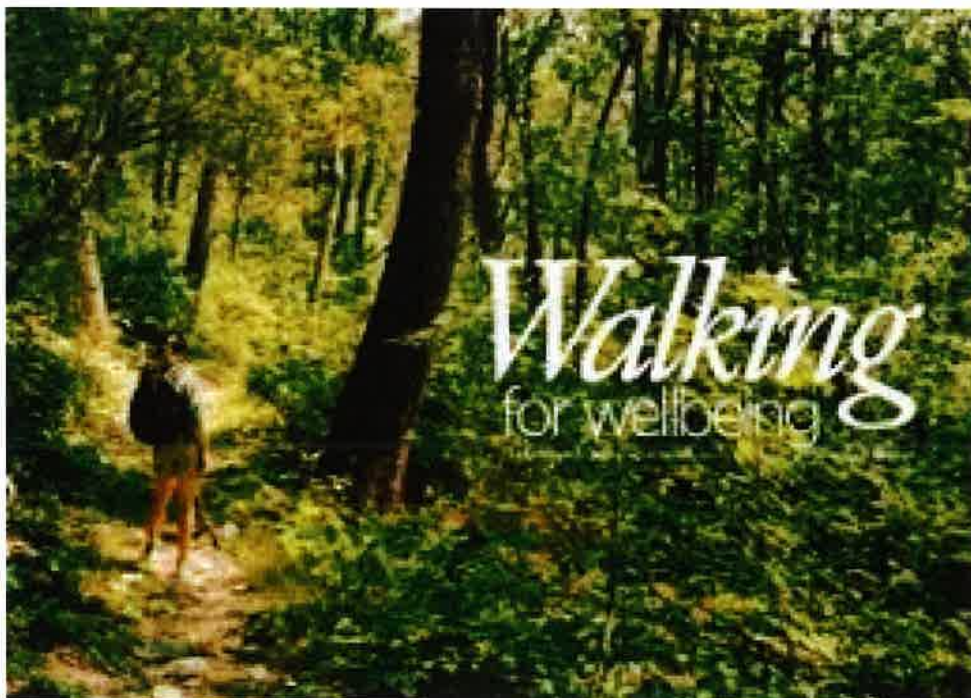
Working together for your wellbeing

We have been in talks with Dean Blagdon the Health Improvement Practitioner for Livewell southwest. We would like to set up a walking group every Wednesday morning (term time) at 9am from Beechwood with walks around the community & surrounding area finishing at the Sway community café. This is to help with peoples with their mental & physical health. This can also be offered to members of the community or your family.

Dean has offered a free training session to train up some volunteers on how to lead & volunteers to help run these walks. The training session is on Wednesday the 26<sup>th</sup> Feb 9.15am-2.45pm at Beechwood.

The First walk will take place on Wednesday the 4<sup>th</sup> March.

If your interested in becoming a wellbeing walker volunteer or just want to come along for a walk or to find out more please contact Jenny Oliver FSA.





# Coffee & support group

This group has been set up to provide advice and support for all parents & families.

We have arranged for a variety of agencies to come in to offer advice & provide information which we hope will be helpful.

The programme below gives details of the sessions already planned.

Everyone welcome.

Date & time	Agency/ organisation	Name of representative	Tick if attending
Thu 6 <sup>th</sup> Feb at 9-10am	On course south west	Abbie	
Thu 27 <sup>th</sup> Feb at 9-10am	Home start	Marissa	
Thu 12 <sup>th</sup> March at 9-10am	PIAS	Bob	
Weds 18 <sup>th</sup> March 10-2pm	Cerebra Sleep workshop	TBC	
Thu 26 <sup>th</sup> March at 9-10am	Friends & Family's	Nikki	
Thu 23 April at 9-10am	Money advice Plymouth	TBC	
Thu 7 <sup>th</sup> May at 9-10am	FSA	Jenny	

I would like to attend the above session/s  
please tick as you require & return this form Thank you

Parents name & contact .....

Childs name & class .....

Thank you  
Jenny Oliver  
FSA



# CEREBRA

Working wonders for children  
with brain conditions

## Sleep Workshop

Cerebra will be holding a **free** workshop on  
Understanding and Supporting your Children's Sleep.

**Date: 18<sup>th</sup> March**

**Time: 10am – 2pm**

**Location: Beechwood Primary Academy**

- The main focus of the workshop will be on how to build on your knowledge and understanding of sleep and what impacts/improves it
- To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- To improve your confidence to apply information gained to your own situation.

If you are interested in attending this event, then please  
contact: Jenny Oliver FSA at Beechwood or the FSA at your school

**Tel:- 01752 706360 Ext: - 215**

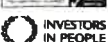
Cerebra is the charity dedicated to helping families with children with  
brain conditions discover a better life together.

Cerebra  
For Brain Injured  
Children & Young People

Second Floor Offices  
The Lyric Building  
King Street  
Carmarthen  
SA31 1BD

Telephone 01267 244200  
Fax 01267 244201

Email enquiries@cerebra.org.uk  
Website www.cerebra.org.uk



# Agenda

## Sleep Workshop

The main objectives of the workshop will be on how to:

- build on your knowledge and understanding of sleep and what impacts/ improves it
- increase your skills when addressing issues of settling, night waking, early rising and sleeping alone
- improve your confidence to apply information gained to your own situation.

## Agenda

- 10:00 Introduction from facilitator and aims of the day
- 10:20 Introduce yourself and your child's sleep disturbance
- 10:30 Interactive Presentation part 1
- 11:00 Break
- 11:10 Interactive presentation part 2
- 12:10 Lunch
- 12:40 Case Studies
- 13:40 Evaluation and close

# What's On in Plymouth

Type: Multiple Categories

Location: Multiple Areas

Date: 14/2/2020 to 23/3/2020

Events starting between Friday, 14th February 2020 and Monday, 23rd March 2020

## Valentines Day @ Le Vignoble

*Food and Drink*

Royal William Yard, Plymouth

Treat your loved one to a romantic evening in our relaxing surroundings where you'll...

### Dates

From:

14 Feb 2020 Open 12:00 - 23:45

## Future Make by Real Ideas

*School Holiday*

Royal William Yard, Plymouth

Kickstart your future with Future Make presented by Real Ideas, is a...

### Dates

From:

17 Feb 2020 to 21 Feb 2020 Open 09:00

## Children's Beaded Jewellery Workshop half-term

*School Holiday*

Royal William Yard, Plymouth

Come along, experiment and play with beads - you'll make a beaded necklace and bracelet...

### Dates

From:

18 Feb 2020 Open 12:00 - 16:00

## Sonic the Hedgehog visit

*School Holiday*

Plymouth

Blink and you might miss it! Catch Sonic the Hedgehog at Drake Circus on 18th February at...

### Dates

From:

18 Feb 2020 Open 09:30 - 19:00

## Wildlife Workshop

*School Holiday*

PLYMOUTH

Come and try out our nature trail treasure hunt around the library all week - do you know...

### Dates

From:

## Creation Station Craft Workshops

*School Holiday*

Come and join in with our FREE 2020 workshops at various city...

### Dates

From:

21 Feb 2020 to 30 Oct 2020

## Exhibition: Slow Painting

*Exhibition*

University of Plymouth, Plymouth

'Slow Painting' is an exhibition of paintings that take their time, and invite us to do...

### Dates

From:

24 Jan 2020 to 28 Mar 2020 Open 10:00 - 17:00

## Dino-Saw

*Family*

Plymouth

Join baby Dino on an adventure... An immersive theatre show for babies, toddlers and...

### Dates

From:

12 Feb 2020 to 15 Feb 2020 Various Opening Times

## FREE City Centre Yoga Se

*Sports*

PLYMOUTH

Join yoga instructor Sian Ridpath of centre yoga classes.

...

### Dates

From:

29 Jan 2020 to 16 Dec 2020

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made by simpleview 



Beckly Centre—What's On

# LITTLE SEEDS SESSIONS

DEVONPORT PARK  
ACTIVITY CENTRE

TEL 01752 856119

FRIENDLY,  
SOCIAL STAY AND  
PLAY GROUP FOR  
ALL UNDER 5'S  
AND THEIR  
PARENTS/CARERS

£3 PER SESSION



All weather group.  
Indoors and outdoors  
activities.

