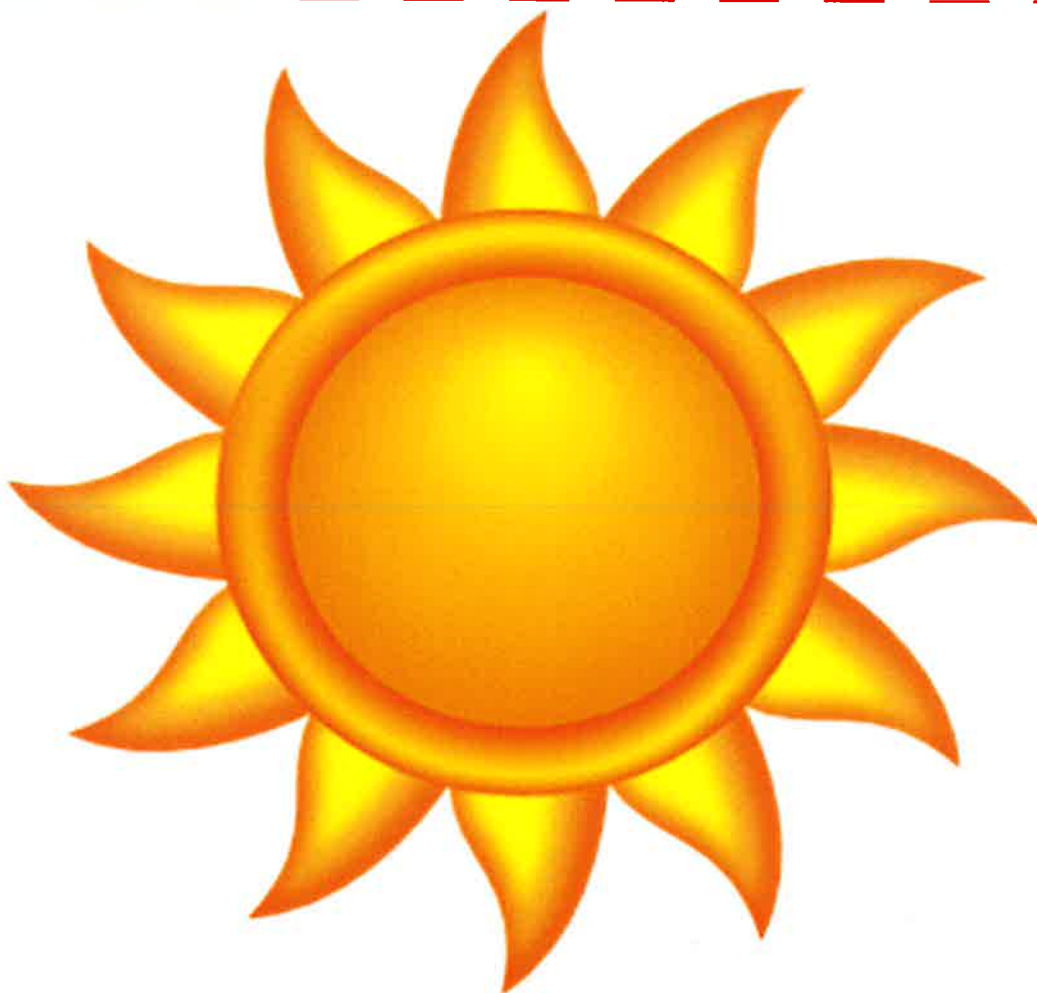


**Your Activities & Information
Booklet for the Summer Holiday's
From Your FSA
Jenny Oliver**

TAKE CARE & HAVE FUN.



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



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

The Fun and Freedom Club can offer you:

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

Joining the club is FREE and all of the activities are subsidised. The club hold monthly meetings, allowing you time to meet other young carers, have some fun away from your caring role and to give you some support and help with any worries or problems that you have. Call or email for more information or to register on 01752 204369.

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

Activities

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

| Date/Time | Event | Category |
|---|--|--------------------------------------|
| Sat 20th Jul 2019 10:30 am - 2:30 pm | Family Time at Hannah's Hub Dame Hannah Rogers School, Ivybridge | Family Activity |
| Mon 22nd Jul 2019 10:00 am - 12:00 pm | DLA SUPPORT AND GUIDANCE WORKSHOP Virginia House, Plymouth Devon | Training |
| Fri 26th Jul 2019 4:30 pm - 7:00 pm | Family Boat Trip **Fully BOOKED** Spirit of Plymouth, Plymouth Boat Trips, Plymouth | Family Activity |
| Mon 29th Jul 2019 2:00 pm - 4:00 pm | Making Sense - Hydrotherapy at the Hydro Hub The Hydro Hub, Newton Abbot | Making Sense |
| Tue 30th Jul 2019 11:00 am - 12:00 pm | Disabled Child - Surfing Discovery Surf School, Kingsbridge | Disabled Child |
| Wed 31st Jul 2019 10:30 am - 2:30 pm | Family Time at Hannah's Hub Dame Hannah Rogers School, Ivybridge | Family Activity |
| Thu 1st Aug 2019 8:30 am - 5:00 pm | Fun and Freedom Crealy Trip Crealy Devon, Exeter | Fun and Freedom Club |

