

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

STAY SAFE & HAVE FUN.



Free Things to do This Summer...

Go for a Walk

Devon is a true walker's paradise! Your child is likely to take up a lifelong passion to this accessible activity if they are introduced to small segments of different walking routes and trails in the area during the summer.



The Coast Path Explorers is a new project aimed at getting families out exploring the South West Coast Path.

Families can follow a map and find the rubbings to discover the wildlife and tales of the path - see www.southwestcoastpath.org.uk - coast-path-explorers. Alternatively, you could take in one of the walks a little closer to home - see www.plymouthwalks.co.uk. Looking inland, there's 368 square miles of Dartmoor to navigate, including many stunning forests and exquisite open moorland - see www.visitdartmoor.co.uk/visitor-info/child-friendly

Take Part in the Big Butterfly Count

July and August are good months to see butterflies. It's when they are busy feeding on nectar, mating and breeding. Many common butterfly species can be seen all over Devon.



Take part in the Big Butterfly Count between Friday 19 July and Sunday 11 August.

Read more at www.butterfly-conservation.org

Crealy's Popular Hydro High Dive Show Returns this Summer

Crealy's breath-taking Hydro High Dive show is returning to the popular family theme park and resort this summer. Back by popular demand, the show features aerial stunts and dives from a team of professionals.



Divers in this year's fireman-themed show, will be performing hair-raising stunts into a small pool less than five metres deep. So, prepare to be amazed as you watch the Crealy Brigade fight fires and carry out synchronised dives, comedy dives, and fly through the air ignited in flames from heights of 80 feet into the pool below.

Crops and Robbers at the Cornish Maize Maze

The Cornish Maize Maze and Fun Farm, just over the border in Saltash, opens its gates for the new season on Saturday 20 July with an all new theme – Crops and Robbers. The design is a wonderful scarecrow that will frighten even the most daring of robbers!



The stunning maze with its 3 miles of paths and two look out towers will provide hours of entertainment for visitors young and old. After you have cracked The Maze take advantage of the other **on-site facilities** in the fun farm. Don't miss out on this year's special events; Circus Pazaz on Saturday 31 August and torchlight events on Saturday 31 August and Saturday 7 September. For more, visit www.cornishmaze.co.uk



Free Firework Displays

Attend one of the many summer regattas and festivals on the final day, as many finish with a free firework display and the free British Firework Championships over Plymouth Sound on 14 and 15 August, is sure to draw in the crowds. Visit www.britishfireworks.co.uk.



Rockpooling

Young children seem to be fascinated in creatures and bugs that are much smaller than them, and the slippery critters found in rockpools are a source of much excitement.



There are great rockpools to be found at: Wembury Beach, Hope Cove, Exmouth, Seaton, Livermead Sands, Broadsands, Sidmouth, Tunnels Beach (Ilfracombe), Westward Ho!, Barricane Beach, Widmouth Bay.

Kite Flying

Take a look at www.nationalkitemonth.org/how-to-fly-a-kite for top tips on kite-flying including a reminder of the all-important safety advice such as flying kites away from roads, and overhead wires.

Dartmoor Escapades with Adventure Okehampton

Explore the best of Dartmoor with Adventure Okehampton who will be running a different type of adventure every day during the school holiday.

The fun escapades include a special rock-climbing day, a 'Swallows and Amazons' day playing on the lake, a chance to reach new heights with High Ropes, plus there will be bush craft, archery and mountain boarding.

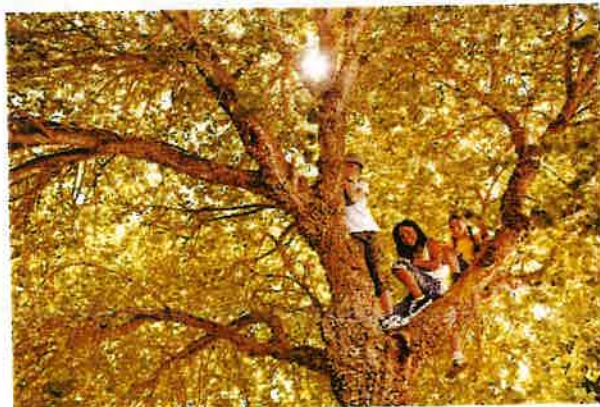
A new course on Saturday 3 August will lead to a series of paddling qualifications for participants. Young children aged under 8 years can share the adventures with their parents, whilst youngsters aged between 8 and 16 can attend one of the fun sessions on their own.

Look out for Adventure Okehampton's climbing wall at Okehampton Show on 8 August and Chagford Show on 15 August. For more information call 01837 53916.

Love Parks Weeks - 12 July to 21 July

The aim of Love Parks Week is to raise awareness of the importance of parks and green spaces throughout the year. Local parks are great communal places to meet other mums and dads who have children at the same school as yours, making it easier to maintain contact over the school summer holiday. So, love your local park and celebrate what it has to offer. The official dates this year are from 12 July to 21 July.

Visit <http://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>



Creative Curiosities South West

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

Summer Activities

Wild Wonderers

Saturday's

Weekly Saturday Group for neurodivergent children and young people age 15+, siblings and friends welcome.

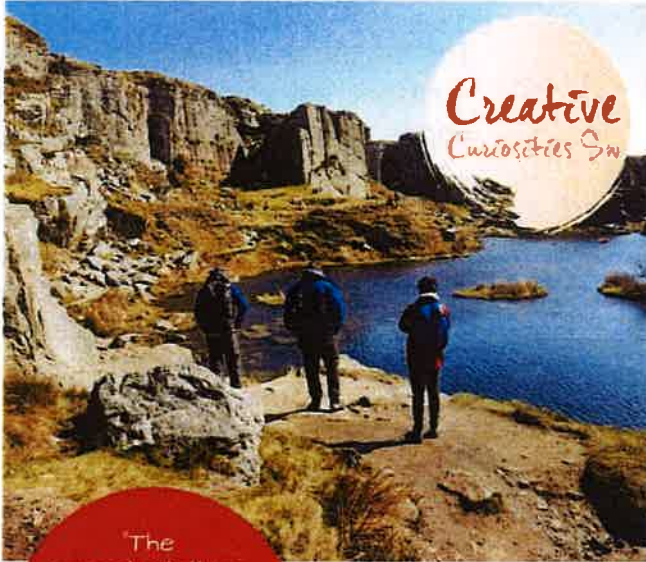
- Sat 24 Jul 2021, 10am-2pm, Price: Free
- Sat 31 Jul 2021, 10am-5pm, Price: £50 per person
- Sat 7 Aug 2021, 10am-6pm, Price: £60 per person (includes transport)

Performers

Sunday's, 12pm-3pm, Price: Free

Supported by Children in Need, a free weekly Sunday group for neurodivergent children and young people aged 15+. These sessions will run in varied locations, with transport included available from Union Street, Plymouth.

- Sun 25 Jul 2021, Dance and Performance Art
- Sun 1 Aug 2021, Dance and Performance Art



Creative Curiosities Sw

"The important thing is to not stop questioning. Curiosity has its own reason for existing" Einstein

CREATIVE AND ADVENTUROUS ACTIVITIES

SCAN THE CODE TO SEE CURRENT SESSIONS AND BOOK

The Plot, Union Street, Plymouth.
07762737620
hello@creativecuriosities.org.uk
www.creativecuriosities.org.uk

- Sun 8 Aug 2021, Musical Theatre
- Sun 15 Aug 2021, Music, Storytelling and Composition
- Sun 22 Aug 2021, Activate – Adventurous Activity
- Sun 29 Aug 2021, Drama & Story Telling
- Sun 5 Sep 2021, Musical Theatre

For more details and to book visit:

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

Performers

- Express Yourself Summer School
Monday's, 12pm-3pm, Price: Free
(supported by Children in Need)

These free sessions supported by Children in Need will run in varied locations, with transport available from Union Street, Plymouth.

- Mon 26 Jul 2021, 1pm-4pm,
Walk in Nature followed by Music,
Storytelling and Composition
- Mon 2 Aug 2021, Moor History, Drama
and Storytelling
- Mon 9 Aug 2021,
Seascapes followed by Dance
- Mon 16 Aug 2021, Putting it all
Together - Musical Theatre

Devon Performers 10-14 Years
Monday's, 12pm-3pm, Price: Free

Free sessions supported by Devon County Council in partnership with Parent Carer Forum Devon Small Grants Scheme. This is a new group and will run in varied locations with transport available from Tavistock.

- Mon 23 Aug 2021,
Creativity - Base Day at Bere Alston
- Mon 30 Aug 2021,
Adventurous Outdoor Activity – Stand-
Up Paddleboarding at Radford Lake

Little Players – Stay & Play
Friday's (fortnightly) 23 Jul, 6 & 20
Aug, 3 Sep 2021, 1:30pm-5:30pm

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

Create & Chat

Tuesday's. 6pm-7pm (term-times)

Online zoom sessions (age 15+) on Tuesday's with different weekly themes set by you – from cooking to video editing. Sessions free, but you will need to provide your own resources to take part in the activity. Check ingredients if you have allergies for cooking activities.

Celebrating Neurodiversity
– An Evening with Jude Morrow
Sat 23 Oct 2021, 6pm-10:30pm,
Price: £25

Join us for a Celebration of Neurodiversity evening at The National Marine Aquarium with keynote speaker internationally acclaimed author, blogger, and media personality Jude Morrow. Ticket price includes a quiet tour of the aquarium, live music and entertainment from neurodiverse groups.

Creative Curiosities South West

For more details and to book visit:

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

Any queries call or text on 07764 737620

or email: hello@creativecuriosities.org.uk

Little Seeds

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

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

Refreshments and activities are provided for both adults and children.