Safe, inclusive play  
in a natural  
environment in the  
heart of the City.



Every Friday  
11:30 - 1:30

PLEASE NOTE NEW TIMES  
(TO FOLLOW ON FROM  
GREEN ARK'S MORNING SESSION.  
WHY NOT BRING ALONG A PACKED  
LUNCH?)

Registered Office Routeways Centre Limited,  
Devonport Park Activity Centre,  
Fore Street Plymouth, PL1 4BU Charity Registration  
Number 1060543 Company Registration Number 3420867  
[www.routeways.org.uk](http://www.routeways.org.uk) text



# Devonport Park Activity Centre




## ROOTED JUNIORS

**AUTISM AND DISABILITY FRIENDLY INCLUSIVE ACTIVITIES  
FOR YOUNG PEOPLE AGED 8-13 YEARS  
DEVONPORT PARK ACTIVITY CENTRE**

Saturdays 10-1  
£5 per session  
MUST be pre booked at [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)  
Email: [rtaylor@routeways.org.uk](mailto:rtaylor@routeways.org.uk)  
Tel: 01752 856719





Exciting outdoor learning activities and social opportunities for young people with autism and/or other disabilities aged 8-13 years, led by qualified and experienced teachers. Based at our fabulous Devonport Park site, with extensive outdoor facilities including pizza oven, fire pit, polytunnels, secret garden and pond as well as indoor classroom and kitchen area. Activities are held outside whenever possible and include forest schools, den building, cooking, gardening, drama/role play and arts and crafts.

Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543, Company Registration Number 3420867  
[www.routeways.org.uk](http://www.routeways.org.uk)




## YOUTH CLUB

For ages 14+

Evening Trips  
Arts & Crafts  
Outdoor activities  
First aid training  
Cooking  
Games evening  
Movie nights  
and much more!

beckly@routeways.org.uk  
01752 856433  
Beckly Centre & Devonport Park Activity Centre






Drop in sessions, every Thursday 7pm - 9pm, £3 per person.

## FEBRUARY SESSIONS

6th February	13th February
<b>Beckly</b> Fitness and Yoga Complete fitness challenges and then cool down after with some yoga	<b>Devonport Park</b> Valentines Day Making love potions and valentines cards
20th February	27th February
<b>Beckly</b> STEM dragon challenge Use different materials to create your own dragon for Chinese new year	<b>Devonport Park</b> Pizza making Make your own pizza in our outdoor pizza oven



## GROWING TOGETHER

16-24 YRS SEND SOCIAL GROUP

**BUILDING SKILLS FOR LIFE IN FUN, CHALLENGING & ADVENTUROUS WAYS.**






**Wednesday Gardening Sessions 10:00-14:00**  
**Friday Activity Sessions 12:30 -16:30**  
**£5 per session**  
**Plus Sunday 29th September - running a pop up cafe at the Beckly Centre !**  
**Booking through [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways)**  
**DEVONPORT PARK ACTIVITY CENTRE 01752 856719**

Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU Charity Registration Number 1080543  
Company Registration Number 3420867  
[www.routeways.org.uk](http://www.routeways.org.uk)






## Autism and disability friendly Games and Movie Night

Devonport Park Activity Centre




**FOR YOUNG PEOPLE AGED 14+**  
Take part playing your favourite board games or relax in our quiet cinema space, we will supply a variety of films, food and juice.  
You are welcome to bring games from home to share with others.  
£5 per session 2nd Friday of every month  
Contact: 01752 856719 for more information.




Registered Office Routeways Centre Limited, Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU  
Charity Registration Number 1080543, Company Registration Number 3420867 [www.routeways.org.uk](http://www.routeways.org.uk)

## CHICKS Respite Breaks



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

Children may attend one break per calendar year.

Anyone that works with children in a professional capacity can refer to CHICKS.

- For more information, including criteria for referral please see [FAQs](#).
- Please also see: [Refer a Child on a CHICKS Break](#).

**For more information please contact :**

t | 01822 811020 e | [info@chicks.org.uk](mailto:info@chicks.org.uk) w | [www.chicks.org.uk](http://www.chicks.org.uk)

### 2019 CHICKS Respite Break Dates

#### Age Groups:

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

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

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

See CHICKS website for up-to-date [available break dates](#).

	Week in 2020	DALESIDE, Derbyshire	Child Age/Volunteer Age
	3 – 7 Feb	RBL Training	
1-A	10 – 14 Feb	D100220	8 - 11/18+
2-B	17 – 21 Feb	D170220	11 - 13/20+
3-A	24 – 28 Feb	D240220	8 - 11/18+
4-B	2 - 6 Mar	D020320	8 - 11/18+
5-A	9 – 13 Mar	D090320	8 - 11/18+
6-B	16 – 20 Mar	D160320	11 - 13/20+
7-A	23 – 27 Mar	D230320	Next Steps 16-17/25+
8-B	30 Mar - 3 Apr	D300320	8 - 11/18+
9-A	6 – 10 Apr	D060420	14 - 15/21+
10-B	13 – 17 Apr	D130420	8 - 11/18+
11-A	20 – 24 Apr	D200420	11 - 13/20+
12-B	27 Apr - 1 May	D270420	11 - 13/20+

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



## 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. Call or email for more information or to register on **01752 204369**.

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

### Activities

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

Date/Time	Event	Category
Sat 8th Feb 2020 1:00 pm - 3:00 pm	<a href="#">Youth Adventures - Woodwork with driftwood</a> <i>The Studio, Plymouth</i>	<a href="#">Youth Adventures</a>
Tue 11th Feb 2020 6:00 pm - 7:30 pm	<a href="#">EVENING DROP IN SUPPORT GROUP</a> <i>Virginia House, Plymouth Devon</i>	No Categories
Thu 13th Feb 2020 10:00 am - 12:00 pm	<a href="#">DAY TIME DROP IN SUPPORT GROUP</a> <i>Virginia House, Plymouth Devon</i>	No Categories

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)

Date/Time	Event	Category
<b>Sat 15th Feb 2020</b> 10:30 am - 2:30 pm	<u><a href="#">Family Activity - Hannah's Hub **FULLY BOOKED**</a></u> <i>Dame Hannah Rogers School, Ivybridge</i>	<u><a href="#">Family Activity</a></u>
<b>Mon 17th Feb 2020</b> 1:00 pm - 3:00 pm	<u><a href="#">Making Sense - Plymouth Music Zone **FULLY BOOKED**</a></u> <i>Plymouth Music Zone, Plymouth</i>	<u><a href="#">Making Sense</a></u>
<b>Mon 17th Feb 2020</b> 5:45 pm - 8:15 pm	<u><a href="#">Family Activity - Private Hire Cinema Experience at the Watermark</a></u> <i>Watermark Ivybridge, Erme Court, Leonards Rd, Ivybridge PL21 0SZ, Ivybridge</i>	<u><a href="#">Family Activity</a></u>
<b>Wed 19th Feb 2020</b> 10:00 am - 12:00 pm	<u><a href="#">DLA/PIP SUPPORT AND GUIDANCE ONE TO ONE</a></u> <i>Virginia House, Plymouth Devon</i>	<u><a href="#">Training</a></u>
<b>Wed 19th Feb 2020</b> 10:30 am - 2:30 pm	<u><a href="#">Family Activity - Hannah's Hub</a></u> <i>Dame Hannah Rogers School, Ivybridge</i>	<u><a href="#">Family Activity</a></u>
<b>Wed 19th Feb 2020</b> 2:15 pm - 4:30 pm	<u><a href="#">Adventure Club - Plymouth College of Art - Ceramics *FULLY BOOKED*</a></u> <i>Plymouth College of Art &amp; Design, Plymouth</i>	<u><a href="#">Adventure Club</a></u>
<b>Thu 20th Feb 2020</b> 9:00 am - 3:00 pm	<u><a href="#">Fun and Freedom - Bespoke Team Building Camp At Plymouth Albion</a></u> <i>Plymouth Albion, Plymouth</i>	<u><a href="#">Fun and Freedom Club</a></u>
<b>Thu 20th Feb 2020</b> 10:00 am - 2:00 pm	<u><a href="#">Adventure Club - Climbing Wall</a></u> <i>Mount Batten Centre, Plymstock</i>	<u><a href="#">Adventure Club</a></u>
<b>Thu 20th Feb 2020</b> 2:00 pm - 3:00 pm	<u><a href="#">Making Sense - Hydrotherapy</a></u> <i>Woodlands School, Plymouth</i>	<u><a href="#">Making Sense</a></u>
<b>Fri 21st Feb 2020</b> 9:45 am - 1:00 pm	<u><a href="#">Fun and Freedom - Plymouth College of Art - Ceramics</a></u> <i>Plymouth College of Art &amp; Design, Plymouth</i>	<u><a href="#">Fun and Freedom Club</a></u>
<b>Fri 21st Feb 2020</b> 10:15 am - 12:30 pm	<u><a href="#">Youth Adventures - Pizza Making Masterclass</a></u> <i>Pizza Express, Unit 2, Plymouth Devon</i>	<u><a href="#">Youth Adventures</a></u>
<b>Thu 27th Feb 2020</b> 9:15 am - 2:30 pm	<u><a href="#">Level 1 Accredited 2 DAY MAKATON COURSE</a></u> <i>Virginia House, Plymouth Devon</i>	<u><a href="#">Parent/Carer Training</a></u>
<b>Thu 27th Feb 2020</b> 9:15 am - 2:30 pm	<u><a href="#">Level 1 Makaton course - 2 day course *Professional bookings*</a></u> <i>Virginia House, Plymouth Devon</i>	<u><a href="#">Parent/Carer Training</a></u>
<b>Fri 13th Mar 2020</b> 9:30 am - 3:00 pm	<u><a href="#">DEVELOPING POSITIVE RELATIONSHIPS WITH A CHILD IN DISTRESS</a></u> <i>Virginia House, Plymouth Devon</i>	<u><a href="#">Parent/Carer Training</a></u>
<b>Fri 15th May 2020</b> 9:45 am - 3:00 pm	<u><a href="#">Pathological Demand Avoidance PDA</a></u> <i>Virginia House, Plymouth Devon</i>	<u><a href="#">Parent/Carer Training</a></u>