| Date/Time | Event | Category |
|---|---|---|
| Fri 2nd Aug 2019 9:00 am - 12:45 pm | <u>Youth Adventures-Fishing Trip</u> Spirit of Plymouth, Plymouth Boat Trips, Plymouth | <u>Youth Adventures</u> |
| Sun 4th Aug 2019 10:00 am - 4:30 pm | <u>Youth Adventures-Classic Car Rally</u> Mount Edgecumbe, Torpoint | <u>Youth Adventures</u> |
| Tue 6th Aug 2019 10:30 am - 3:30 pm | <u>Making Sense - Antony House</u> Antony House, Torpoint Cornwall | <u>Making Sense</u> |
| Wed 7th Aug 2019 10:30 am - 2:30 pm | <u>Family Time at Hannah's Hub</u> Dame Hannah Rogers School, Ivybridge | <u>Family Activity</u> |
| Wed 7th Aug 2019 6:00 pm - 7:30 pm | <u>Family Ice Skating</u> Plymouth Pavilions, Plymouth | <u>Family Activity</u> |
| Thu 8th Aug 2019 10:00 am - 3:00 pm | <u>Fun & Freedom - Plymouth College of Art 'Project Me!'</u> ** FULLY BOOKED ** Plymouth College of Art & Design, Plymouth | <u>Fun and Freedom Club</u> |
| Fri 9th Aug 2019 5:45 pm - 8:30 pm | <u>Youth Adventures-FootGolf</u> Plymouth Golf Centre, Elburton plymouth | <u>Youth Adventures</u> |
| Mon 12th Aug 2019 10:00 am - 2:00 pm | <u>Disabled Child - Mount Batten Water Sports</u> Mount Batten Centre, Plymstock | <u>Disabled Child</u> |
| Tue 13th Aug 2019 1:00 pm - 3:00 pm | <u>Making Sense - Plymouth Music Zone</u> Plymouth Music Zone, Plymouth | <u>Making Sense</u> |
| Wed 14th Aug 2019 10:30 am - 2:30 pm | <u>Family Time at Hannah's Hub</u> Dame Hannah Rogers School, Ivybridge | <u>Family Activity</u> |
| Wed 14th Aug 2019 1:00 pm - 3:00 pm | <u>DLA SUPPORT AND GUIDANCE WORKSHOPS</u> Virginia House, Plymouth Devon | <u>Training</u> |
| Thu 15th Aug 2019 9:30 am - 4:00 pm | <u>Fun and Freedom - Mount Edgecumbe</u> Mount Edgecumbe, Torpoint | <u>Fun and Freedom Club</u> |
| Fri 16th Aug 2019 3:00 pm - 6:00 pm | <u>Youth Adventures - Archery Assault</u> Plymouth School of Creative Arts, Plymouth | <u>Youth Adventures</u> |
| Mon 19th Aug 2019 10:00 am - 3:00 pm | <u>Fun & Freedom - Mount Batten Water Sports</u> Mount Batten Centre, Plymstock | <u>Fun and Freedom Club</u> |
| Wed 21st Aug 2019 10:30 am - 2:30 pm | <u>Family Time at Hannah's Hub</u> Dame Hannah Rogers School, Ivybridge | <u>Family Activity</u> |
| Thu 22nd Aug 2019 11:00 am - 12:00 pm | <u>Disabled Child - Super Tramp</u> Super Tramp Plymouth, Plymouth Devon | <u>Disabled Child</u> |
| Fri 23rd Aug 2019 2:45 pm - 4:15 pm | <u>Youth Adventures - Surf School</u> Discovery Surf School, Kingsbridge | <u>Youth Adventures</u> |
| Mon 26th Aug 2019 10:00 am - 12:00 pm | <u>DLA SUPPORT AND GUIDANCE WORKSHOP</u> Virginia House, Plymouth Devon | <u>Training</u> |
| Tue 27th Aug 2019 3:00 pm - 4:00 pm | <u>Making Sense - Bowling</u> Tenpin bowling, Plymouth | <u>Making Sense</u> |
| Wed 28th Aug 2019 10:30 am - 2:30 pm | <u>Family Time at Hannah's Hub</u> Dame Hannah Rogers School, Ivybridge | <u>Family Activity</u> |
| Thu 29th Aug 2019 5:00 pm - 8:00 pm | <u>'End of Summer' Family Party at Dartmoor Zoo</u> Dartmoor Zoological Park, Plymouth Devon | <u>Family Activity</u> |

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

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

What's On

Summer Holiday Family Workshop

Various from Tues 30 Jul—Fri 23 Aug 2019

Time: 11am-12.30pm

Age: 3-7 Years

Price: £8 for child (adult free)

Venue: Ground Floor Sofa Area, Theatre Royal

Come to the Theatre Royal Plymouth and join us for a range of fun-filled summer workshops. The sessions will involve storytelling, games and crafts. Join in the summer fun with us!

Workshops

- Nature World: Tue 30 Jul & Fri 2 Aug 2019
- Space & Atmosphere: Mon 5 & Fri 9 Aug 2019
- Underworld of the Sea: Tue 13 & Fri 23 Aug 2019

Each workshop will run on more than one date, so only book one for each theme. Workshops also have a maximum capacity of 10 per session.



[See What's On](#)

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

Musical Theatre Academy

Date: Mon 12—Fri 16 Aug 2019

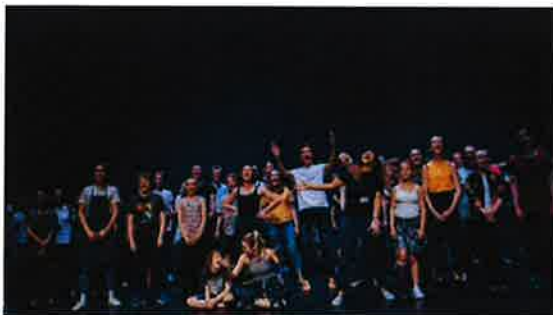
Time: 10am-4pm

Age: 11-16 Years

Price: £120 for week

Venue: Production & Learning Centre, TR2, Cattedown, PL4 0SJ

Explore a range of musicals while learning essential vocal and acting techniques. Experience putting movement to song, before performing to an invited audience at the end of the intensive week. All abilities welcome and no experience necessary. Participants should be able to attend all five days. There will be a showback on the Friday at 3.30pm for friends and family.



Play in a Week

Date: Mon 19—Fri 23 Aug 2019

Time: 10am-3pm

Age: 7-11 Years

Price: £100 for week

Venue: Production & Learning Centre, TR2, Cattedown, PL4 0SJ

Devise your own original piece of theatre to perform at the end of the week. All abilities welcome and no experience necessary. Participants should be able to attend all five days. There will be a showback on the Friday at 2.30pm for friends and family.





What's On in Plymouth

**mini
MORNINGS**

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

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.

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](#)



Find out what's on at:

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

Show your Nectar card when buying tickets.

Autism Friendly Screenings at Vue Cinema

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

What Makes the Screenings Autism Friendly?

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



See [Missing Link](#) in Plymouth on Sunday 28 July 2019 at 10.15am.

See [Horrid Henry](#) in Plymouth on Sunday 29 September 2019 at 10.15am.

Tickets are available to book around 5 days in advance from the [Vue website](#).



Summer 2019

Jul

NATURE
PLYMOUTH

Sep

Free family events and
wildlife volunteering
for all ages



Poole Farm Volunteering

The farm is easy to find on Google maps or using our postcode PL6 8NF.
Help us to improve Poole Farm and learn new skills along the way!

July

2nd - Bracken Management and
Hay Cut 10.30 - 4

9th - Hay Baling
10.30 - 4

16th - Bracken Management
and Path Clearance 10.30 - 4

23rd - Orchard Pruning
10.30 - 4

30th - Woodland and Grassland Surveys
10.30 - 4

August

6th - Hedgerow
Management
10.30 - 4

13th - Bircham Valley Nature
Reserve Management
10.30 - 4

20th - Farm Family Day
11 - 2

27th - Fenceline
Clearance
10.30 - 4

September

3rd - Pond Restoration
10.30 - 4

10th - Animal
Health Checks
10.30 - 4

17th - Pond
Restoration
10.30 - 4

24th - Hedge
Management
10.30 - 4

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

For more info call 07500 075719 or email derifordcp@plymouth.gov.uk

www.facebook.com/PooleFarmProject

Nature Plymouth Wildlife Volunteering and Training

For all events meet at the postcodes provided or call for directions


Help us to improve your local nature reserve and learn new skills with Nature Plymouth's team of
Natural Infrastructure Assistants.