LITTLE SEEDS

MONDAYS 9:30AM-11:30AM £3 PER FAMILY

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

Refreshments and activities are provided for both adults and children.

Booking preferred - www.bookwhen.com/routeways
01752 300700

Charity number 808540 Company number 340067



ROOTED

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

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

Booking is essential via
www.bookwhen.com/routeways

SUNDAYS - 10AM-1PM - £15 PER SESSION
DEVONPORT PARK ACTIVITY CENTRE



Devonport Park Activity Centre, Fore Street, PL1 4BU
Lucy - 01752 856702 / Main office - 01752 300700



Rooted

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

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

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

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>

Youth Club

Thursday's, 7pm-9pm

£8 a session

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

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

For more information about Routeways activities call: 01752 300700

Book activities and groups online at:

<https://bookwhen.com/routeways>



YOUTH CLUB

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

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

Booking essential via
www.bookwhen.com/routeways

Please contact us for more information on
01752 300700



Charity Number: 1080543 Company Number: 3420867



ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

We offer

Art & Craft Days

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



Tuesdays & Thursdays
10am – 4pm



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

Booking essential

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

ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

Due to ongoing success
our

Mental Health & Wellbeing Art & Craft Group

is now open

Wednesdays & Fridays
10am – 4pm



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

Booking essential

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

Plymouth Parent
Carer Voice



NEW Sensory Library

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

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

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

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

See our website for more details
www.plymouthpcv.co.uk

Visit the
Plymouth Parent Carer Voice
website at:

www.plymouthpcv.co.uk

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



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

The Fun and Freedom Club can offer you:

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

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

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

Activities and Events

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

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

To participate in activities you will need to register at:

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

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

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

Date/Time	Event	Category
Mon 26th Jul 2021 10:00 am - 2:00 pm	Youth Adventures - Art Session	Youth Adventures
Thu 29th Jul 2021 10:00 am - 4:00 pm	Fun & Freedom - Serious Outdoor Skills	Fun and Freedom Club
Thu 29th Jul 2021 11:00 am - 3:00 pm	Making Sense - Lanhydrock <i>Lanhydrock, Bodmin</i>	Making Sense
Mon 2nd Aug 2021 10:00 am - 12:00 pm	Making Sense - Mount Batten Bell Boating <i>Mount Batten Centre, Plymstock</i>	Making Sense
Thu 5th Aug 2021 9:30 am - 11:30 am	Fun & Freedom - Hands2gether Clay Workshop <i>Hands2gether Unit 90-92 Christian Mill Business Park, Crownhill</i>	Fun and Freedom Club
Sat 7th Aug 2021 9:30 am - 3:30 pm	Adventure Club/Making Sense - Horizons Boat Trip	Adventure Club Making Sense
Wed 11th Aug 2021 11:00 am - 3:00 pm	Adventure Club - Aquarium Tour & Workshop <i>National Marine Aquarium, Plymouth Devon</i>	Adventure Club
Thu 12th Aug 2021 11:00 am - 3:00 pm	Fun & Freedom - Flint & Steel at Poole Farm	Fun and Freedom Club
Thu 12th Aug 2021 11:00 am - 3:00 pm	Fun & Freedom Flint & Steel	Fun and Freedom Club
Fri 13th Aug 2021 10:30 am - 1:30 pm	Making Sense - Burrator Discovery Centre	Making Sense
Sat 14th Aug 2021 10:00 am - 2:00 pm	Family Activity - Alpaca Farm Treasure Hunt and Craft <i>Alpaca Trekking Cornwall, Liskeard</i>	Family Activity
Wed 18th Aug 2021 2:00 pm - 5:00 pm	Youth Adventures - Tree Surfers <i>Tree Surfers, Tavistock Devon</i>	Youth Adventures
Thu 19th Aug 2021 10:00 am - 2:30 pm	Fun & Freedom - Mount Edgecumbe Trip	Fun and Freedom Club
Wed 25th Aug 2021 11:00 am - 3:00 pm	Adventure Club - Wild About Woods <i>Wild About Woods, Roborough</i>	Adventure Club
Thu 26th Aug 2021 11:00 am - 3:00 pm	Fun & Freedom - Aquarium Tour & Workshop	Fun and Freedom Club
Mon 30th Aug 2021 10:00 am - 3:00 pm	Adventure Club - Mount Batten 2-Day Water Sports <i>Mount Batten Centre, Plymstock</i>	Adventure Club
Wed 1st Sep 2021 3:00 pm - 6:00 pm	Family Summer Party <i>Mount Batten Centre, Plymstock</i>	Family Activity
Thu 2nd Sep 2021 9:30 am - 4:00 pm	Fun & Freedom - Mount Batten 2-Day Water Sports	Fun and Freedom Club

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

Activities Online



**Helping you
enjoy storytime
from home**

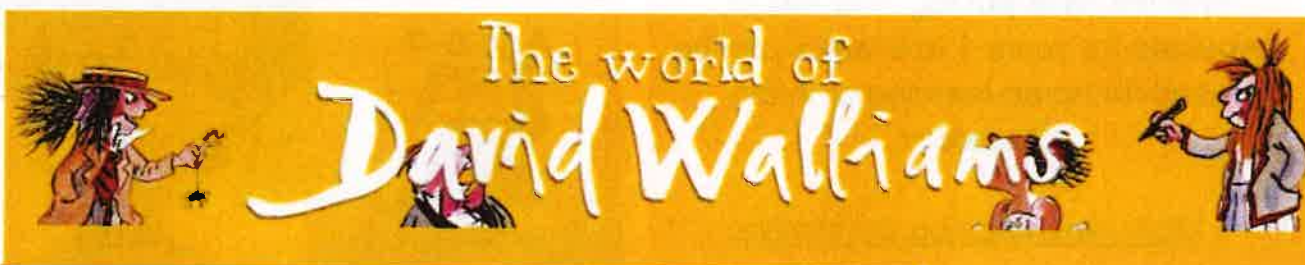
#BookTrustHomeTime



HomeTime for children aged 5 and under

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

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



Free fun activities!

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

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

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

**Whizz
-kidz**

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

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

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

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



@AccessSport #StayActivewithAccess #StayInWorkout

For a full list of opportunities, go to www.accesssport.org.uk/inclusive-activities



Funded By:



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

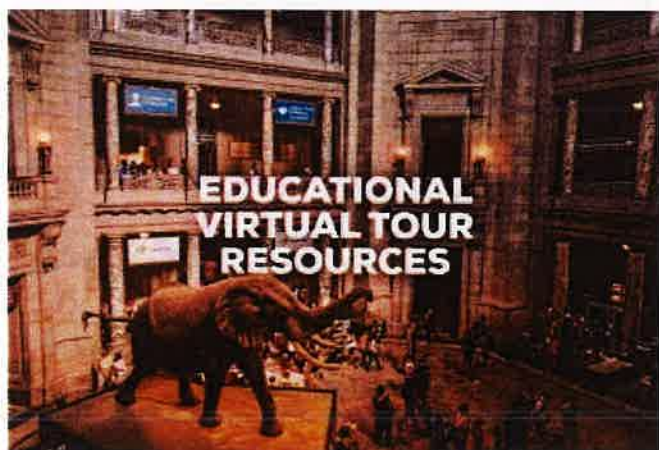
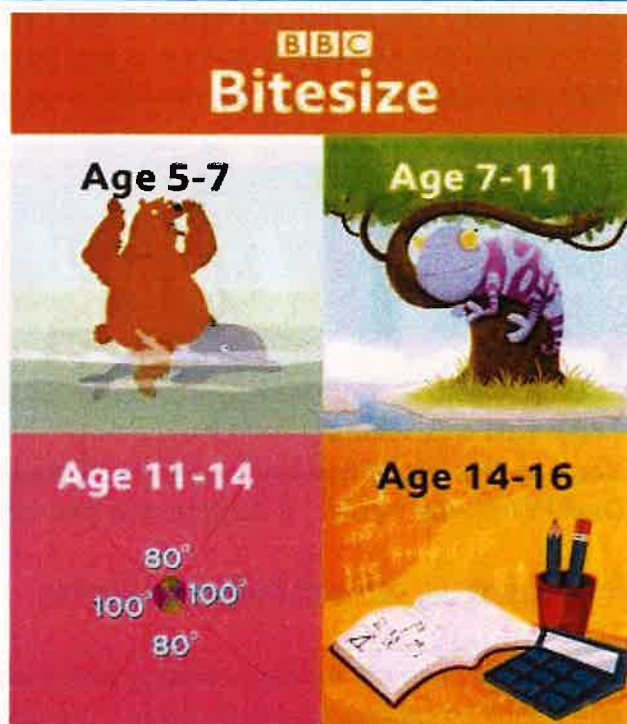
You can also find lots of [online activities](#) where you can join in 'live sessions' in real time or do in your own time at home.

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

Find them on Facebook: www.facebook.com/AccessSport/

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

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



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



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

<https://hoop.co.uk>

Plymouth Libraries

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

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

Regular activities and events are temporarily suspended, but activities are posted on the [Plymouth Library Facebook](#):

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



Sign up for a free Library Card

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

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

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

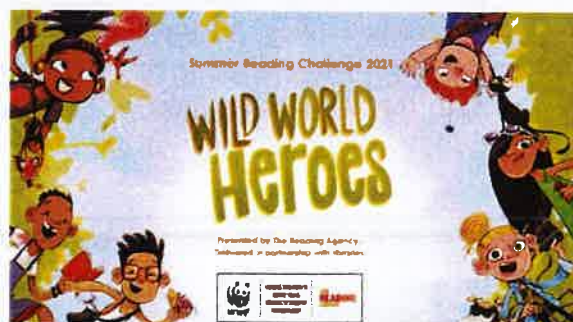
With your Library Card Number and PIN you can:

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

Summer Reading Challenge 2021

Aimed at aged 4-11 years old, children are encouraged to read six (or more) books of their choice during the summer holidays. There's a mini challenge for under 4's.