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

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

## What's On

### Make a Play in a Week:

#### Greece Lightning!

**Thur 31 Mar—Fri 3 April 2020**

**Time:** 10am-12.30pm

**Age:** 8-11 Years

**Price:** £60 / (Young Company Members £18)

**Venue:** Production & Learning Centre, TR2,  
12 Neptune Park, Cattedown, PL4 0SJ

**Greece Lightning!** tells the history of the Games in Ancient Greece – and then shows what happens when the mischievous Greek gods turn up rather unexpectedly for the opening ceremony of the Olympic Games in Tokyo 2020...!

### Make a Play in a Day:

#### The Hare and the Tortoise

**Mon 6 Apr 2020**

**Time:** 10am-3.30pm

**Age:** 5-7 Years

**Price:** £20 / (Young Company Members £18)

**Venue:** Production & Learning Centre, TR2,  
12 Neptune Park, Cattedown, PL4 0SJ

Aesop was a storyteller in Ancient Greece more than 2500 years ago—but the brilliant stories with a message he told about animals have been famous ever since—and have been the inspiration for TRP's Easter Academies in recent year!

This year, we are going to challenge the group to learn, rehearse and perform **The Hare and the Tortoise** IN JUST A DAY!

[See What's On](#)

To book call the Box Office on **01752 267222**



### The Deep Sea Seekers

**Date:** Tue 18 — Sat 22 Feb 2020, 11am / 3pm

**Venue:** The Drum

**Age:** Suitable 3+

**Tickets:** £9 / Family Tickets available—please call Box Office on 01752 267222

**Running Time:** 1 hour

Join Alph, Betty and Gammo for an exhilarating, warm, audience-driven children's show that journeys through our oceans meeting incredible creatures, exploring unmapped shores and tackling unwelcome plastic. Pack your snorkel and flippers and get ready to explore the deep with songs, humour and lots of audience interaction.



### Two Little Kittens

**Date:** Tue 31 Mar—Fri 3 Apr 2020,

**Venue:** The Lab

**Age:** Suitable Under 4's and Family

**Tickets:** To book call Box Office—1752 267222

**Running Time:** TBC

**Above Bounds** invite you inside from the storm to watch as our tale unfolds. Can two unlikely companions learn to share and play together, or will one end up back outside on their own? With visual comedy, interaction and lots of laughs, **Two Little Kittens** is the perfect first introduction to theatre for under 4's and their families







# Create

Accessible creative workshops for young people aged 11-18

Create is a creative theatre and movement workshop group for young people aged 11-18 who identify as deaf or disabled, neurodiverse, PMLD or would benefit from additional support in the room.

Please contact —  
Dani Golding on 01752 230 375 or  
dani.golding@theatreroyal.com  
for any further information, if you  
would like to register a young person  
to the group, or simply come in and  
give it a try!

The group takes place every Tuesday at  
Theatre Royal Plymouth's Production  
and Learning centre, TR2, between  
5.30pm and 7.00pm.

**TRP** THEATRE ROYAL PLYMOUTH [theatreroyal.com](http://theatreroyal.com)

**TRP** THEATRE ROYAL PLYMOUTH

FROM children in need

ARTS COUNCIL ENGLAND

THEATRE ROYAL PLYMOUTH

## End of the Pier Show

**Date:** Sat 4 Apr 2020, 11.30am / 2.30pm

**Venue:** The Lab

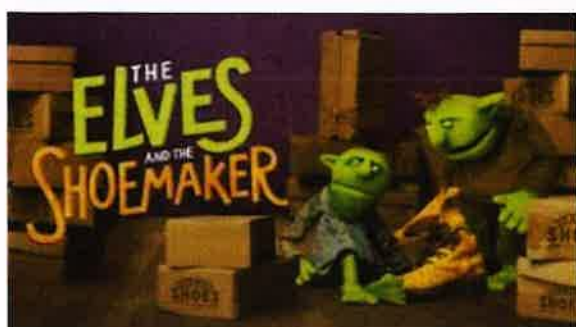
**Age:** Suitable 7+

**Tickets:** £7.50

**Running Time:** TBC

At the end of a soon-to-be-closed-down pier in a forgotten seaside town, Pierre the pier handyman spends the last weeks as he always does: catching fish for his old bedridden mother and making strange and wonderful things from the rubbish he finds on the beach.

Renowned stand-up poet and lo-fi theatremaker **Jonny Fluffypunk** presents a brand spanking new little show for families, with poetry, puppetry, story, song and a healthy dose of anarchy.



## Billionaire Boy

**Date:** Tue 7—Sat 11 Apr 2020, 2pm / 7pm

**Venue:** The Lyric

**Age:** Suitable 5+

**Tickets:** From £14 / £18.50 / £24.50

**Running Time:** 2 hrs 10 mins (approx)

Joe Spud is twelve years old and the richest boy in the country! He has his own sports car, two crocodiles as pets and £100,000 a week pocket money! But what Joe doesn't have is a friend. So he decides to leave his posh school and start at the local comp. But things don't go as planned for Joe and life becomes a rollercoaster as he tries to find what money can't buy!

From the award-winning West End producers of Gangsta Granny and Awful Auntie comes this amazing new production of David Walliams' best-selling story!



### Stiltskin at the Soapbox Children's Theatre

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



### The Dino-Saw Show

**Date:** Wed 12—Sat 29 Feb 2020, times various

**Price:** £8.50—£10.50, for under 8's & families

Join baby Dino on an adventure and meet dinosaurs BIG and small.



### Troublesome Tikes

**Sat 18 Apr—Sat 2 May 2020, times various**

**Price:** £8.50 / £10, for under 12's and families

The troublesome tikes are not very good at listening or doing what they are told. So what happens when their troublesome ways go out of control? A new fun show from Stiltskin Theatre Company.

### Workshops & Drama Groups

Stiltskins Children's Theatre Company also offer a number of workshops and drama groups for different ages.

See: <https://www.stiltskin.org.uk/workshops>

To book and find other productions

Tel: 07754 177678

visit: <http://www.stiltskin.org.uk/>



### **Workshops**

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

Barbican Theatre Performance Training classes offer training in dance and theatre for ages 12-25 year olds. The fun and lively classes help young people develop technical skills in dance or theatre whilst making new friends, building confidence and improving health and well-being.