July 4th - King Tamerton - Fencing & Ash Dieback Monitoring 10.30 - 3.30 @ PL5 2DS


July 11th - Emesettle Creek - Path Clearance 10.30 - 3.30 @ PL5 2SJ


July 18th - Efford Marsh - Path Cutback & Ash Dieback Monitoring 10.30 - 3.30 @ PL3 6RU


July 25th - Newnham Meadows - Mini Bioblitz 10.30 - 3.30 @ PL7 4LU

 Aug 1st - Kings Tamerton - Bug Hunt & Orchard Pruning 11 - 2 @ PL5 2DS

 Aug 8th - Budhead Wood - Litter Pick & Woodland Games 11 - 2 @ PL5 2QD

 Aug 15th - Efford Marsh - Bug Hunt & Mini Bioblitz 11 - 2 @ PL3 6RU

 Aug 22nd - Newnham Meadows - Litter Pick, Wild Baking & Games 11 - 2 @ PL7 4LU

 Aug 29th - Emesettle Creek - Pruning & Foraging with Tess Wilmot 11 - 2 @ PL5 2SJ

Sept 5th - Kings Tamerton - Stone Walling 10.30 - 3.30 @ PL5 2DS

Sept 12th - Efford Marsh - Wildlife Photography 10.30 - 3.30 @ PL3 6RU

Sept 19th - Newnham Meadows - Hay Cut 10.30 - 3.30 @ PL7 4LU

Sept 26th - Budshead Wood - Step Creation & Pond Restoration 10.30 - 3.30 @ PL5 2QD

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

For more info call Hayley on 07557 176183 or email hayley.partidge@plymouth.gov.uk

www.facebook.com/NaturePlymouth

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

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

All children must be accompanied by an adult.



Rockpool Safari

Sun 21 Jul—2.30pm-4pm

Thur 1 Aug—11.30am-1pm

Sun 4 Aug—2pm-3.30pm

Thur 15 Aug—12pm-1.30pm

Fri 16 Aug—12.30pm-2pm

Sun 18 Aug—1.30pm-3pm

Mon 19 Aug—2pm-3.30pm

Tue 20 Aug—2.30pm-4pm

Thur 29 Aug—10.30am-12pm

Fri 30 Aug—11.30am-1pm

Sun 15 Sep—12.30pm-2pm

Price: £3 per person (suitable age 4+)

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

Extreme Rockpool Safari

Sat 3 Aug—1pm-3pm

Sun 1 Sep—1pm-3pm

Price: £3 per person (suitable age 8+)

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

Toddler Rockpool Safari

Sun 14 Jul—10am-11am

Mon 29 Jul—10am-11am

Mon 12 Aug—10.30am-11.30am

Tue 13 Aug—11am-12pm

Wed 28 Aug—10am-11am

Price: Child £3 (age 1 and under FREE)

Join us for a mini rockpool safari aimed at preschool children (age 4 and under) and help you introduce your little ones to Wembury's crabs and starfish!



Snorkel Safari

Sat 13 Jul—10am-12.30pm

Tue 30 Jul—10am-12.30pm

Fri 2 Aug—11.30am-2pm

Wed 14 Aug—10.30am-12.30pm

Sun 17 Aug—12pm-2.30pm

Wed 21 Aug—1.30pm-4pm

Price: Child £15 (suitable age 8+)

Join our fully trained BSAC instructors for a snorkel safari around Wembury Bay. We will cover basic snorkelling techniques followed by a paddle around the Bay searching for and identifying underwater marine life. Suitable for beginners or more advanced snorkellers.

Full kit can be provided and is included in the cost. Children must be 8 years+ to take part and all participants must be competent swimmers.

Adult Snorkel Safari

Sat 14 Sep—11am-1.30pm

Price: £15

Join our fully trained BSAC instructors for a snorkel safari around Wembury Bay. Basic snorkelling techniques will be covered followed by a paddle around the Bay searching for and identifying underwater marine life. Suitable for beginners or more advanced adult snorkellers.

Full kit can be provided and is included in the cost. All participants must be competent swimmers.

Wembury Marine Centre

Church Road, Wembury, PL9 0HP

Tel: 01752 862538

info@wemburymarinecentre.org

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 a 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.

Adventurers Events

Sat 11 May: Bushcraft

Sat 1 June: Central Park / Ice cream

Sat 20 July: Movie / Game Day

Sat 14 September: Drakes Den

Youth Group Events

Sat 15 June: Paddle Boarding
10am

Sat 27 July: Aqua Park
10am

Sat 7 September: Young people decide
10am

For more info email plymouth@ndcsgroup.org.uk
or visit the website at: www.plymouthdcs.org*
*currently under redevelopment, but available again shortly



**Saltram**

Plympton, Plymouth, PL7 1UH

Big Butterfly Count

Date: Friday 19 July— Thursday 11 August 2019, 10am-5pm

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

Join in this national event by collecting a spotting sheet from the Welcome Centre and looking out for different species of butterfly in the garden.

Saltram's Summer Grand Tour

Date: Thursday 25 July—Sunday 8 August 2019, 10am-5pm

Price: £1 (normal admission charges apply), booking not required

Follow in the footsteps of the Parker family as you explore the garden on one of our three trails. Start off at the pavilion on Serpentine lawn and embark on your very own grand tour. Complete all three trails over the summer to receive your grand tour souvenir patch.

Trust 10

Dates: Normally every 4th Sunday of Month— 28 July 2019, 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



Buckland Abbey

Yelverton, PL20 6EY



Summer of Fun

Dates: Saturday 27 Jul—Sunday 1 September 2019, 10am–4.30pm

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

Come see an original Francis Drake portrait which has not been loaned outside the National Portrait Gallery for over 50 years! There is also a new exhibition in the Nave gallery, an indoor and outdoor apprentice family portrait trail and lots of family activities.

Outdoor Games

Dates: Saturday 27 July—Sunday 1 September 2019, 10am–4.30pm

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

Head out to the great lawn and make for the Elizabethan tent which is full of Tudor games for you to play!

Summer Pine Cone Snowy Owl Making

Dates: Wednesday's, Saturdays & Sundays from Saturday 27 July— Sunday 1 September 2019, 11am–3.30pm

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

Come and join us in the school room and make your very own pine cone snowy owl to take home.

Summer of Fun with the Ranger Team

Dates: Wednesday's 31 July, 7, 14, 21 & 28 August 2019, 12pm–3pm

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

Ever wanted to be a Ranger for the day? Well, here's your chance to have some fun outdoors.

Tudor Teddy Bears Picnic

Dates: Friday's 2, 9, 16, 23 & 30 August 2019, 10am–4.30pm

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

Bring along your favourite teddy and have a picnic under the Tudor Tent.

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk

Crownhill Fort Open Days & Events

Open Days

Join Crownhill Fort for their open day's on **Saturday 27 July** and **Friday 30 August 2019** where you will be able to explore the grounds and museum and there will be a programme of timed events.

Tickets on sale from [website](#).

Special Events

 (Tickets must be purchased in advance)

- Moncrieff Disappearing Gun Firing, Wed 24 July, 6.30pm–8.30pm
- Caponier Gun Firing, Fri 16 Aug, 6.30pm–8.30pm

Bat Walk at Crownhill Fort

Wednesday's 18 & 25 September 2019, 7pm—9pm
More details available soon. Tickets on sale from August 2019.

The Landmark Trust

Admission Prices:

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

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

Limited free parking.

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

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

Antony

Torpoint, PL11 2QA



Miniature Raft Building

Dates: Tuesday 30 July & Thursday 15 August 2019, 12pm-3pm

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

Forage natural materials from the garden and build a miniature raft. Will it or will it not float on the Japanese pond? Problem solve your way to a floating vessel.