Head to any Plymouth Library to collect your special Wild Heroes pack. There's a medal for every child that completes the challenge!



Signing Up

Sign up for the challenge at any Plymouth Library or online from Thursday 1 July 2021:

www.plymouth.gov.uk/summerreadingchallenge



The Box

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



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

To visit, [book online](#).

Summer Events

Outdoor Cinema

Evening Screenings: Thur 22 July – Sun 8 August 2021

Evening screenings, film starts 7:30pm, arrivals from 7pm.

VIP tickets £15 per person. Standard tickets £12 per person.

- Thursday 22 July: 1917 (15) - running time 1h 59m
- Friday 23 July: Mamma Mia! (PG) - running time 1h 49m
- Thursday 5 August: Casablanca (U) - running time 1h 47m
- Friday 6 August: Ghostbusters (PG) - running time 1h 42m
- Saturday 7 August: Hairspray (PG) - running time 1h 55m

Family Screenings: Sat 24 July—Sun 8 Aug 2021

Bring the children along to enjoy a family-friendly film in front of our big screen. Films start at 9:15am. Arrivals from 9am. No need to book.

- Saturday 24 July: Ice Age (U) - running time 1h 21m
- Sunday 25 July: Treasure Planet (U) - running time 1h 35m
- Saturday 31 July: A Bug's Life (U) - running time 1h 35m
- Sunday 1 August: Song of the Sea (PG) - running time 1h 33m
- Saturday 7 August: Missing Link (PG) - running time 1h 33m
- Sunday 8 August: Night at the Museum (PG) - running time 1h 48m

The Box will be holding lots more events over the summer.

For more information see: [Summer Events](#)

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

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



National Marine Aquarium

Open daily 10am-5pm

Last entry 4pm

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



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

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



[Book online](#)



Quiet at the Aquarium

Monday's 26 July, 23 August,
25 October & 20 December 2021

Time: 5:30pm-7:30pm

Price: £6.50 per child / £8 per adult /
Carers and under 3s FREE

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

[Book online](#)



Dine at the Aquarium

Select Dates throughout 2021, 7pm-10pm,
dinner served from 7:45pm

Price: £55 per person (pre-booking, payment and pre-orders required)

An exclusive after hours dining experience in front of our world class exhibits. Dinner will be a stunning à la carte four course menu with a bottle of wine included per table and glass of prosecco on arrival.

Any questions email:

functions@oceanconservationtrust.org

[Book online](#)



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

For more details see website:

www.national-aquarium.co.uk

or call 0844 8937938



Visit Wembury Marine Centre to learn about the surrounding area and it's wildlife through interactive and informative displays, regular Rockpool and Snorkel Safaris and other marine themed events. For more information visit www.wemburymarinecentre.org

Open between April and September, Tues—Sun, 10am-4:30pm.

Booking Essential. Bring your wellies or other sturdy shoes which can get wet for rockpool safari's! All children must be accompanied by an adult.



Rockpool Safari

Tue 10 Aug – 1pm-2:30pm

Fri 13 Aug – 2:30pm-4pm

Sun 22 Aug – 11:30am-1pm

Thur 26 Aug – 2pm-3:30pm

Sun 12 Sep – 2:30pm-4pm

Price: £5 per person (suitable age 4+)

Join our Devon Wildlife Trust staff and volunteers for a guided tour of some of the best rockpools in the UK!

Extreme Rockpool Safari

Sun 25 Jul – 12:30pm-2:30pm

Thur 12 Aug – 1:30pm-3:30pm

Tue 24 Aug – 1pm-3pm

Price: £5 per person (suitable age 7+)

Join Devon Wildlife Trust on an extremely low tide to explore Wembury's most amazing rockpools, rarely uncovered by the tide!

Tots & Toddler Rockpool Safari

Fri 23 Jul – 10:30am-11:30am

Sun 8 Aug – 12pm-1pm

Sun 5 Sep – 11am-12pm

Sun 19 Sep – 10am-11am

Price: £5 per child / adult free (suitable 4 years and under)

Join Devon Wildlife Trust for a mini rockpool safari aimed at tots and toddlers.

National Marine Week

Shoresearch Safari & Survey

Tue 27 Jul – 1:30pm-3:30pm

Price: £5 per person (suitable age 4+)

Join Devon Wildlife Trust for a shore search safari and survey where we'll be recording everything we find.

Sunset Storytelling on the Beach with Josephine's Stories

Tue 3 Aug – 5:30pm-6:10pm

(meet 5:15pm at Centre)

Price: £20 per family (max 2 adults & 3 children) / or £6 per person

Join us for an evening storytelling performance on the beach in this interactive children's show.

Snorkel Safari

Sat 24 Jul – 10:30am-1pm (National Marine Week)

Wed 11 Aug – 12:30pm-3pm

Wed 25 Aug – 12:30pm-3pm

Sat 4 Sep – 10:30am-1pm

Sat 18 Sep – 10:30am-1pm

Sat 25 Sep – 12:30am-3pm

Price: Child £20 (suitable age 8+, beginners or more advanced snorkelers, competent swimmers only)

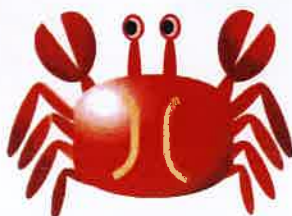
Join our fully trained BSAC Snorkel Instructors for a guided snorkel safari around the stunning Wembury Bay! We will cover basic snorkelling techniques followed by a snorkel around Wembury's famous rocky reefs searing for and identifying underwater marine life. Full kit can be provided and is included in the cost.

Adults Snorkel Safari

Sat 11 Sep – 12:30pm-1:15pm

Price: £20 (suitable beginners or more advanced, competent swimmers only)

Join us for an adult only guided snorkel safari around the stunning Wembury Bay! Our fully trained BSAC Snorkel Instructors will cover basic snorkelling techniques followed by a snorkel around Wembury's famous rocky reefs, searching for and identifying underwater marine life. Full kit can be provided and is included in the cost.



Wembury Marine Centre

Church Road, Wembury, PL9 0HP

Tel: 01752 862538

info@wemburymarinecentre.org

Pre-booking is no longer required at some venues.
Please check National Trust venues for latest updates.
Face-coverings must be worn indoors, unless exempt.



Saltram

Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-5pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. All facilities are now open, the Park Café from 10am-4pm daily and the Chapel tearoom from 10:30am-4:30pm (Thurs—Mon) with a range of hot and cold drinks and food. The house is open Thurs—Mon from 11am-4pm, currently with a shorter route around house. (face coverings must be worn). For the latest information, see: [Saltram](#)

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

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

Saltram Treasured Trail

Date: From Mon 26 July 2021

Pick up a trail sheet from the Welcome Centre. There's lots of ideas in the park, garden and house to tick off as you go along and you can have a go at as many as you like. Each time you visit Saltram, ask for your trail sheet to be stamped and once you reach three stamps, you can have one of our patches to treasure forever.

Adventure Cinema at Saltram House

Saltram and Adventure Cinema are hosting 4 evenings of Outdoor Cinema, with hot food and a bar. Picnics welcome. Bring your own camping chair or blanket (unless booking VIP seats). Under 16s must be accompanied by an adult.

- Sat 31 July 2021, 9:30pm—The Lion King (PG)
- Sun 1 August 2021, 9:30pm—A Star is Born (15)
- Thurs 19 August 2021, 9:00pm—The Greatest Showman Sing-a-Long (PG)
- Fri 20 August 2021, 9:00pm—Grease Sing-a-Long (PG)

Book at: <https://www.adventurecinema.co.uk/venues/saltram-house>

More Information: Admin Office 01752 333500

saltram@nationaltrust.org.uk



Plymbridge Woods

Plympton PL7 4SR

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



Plymbridge Wood Family Cycle Trail

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

Woodland Wander Walking Trail

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

Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail

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

More Information: Admin Office 01752 341377

plymbridgewoods@nationaltrust.org.uk

Crownhill Fort

Open Day—Sat 24 Jul 2021, 11am-3pm

Crownhill Fort is the best preserved of Plymouth's Victorian Defences. Owned and managed by The Landmark Trust since 1987. Join us for our open day where 12 acres of grounds will be open and also the museums with exhibits from the late 19th and 20th centuries.

Full details of event will be updated at:
[What's on at Crownhill Fort](#)

Admission Prices:

£5.00 Adults / £3 Child.

Onsite Parking: £4, first come, first served.

Tickets must be purchased in advance.

[Book Online](#)

The Landmark Trust

There will be a programme of timed events (tbc):

- Guided walk around NE rampart.
- Firing 2 inch field gun on Parade Ground.
- Display of small arms (1860-1950). For £5, opportunity to fire a Martini Henry rifle.
- Newly refurbished Detention Room open.
- Event will close with firing of a 32 pounder canon.
- Catering provided by [Crème de la Crème](#)

Buckland Abbey

Yelverton, PL20 6EY

Buckland Abbey house, gardens and estate walks are open daily from 10am-5pm. The Ox Yard Café is open daily from 10am-5pm, with limited indoor seating for takeaway and eat in light lunches and snacks. The Abbey (ground and middle floors open with one-way system from 11am-4:30pm), Great Barn (10am-4.30pm) and shop are open.

Pre-booking no longer required after Mon 19 Jul 2021.