For more details see:

<https://barbicantheatre.co.uk/performance-training/>

### Civic

**Dates:** Thur 20, Fri 21 & Sat 22 Feb 2020

**Times:** 7.30pm (+3pm Fri 21 Feb 2020)

**FUSE at Royal William Yard**

FUSE Diverse Dance team present CIVIC a riotous stomp through the stories of Plymouth. They present an imperfect history of the Civic Centre from 1961 to now, showcasing a mix of dance, new writing, old film footage and stories from people like you.

**Suitable age 8+.**

### **Tickets**

£8 Full, £6 Concessions (under 16s, over 60s, disabled, students), Group of 4—£20

If you require disabled/accessible seating, please call the Box Office to discuss your requirements.

### More Details

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

(Mon—Fri, 11am—6pm).

See what's on:

<https://barbicantheatre.co.uk/whats-on/>



## OCEAN CELEBRATIONS SEA THE DIFFERENCE

### February Half Term

### Sea the Difference Week

Sat 15— Sun 23 February 2020,  
10am-5pm daily

Sea the Difference week is back for another year. Activities will be in our exhibit area. Along with the Sea the Difference stalls, we'll have talks, shows and feeds happening everyday.

[Find out more](#)



### Loola Land Soft Play

#### Open everyday

A fun filled soft play area that is the perfect place for youngsters to let off some steam, from toddlers right up to 10 years olds!

\*Please be aware Soft Play may be closed due to Children's Birthday Parties. Children must be wearing socks to play. Socks are available for sale at the Loola Land desk.

[More Details](#)

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

For more details about these events  
see website: [www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)  
or call 0844 8937938



### Sleeping with Sharks

Saturday's 11 Apr, 8 Aug, 24 Oct  
& 29 Dec 2020, 6.30pm-9am

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

Child (age 5+): £40.00

Adult (age 16+): £30.00

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

[More Details](#)

### Tuesday Toddler Mornings

Tuesday's, 10.30am-11.30am (term time)

The toddler sessions allow children between the ages of 2-4 years old to explore the underwater world. Each week the focus is on a different part of the aquarium—including activities such as stories, arts and crafts, puppet shows, treasure hunts and meeting our friendly aquarium mermaid, Marina!

Age: 2-4 year olds

Cost: £1 per child\*

Where: Wave Café



[Find out more](#)

\*Places limited to 15, sold on first come basis.

**Ticket Prices: Advance Pass  
10% Discount online.  
Unlimited FREE visits up to 1 Year.**



## Plymouth Arts & Heritage “On Tour”

Plymouth City Museum & Art Gallery is now closed for the development of The Box History Centre.



### Activity: Plymouth's Super Structures

Daily, 10am-3pm

Price: Free. Recommended aged 7+

Plymouth's Super Structures tells the remarkable stories behind Smeaton's Tower and Plymouth Breakwater. Join Mr Brunel and learn about the amazing inventors and engineers who built these structures.

Begin this activity by the iconic Smeaton's Tower and use your phone and click on the link: [Begin Plymouth's Super Structures](#)

The activity takes about 30-45 minutes to fully complete, but you can choose to look at as little or much as you like.

### The Box

The new history centre “The Box” is due to open on **Saturday 16 May 2020** and will bring together six historic collections under one roof:

- The South West Film & TV Archive
- South West Image Bank
- Plymouth City Museum & Art Gallery
- Plymouth & West Devon Record Office
- Plymouth Local Studies Library Collection
- Devonport Naval Heritage Centre



Keep up to date at:

<https://plymhearts.org/>



## WHERE MUSIC MAKES COMMUNITIES

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



## SESSIONS ALWAYS UPDATING

To book your place call 01752 213690  
or email [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)



LLOYDS BANK FOUNDATION  
England & Wales

Supported by Plymouth  
ARTS COUNCIL  
ENGLAND



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

Tel: 01752 213690

Email: [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

Support PMZ as your Co-op local cause:

<https://membership.coop.co.uk/causes/22027>





## Plymouth Libraries Events & Activities

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

### Hello World: Coding & Digital Making

- **Monday:** 4pm-5pm at Devonport Library
- **Tuesday:** 4pm-5pm at Plymstock Library
- **Thursday:** 4pm-5pm at Plymouth Central Library
- **Thursday:** 3.30pm-4.30pm at North Prospect Library
- **Saturday:** 9.30am-10.30am at Plymouth Central Library
- **Saturday:** 10.30am-11.30am at Plymouth Central Library



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

There is no set agenda or lesson plan - young people can just come along and have access to the libraries public computers and resources where they can learn coding. There will also be opportunities to use MaKey MaKey, play on Raspberry Pi's and also tablets.



### Findalots Reading Challenge



A year round library challenge for children aged 4 to 11 years old. Children can sign up at any Plymouth Library and receive a special Findalots library card and an activity journal.

Children need to read four books a month to receive a sticker. Each month will have a different theme. Complete the special challenge (or borrow four more books) to receive a trading card.

[Find out more](#)

### Local Library Activities & Events



Find lots of activities and events going on at your local library including:

- Reading groups for 8-12 years
- Rhymetimes for babies and toddlers (under 5's)
- Lego Clubs
- Holiday activities

[See what's on](#)



# Plymouth Music Zone

# SENSORY SOUNDS

Music making activities for children aged 4-16  
with PMLD, ASD/SEN  
Tuesday's 4-5pm

For more information and to book,  
please call Glyn on (01752) 213690 or email  
[info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

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

Registered Charity Number: 1100878



## Young Company Hubs

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



There are hub groups at four partner schools:

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

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

For more details please contact Scarlett Sterne via email  
[scarlett.sterne@theatreroyal.com](mailto:scarlett.sterne@theatreroyal.com) or call 01752 2303157

# Nature Plymouth



Spring 2020

feb **NATURE** Apr  
**PLYMOUTH**

Free family events and  
wildlife volunteering  
for all ages





## Poole Farm Volunteering

Help with practical conservation and animal activities at Poole Farm every Tuesday, 10:30am - 4pm. Check our Facebook pages for updates on how to get here. We recommend parking in the Rydal Close Car Park directly opposite the farm barn, PL6 8TR (what3words: owls.torch.wallet).

### February

4th, 11th, 18th, 25th

### March

3rd, 10th, 17th, 24th, 31st

### April

7th, 14th, 21st, 28th

If you're interested in joining our volunteer group, please contact Joe on 07871 184247 or email [joe.bestwick@plymouth.gov.uk](mailto:joe.bestwick@plymouth.gov.uk) to find out if Poole Farm volunteering is suitable for you and the next steps towards becoming a volunteer

## Family events



Buy your tickets on Eventbrite (@ Poole Farm Plymouth) for our family events on:

Wed 19th February, Wed 1st April, Wed 8th April



We usually release tickets a couple of weeks before our events, please check our Facebook and Eventbrite pages to find out when tickets go on sale.

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

To find out more about Poole Farm, call 07500 075719 or email [derrifordcp@plymouth.gov.uk](mailto:derrifordcp@plymouth.gov.uk)  
[www.facebook.com/PooleFarmProject](http://www.facebook.com/PooleFarmProject)

## Local Nature Reserve Volunteering

Help conserve your local greenspace with Nature Plymouth's team of Natural Infrastructure Assistants.

Our events run 11am - 3pm unless otherwise stated. Meet at the postcodes provided or call for directions. Please check our Facebook page for more event details and updates.