Den Building

Dates: Wednesday 7 & Tuesday 20 August 2019, 12pm-3pm

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

Build a den as a family and see if it will pass the infamous water test. Tarpaulins and rope are provided, the rest must be foraged. A National Trust gardener will be on hand to give tips and advice but the challenge is on and it's up to your family to make the best den possible.

Creative Creatures

Dates: Wednesday 28 August 2019, 12pm-3pm

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

Forage materials from the garden and make fantastical beasts using your imagination. Turn a pine cone into a spider's body, make a mythical being from a pile of leaves or transform some fallen rose petals into a beautiful butterfly. Googly eyes and pipe cleaner legs provided.

More Information: Admin Office 01752 812191

antony@nationaltrust.org.uk

Lydford Gorge

Lydford, EX20 4BH

Making Wild Woodland Sculptures

Dates: Saturday 13 July 2019, 10.30am-1.30pm

Price: £5, booking advisable (normal admission charges apply)

Let your creative side go wild and create a wild woodland sculpture with the Ranger Team.

Mini Raft Making

Dates: Saturday 3 August & Wednesday 4 September 2019, 1pm-3.30pm

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

Make your own mini raft with the help of the ranger team, then launch it on the river Lyd to see how well it sails.

Bug Home Making

Dates: Friday 23 August 2019, 10.30am-1.30pm

Price: £2, booking advisable (normal admission charges apply)

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

Making Mini Woodland Faces

Dates: Saturday 1 June 2019, 12.30pm-3pm

Price: £2, booking advisable (normal admission charges apply)

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

More Information: Admin Office 01822 820320

lydfordgorge@nationaltrust.org.uk

Cotehele House & Mill

St Dominick near Saltash, PL12 6TA



VIPs Pollinator Trail

Dates: Until Saturday 20 July 2019, 10am-4pm

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

Pick up a free trail from reception or the Mill and meet the Very Important Pollinators who keep Cotehele going. You'll find out why they are so important and what you can do to ensure their survival.

Swords & Shields

Dates: Tuesday's 30 July, 6, 13, 20 & 27 August 2019, 11am-3.00pm

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

Join us in the Brewery Bookshop for this fun craft activity making swords and shields inspired by those on display in Cotehele's Tudor great hall.

Costume Sunday's and Grinding the Flour at Cotehele Mill

Dates: Sunday's 28 July, 4, 11, 18 & 25 August & 1 September 2019, 11am-4pm

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

Come and meet the mill team dressed in Victorian costumes and watch them grind organic wholemeal flour (water dependent). There will also be baking demonstrations (subject to volunteer availability).

Nancy Belle Boat Trips from Cotehele Quay

Dates: Various dates until August 2019, for full dates and times—see [website](#).

(Meet 15 mins before departure outside the Edgcumbe Tea Room on Cotehele Quay)

Price: £15, booking essential, please call: 01579 351346

Starting from Cotehele Quay, climb aboard the 22ft 'Nancy Belle' and take a ride up the river Tamar past riverside woodlands, under the railway viaduct, past Calstock and deeper into the valley towards Morwellham Quay. Throughout the trip there will be a commentary on the valley's fauna, flora and history. The trip will last approximately 2 hours. Please wear clothing suitable for the predicted weather.

More Information: Admin Office 01579 351346 press 0
cotehele@nationaltrust.org.uk.



**National
Trust**

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

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



swlakestrust

**School Holiday Family Activity Days
Thu 1, Tue 6, Wed 14 & Thu 22, August 2019,
10am-3pm**

Cost: £3 per child, £2 per adult (cash only).

Booking not required.

Each activity day involves a themed nature trail, woodwork, environmental art and outdoor cooking in and around the Burrator Discovery Centre.



Parking is available in our car park. Please wear outdoor clothing and footwear.



Monthly Family Wildlife Watch

**Sunday's 28 Jul, 29 Sep & 29 Oct 2019,
10.30am-12.30pm**

Cost: £3 per child, £2 per adult (cash only)

Booking not required.

Come and take part in a range of wildlife and heritage themed activities followed by hot chocolate and biscuits.

For more information or to book activities email:

heritage@swlakestrust.org.uk

or call 01822 855700

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](#)



Community CAMHS
Waiting List
Summer Drop In


Venue: Meeting Room 2, Local Care Centre, Mount Gould Hospital

Time/Dates: April/June 20th - 22nd, 17th August - 17th August, 20th August & 27th August

What? We know that the summer holidays can be a challenge. If you/your child is on a Community CAMHS Waiting List come along and meet with our Community CAMHS staff to ask any questions you have while you wait for an appointment. It's your time when you just need a chat.

We understand where children and young people are in a waiting list for services in Plymouth. Plymouth CAMHS, 200-210, Plymouth City Centre, is a waiting list for children and young people. 200-210, Plymouth City Centre, is a waiting list for children and young people.

4 of 7
Livewell



Emotional Health and Wellbeing Drop In


For children aged 5 to 18 and their families

If you're worried about something that's happening in your life, need some space to talk or want some advice on how you're feeling, drop in and have a chat to a trained professional.

You can come on your own or with someone else, you will always be made to feel welcome.

When? Tuesday 6th August 1-3
Friday 23rd August 10-12

Where? Upstairs in The Pig,
Armada Way, PL1 1HX



www.livewellplymouth.co.uk [Facebook](#) [Twitter](#)

Supporting people to get, stay and on being

7 of 7



Summer Play

Thursdays: 1st, 8th, 15th & 22nd
August 2019
10am - 12 noon

This event is especially for children under 8, but everyone is welcome.

All activities are free with a small charge for refreshments.

Hope Baptist Church
Peverell Park Road
PL3 4QG

info@hopebaptistchurch.org.uk

There will be games, toys and loads of great activities!

NHS  **Livewell**

Family Fun Day!

Plymouth CAMHS would like to invite you and your family to come along and enjoy some time together with us at:

Hamoaze House Devonport
On
Saturday 27th July 2019
From 10 am

We have loads of **activities** for all to join in with, **information** stands from **community support** services and even have some very tasty snacks!

We are looking forward to spending time with you all – see you there!