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

Abbey Walks

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

Summer Holiday Fun at Buckland Abbey

Coat of Arms Trail & Get Set, Go!

Dates: From Sat 24 Jul 2021, through the summer holidays

Follow the Coat of Arms trail in the garden to find all the heraldic symbols that were important to our Tudor ancestors. Pick up your trail booklet and Get Set, Go! activity card from Visitor Welcome and explore the gardens and learn all the hidden meanings behind Tudor coat of arms.

Garden Games & Archery

Dates: Every Sunday from 1 Aug 2021, 1-4pm and every Wednesday from 4 Aug 2021, 11am-2pm through the summer holidays

Put your archery skills to the test with some soft play archery sets on the main lawn. You can also have a go at other traditional English sports such as lawn tennis, hobby horse jousting and skittles in the Great Barn.

Mini Maze at Buckland

Dates: Open throughout the summer

Explore the Buckland Abbey orchard and complete the mini maze which has been cut into the grass by our Ranger team. Particularly great for toddlers, navigate your way past dead ends and obstacles! This is also a great area for a picnic with the best views of the Abbey.

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk





Antony

Torpoint, PL11 2QA

The house (ground floor only with a one-way system), garden and toilet at Antony are open. This venue is not open every day, so please check the [opening times calendar](#). Note: Antony is still offering timed entry tickets. Please pre-book online to avoid disappointment especially at busier times.

For more information see: [Antony](#)

Adventures in Play

Date: Sun 25 Jul—Tue 31 Aug 2021

Discover the family-friendly trail supported by Sport England which includes games, challenges and activities to complete along the way. Complete the trail stops around the garden and check them off your Get, Set, Go! cards.

A Classic Sports Day

Date: Sun 25 Jul—Tue 31 Aug 2021

Fun for the entire family, take a trip up memory lane with these classic time-honoured sports day activities including an egg and spoon race, sack race, three-legged race and wheelbarrow race. Which generation of family members will come out on top?

Traditional Games on the Cork Oak Lawn

Date: Sun 25 Jul—Tue 31 Aug 2021

For a quieter moment, a bit of a sit down or even a picnic spot where the kids can stay busy, head to the cork oak lawn for some traditional games. There's wooden skittles, garden dominoes, giant jenga and connect4 to challenge friends and family.

Obstacle Course

Date: Sun 25 Jul—Tue 31 Aug 2021

Are you ready to undertake the obstacle course? The speed ladder, mini hurdles and balancing beam are just some of the challenges to expect along your path whilst undertaking the obstacle course. Who in your family can complete it in the fastest time? Stopwatches at the ready.

More Information: Admin Office 01752 812191

antony@nationaltrust.org.uk

Lydford Gorge

Lydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall and circular river trail is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10.30am-4.30pm. To ensure the safety of visitors, the Devil's Cauldron remains closed for repair. Pre-booking no longer required.

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

Lydford Gorge Waterfall Trail

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

Lydford Gorge River Trail

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

More Information: Admin Office 01822 820320

lydfordgorge@nationaltrust.org.uk

'50 Things' to do Outdoors Activity Guide

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

Download your activity sheet at:

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





Cotehele

St Dominick near Saltash, PL12 6TA

Cotehele garden, quay and estate are open daily from 10am-5pm.

Cotehele House is opening in stages and currently you can visit the Great Hall, breakfast room, dining room, Punch Room and White Bedroom. The Barn restaurant located in the garden at Cotehele is open daily from 10am-5pm serving hot and cold drinks, lunches, cream teas and light snacks. Most of Cotehele Mill is open again 11am-4:30pm, although some areas may be closed to keep everyone safe. Pre-booking no longer required. For the latest information see: [Cotehele](#)

Cotehele's Dog Walking

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

Cotehele Quay

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

Get Set, Go!

Date: From Fri 23 July 2021 during school holidays

Pick up your 'Get Set, Go' activity card full of lots of amazing challenges to try out in the gardens including traditional lawn games, scavenger hunts and track races. Also take the trail map out on the estate where you can take part in a game of nature bingo and brilliant butterflies. Take your card home to continue your adventures all summer!

Archery

Date: Every Wed from 28 July 2021 during school holidays, 11am-4pm

Put your bowmanship skills to the test with a game of soft archery in the Mother Orchard.

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

Green Minds

July – August 2021



Join us for free community events & wildlife volunteering - everyone welcome.

Get involved at Central Park!

From wildlife monitoring to using technology to reveal nature in the park, there are many ways for everyone to get involved at Central Park!

To find the meeting locations for each event visit:

www.plymouth.gov.uk/parksnatureandgreenspaces/findpark/centralpark

July

Wednesday 14th July, 9:30am – 1:30pm:

Take Action for Wildlife – Butterfly Survey at Central Park

Join Devon Biodiversity Records Centre (DBRC) to look for the rare White-letter hairstreak butterfly, learn how to identify and survey butterfly species and find out how you can help these insects at home. Booking essential.

Saturday 24 July, 10am – 2pm: Love Parks Week Celebration!

Drop-in and get stuck in with free family fun activities in the woods, explore the trails through the park, discover how you can help wildlife at home and find out about the University of Plymouth's Living Nature Lab!

To book events, visit: <https://greenmindsplymouth.com/events>

Coming Soon

Keep an eye out for more events coming soon and exciting updates including:

- What is being revealed in our Living Nature Lab? Look out for our signs in Central Park to get involved and find out more at: www.greenmindsplymouth.com/projects/living-lab
- We're working with Argyle Community Trust and Funky Llama at Theatre Royal Plymouth, to help deliver a green social prescribing project. See if you can spot us in Central Park over the summer. Find out more at: www.argylecommunitytrust.co.uk/green-social-prescribing/

To find out more about Green Minds events at Central Park, email us at:

wildlife@plymouth.gov.uk or message us on Facebook @NaturePlymouth



www.greenmindsplymouth.com



@NaturePlymouth



@GreenMindsPlym

#GreenMindsPlymouth



Get involved at Derriford Community Park!

Poole Farm



Volunteering

Get stuck in with practical conservation, gardening, citizen science, animal activities and more at Poole Farm in the heart of Derriford Community Park!

Would you like to join the volunteer team?

Visit the Poole Farm website to find out more:

www.plymouth.gov.uk/poolefarm/volunteeringpoolefarm

If you're looking to volunteer as a group or have a team away day, please email the Poole Farm team at derrifordcp@plymouth.gov.uk with your enquiry.

Family Events

Booking essential – go to <https://greenmindsplymouth.com/events> to find out how to book your place on our summer holiday events running 11am-2pm.

- Thursday 29th July
- Thursday's 12th, 19th & 26th August
- Thursday 2nd September

Our friends at Flint & Steel also run chargeable forest school sessions at Poole Farm during the school holidays. To find out more, visit:

www.flintandsteelforestschoool.co.uk

Wildlife

Friday 6th August, 11am-9pm: Plymouth Festival of Nature

Join us for a fun filled day of nature activities, surveying, crafts and wildlife walks.

Booking essential – book your place at: <http://tinyurl.com/s8eumkyy>

Saturday 21st August, 8:30am-11pm: Take Action for Wildlife Moth Survey

Join Devon Biodiversity Records Centre (DBRC) and Devon Moth Group to explore the amazing world of moths! Booking essential – book at:

<https://greenmindsplymouth.com/events>

To discover more ways to get involved at Poole Farm, visit

www.plymouth.gov.uk/poolefarm

For enquiries, email: derrifordcp@plymouth.gov.uk or call the Poole Farm team on 07500 075719.



www.greenmindsplymouth.com



@NaturePlymouth



@GreenMindsPlym

#GreenMindsPlymouth



REAL
IDEAS



PLYMOUTH
COLLEGE
of ART

Devon
Wildlife Trust



UNIVERSITY OF
PLYMOUTH

EUROPEAN UNION
2014-2020 Regional Development Fund



PLYMOUTH'S FESTIVAL OF NATURE

Join us at Poole Farm for a fun filled day of
nature activities, surveying, crafts, and
wildlife walks

The day will include;

Expert-lead wildlife walks
Arts & Crafts
Nature themed activities
Open mic session

Something for everyone!

BOOK YOUR TICKETS NOW

<https://tinyurl.com/s8eumkyy>

Get outdoors and inspired by nature

6TH OF
AUGUST

11AM
- 9PM



Book your FREE timed entry tickets at:

<https://tinyurl.com/s8eumkyy>



Moor Otters Trail

Be an Otter Spotter this Summer

81 Moor Otters have been released on different trails in Plymouth, Dartmoor and gateway towns and villages. The stunning sculptures of otters with cubs, have been designed by local and national artists



Start planning your adventures on the Trail Map at:

<https://www.dartmoor.gov.uk/enjoy-dartmoor/moor-otters/moor-otters-trails>

Join our Moor Otters Arts Trail Facebook group at:

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

Follow us on Twitter for updates at:

<https://twitter.com/moorotters>

Interactive Plymouth Trails App

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



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

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

[Find out more](#)

Explore the Nature Trail in Ham Woods

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

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



For more information on parks and greenspace in Plymouth contact wildlife@plymouth.gov.uk



What's On

That'll be the Day

Date: Sun 25 Jul 2021

Venue: The Lyric (Socially Distanced)

Age: Suitable 12+

Tickets: £20-£31

Running Time: 2 hours 55 mins

This very special edition of the show presents the most popularly requested songs, impressions and comic sketches from over 33 years of touring!

Featuring smash hits from the 50s, 60s, 70s & 80s this is an evening of brilliant entertainment that guarantees to have you on your feet and dancing in the aisles before the night is over!