### February

Thurs 6th - Coppicing @ Forder Valley, PL6 5QA

Thurs 13th - Manor restoration and bird box installation @ Budshead Wood, PL5 2QD



Thurs 20th, 11am - 2pm - Free half-term family event @ Efford Marsh, PL3 6RU

Thurs 27th - Hedge restoration @ Newnham Meadows, PL7 4LU

### March

Thurs 5th - Beach clean and path maintenance @ Ernesettle Creek, PL5 2SJ

Thurs 12th - Habitat creation and dead-hedging @ Efford Marsh, PL3 6RU



Sat 14th, 11am - 2pm - Meadow seeding, games and wild baking @ Radford Woods, PL9 9GE

Thurs 19th - Great British Spring Clean and fruiting hedge care @ Kings Tamerton Woods, PL5 2DS

Thurs 26th - Great British Spring Clean and biodiversity survey @ Budshead Wood, PL5 2QD

### April



Thurs 2nd, 11am - 2pm - Free Easter family event @ Kings Tamerton Woods, PL5 2DS



Thurs 9th, 11am - 2pm - Free Easter family event @ Budshead Wood, PL5 2QD

Thurs 16th - Spring bioblitz and practical conservation @ Efford Marsh, PL3 6RU

Thurs 23rd - Seating creation and practical conservation @ Newnham Meadows, PL7 4LU

Thurs 30th - Stream dipping and estuary biodiversity survey @ Ernesettle Creek, PL5 2SJ

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

To find out more call Hayley on 07557 176183 or email [hayley.partridge@plymouth.gov.uk](mailto:hayley.partridge@plymouth.gov.uk)  
[www.facebook.com/NaturePlymouth](http://www.facebook.com/NaturePlymouth)





## **Saltram**

Plympton, Plymouth, PL7 1UH

### **Half Term Fun at Saltram**

**Date:** Saturday 15—Sunday 23 February 2020, 10am-4pm

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

Rain or shine there's something fun to do everyday this half term at Saltram. Grab your wellies and go on an adventure in the park on the bike pump track or pick up a family trail to take you around the garden.

### **Saltram House West Wing Open**

**Dates:** From Sunday 12 January 2020 for 10 weeks, 11am-3.30pm

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

Whilst the rest of the house is under cover and being looked after over winter, the west wing is back open. So come in from the cold and explore the west wing.

### **Trust 10**

**Dates:** 4th Sunday of Month— 23 February 2020, 9am-11am

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

**Note:** Please arrive early if you haven't been before. Registration will close at 8.50am.

**Children between 14-16 must run with an adult.**

A free monthly way-marked 10K run around the Saltram estate. Come along and enjoy a fully marked and marshalled course for fun, training or as a fitness goal. There is no official timing, so if you would like to track your time, please bring some form of timing device so you can track your progress each month.

**More Information:** Admin Office 01752 333500

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



## Buckland Abbey

Yelverton, PL20 6EY



### February Half-Term Fun Family Trails

**Dates:** Saturday 15—Sunday 23 February 2020, 10am-4.30pm

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

Take part in one of our seasonal trails and enjoy a walk around the estate.

### Fused Glass Workshop

**Dates:** Saturday 15—Sunday 23 February 2020, 11.15am-3pm

**Price:** £10 (cards accepted), booking not required (normal admission charges apply)

Join Annie from Serendipity Glass to create your own Spring inspired fused glass creation in the Ox Yard Studio.

### Naturemake Half-Term Fun

**Dates:** Sunday 16, Tuesday 18 & Wednesday 19 February 2020, 11am-4pm

**Price:** From £4-£12 (cash only), booking not required (normal admission charges apply)

Join Naturemake for fantasy themed natural craft making and create your own mini mythical beasts, fantasy worlds or other creations from natural materials.

### Hearts & Flowers Family Crafting

**Dates:** Thursday 20 February 2020, 11.30am-3pm

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

Drop into the school room to make a heart shaped bird feeder.

**More Information:** Admin Office 01822 853607

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

## Crownhill Fort Open Days & Events

The Landmark Trust

Crownhill Fort is currently closed for the winter. There are no public open days or ticketed events scheduled until Spring 2020.

Once dates are finalised they will be published on their website and social media.

Purchase tickets for [events](#).

### Admission Prices:

£5.00 for adults, £2.50 for children and £12 for family ticket (2 adults and up to 4 children)

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

Limited free parking.

For more information contact the Fort Office on 01752 793754.

Full programme of events available on [The Landmark Trust](#) website.

## Lydford Gorge

Lydford, EX20 4BH



Note: The shop and tea-rooms are closed for winter. The tea-rooms will be open for February half term from Saturday 15 to Sunday 23 February 2020, 10am-3.30pm.

### **'50 Things' Stick Trail**

**Dates:** Saturday 15 February—Sunday 1 March 2020, 10am-3pm

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

Play pooh sticks, create a story stick and look out for stick creatures on route to the Whitelady Waterfall. There will be some extra stick activity stations in the orchard.

### **Build your own Bird Box**

**Dates:** Saturday 15 February, 12pm-3pm

**Price:** £6 per bird box, booking advisable (normal admission charges apply)

Make a box individually or make one as a family, the box can be tailored to suit a variety of different garden birds. Materials and guidance will be provided by the ranger team along with info on the best place to put it up in your garden.

### **Fun with Fire**

**Dates:** Tuesday 18 February & Saturday 14 March 2020, 12pm-2pm

**Price:** £2.50, booking advisable (normal admission charges apply)

Learn how to light a fire without matches, and then mix up some tasty dough to cook on a stick over the campfire.

### **Bug Home Making**

**Dates:** Friday 21 February 2020, 10.30am-1.30pm

**Price:** £2.50, booking advisable (normal admission charges apply)

Construct a home for all sorts of beneficial insects to improve your garden or window box.

### **Apple Pruning**

**Dates:** Saturday 22 February 2020, 10.30am-12.30pm

**Price:** Free, booking essential (normal admission charges apply)

Join the rangers in the orchard to learn about the art of pruning apple trees. Part theory, part practical. Tools will be provided.

**More Information:** Admin Office 01822 820320

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



## Antony

Torpoint, PL11 2QA



Antony is now closed until Wednesday 1 April 2020 as it returns to being home to the Carew Pole family for a few months and the personal treasures in the collection receive some special care.

**More Information:** Admin Office 01752 812191

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

## Cotehele House & Mill

St Dominick near Saltash, PL12 6TA

Cotehele House and Cotehele Mill are now closed for Winter conservation, but the garden, estate, barn restaurant and Edgumbe tea-room are open daily 10am-4pm.

**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](https://www.nationaltrust.org.uk) website.

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

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



**swlakestrust**

**Burrator School Holiday Family Activity Day  
Wednesday 19 February 2020, 10am-3pm  
Cost: £3 per child, £2 per adult (cash only).  
No booking needed.**

Our school holiday family activity days involve a wildlife or heritage themed trail, woodwork, environmental art and outdoor cooking in and around the Burrator Discovery Centre.



Please wear outdoor clothing and footwear.



For more information or to book activities email:  
[heritage@swlakestrust.org.uk](mailto:heritage@swlakestrust.org.uk)  
or call 01822 855700

## Concessionary Fares for Disabled Travellers

### Bus Pass

If you have a disability, you may be eligible for a bus pass allowing for free travel on most local bus services in England between 9.30am and 11pm weekdays and all day at weekend and on public holidays.

See [Plymouth City Council Bus Pass](#)



### Disabled Persons Railcard

Those with disabilities may also be eligible to purchase a Disabled Persons Railcard. This will enable you (and another adult travelling with you) to get 1/3 off adult rail fares travelling on any National Rail network in Great Britain.

See: [Disabled Persons Railcard](#)





## What's On in Plymouth

**mini  
MORNINGS**  
SMALL PEOPLE, BIG EXPERIENCE

proudly sponsored by



MINI MORNINGS SHOWINGS

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

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

Find out what's on at:

[www.myvue.com/cinema/plymouth/whats-on](http://www.myvue.com/cinema/plymouth/whats-on)

Show your Nectar card when buying tickets.

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

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

For more information see:

[Redeem Nectar Points](#)



## Autism Friendly Screenings

Many cinemas including Vue and Cineworld offer autism friendly screenings for those who would benefit from a more relaxed cinema experience. For more details see the Dimensions guide:

[National autism friendly cinema screenings](#).

### What Makes the Screenings Autism Friendly?

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



[Vue Cinema](#)—normally the last Sunday of every month at 10.15am.

[Cineworld](#)—normally the first Sunday of every month at 11am.



## Are you on the Autism Spectrum?

### Do you know someone who is?

The Devon Autism Alert Card was introduced to support people on the Autistic Spectrum. The card tells the emergency services or others that they may need to change their approach or behaviours in a way to support the card holder because they are Autistic.

The [Autism Alert Card](#) is available for anyone who feels they are on the Autistic Spectrum.

There is no requirement to have an official diagnosis.

To obtain a card, please contact us on **07592131597** and leave a message or email us on [admin@devonlink-up.org](mailto:admin@devonlink-up.org)

When you receive your card, please fill in the details on the reverse of the card.