PLYMOUTH
Britain's Ocean City

British Firework Championships

THE HOE, PLYMOUTH
14-15 AUGUST 2019
Entertainment from 2pm
Fireworks start at 9.30pm

visitplymouth.co.uk
whatsonplymouth

The Event Services British Firework



Brought to you by
plymouthcitycentre
@plymouthcitycentre

PLYMOUTH
SUMMER OF FUN! 2019

SUMMER EVENTS IN THE CITY CENTRE, FROM 6 JULY TO 31 AUGUST

PLYMOUTH
Britain's Ocean City



ELMER'S BIG PARADE PLYMOUTH

8 JULY - 16 SEPTEMBER | DOWNLOAD THE FREE TRAIL APP

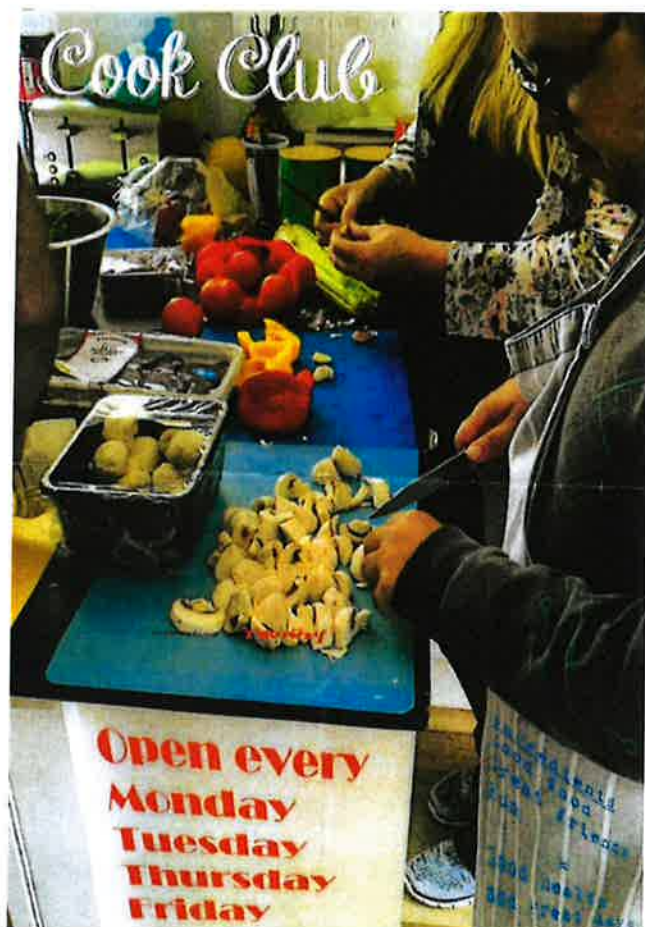
Download on the App Store
GET IT ON Google Play

Elmers Big Parade Plymouth

A parade of 40 fabulously colourful and unique elephants will take you on a trail around the beautiful city of Plymouth and surrounding areas this summer!

Pick up your trail map from any St. Lukes Hospice Shop in Plymouth or the Barbican Tourist Centre and begin exploring. You can also download the official Elmer Plymouth app from the [App Store](#) or [Google Play](#) to keep track of all the Elmers that you've discovered.

[Find out more...](#)



Cook Club supports people to develop independence 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



2nd 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



2nd 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



Tel: 01752 250777

Autism Friendly café With Sensory Area

A place to go for your sensory needs, whether you enjoy a sensory limited environment, sensory equipment, or just somewhere with an understanding that we don't all like the same things. Our experienced team are here to help you find the relaxation you deserve, whilst providing you with high quality service of beverages and snacks

Where to find us:
Unit 3, 15 North Quay
Plymouth
PL4 0RB



www.autismnaughty.com



www.facebook.com/Autism-Not-Naughty

www.dangerousdads.org.uk/dadfest

September 13th, 14th & 15th

DadFest2019TM

Location: 'Forest & Beach', Beeson, South Devon. TQ7 2ED

Awarded 'Best Small Event in the UK' & the only festival
just for dads/ male carers and their children

campfire stories • archery • water rockets • pig racing
spoon carving • bushcraft • star-gazing • mackerel fishing
mud kitchen • kids entertainer • live music • tattoos
mobile art-space • dad choir • stroke a lobster • fake wounds
• award-winning local food & beers • & more...

Official 2019 World Dad Dancing Championship

starts Fri. 13th Sept - ends Sun. 15th Sept

DadFest2019 tickets must be bought in advance

Children 5 & under £15 + £35 option food ticket for the weekend

Children aged 6 & over £35 + £35 option food ticket for the weekend

Dads/ male carers: £60 + £45 option food ticket for the weekend

DadFest Ticket = all weekend activities: no other costs

Add a food ticket = six great meals & all cold/ hot drinks!

Concessions available – please contact the organisers

Book early: 077317 95160 info@dangerousdads.org.uk



forest & beach
outdoor education for all





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.

local environment, to meet others and to learn some new skills.

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

Activities offer opportunities for children aged 10 and under to play together, to explore the

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

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

Plymouth Hospitals NHS Trust

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

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

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





PLYMOUTH AUTISM HUB

FUTURE DATES

3 – 5 PM

Tuesday Activities Sessions:

| | |
|----------|----------|
| 30 April | 2 July |
| 7 May | 9 July |
| 14 May | 30 July |
| 21 May | 6 August |
| 4 June | |
| 11 June | |
| 18 June | |

Saturday Sessions:

27 April
1 June
29 June
27 July

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

You can just come along or book in advance if you have special requirements – transport available – programme may change check on our website and facebook page
<https://www.facebook.com/events/2093648350910734/>

Plymouth Autism Hub dates
Moments café and
community hub

Regular activities for
people 16+ with autism

Better Futures Hub
support

FREE

Refreshments and
transport available

WORKING WELL WITH AUTISM

2 St Martin Road, Plymouth PL1 7 LIS
01752 283063
07879457268

www.workingwellwithautism.org

email:

jane1@workingwellwithautism.org
rcb@workingwellwithautism.org



Parents Again Support Group (PASG)

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

Come along to:

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

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

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

Next meetings: Wednesday's

- No meeting 7 August
- 4 September 2019
- 2 October 2019
- 6 November 2019
- 4 December 2019

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



Completely Special

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

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

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

completelyspecial@gmail.com



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

F.A.N.S. Facebook:

www.facebook.com/groups/1477579382524955

2019 SURFING, CYCLING & PADDLEBOARD

FREE outdoor pursuits for learning disabled children and young people age 8 and over plus
NEW BREAKING THE BARRIER EVENTS



2019 SUMMER EVENTS

BREAKING THE BARRIER



FREE! BOOK NOW
With the new book 'Breaking the Barrier' available for free download

- Surfing at Saunton Sunday 12 May
One to one and family sessions
- Family Cycle at the Torbay Velopark Saturday 01 June
Trikes, Bikes and Tandems and the launch of a brand new offer...
- Family Paddleboard at Broadlands, Torbay Sunday 09 June By popular demand a new Breaking the Barrier water sport event
- Surfing at Bigbury Sunday 30 June:
One to one and family surf sessions, BBQ and entertainment on the beach

Our partners 2019:



THE BREAKING THE BARRIER LEGACY PROJECT

This year Lifeworks Young Volunteers are learning the skills to help them lead regular Breaking the Barrier events now and in the future



With their support and in partnership with Lex Leisure, Freeride Disability Cycling the Torbay Velopark Veterans Lifeworks is launching:

A MONTHLY INCLUSIVE FAMILY CYCLE SESSION at the Torbay Velopark on the first Saturday in every month July - November 2019 and February - May 2020 1pm-4pm

New accessible cycles a Freeride instructor and Breaking the Barrier Young Volunteers will be there to make your participation as a family easier

To book a session please contact: traceyhubbard@lifeworks-uk.org

OUT OF SEASON SURF SESSIONS with Discovery Surf School Bigbury September/October 2019 & February/March 2020

Supported by Lifeworks Young Volunteers and making use of Lifeworks accessible boards Discovery Surf School will be running 4 'out of season' family surf sessions for learning disabled people and their families - webcams and a strong constitution essential!