Six

Date: Wed 28 Jul—Sun 1 Aug 2021

Venue: The Lyric (Socially Distanced)

Age: Suitable 10+

Tickets: From £18.50-£45

Running Time: 1 hour 20 mins (approx)

Nominated for 5 Olivier Awards including Best New Musical, the sell-out West End smash hit is the phenomenon everyone is losing their head over!

From Tudor queens to pop princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing 500 years of historical heartbreak into a celebration of 21st century girl power!



See What's On

Call the Box Office on **01752 267222**

Grease The Musical

Date: Tue 3—Sat 7 Aug 2021

Venue: The Lyric (Socially Distanced)

Age: Suitable 12+

Tickets: From £18

Running Time: TBC

The world's best loved musical is back... grittier and more glamorous than ever before! Bursting with hits including Summer Nights, Greased Lightnin', Hopelessly Devoted to You and You're the One That I Want, this thrilling new version is brought to life by a fresh young cast who bring energy, vitality and passion to this ultimate musical classic. Starring Peter Andre as Teen Angel and Vince Fontaine.



Ghost

Date: Tue 17—Sat 21 Aug 2021

Venue: The Lyric (Socially Distanced)

Age: Suitable 12+

Tickets: From £18-£48

Running Time: TBC

Walking back to their apartment late one night, a tragic encounter sees Sam murdered and his beloved girlfriend Molly alone. With the help of a phony psychic, Sam, tries to communicate with Molly in the hope of saving her from grave danger.

This international smash hit features The Righteous Brothers' Unchained Melody and many more terrific songs co-written by Eurythmics' Dave Stewart.



Stiltskin at the Soapbox Children's Theatre

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

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



The Three Little Pigs - Outdoor Theatre

Various Sat 24 Jul—Sat 7 Aug 2021

11am / 1:30pm

Price: £12 / £13 / £14 / Under 1yrs FREE

With A HUFF and A PUFF.... Join the three little pigs on the adventure of their lives, hotly pursued by the Big Bad Wolf

Summer Holiday Circus Camp (8-12 years)

Mon 9, Tues 10 and Fri 27 Aug 2021, 10am-3pm

Price: FREE for Child in receipt of free school meals / Child (Standard) £69

A day of circus fun with Elfic The Jester. The children will work together to devise a small circus show for friends and family. A great way to make new friends, build confidence and learn new skills.

Summer Holiday Theatre Camp (8-12 years)

Mon 16—Wed 18 Aug, Mon 23—Wed 25 Aug & Tues 31 Aug—Thurs 3 Sep 2021, 10am-3pm

Price: FREE for Child in receipt of free school meals / Child (Standard) £69

Join us at The Soapbox for three days of theatre fun. The children will work together to devise a show to be performed to friends and family. A great way to make new friends, build confidence and learn new skills.

Workshops & Clubs

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

For more information see:

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



ReBels

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

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

ReBels Summer 2021 Programme

- [ReBels ages 12-15](#) (theatre, dance, music, writing, film and more...)
- [ReBels ages 15 - 25](#) (theatre, dance, music, writing, film and more...)
- [ReBels Music ages 15-25](#) (opportunities to explore all lines of work in the music industry).
- [Masterclasses ages 15 - 25](#) (theatre, dance, technical, producing, finance and more...)
- [ReBels Techniques Workshops ages 15-25](#) (Thursday's in acting and dance)
- [Digital ReBels Online Classes ages 15-25](#) (Weekly via Zoom)

ReBels BHive

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

Follow the Barbican Theatre
Facebook page:

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

Visit the Barbican Theatre website:

<https://barbicantheatre.co.uk/>

Summer Holiday Soccer Roadshows 2021



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the summer holidays including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 9:30am—3:30pm (except Mini Pilgrims from 9:30am—12:30pm).

Venues	Date	Cost	Theme	No.
Manadon Sports & Community Hub	26 July, 2, 9, 16, 23, & 30 Aug 2021	£18	Argyle Football Roadshow	P1
Manadon Sports & Community Hub	27 July, 3, 10, 17, 24 & 31 Aug 2021	£18	Strikers & Goalkeepers	P2
Newton Ferrers Primary School	27 July, 10 & 24 Aug 2021	£18	Football Roadshow	P3
Manadon Sports & Community Hub	27 July, 4, 11, 18 & 25 Aug, 1 Sep 2021	£18	Multi-sports Day	P4
Manadon Sports & Community Hub	28 July, 4, 11, 18 & 25 Aug, 1 Sep 2021	£5	Mini Kickers (10am-11am)	P5
Newton Ferrers Primary School	28 July, 11 & 25 Aug 2021	£18	Multi-sports Day	P5
Manadon Sports & Community Hub	29 July, 12 & 26 Aug 2021	£10	LTPD Intense Day	P6
Manadon Sports & Community Hub	30 July, 6, 13, 20 & 27 Aug, 3 Sep 2021	£18	Argyle Football Roadshow	P7
Manadon Sports & Community Hub	30 July, 6, 13, 20 & 27 Aug, 3 Sep 2021	£18	Argyle Girls Only Roadshow	P8
Plympton Academy	30 July, 13 & 27 Aug 2021	£18	Strikers & Goalkeeper	P9
Wembury Primary	3, 17 & 31 Aug 2021	£18	Argyle Football Roadshow	P10
Wembury Primary	4 & 18 Aug, 1 Sep 2021	£18	Multi-sports Day	P11
Ivybridge CC	6 & 20 Aug, 3 Sep 2021	£18	Strikers & Goalkeepers	P12
Ivybridge CC	6 & 20 Aug, 3 Sep 2021	£18	Girls Only Roadshow	P13

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

Disability Soccer Roadshows

Venues	Date	Cost	Time	Theme	No.
Manadon Sports & Community Hub	27 Jul, 3, 10, 17 & 24 Aug 2021	£18	10am-1pm	Short Breaks	D1
Manadon Sports & Community Hub	29 July, 5, 12, 19 & 26 Aug 2021	£16	10am-3pm	Disability Roadshow	D2
Manadon Sports & Community Hub	31 Aug 2021	FREE	10am-1pm	Disability Kicks Roadshow	D3

Argyle Community Trust are also running the following disability soccer roadshows:

- **Short Breaks**—Fun and inclusive football and multi-sport activities for children aged 7-15 with a disability and Educational Health and Care Plan (EHCP). 10am-3pm
- **Disability Roadshow**—A fun-filled day packed with football games in an inclusive and comfortable environment. The day is tailored for children with a physical impairment, learning disability or mental health condition.

All bookings and payments must be made online. To book any of these activities, including Short Breaks or Disability Roadshows please book via: [Roadshows in Plymouth](#).

For further information please contact: stewart.walbridge@paafc.co.uk

Fit and Fed

Argyle Community Trust is working in partnership with Plymouth City Council again over the summer holidays to deliver the Fit and Fed project.

The event is free to children who are eligible for free school meals or pupil premium, children with Education, Health and Care Plans (EHCP), looked after children (in the care of the local authority) or young carers. It gives young people the opportunity to get active and make new friends. Participants will also be provided with a healthy lunch to help fuel the day which includes dodgeball, archery, football and much more!

The project is running from Monday 2nd August until Friday 27th August and is being delivered at Sir John Hunt, Lipson Vale Primary, Laira Green Primary and Weston Mill Primary schools and the Trusts' very own Manadon Sports & Community Hub and Central Park Hub near Home Park Stadium.

Spaces are limited and will be offered on a first-come, first-served basis. If your child is eligible and you would like to book them on the course for free please visit:

<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/>



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

Hunter District Football Club

Due to an overwhelming response from families, it gives Hunter District FC great pleasure to be able to commence disability football training from Friday 16th July 2021 at Coombe Dean School 6-7pm, for ages 7-11 years to begin with.

Training will be held with Ross Hart, a Football Association level 1 qualified disability football coach in addition to his role of the Hunter District FC Welfare and Safety Officer. Alongside the Coach, we aim to have at least one qualified S.E.N Teaching Assistant supporting parents and children at every training session.

Team players will also have the option to participate in monthly mini tournaments commencing from September, for those who wish to.

Hunter District FC looks forward to welcoming children and their families and encouraging them to develop through football.

For further information or to register for a space for your child, please contact Ross Hart via Telephone number 07795 198899, alternatively email direct to mwelfare.hdfc@gmail.com

Win, Lose, Draw.....Learn!!!



A non-contact special needs rugby-group catering for boys and girls from the age of 5 upwards recognised by Devon Rugby Football Union (RFU). These sessions are tailored to help develop hand-eye co-ordination, confidence building and social skills whilst showing that exercise can be fun.

Sessions take place at Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF on Sunday's from 9:30am-10:30am and are FREE until September.

During the summer holidays there will be two training sessions on Wednesday's and Sunday's from 9:30am.

For further information contact Julia on 07887 244472 or via Facebook at <https://www.facebook.com/Oaks-Rugby-Inclusive-173351259895456>



Park Tennis Plymouth

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

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



There are two ways to access the courts:

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

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

Email: Parktennis@plymouth.gov.uk

Other places to play:

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



Tennis for FREE at Central Park

Every Saturday from 17 July 2021, 5pm-6pm

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



Join us for some fun, active tennis drills every Saturday from July to November.