We understand that sometimes cards get lost and there is no charge for a replacement.



## Sensory Shop

**First Saturday of Month, 9am-10am**  
**Drake Circus, 1 Charles Street,**  
**Plymouth PL1 1EA**

On the first Saturday of every month between 9am and 10am, Drake Circus are offering a sensory shopping hour in partnership with Dementia Friends and the National Autistic Society.

Each store will be turning off their music and dimming their lights to create a low sensory shopping experience for all customers.



## Derriford Autism Service

Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.\* The service is for patients and staff and allows those with Autism inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.

The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.

**Contacts:** Kate Bamforth  
**Autism Spectrum Lead Nurse**

**Tel:** 01752 4(32920)

**Email:**

[plh-tr.derrifordautismservice@nhs.net](mailto:plh-tr.derrifordautismservice@nhs.net)

*\*People with Autism who also have a Learning Disability will continue to be supported by the Learning Disability Team.*

ARGYLE COMMUNITY TRUST

HEALTH & DISABILITY

# DS ACTIVE

EVERY WEDNESDAY 5-6PM



**ACTIVITIES FOR YOUNG PEOPLE WITH DOWNS SYNDROME**

- For children aged 5-19 years old
- Play in a fun and inclusive environment
- Feel fitter, happier and healthier
- Meet people and make new friends

**£4 PER SESSION**  
WEDNESDAY 5-6PM (during term time)

MANADON SPORTS AND COMMUNITY HUB  
ST PETER'S ROAD  
PL6 3FD

JOSH.GRANT@PAFC.CO.UK | 01752 562 561 ext 4

LEARN. PLAY. SUCCEED.

active devon

ARGYLE COMMUNITY TRUST

HEALTH & DISABILITY

# JUNIOR ABILITY COUNTS

TUESDAYS 5.30 - 6.30PM



**FOOTBALL FOR YOUNG PLAYERS WITH A DISABILITY**

Play and train in a fun and inclusive environment for children aged 5-15 years old (term time only)

- Casual and tournament play
- Player of the week prizes
- Argyle match day ticket giveaways
- Argyle first team and Pippin Pate appearances

**£4 PER SESSION**  
**FREE TASTER SESSION**

GOALS PLYMOUTH, PL2 3DE


JOSH.GRANT@PAFC.CO.UK | 01752 562 561

LEARN. PLAY. SUCCEED.

POWERED BY GOALS

ARGYLE COMMUNITY TRUST

# ABILITY COUNTS



**FREE TO JOIN**

**ALL INCLUSIVE DISABILITY FOOTBALL**

EVERY WEDNESDAY **7.30 - 9pm**

WOMEN AND MEN'S TEAMS

Open to all females 16+ with any disability (physical or mental) who are friendly for all (no need to book, just turn up and play)

MANADON SPORTS AND COMMUNITY HUB  
PL6 3FD

LEARN. PLAY. SUCCEED.

## Female Disability Football Sessions

Wednesday's, 7.30-9pm, age 16+  
at Manadon Sports and Community Hub

These sessions are open to all females with any disability this includes physical or mental disability/illness. Aged for females over the age of 16 years of age.

Fun training sessions, inclusive of all abilities.

£4 per session. First session **free**.

Fully qualified FA licensed coaches.

## Disability Activities

For disability activity enquiries, please contact Emma Potter, Health & Disability Officer on **01752 562561 ext 4** or email [Emma.Potter@pafc.co.uk](mailto:Emma.Potter@pafc.co.uk)





### Inclusive football sessions:



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



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



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



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



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



For more information contact Michelle Meenan:



By email: [seachelle73@sky.com](mailto:seachelle73@sky.com)

By phone: 07841 020162



#DARETOB



18 Trevithick Rd, Plymouth PL5 2AF

MARINE ACADEMY  
PLYMOUTH

## Disability Football Sessions

**SEN PLAYERS WELCOME**

**Friday 3rd May 2019**

(Every Friday thereafter)

Session Time:

**7-8pm**

Ages: 11-16

**Safe, Fun,  
Inclusive Football  
From Our  
Qualified Friendly  
Coaches**

**FOOTBALL  
FOR ALL**

**£3 a session, 1st session is FREE!!!**

TEL: 07947633842 EMAIL: [palmer4futurestarsacademy@gmail.com](mailto:palmer4futurestarsacademy@gmail.com)



**£2  
per  
session**

**First  
session  
FREE**

Friends of Woodlands

# INCLUSIVE BOCCIA

**Every Sunday 10-11am  
Plymouth Life Centre**



Come and try out our fun and friendly BOCCIA session.  
Open to all ages and abilities whether you have a disability or not.  
Memberships will be available from October 2018.

For more info [andrew@sportsway.org](mailto:andrew@sportsway.org)  
07971 498 404

Call Andrew Potter on 07971 498404  
or email [andrew@sportsway.org](mailto:andrew@sportsway.org)

## OAKS RUGBY INCLUSIVE!

**Non-contact tag rugby skills  
for children aged 5 to 18  
with additional needs**

**Sundays at 10:15am**

Season runs from September until April

**First three sessions free!**

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

✉ [OaksInclusiveRugby@outlook.com](mailto:OaksInclusiveRugby@outlook.com)



Find us on





## DISABILITY ACTIVITIES AT THE LIFE CENTRE

### BOCCIA

Boccia is a fun, strategic, easy to play sport for all to enjoy. Play as a team to beat the opponents.  
**MONDAY 11AM-12PM**  
**WEDNESDAY 10.30AM-11.30**  
 Contact: [larsica@plymouthguild.org.uk](mailto:larsica@plymouthguild.org.uk) for more information.

### BOWLS

With our 8-rink carpet, bowls is a popular, fun activity for all ages and abilities to come and enjoy. Some sessions available include...  
**SCOPS BOWLS** (prefound disabilities)  
**TUESDAY 9.30AM-1.30PM**  
**DISABILITY BOWLS**  
**WEDNESDAY 9.30AM-11.30AM**  
**SATURDAY 9.30AM-12PM**  
**VISUALLY IMPAIRED** (October-May only)  
**TUESDAY 9.30AM-1.30PM**  
**FRIDAY 12PM-3.30PM**

### DISABILITY MULTI SPORTS

Try your hand at a number of different sports for all abilities taken by qualified coaches. The session is great for all abilities and involves everything from throwing and rolling to more organised games for all. For more information or what the sessions involves contact:  
 Andrew@sportsway.org  
**FRIDAY 10.30AM-11.30AM**

### SHOOTABILITY (Basketball)

Try our disability basketball club! This popular session will have you shooting for the stars. Run by enthusiastic activators, with certificates and awards for achievements and attendance. Prepare to be motivated.  
**THURSDAY 1PM-2PM**

Plymouth Life Centre  
 Mayflower Drive,  
 Plymouth PL1 3DG  
 01752604900

## DISABILITY ACTIVITIES AT THE LIFE CENTRE

### BOUNCEABILITY

This trampolining session is on deck level trampolines so it's easy to get on and started with our qualified coach who will make sure everyone gets the most out of the session no matter what their ability.  
**MONDAY 12.30PM-1.30PM**  
**THURSDAY 12PM-1PM**

### IN THE POOL!

Piccas Swimming Club is always open to new members.  
**SUNDAY 11AM-1PM**  
 To get involved contact the club at [enquire@piccas-club.co.uk](mailto:enquire@piccas-club.co.uk)  
 Surfability is an operator led swimming session, for people with disabilities.  
**TUESDAY 1PM-2PM**  
 Accessible changing facilities available on site and cars go free to all activities! For more information on disability sports, contact the Life Centre on 01752604900 or email [janeyoung@everyoneactive.com](mailto:janeyoung@everyoneactive.com).

### MOVABILITY

**TUESDAY 11.30 - 12.30PM**  
 Session in the main hall, with access to trampolines (not deck level) air track and gymnastics equipment. Either work to your own ability or join in the fun and games organised by qualified coach. Open to all abilities, but please be aware some participants may need assistance to gain access to equipment.

### WHEELCHAIR RUGBY

Get your adrenaline pumping for this high-octane, fast-moving sport. Sessions run by Westcountry Harriers.  
**MONDAY 6PM-7PM**  
 Don't miss out! Contact Chris at [chris.cr1959@talktalk.net](mailto:chris.cr1959@talktalk.net) for more information.