For more information or to book a session please contact traceyhubbard@lifeworks-uk.org

Whilst Lifeworks Young Volunteers are helping your family enjoy no-cost or low cost outdoor pursuits together they are learning new skills and achieving accreditation to help them realise their vocational ambition - a win-win!

To find out more about Lifeworks Young Volunteers Programme contact markhomeywork@lifeworks-uk.org

Our supporters 2019:



Children's Activities

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

Adventure Days are suitable for 8-16 year olds. They include a packed lunch and cost £36.95 per person, or buy 2 for £69.95 when booking 2 people onto the same Adventure Day.

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

For further details see: [School Holiday Courses 2019](#)

| | April | May | June | July | Aug | Sep | Oct |
|--------------------------------------|--------|-----|------|--------|------------------|-----|-----|
| Kayak & Canoe | 8, 15 | 27 | | 22, 29 | 5, 12, 19, 26 | | 21 |
| Climb & Abseil | 9, 16 | 28 | | 23, 30 | 6, 13, 20, 27 | | 22 |
| Hawk 20 Sailing | 10, 17 | 29 | | 24, 29 | 7, 14, 21, 28 | | 23 |
| Dinghy Sailing | 11, 18 | 30 | | 25 | 1, 8, 15, 22, 29 | | 24 |
| Windsurf | 12, 19 | 31 | | 26 | 2, 9, 16, 23, 30 | | 25 |
| Stand Up Paddleboarding (11+) | | 30 | | 25 | 8, 22 | | |

The Mount Batten Centre also offer Multi-Adventure Days (MAD) suitable for ages 7-11 year olds with a range of 3 action-packed water-based or land-based activities in 1 day! For more information and to book see: [Multi-Adventure Days](#)

Use code "early6" for a 10% discount when booking at least 6 weeks in advance on any of our school holiday activities

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

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



'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, Coxside, Plymouth, PL4 0DX |

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

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

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



Please visit www.pingengland.co.uk/plymouth/ for more table locations



www.pingengland.co.uk/plymouth

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



T E N N I S

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



Free tennis

TENNIS FOR FREE

Come and join us on **Saturdays** at
Devonport Park

Plymouth (Devon) PL1 4BT

1pm - 2pm : Free coach-led sessions.

2pm - 2.30pm Open Play session with coach.

Just register online : www.tennisforfree.com

**Fun
sessions
for all
abilities**

Weekly

**Free
equipment
for all
sessions**

**Tennis for
all the
community**

 **Inclusive football sessions:**

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

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

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

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

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

 For more information contact Michelle Meenan:

By email: seachelle73@sky.com
By phone: 07841 020162



18 Trevithick Rd, Plymouth PL5 2AF

 **Disability Football Sessions**

MARINE ACADEMY PLYMOUTH **SEN PLAYERS WELCOME**

Friday 3rd May 2019 Session Time: **7-8pm**
(Every Friday thereafter) **Ages: 11-16**

Safe, Fun, Inclusive Football From Our Qualified Friendly Coaches

FOOTBALL FOR ALL

£3 a session; 1st session is FREE!!!

TEL: 07947833842 EMAIL: jpalmers4futurestaracademy@gmail.com

OAKS RUGBY INCLUSIVE!

For Children with Additional Needs

Sundays 10.15am (term-time only)

Free

Held at the home ground of Plymstock Albion Oaks RFC
- Horsham Playing Fields, Staddiscombe,
Plymouth, Devon, PL9 6DF

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

 **Friends of Woodlands**

 **SPORT ENGLAND**
LOTTERY FUNDED

£2 per session
First session FREE

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
07971 498 404

Call Andrew Potter on 07971 498404
or email andrew@sportsway.org

Everyone will
receive a medal
at the end of
each course!



SUMMER HOLIDAYS 2019

Argyle are running a number of holiday football roadshows across Devon and Cornwall including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 10am—3pm (except Mini Pilgrims from 10am—12pm).

Download the full course list:

| Venues | Date | Cost | Cost Online | Theme | No. |
|--------------------------------|-----------|------|----------------|----------------------------|-----|
| Manadon Sports & Community Hub | 26 Jul | £5 | £5 | Start of Summer Party | 0 |
| Manadon Sports & Community Hub | 29—31 Jul | £40 | £28 | 3 Day Soccer Roadshow | 6 |
| Manadon Sports & Community Hub | 30 Jul | £16 | £12 | Girls Only Soccer Roadshow | 15 |
| Wembury Primary | 31 Jul | £16 | £12 | Soccer Roadshow | 16 |
| Plymouth Argyle FC, Home Park | 1 Aug | £18 | £13 | Search for a Star | 21 |
| Wembury Primary | 1 Aug | £10 | £8 | Activities Day | 22 |
| Ivybridge Community College | 1—2 Aug | £32 | £24 | 2 Day Soccer Roadshow | 23 |
| Manadon Sports & Community Hub | 2 Aug | £18 | £13 | Strikers & Goalkeepers | 29 |
| Manadon Sport & Community Hub | 5—9 Aug | £60 | £45 | 5 Day Soccer Roadshow | 34 |
| Plymouth Argyle FC, Home Park | 7 Aug | £18 | £13 | Activities Day | 43 |
| Plymouth Argyle FC, Home Park | 7 Aug | £5 | £5 | Mini Pilgrims (age 3—6) | 44 |
| Saltash.net Community College | 7 Aug | £18 | £13 | Match Day Special (Astro) | 47 |
| Plympton Academy | 9 Aug | £18 | £13 | Soccer Roadshow | 55 |
| Manadon Sports & Community Hub | 12 Aug | £18 | £13 | Match Day Magic | 61 |
| Manadon Sports & Community Hub | 12 Aug | £16 | £12 | Girls Only Soccer Roadshow | 66 |
| Plymouth Argyle FC, Home Park | 13 Aug | £18 | £13 | Search for a Star | 67 |
| Manadon Sports & Community Hub | 13 Aug | £18 | £13 | Goalkeepers Day | 68 |
| Manadon Sports & Community Hub | 14 Aug | £10 | £8 | PL Primary Stars Day | 74 |
| Saltash.net Community College | 14 Aug | £18 | £13 | Soccer Roadshow (Astro) | 77 |
| Ivybridge Community College | 15—16 Aug | £32 | £24 | 2 Day Soccer Roadshow | 79 |
| Manadon Sports & Community Hub | 16 Aug | £18 | £13 | Soccer Roadshow | 85 |
| Manadon Sports & Community Hub | 19 Aug | £10 | £8 | Activities Day | 90 |
| Manadon Sports & Community Hub | 20—23 Aug | £50 | £37 | 4 Day Soccer Roadshow | 95 |
| Saltash.net Community College | 21 Aug | £18 | £13 | Soccer Roadshow | 103 |

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





Half Term Challenge Week

Wed 24 July—Mon 2 September 2019
10am-5pm daily

Go BIG this Summer at the UK's largest aquarium. With a colossal celebration of everything enormous, Ocean Giants are coming to the National Marine Aquarium throughout the summer holidays with games, shows, feeds, talks, activities, crafts and more!