Please bring your racket and book your place online in advance at:

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

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

or email: claudia.castellani@gmail.com





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

Fun Days @ YMCA Plymouth	Inclusive activities are Fun Days for the whole family geared towards those with additional needs. Activities include: Trampoline, Climbing, Laser Shooting, table tennis, badminton, Bouncy Castle and more!	Cost: FREE Time: 11am-12:30pm Subject to availability - Please contact us Age: All ages
Fun Days @ YMCA Torpoint	Fun Days at Torpoint are for the whole family and geared towards those with additional needs. Activities include: trampoline, table tennis, robot table tennis, badminton, football, basketball, unihock, short tennis, bouncy castle and 6 weekly excursions to local destinations (swimming, Adrenaline and other theme parks).	Cost: £3 per session When: Every other Saturday, 10:30am-12pm Age: All ages
YMCA Specials	This is a multi-sport sessions full of inclusive sports. This club helps build confidence and ability in a fun and friendly environment. Opportunities for competition are also available for those with intellectual disabilities through Special Olympics.	Cost: £3 per session First session FREE! Time: Wednesday 4:45pm-5:45pm Term-time only Ages: 5-16
Special Olympics 'The Specials Club'	A multi-sport club open to people with an intellectual (Learning) disability age 16+. Run by Special Olympics Plymouth & District sports include: Boccia, badminton, short map bowls, football, tag rugby, kwik cricket, judo, basketball and much more! Find out more at: www.sopd.org.uk	Cost: £3 per session First session FREE! Time: Wednesday, 6pm-8pm Age: 16+
Fun Bounce	Trampoline based sessions for children and young people with mobility related disabilities and other additional needs. Sessions help improve strength and mobility while being supported by a qualified instructor.	Cost: £3 per session Time: Thursday, 4:30pm-5:30pm Age: 5-18
Trampolining	A more advanced and structured version of the Fun Bounce sessions. Sessions are for young people who want to progress and develop their trampolining ability.	Cost: £3 per session Time: Thursday, 5:30pm-6:30pm Age: 8-18
Indoor Climbing	Inclusive climbing sessions aiming to make climbing available to people with a wide range of ability delivered by qualified instructors using specialised equipment.	Cost: £3 per session Time: Tuesday, 5pm-6pm Age: 8-18

For further information please call **01752 201918**
YMCA PLYMOUTH, Honicknowle Lane, Plymouth PL5 3NG
www.ymcaplymouth.org.uk/

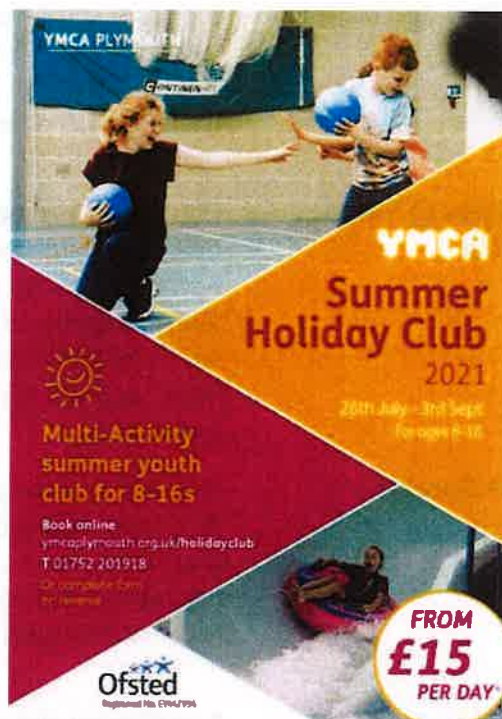
YMCA Holiday Clubs

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

Holiday club is for children aged 8-16 years and includes all kinds of activities including: arts and crafts, street surfing (in the sports hall), climbing, team games, competitions and trips to Crealy, Woodlands and Quaywest!

The next club is from Monday 26th July to Friday 3rd September 2021.

Multi-activity day sessions start from just £15 per day (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-8:30pm) sessions also available for £3 each.



Free Spaces Funded through 'Fit and Fed'

We can offer free holiday club spaces for children that are on free school meals, as part of Plymouth City Council's 'Fit & Fed' programme. Additionally, free holiday club spaces can also be offered to children with Education, Health and Care Plans (EHCP), looked after children (in the care of the local authority) and also young carers.

Spaces are 'first come, first serve' and subject to availability.

For more information and to book, visit:

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

WOMEN IN MIND

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

WHEN:

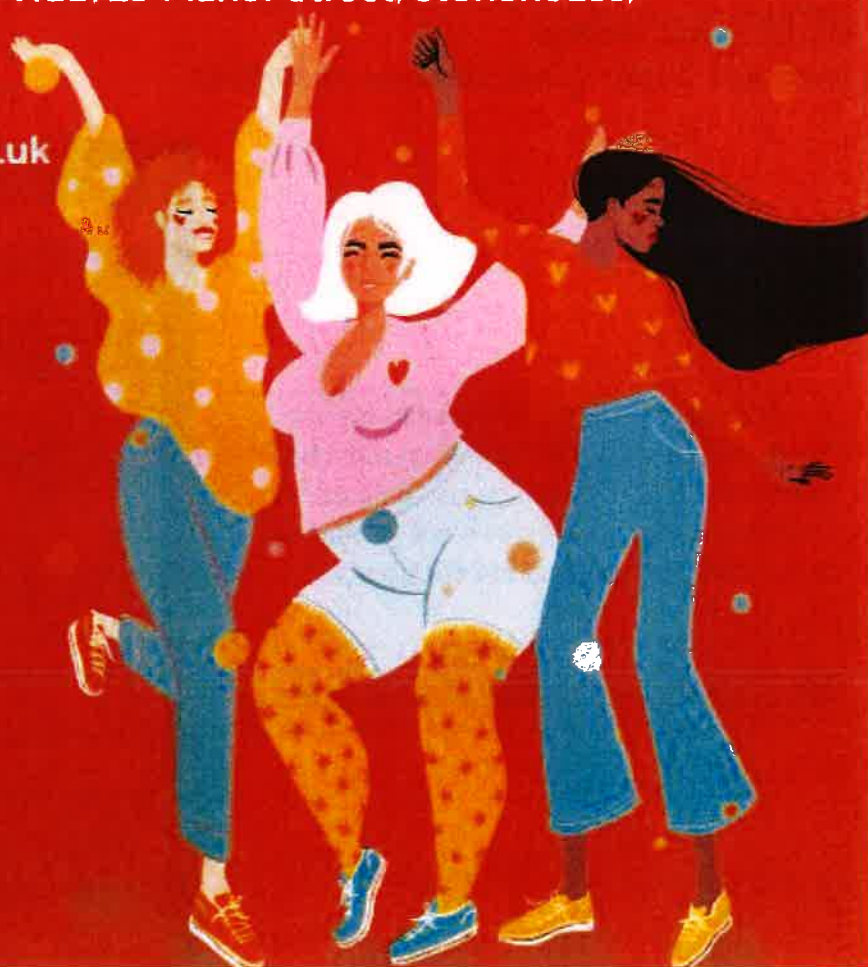
Thursday's 6:30pm - 7:30pm & Friday's 11am - 12pm

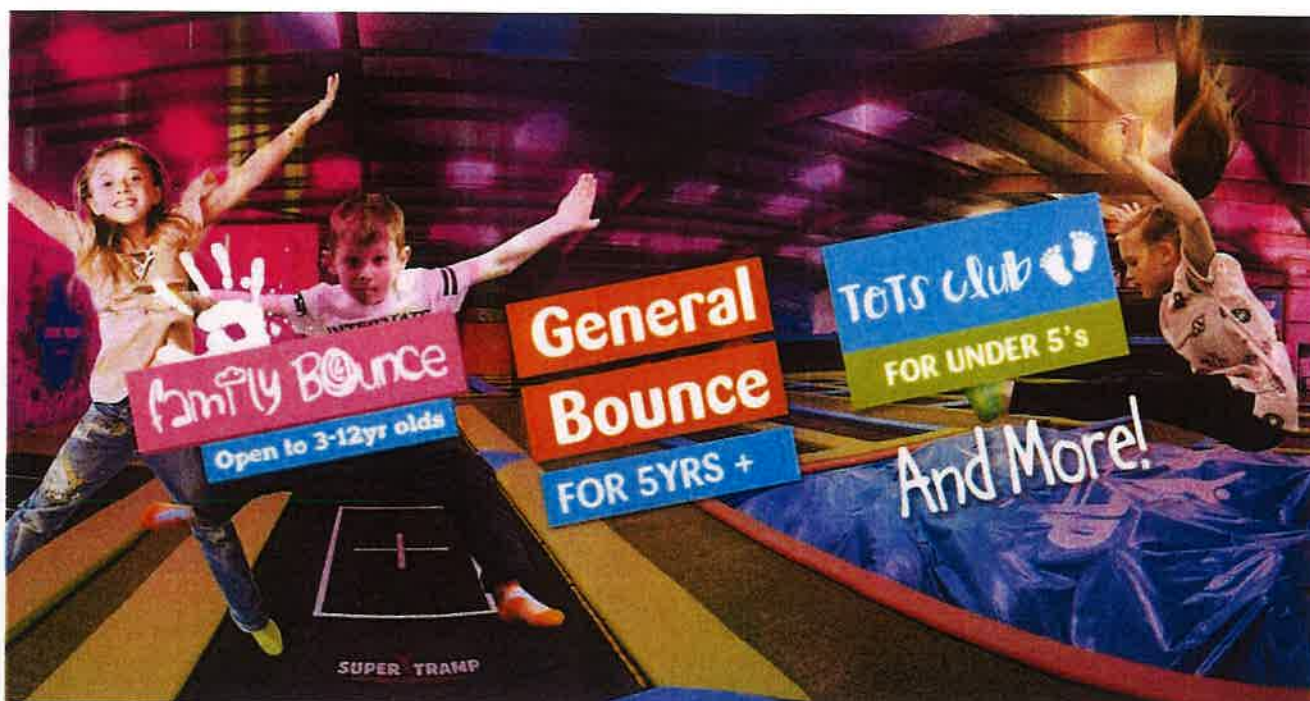
WHERE:

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

Contact:

laura@eximdance.org.uk
07864168663





Super Tramp Plymouth

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



SEND Sessions

Thursday's: 16:20-17:20 & Sunday's: 17:30-18:30

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

Book online at:

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

SUPER TRAMP

Off-peak times

Support session

Sunday
5:30pm - 6:30pm

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

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 each session
- ▼ Complimentary squash for all participants

How much are they?