### WALKING TENNIS

It is a fun slow down version of tennis played with sponge balls. No previous tennis or padel is necessary. The session is aimed at those people who are older, have dementia or early stage Parkinson's disease. It's run by a tennis coach who is Dementia Friend. A great way to stay active, meet new friends and have fun.  
**TUESDAY 12.30PM-1.30pm**

Plymouth Life Centre  
 Mayflower Drive,  
 Plymouth PL1 3DG  
 01752604900



## Disability Sport

Sport	Day	Time	Venue	Cost	Event details
<a href="#">Boccia</a>	Monday	11am-12pm	Plymouth Life Centre	Contact provider	Paralympic sport similar to bowls delivered in partnership with Improving Lives Plymouth.
<a href="#">Boccia</a>	Wednesday	10.30am-11.30am			Contact Louise Regan <a href="mailto:louise.regan@improvinglivesplymouth.org.uk">louise.regan@improvinglivesplymouth.org.uk</a>
<a href="#">Disability MultiSport</a>	Friday	10.30am-11.30am	Plymouth Life Centre	Contact provider	This is a session for disabled participants where a range of activities will be on offer to increase their core skills. Delivered by Sports Way.  Contact Andrew Potter Email: <a href="mailto:andrew@sportsway.org">andrew@sportsway.org</a>
<a href="#">Inclusive Tennis</a>	Tuesday	12.30pm-13.30pm	Plymouth Life Centre	Contact provider	This is an inclusive tennis session for those with disabilities delivered by Double Bounce.  Contact Fiona Murphy Email: <a href="mailto:doublebounce2017@gmail.com">doublebounce2017@gmail.com</a>
<a href="#">Wheelchair Rugby</a>	Monday	6pm-7pm	Plymouth Life Centre	Contact provider	Contact Chris Perkins Email: <a href="mailto:chrisperkins.cr@gmail.com">chrisperkins.cr@gmail.com</a>

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



## TENNIS

Come and join a fun and sociable inclusive Tennis session.

Walking and disability tennis played indoors, using smaller rackets and short courts.

Adaptive equipment is used for these two sessions so everyone can play, whatever their ABILITY.

## Walking Tennis

For players who have Dementia, a long-term health condition or are a little bit older.



## Disability Tennis

A fully inclusive session for all disabilities



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## Wheelchair Tennis

For players with a mobility impairment. You do not have to be a full-time wheelchair user to play



Please get in touch for more information

Fiona Murphy - Devon Disability Tennis Network Coordinator

Tel: mob 0773 183 1255

Email [doublebounce2017@gmail.com](mailto:doublebounce2017@gmail.com)



# SOME-PING! IS HAPPENING

## *in* Plymouth

### PLAY FOR £1 MARINE ACADEMY PLYMOUTH



JOIN US FOR SOME FUN AND  
FRIENDLY TABLE TENNIS

FRIDAYS 7.30PM - 9PM  
(STARTING 6 SEP 2019)



CONTACT  
DARRIN ON  
01752 219061







# 'PLAY ON' OPPORTUNITIES *in* PLYMOUTH

Social Sessions	What type of activity is offered and when?	Venue Address
Plymouth Life Centre	Social Over 50s Session – Tuesdays 2pm – 3.30pm Open Community Session – Thursdays 7pm – 8pm Social Over 50s Session – Fridays 11am – 12.30pm	40 Mayflower Drive, Plymouth, PL2 3DG
Marine Academy Plymouth	Open Community Session – Fridays 6.30pm – 7.30pm	18 Trevithick Road, Plymouth, PL5 2AF
Weston Mill Social Club	Social Over 50s Session – Mondays 12pm – 2pm Social Over 50s Session – Wednesdays 9.30am – 11.30am	Ferndale Road, Plymouth, PL2 2EL
Joola Table Tennis Club	Open Community Session – Sundays 5pm – 8pm	Eggbuckland Community College, Westcott Close, Plymouth, PL6 5YB
Chaddlewood Table Tennis Club	Junior Session – Mondays 5pm – 6pm Open Community Session – Mondays 6pm – 9pm	Chaddlewood Community Centre, Glen Road, Plymouth, PL7 2XS
Crafthole Table Tennis Club	Adult Beginners Session – Wednesdays 2pm – 4pm Junior Beginners Session – Thursdays 6pm – 7pm	Antony Village Hall, Torpoint, PL11 3AF

## Ping! Plymouth Bars

The Roundabout	2-4 Drakes Circus, Plymouth, PL4 8AQ
Revolution Plymouth	1 Derrys Cross, Plymouth, PL1 2SW
The Treasury Bar	Catherine Street, Royal Parade, Plymouth, PL1 2AD
Lockyers Quay	1 Lockyers Quay, Cosside, Plymouth, PL4 0DX

All details correct at time of going to press Sept/17

## Parks

Devonpark Park
Mount Wise Seafront
Drake's Place
Victoria Park
Central Park Pitch and Putt
Keyham Park
West Hoe Park
Freedom Fields Park

Bats and Balls can be found in the cafes near the tables.

**Ping!**  
**PLYMOUTH**



Please visit [www.pingengland.co.uk/plymouth/](http://www.pingengland.co.uk/plymouth/) for more table locations



**SPORT  
ENGLAND**



[www.pingengland.co.uk/plymouth](http://www.pingengland.co.uk/plymouth)





## FREE Bikeability Courses

### School Holidays

Currently there are no courses in Plymouth for February half term, but courses running at:  
Ivybridge Community College, Harford Road, Ivybridge PL21 0JA or  
Tavistock College, Crowndale Road, Tavistock PL19 8DD

#### Bikeability Learn to Ride

**Date:** None Currently available

**Time:** 10am-12pm

**Venue:** Various

Coaching for age 7 to 16 year olds

#### Bikeability Level 2—2 Day Course

**Date:** None currently available

**Time:** 10am-3pm each day

**Venue:** Various

Coaching for school years 5 and above (age 9-11). Attendance on both days is required for completion of the Level 2 course.

#### Bikeability Level 1

**Date:** Mon 17 Feb 2020

**Time:** 10am-12pm

**Venue:** Ivybridge Community College &  
Tavistock College

Coaching for school years 3 and 4 (age 7-9)

#### Bikeability Level 3

**Date:** Monday 17—Friday 21 February 2020

**Time:** 9am-3pm

**Venue:** Ivybridge Community College &  
Tavistock College

Coaching for secondary school students for year 7 and above (age 11+). There are also opportunities for Parent and Child courses on various dates. A convenient location will be arranged upon booking.



Bikespace



Booking essential please visit  
[www.cyclepssp.co.uk](http://www.cyclepssp.co.uk)

For more information, please contact Jonathan Tutte  
[j.tutte@sjhcsc.co.uk](mailto:j.tutte@sjhcsc.co.uk)

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.cyclepssp.co.uk](http://www.cyclepssp.co.uk)

Or call us on 01752 515385



LOVE  
YOUR  
BIKE

PLYMOTION  
Make the connection!



### FREE OPEN ACCESS WORKSHOP SESSIONS

First Wednesday evening of each month  
6pm to 9pm.

These sessions are a great chance to use the Bikespace workshop to fix your own bike and are overseen by Bikespace mechanics.

### LEARN TO FIX YOUR BIKE

Bikespace are also offering a limited number of Basic Cycle Maintenance Courses – FREE of charge

For further information visit:  
[www.bikespace.org.uk](http://www.bikespace.org.uk)

Or call 01752 500211



# YMCA

**YMCA SPECIALS**  
Creating opportunities for everyone with additional needs



  
**YMCA**

## Inclusive sport for young people

Join YMCA Plymouth and Special Olympics Plymouth and District for a new and exciting multi-sport club, enabling young people with additional needs to take part, build in confidence, improve fitness and have fun!



**When:** Wednesdays, 4:45pm - 5:45pm  
**Where:** YMCA Plymouth  
**Cost:** First session FREE  
£3 per session  
**T 01752 201918**



*More details overleaf*

**YMCA SPECIALS**  
Creating opportunities for everyone with additional needs

### WHO CAN ATTEND?

Any young person aged 8 - 16 with an additional need can attend. The club is open to those with physical or intellectual disabilities. Our sessions are supported by trained staff and volunteers to lead the session help everyone get involved.