[Find out more](#)



Loola Land Soft Play

Open everyday

A fun filled soft play area is available for children from toddlers to 10 year olds!

Main soft play area (term time): £1.75 (per hour)
 Main soft play area (school holidays): £2.75 (per hour)

Toddler area only : Free to play term time and school holidays

[More Details](#)

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

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



Sleeping with Sharks

**17 August, 25 October &
 30 December 2019, 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!

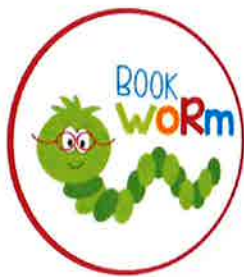
Age: 2-4 year olds
 Cost: £1 per child*
 Where: Wave Café



[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 Libraries Events & Activities

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

Hello World: Coding & Digital Making

- **Monday:** 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
- **Friday:** 3.30pm-5pm at West Park Library
- **Saturday:** 9.30am-10.30am at Plympton Library
- **Saturday:** 9.30am-10.30am 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.

Space Chase Reading Challenge

The Reading Agency and Libraries Present
SPACE CHASE
Summer Reading Challenge 2019

Space Chase is the free summer reading challenge for 2019. Visit any Plymouth Library from Saturday 13 July to pick up a Space Chase Mission folder.

For age 4 to 11. Those under 4 can take part in the Mini Challenge.

[Find out more](#)

Holiday Activities



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

[See what's on](#)



Plymouth Arts & Heritage “On Tour”

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

Mayflower 400 Town Crier Competition

Thursday 25 July 2019, 7pm-9pm

Plymouth Guildhall, Guildhall

Price: Free. Book free tickets at [Eventbrite](#).

Come and help choose the best Town Crier for Plymouth’s Mayflower 400 celebrations. Winners will be part of the Mayflower celebrations and perform their duties from November.

Morris Dancing display at 6pm.

Refreshments and licensed bar available.



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.



Collections on Tour: Sir Francis Drake Items at Buckland Abbey

Until—Tuesday 31 December 2019, 11am-4pm

Buckland Abbey, Yelverton, PL20 6EY

Price: National Trust Admission fees apply.

For more information please call 01822 853607 or visit: www.nationaltrust.org.uk/buckland-abbey

Buckland Abbey currently has a selection of objects from the City Museum and Art Gallery’s collections on display including a number associated with Sir Francis Drake and his voyages. Other collection items on display within the house include prints, engravings and furniture.



For more events, see:

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

Stiltskin at the Soapbox Children's Theatre

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



Wonderland

Date: Sat 13 & 20 Jul, Tue 6 & Wed 7 Aug 2019
11 am / 1.30pm

Suitable age 6 months—8 year olds

Price: £10 tickets (6 months+)

Welcome to Wonderland where anything can happen. This delightful theatre show will be a magical encounter for babies and toddlers.



A Midsummer Night's Dream

Fri 2—Sat 10 Aug 2019, 2pm or 6pm

Suitable age 6+ and families

Price: £10

Stiltskin return with another specially adapted version of a Shakespeare classic for all the family.



Family Twilight Tales

Date: Fri 6 Sep 2019

Suitable for all the family

Price: £6.50 (1 year and under free)

Storytelling performances with The Soapbox Theatre's in-house storyteller extraordinaire, Jacqueline Slade.

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/>

The Three Musketeers

Dates: Wed 31 Jul—Sat 17 Aug 2019,
2.30pm & 7.30pm

The Plymouth Athenaeum

From Le Navet Bete, Exeter Northcott Theatre associates and award-winning creators of smash-hit show Dracula: The Bloody Truth, comes a hilarious new comedy adventure that will have you rolling with laughter from here to the French countryside.

Suitable age 7+.

Tickets

£19 Full, £17 Concessions

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/>



FIT N FED

FREE, FUN, FITNESS
ACTIVITIES

FOR AGES 8 -18 YRS

NB MUST BE IN RECEIPT
OF FREE SCHOOL MEALS
TO QUALIFY.



MON
THEME
Music, dance
and
mindfulness

TUES
THEME
Athletics
and
team games

WED
THEME
Gardening
and
growing your lunch

THURS
THEME
Adventurous
fun fitness
at Beckly



29TH JULY
10-2

Devonport Park
Activity Centre

30TH JULY
10-2

Devonport Park
Activity Centre

31ST JULY
10-2

Devonport Park
Activity Centre

1ST AUGUST
10-2

The Beckly Centre

5TH AUGUST
10-2

Devonport Park
Activity Centre

6TH AUGUST
10-2

Devonport Park
Activity Centre

7TH AUGUST
10-2

Devonport Park
Activity Centre

8TH AUGUST
10-2

The Beckly Centre



12TH AUGUST
10-2

Devonport Park
Activity Centre

13TH AUGUST
10-2

Devonport Park
Activity Centre

14TH AUGUST
10-2

Devonport Park
Activity Centre

15TH AUGUST
10-2

The Beckly Centre



19TH AUGUST
10-2

Devonport Park
Activity Centre

20TH AUGUST
10-2

Devonport Park
Activity Centre

21ST AUGUST
10-2

Devonport Park
Activity Centre

22ND AUGUST
10-2

The Beckly Centre



Booking through
www.bookwhen.com/shortbreaks
All enquiries 01752 300700



Registered Office Routeways Centre Limited
Devonport Park Activity Centre, Fore Street Plymouth, PL1 4BU
Charity Registration Number 1080543. Company Registration Number 5420867
www.routeways.org.uk

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

Email: 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, dramatic play and arts and crafts.



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ROOTED SENIORS



DATES AND TIMES VARY

£5 per session plus any additional activity charges.

MUST be pre booked at www.bookwhen.com/routeways

**AUTISM AND DISABILITY FRIENDLY INCLUSIVE ACTIVITIES
FOR YOUNG PEOPLE AGED 13-18 YEARS
DEVONPORT PARK ACTIVITY CENTRE**

Email: rtaylor@routeways.org.uk

Tel: 01752 856719



Exciting outdoor learning activities and social opportunities for young people with autism and/or other disabilities aged 13-18 years, led by qualified and experienced teachers.

Base days and games night held at our fabulous Devonport Park site, with extensive outdoor facilities including pizza oven, fire pit and more.

Trips out planned by the young people such as laser quest, bowling and a trip to the climbing wall.



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16 - 24 YEARS

BUILDING SKILLS FOR LIFE IN FUN,
ADVENTUROUS & CHALLENGING WAYS.
PILOT LAUNCH FOR OUR EXCITING NEW
YOUNG ADULTS WITH LEARNING DISABILITY
SERVICE.

Launching after half term, this new service will run for 2 sessions per week out of our
Devonport Park Activity Centre.

Session Times

Wednesdays 10- 2 Theme: Activities- what do we need to think about?

Will include: trips out, First Aid training, film making etc

Fridays 1:30 - 4:30 Theme: Gardens and cooking from the garden.

Session Costs

£ 5 per session plus any additional excursion charges.

NB As this is a pilot programme, charges are subsidised.

If you are interested in attending please contact us to arrange an appointment. - ALL PLACES MUST BE PRE BOOKED.