Our **SEND** Session & Support Session are £8, this includes admissions 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
4:20pm - 5:20pm

For bouncers with additional needs, and their carers.

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

gym bubbas

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

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

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

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

Website: www.gymbubbas.co.uk

Facebook: www.facebook.com/pg/GymBubbas/

You Tube Channel: www.youtube.com/channel/UC0GK0A-5cKbYLWpRaxnF3ew

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.

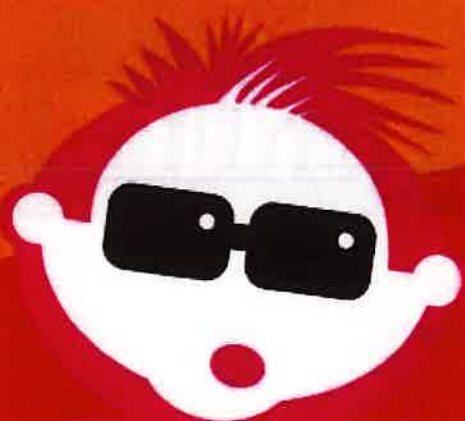
COMMUTER TUTOR

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

Or call us on 01752 515385



School Holiday Sessions for Primary (Age 8-11)

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

For more information and to book see:

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

	Price	Session Dates
Bellboat Half Day Adventure	£29.50 per person or £55 for two people from the same household or support bubble.	Monday 2nd August: 13:00 - 16:00 Tuesday 17th August: 13:00 - 16:00 Wednesday 25th August: 09:00 - 12:00 Friday 27th August: 09:00 - 12:00 Thursday 2nd September: 09:00 - 12:00
Archery & Orienteering Half Day Adventure	£29.50 per person or £55 for two people from the same household or support bubble.	Wednesday 4th August: 09:00 - 12:00 Wednesday 18th August: 09:00 - 12:00 Monday 23rd August: 09:00 - 12:00 Wednesday 25th August: 13:00 - 16:00 Tuesday 31st August: 09:00 - 12:00
Climbing & Seashore Explore Day Adventure	£29.50 per person or £55 for two people from the same household or support bubble.	Friday 6th August: 09:00 - 12:00 Thursday 19th August: 09:00 - 12:00 Monday 23rd August: 13:00 - 16:00

Fit and Fed

Plymouth City Council Sports Development unit have secured funding from the Department of Education to deliver a 'Fit and Fed' programme in 2021.

As part of the 'Fit and Fed' programme, activities at the Mount Batten Centre are available for children age 8+ and 11+ for kayaking, and Stand-Up Paddleboarding.

Booking is limited to a maximum of FIVE activities per young person.

For more information and to book see:

[Fit and Fed Programme](#)





mountbatten

watersports & activities centre

School Holiday Sessions for Secondary (Age 11-15)

A range of new-half day adventures and courses are available for those aged 11+.



For more information and to book see:

[School Holiday Sessions for Secondary \(Age 11-15 Years\)](#)

	Price	Session Dates
Kayak Half Day Adventure	£29.50 per person or £55 for two people from the same household or support bubble.	Tuesday 3rd August: 09:00 - 12:00 Thursday 5th August: 09:00 - 12:00 Monday 16th August: 13:00 - 16:00 Friday 20th August: 09:00 - 12:00 Tuesday 24th August: 13:00 - 16:00 Thursday 26th August: 13:00 - 16:00 Monday 30th August: 09:00 - 12:00 Wed 1st September: 09:00 - 12:00 Friday 3rd September: 09:00 - 12:00
Stand-Up Paddleboarding Half Day Adventure	£29.50 per person or £55 for two people from the same household or support bubble.	Tuesday 3rd August: 13:00 - 16:00 Thursday 5th August: 13:00 - 16:00 Monday 16th August: 09:00 - 12:00 Wednesday 18th August: 13:00 - 16:00 Friday 20th August: 13:00 - 16:00 Tuesday 24th August: 09:00 - 12:00 Thursday 26th August: 09:00 - 12:00 Monday 30th August: 13:00 - 16:00 Wed 1st September: 13:00 - 16:00 Friday 3rd September: 13:00 - 16:00
Royal Yachting Association Stage 1 and 2 course	£559.95 per pair with a sibling or another person from a support or educational bubble.	Monday 2nd—Friday 6 August Monday 16th—Friday 20 August Monday 23rd—Friday 27th August Monday 30 August—Friday 3 Sept (5 day course) Course times: 09:00 – 16:30 each day

**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

EMOTIONAL WELLBEING AND MENTAL HEALTH

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



CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



KOOTH

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

www.kooth.com/index.php

or search for Kooth on a search engine

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

YOUNG DEVON

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

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

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

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

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

CONTACT:

Call: 08082 810 155
(Monday to Friday 9am to 5pm)

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org



Key websites

POD	www.plymouthonlinedirectory.com (includes SEND local offer)
Young Devon	www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit
Kooth	www.kooth.com/index.php
Progeny*	www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny

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



Summer Fun at Morice Town.

Come and join us for an
outside play session (weather dependant!!)

There will be sand, water, painting,
games and much more.

Just give us a call on **01752 313293** to **book spaces** for you and your child/ren.

Sessions will run from **10am to 12 pm**,
on the following dates, **Friday 6th, 13th, 20th and 27th August.**

When booking please specify **which date** you would like to book onto. A
member of the Morice Town Children Centre team will get back to you and
confirm which date you are booked on to.

One session per family, more may be offered if there is room on other dates.



HELPING YOUNG PEOPLE TO ENGAGE

A photograph of four young people (three women and one man) in a workshop setting, smiling and looking at a laptop. They are surrounded by colorful confetti and paint splashes in blue, green, yellow, and red.

DO YOU WORK WITH CREATIVE INDIVIDUALS?

**THIS SUMMER HYPE
ARE HOSTING FREE WEBINARS AND
ART WORKSHOPS FOR YOUNG PEOPLE**

A graphic of a video player with a play button icon in the center. Above the play button, the word 'HYPE' is written in a stylized, colorful font. The background of the graphic is dark with a light-colored archway behind the play button.

What is HYPE

Barnardos are working in partnership with Livewell. Our mission is to always listen to and understand young people's experiences of health care.

Our Mission- Involve. Include and Listen to EVERYONE.

Check out the HYPE film at <https://vimeo.com/571217028>

Check out the HYPE film at: <https://vimeo.com/571217028>



BARNARDOS HYPE ON BEHALF OF LIVEWELL SOUTHWEST
INVITES YOU TO

PICTURE THIS! ARTISTS FEST

Livewell Southwest would like to improve clinical settings by using artwork produced by young people. Why not take advantage of the following dates to bag yourself a master piece - learn how to paint with a professional artist and indulge in future workshops!

Saturday 4th September 2021
Saturday 18th September 2021
Saturday 9th October 2021
Saturday 30th October 2021

Where: Barnardos HYPE, Prideaux Court Time: 10.00 - 1.00

To register your interest please call Natasha on 07783801218
or email: natasha.daniel@barnardos.org.uk



BARNARDO'S HYPE BLOG WEBINARS

MONDAY 9TH AUGUST 2021
FRIDAY 13TH AUGUST 2021
MONDAY 23RD AUGUST 2021

[SIGN UP HERE VIA
EVENTBRITE](#)

A safe place for you to express
yourself and have your voice
heard



Barnardos HYPE Blog



DO YOU WORK WITH PASSIONATE YOUNG PEOPLE WITH VIEWS ON EVENTS AND TOPICS?

The webinars are for young people aged 13-25
but professionals are welcome to come along
to support young people.

About Us: Barnardo's HYPE Blog was set up by
young people in the depths of the pandemic, with
the view that they could blog about topics and
matters that were of interest to them! The
editorial team has put together a FREE webinar,
demonstrating how to initiate ideas and continue
them through to the final design! It is an
interactive webinar where we hope young people
feel that they can express their views and
opinions with blog creation.

To book, please book tickets via Eventbrite:
<https://www.eventbrite.co.uk/e/barnardos-hype-blog-webinar-tickets-159609888473>

FOR FURTHER DETAILS



natasha.daniel@barnardos.org.uk



07783801218

Book tickets via Eventbrite: [Barnardo's HYPE Blog Webinars](#)

For more details call 07783 801218 or email: natasha.daniel@barnardos.org.uk



Snapshot of You Survey

As youth workers and organisations who work with young people in Plymouth we need your help. We want to tell the people who make big decisions how young people across the city are feeling in 2021.

This survey is about what you feel your life is like at the moment.

It's anonymous (we don't ask your name) and confidential. However, we do ask you for your postcode (which doesn't give us your address) so we can see how young people in different areas of Plymouth are feeling.

There are no right or wrong answers. We want to know what you think. If there is a question that you do not want to answer you can miss it out.

The survey only takes about 10 minutes to complete and it's easier if you answer fairly quickly without thinking too hard.

Thank you for helping us share your feelings.

Take the survey at: [A Snapshot of You](#)

Life as an LGBTQ+ Young Person in 2021

Are you aged 13-19 and identify as being LGBTQ+?

This survey is being conducted by Barnardo's and Sheffield Hallam University. It aims to find out what it is like being a young LGBTQ+ person (aged 13-19) living in England in 2021.