We offer a range of activities that cater to all abilities. Some of our sports include football, badminton, bocce, bowls, table tennis, trampolining and much more! For those with intellectual disabilities, Special Olympics also offer pathways for competition, local, regional, national and international.

  
**YMCA**

For further information please call **01752 201918**  
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG

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





# Support session

Saturday  
5pm - 6pm

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

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**What does each SEND and Support session include?:**

- The park will be closed to the general public
- Reduced numbers of bouncers
- A parent/carer goes free of charge with every participant
- The volume of the music is lowered and calming music is played
- The party rooms will be opened up to relax in before, during and after your session
- Complimentary sausage for all participants

**How much are they?**  
Our SEND Sessions & Support Sessions are £18, 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 a pair and are yours to keep.



# SEND session

Thursday  
4pm - 5pm

For bouncers with additional needs, and their carers.



# ICE DISCO

FRIDAY NIGHT

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

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

Book Online or call 0845 146 1460



## Plymouth Life Centre

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

### Fit For Sport Activity Camps (4-12 years)

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

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

[www.everyoneactive.com/centre/plymouth-life-centre/](http://www.everyoneactive.com/centre/plymouth-life-centre/)



a journey to an active life

### Next holiday camps:

Monday 17—Friday 21 February 2020

[www.fitforsport.co.uk/holiday-activity-camps](http://www.fitforsport.co.uk/holiday-activity-camps)

## gym bubbas

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

Programmes are individually developed with both parents and children's input, depending on the specific needs of each child.

With low instructor ratios, children get lots of time with the instructors to develop their skills.

Programmes help develop physical skills such as balance, strength, flexibility and coordination and also sensory, social, communication and cognitive skills.

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

## Plymouth and District Deaf Children's Society Youth Club



### Plymouth and District Deaf Children's Society Youth Club

Plymouth and District Deaf Children's Society offer 2 youth groups for young people who are deaf or hearing impaired. Both of these have Facebook groups where you can keep up to date with events and other useful information.

- [PDCS Adventurers](#) (age 5-12 years)
- [PDCS Youth Group](#) (age 12-18 years)

These groups allow young people the opportunity to have time together in a safe social environment. This is something that it can be hard for deaf young people to achieve as their deaf friends do not always live close to them.

Both groups provide monthly events. These are free but membership is £5 a year per family.



For more info email [plymouth@ndcsgroup.org.uk](mailto:plymouth@ndcsgroup.org.uk)

or visit the website at: [www.plymouthdcs.org](http://www.plymouthdcs.org)\*

\*currently under redevelopment, but available again shortly

ADDITIONAL NEEDS

# YOUTH CLUB

For ages 14+

Evening Trips  
Glow in the dark discos  
First aid training  
Cooking  
Games evening  
Movie nights  
and much more!



Only £3 a session

[beckly@routeways.org.uk](mailto:beckly@routeways.org.uk)  
01752 484433

Beckly Centre,  
Mayers way,  
Plymstock,  
PL9 9DF







PLYMOUTH  
MAKES.CO.UK

BuildingPlymouth.co.uk  
PlymouthMakes.co.uk

• @plymouthmakes @buildingplymouth  
• @plymouthmakes @buildingplymouth

# APPRENTICESHIP JOBS FAIR

Saturday 8 February 2020  
10am to 2pm, Plymouth Guildhall

## Apprenticeship Jobs Fair

Building Plymouth and the Plymouth Manufacturers' Group have joined together to help you meet top employers, offering hundreds of local apprentices. Explore diverse job roles in Construction and Build Environment, and Manufacturing and Engineering. Try your hand at taster activities and chat with Plymouth apprentices already working with these industries.

[Read more](#)

**POLAR BEAR  
EXPLORER**  
Dec 1st 2019 - Mar 1st 2020

**FIND 20 POLAR BEARS  
ON THE WATERFRONT**

Plymouth  
Britain's Ocean City

Plymouth  
WATERFRONT  
PARTNERSHIP

NMA

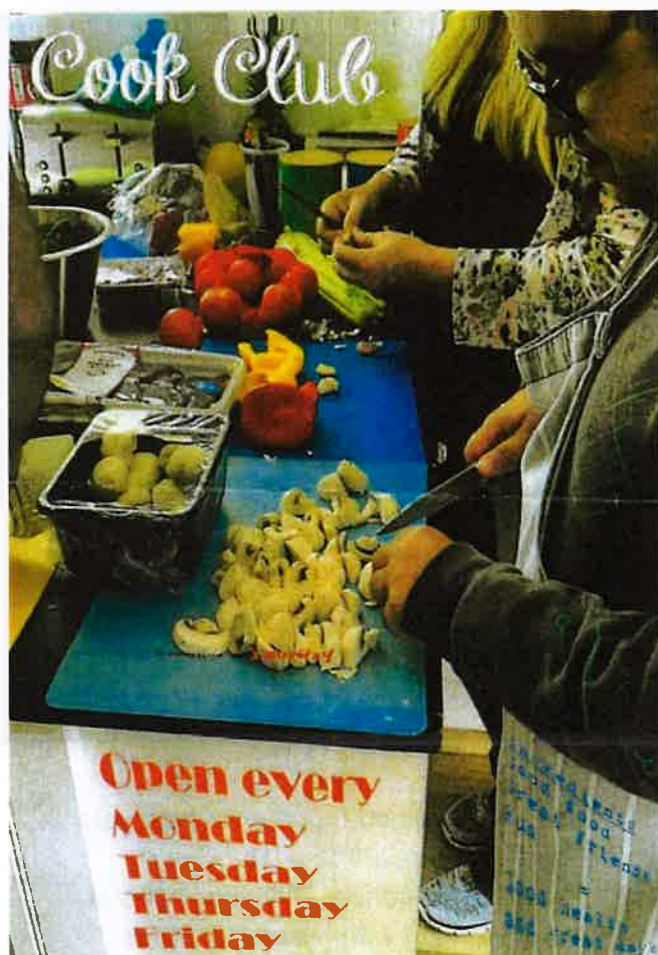
[visitplymouth.co.uk](http://visitplymouth.co.uk) #PolarBearExplorer

## Polar Bear Explorer

George, the Polar Bear cub wants you to follow the Polar Bear Explorer trail this winter for a chance to win some great prizes. Along the way, you'll learn about how climate change is affecting his environment—and what you can do to help!

[Read more](#)





Cook Club supports people to develop independent skills  
we focus on kitchen safety, cooking techniques  
nutrition, healthy eating and living  
- all the time having fun

Prices:  
Full Day session £46.92  
Half Day session £25.80  
Two free Half Day taster  
sessions available



'I've made new  
friends and we  
all eat lunch  
together'

'I like that I can choose  
the meal that everyone  
cooks and eats'

'I can choose  
between full day and  
half-day sessions'

Our six week Life Skills course  
can help you prepare for independent living

For more information please contact Richard on 01752 546444 or at  
richardprice@supportyourway.co.uk



## Active Art Session



2<sup>nd</sup> Tuesday every month



12 Abbotts Road Peverell Plymouth PL3 4PB

We offer young people, up to the age of 18, the opportunity to come along with their carer and enjoy an active art session at **The Studio 4pm-6pm**. The sessions take place on the second Tuesday of the month. Cost £10 per session, which includes all art materials (carer's attend free). Tea & coffee will be available. We recommend you bring your own refreshments. Because the sessions are so popular bookings are on a first come first served basis. For more information and to book your place please call Julie Beer on 07572 535235

## Creative Carers - art & craft sessions



2<sup>nd</sup> Wednesday every month



12 Abbotts Road Peverell Plymouth PL3 4PB

On the second Wednesday every month, The Studio is offering carers an opportunity to attend their Creative Carer Sessions. Carers are welcome at the Studio from 9.00am. Tea & Coffee will be available. We recommend you bring your own refreshments. Because these sessions are extremely popular booking in advance is essential. Session times are: 9.30am-11.30am - 12pm-2pm & 2.30pm-4.30pm Cost £10 per session, which includes all art materials. For more information please call Julie Beer on 07572 535235







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

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

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

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

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

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

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

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

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

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

Enjoy !

# Snowman



coloringlib.com