INTERESTED? IDEAS? QUERIES?
EMAIL US devonport@parkerrouteways.org.uk
TEL: 01752 856719
DEVONPORT PARK ACTIVITY CENTRE



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www.routeways.org.uk

Every
Thursday
7pm -
9pm

For
ages
14+



YOUTH CLUB

Devonport Park Activity Centre & The Beckly Centre

July 4th - BBQ at Devonport park
Activity Centre

July 11th - Outdoor Art at Beckly

July 18th - Picnic at Devonport Park
Activity Centre

July 25th - Cooking at Beckly

Contact us:

beckly@routeways.org.uk

01752 484433



ARGYLE TRUST
COMMUNITY

SHORT BREAKS

Football and activities for children with autism or ADHD aged 7-14 years old.

Every school half term and summer
Monday and Tuesday
10am - 1pm
£5 per session

Home Park, Plymouth, PL2 3DQ
www.bookwhen.com/shortbreaks
01752 300 700

in partnership with



| Date | Time | Activity | Age | Cost |
|------------|----------|--|------------|-------|
| Mon 29 Jul | 10am-1pm | Plymouth Argyle Football & Multi Sports Programme A football and multi-sports programme providing stimulation and enjoyment during the holidays for children with autism and/or ADHD. For more information contact Josh Grant on josh.grant@pafc.co.uk or 01752 562561 ext 4 Location: Plymouth Argyle Football Club, Home Park, Plymouth PL2 3DQ | 7-14 years | £5.00 |
| Tue 30 Jul | | | | |
| Mon 5 Aug | | | | |
| Tue 6 Aug | | | | |
| Mon 12 Aug | | | | |
| Tue 13 Aug | | | | |
| Mon 19 Aug | | | | |
| Tue 20 Aug | | | | |
| Tue 27 Aug | | | | |

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

FIRST AID LEARNING FOR YOUNG PEOPLE

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



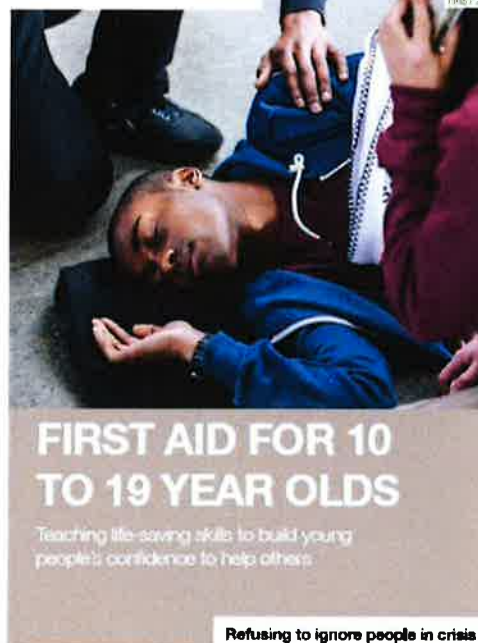
Do you work with young people aged 10-19 years, or know someone that does?

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

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

For more information and a booking form, please contact Imogen Wood, Youth Education Coordinator on 01752 831609 / 07515 064522 or email: iwood@redcross.org.uk

[Teaching Resources](#)



For Your Interest is produced by:

Plymouth Information, Advice and Support for SEND

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

Telephone: 01752 258933

Freephone: 0800 953 1131

www.plymouthias.org.uk



www.facebook.com/plymouthias

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

suzanne.davey@plymouth.gov.uk



Scan for website





PLYMOUTH PARENT CARER VOICE



Your voice driving positive
change for your child

Behaviour Toolkit (Pre-School)

Monday's 9 & 16 September 2019

9.30am-11.30am

**Plymouth Guildhall, Guildhall Square,
Plymouth PL1 2BJ**

A two-day workshop for families of pre-school children who would like support in developing a behaviour plan. Please note you must attend both sessions.

Book for [Behaviour Toolkit \(Pre-School\)](#)

Behaviour Toolkit (Secondary)

Monday 2 December 2019

9.30am-2.30pm

**Plymouth Guildhall, Guildhall Square,
Plymouth PL1 2BJ**

A workshop for families of primary age children who would like support in developing a behaviour plan.

Book for [Behaviour Toolkit \(Secondary\)](#)

Behaviour Toolkit (Primary)

Monday 18 November 2019

9.30am-11.30am

**Plymouth Guildhall, Guildhall Square,
Plymouth PL1 2BJ**

A workshop for families of primary age children who would like support in developing a behaviour plan.

Book for [Behaviour Toolkit \(Primary\)](#)

Bookings can be made through Eventbrite.
For all activities there is a fully refundable
deposit required to book.



NS FPS Community Support **SUMMER YOUTH ACTIVITIES**

GO KARTING & LASER TAG

PLYMOUTH KARTING ARENA, ERNESETTLE, PL5
2SA



SUMMER YOUTH ACTIVITIES

GO KARTING & LASER TAG

THURSDAY 8TH AUGUST 1315 - 1500 (arrive 1300)

Plymouth Karting Arena, Ernesettle, PL5 2SA

£4 per person open to 11 - 17yr olds

12 places available

Wear suitable clothing

Please bring your own snack and drinks

Cheques payable to:

ACCOUNTING OFFICER MINISTRY OF DEFENCE

To book please email: NAVYNPS-PEOPLESPTNRNMWWEST@mod.gov.uk

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Plymouth**

Supporting people since 1907

NS FPS Community Support **SUMMER YOUTH ACTIVITES**

HIGH ADVENTURE COURSE
TREESURFERS, GULSWORTHY, PL19 8JE



SUMMER YOUTH ACTIVITIES

High adventure course

TUESDAY 13TH AUGUST 1000 - 1400 (arrive 0940)

Treesurfers, Gulsworthy, PL19 8JE

£4 per person open to 11 - 17yr olds

12 places available

Wear trainers and shorts/ trousers

Bring sun cream & waterproofs suitable for weather

Please bring your own lunch and drinks

Cheques payable to:

ACCOUNTING OFFICER MINISTRY OF DEFENCE

To book please email: NAVYNPS-PEOPLESPTNRNRMWWEST@mod.gov.uk

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NS FPS Community Support **SUMMER YOUTH ACTIVITES**

PADDLE BOARDING & KAYAKING
MOUNT BATTEN WATERSPORTS CENTRE, PL9 9JS



SUMMER YOUTH ACTIVITIES

Paddle Boarding & Kayaking

WEDNESDAY 28TH AUGUST 1000 - 1600 (arrive
0940)

Mount Batten Watersports Centre, PL9 9JS

£4 per person open to 11 - 17yr olds

12 places available

Bring sun cream, swimwear & towel

Please bring your own lunch and drinks

Cheques payable to:

ACCOUNTING OFFICER MINISTRY OF DEFENCE

To book please email: NAVYNPS-PEOPLESPTNRNMWWEST@mod.gov.uk

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**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

www.plymouthoncourse.com

www.plymouthschoolsout.org.uk

www.wildlifetrust.co.uk

www.plymouth.gov.uk

www.myvue.com

www.plymouthreelcinimas.co.uk

www.nationaltrust.org.uk