Take the survey at:

[Life as an LGBTQ+ Young Person in 2021](#)

Believe in children
Barnardo's

Do you identify as LGBTQ+?
Are you aged 13-19?

Scan to get your voice heard in our national survey and win a £50 voucher!

Sheffield Hallam University

NATIONAL LOTTERY FUNDED



IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

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

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

Find out if you qualify and apply online at:

www.plymouth.gov.uk/freeschoolmeals



Uniform Store Plymouth

Vineyard Church, 13 Cornwall Street, PL1 1NL (near M&S in city centre)

Open: Tuesday's—Thursday's, 10am-3pm

Plymouth Vineyard Church are opening a pop-up uniform shop in the city centre on Tuesday 27 July 2021. It will be open during the summer holidays and accepting donations of good quality school uniforms from Tuesday 13 July 2021.

From Tuesday 27 July 2021, Vineyard Church will also offer a Click and Collect service. Families can access the service via their website:

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

Keep up to date with information via:

[Facebook—Uniform Store Plymouth](#)

Email: hello@uniformstoreplymouth.co.uk

Healthy Start



Families in Plymouth are being urged to check if they are eligible for the Healthy Start Scheme, which offers free vouchers to be spent on food.

With Healthy Start you could get £4.25 per week of free vouchers to spend on milk, plain, fresh and frozen fruit, pulses, tinned fruit and vegetables, and infant formula milk. Find out more: www.healthystart.nhs.uk

OUT WITH THE BAGS IN WITH THE BINS

Sign up for a bin delivery at plymouth.gov.uk/gardenwaste

Your old green garden waste bags will not be collected.



The Garden waste collections run from April until the end of November and take place fortnightly. Your old green garden waste bags will no longer be collected.

You will need to register to have your garden waste collected and will be given a garden waste bin.

Sign up at:

www.plymouth.gov.uk/gardenwaste

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. If you are registered blind, you can enhance your pass so that you can travel free before 9.30am (within Plymouth)



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.

Find out if you're eligible for a [Disabled Persons Railcard](#)



Journey Assistance Cards



Stagecoach are asking passengers who are unable to wear a face covering while using their services due to a health condition or a disability to apply for a COVID-19 Face Covering Journey Assistance Card.

This card can be shown to Stagecoach drivers to confirm the user is exempt from the legislation requiring them to wear a face mask on public transport.

There is also a special card available for anyone who needs the driver to lower their face covering because they are hearing impaired and need to lip read.

[Apply for Journey Assistance Card](#)

In line with government guidelines, you will need to wear a face covering on public transport from Monday 15 June unless you fall under the [exemptions list](#).



How do I let you know that I'm exempt from wearing a face covering?

If you are unable to wear a face covering then you should inform the driver, briefly explaining as you board.

To make things easier, you can [download a PDF](#) of one of our 'Helping Hands' cards and either print out or save / screenshot it on your phone and show the driver when you board.



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

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.



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 to 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

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

Hidden Disabilities Sunflower Lanyard

A [hidden disability](#) is a disability that may not be immediately obvious. The free hidden disabilities sunflower lanyard act as a sign that the customer has a hidden disability and may need additional support.

How to get a sunflower lanyard for people with hidden disabilities

Just pick one up in a participating store such as Tesco, Sainsbury's, M&S, Argos, airport, station or venue at a customer service desk or checkout. The lanyards are free to keep and you won't need proof of your disability.

Alternatively you can also purchase at:
[The Hidden Disabilities Store](#)



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.



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

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

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

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



Conversation Cafés

Tuesday 25th May 2021, 7pm-8pm
The Barn, Kit Hill, Plymouth PL5 1EJ
or online

Calling all dads and male carers (step-dads, uncles, grandads etc)... meet other dads, make new friends and discuss the challenges and successes of being dad at our Conversation Cafés.

Where? Online... join us from the comfort of your own home or if you're in Plymouth join us in person at The Barn (including free pizza!)

COVID secure.

Please book your FREE place by emailing:
bookings@dangerousdads.org.uk

DadFest Cornwall

20th-22nd August 2021

DadFest Cornwall is a small festival with a focus on fun, outdoor activities that dads and male carers can do with their children.

It's a chance for children to play with other children, and for fathers to meet other fathers, and for dads and children to spend some quality time together.

BOOK TICKETS HERE

For further details click [here](#)

Further questions contact:
bookings@dangerousdads.org.uk



New Parent, New Baby Group



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



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

To book please message
Barnardos Plymouth Facebook page
or email support@barnardos.org.uk

Believe in
children
Barnardo's

Baby Bookstart

Come along for
rhymes, stories
and activities



Thursdays 10-10:45 am
Starting 25th February 2021

To book please message Barnardos
Plymouth Facebook page or email
support@barnardos.org.uk

Believe in
children
Barnardo's

If you would like to attend any of these groups:

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

To book email support@barnardos.org.uk or
message Barnardo's Facebook page at:
<https://www.facebook.com/barnardosplymouth/>

PLYMOUTH YOUNG PARENTS SUPPORT GROUP

Toddler Time



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



Wednesdays 10-10:45 am
Starting 24th February 2021

To book please message
Barnardos Plymouth Facebook Page
or email support@barnardos.org.uk

Believe in
children
Barnardo's

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

mums4achange



Time for You

Supportive Zoom groups for
Mums of children with additional needs

In these small, friendly groups we use words, images and coaching tools to find new ways to look at ourselves and our situations. It's a place to be with others who 'get it' and a **chance to build a toolkit to help you to navigate life's ups and downs.**

Supportive Zoom group for Mums of children with additional needs

Mums4aChange are running two, free weekly Time for YOU zoom groups for Mums of children with any kind of additional need.

Both groups start in September:

- Wednesday's 9.30-11.30am from 8th Sept '21 lasting for 7 weeks (for those living in Plymouth and the surrounding area). Funded by The People's Health Trust with money from the Lottery South West.
- Friday's 9.30am-11.30am from 10th Sept '21 lasting for 10 weeks (for those living in Devon and Cornwall). Funded by the Rosa Fund, the UK fund for women and girls.

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

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

My Time Parent/Carer Support Sessions

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

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

Price: FREE, Online event

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

Tel: 01752 204369

Email; nicky@friendsandfamilies.org.uk

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



Solihull Approach Online Course



The poster is a colorful promotional flyer for the Solihull Approach Online Course. It features a blue background with various illustrations of families and children. At the top left, there is a logo for 'UNDERSTANDING YOUR CHILD SOLIHULL APPROACH' with a row of colored icons. Below this, the text asks 'Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?' and states 'FREE online courses for all residents'. It then lists four courses: 'Understanding Pregnancy, Labour, Birth and Your Baby', 'Understanding Your Baby', 'Understanding Your Child (0-19 yrs)', and 'Understanding Your Teenagers' Brain (short course)'. Each course has a brief description. At the bottom left, there is a 'Welcome to Our Place' section with a photo of a group of people and a list of course topics. At the bottom right, there is a large yellow circle containing the 'Access Code: TAMAR' and instructions on how to access the courses. The NHS logo is in the top right corner. Social media links for Facebook and Twitter are at the bottom left, and contact information for technical support is at the bottom right.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

NHS

Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?

FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understanding Your Baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 yrs)
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

Welcome to Our Place
The place to unearth all your potential as a parent or carer
e, learn, understand. Fascinating online courses for everyone who wants to be an even better mum, dad, grandparent or carer.
From birth to 18 years. Lifetime access. One off payment. Prices start from £75.

Access Code: TAMAR
Go to www.inourplace.co.uk
Apply the 'access code' for FREE access!
Fill in some details to create an account
To return to the course(s) go to www.inourplace.co.uk and sign in!

For technical support contact
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

SolihullApproach **@SolihullApproach (NB: 1 'p')**

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Go to <https://inourplace.co.uk/>

Apply the 'access code' for FREE access!

Fill in some details to create an account.

To return to the course(s) go to <https://inourplace.co.uk/> and sign in

Website: <https://solihullapproachparenting.com/>

Email: solihull.approach@heartofengland.nhs.uk

Telephone: 0121 296 4448, Mon-Fri: 9am-5pm

COFFEE, CAKE & CHAT

with Plymouth
PCV every
2 weeks



open to all
parent carers,
please join us

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

Coffee, Cake & Chat

Wednesday's, 10am-11am

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

For the next meeting see:

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

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

<https://www.facebook.com/PlymouthPCV>
or email info@plymouthpcv.co.uk



aD.A.Pt

(Derriford Autism Partnership)

ARE LOOKING FOR NEW MEMBERS

Are you on the **Autism Spectrum** or have a particular interest in Autism?

If so would you be interested in meeting monthly, to support the **Derriford Autism Service** in improving the care of people with Autism in the hospital?

We aim to enable the hospital staff to **adjust to individual needs**, and therefore **promote positive health care outcomes**

For further information you can contact:

Kate Bamforth

Autism Lead Nurse

TEL: 01752 432134

EMAIL: plh-tr.derrifordautismservice@nhs.net

<https://www.plymouthhospitals.nhs.uk/autism-service>

Head Space

ANNOUNCEMENT 1ST AUGUST 2020

EXTENDED HOURS

6pm - MIDNIGHT

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

Due to COVID-19, Head Space is
running a telephone service only

**OUR SERVICE WILL NOW RUN
6pm-MIDNIGHT 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-midnight: 07890 257614

Text: 07890 257614

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

Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY

Thank you

Find us on #YourHeadSpace



Take a look at some of the great events and activities taking place in and around Plymouth this summer...

Family Fun for Everyone in Plymouth this Summer

With stunning waterfront views, all-weather attractions and world-class events, there's something for everyone to enjoy in Plymouth this summer, so you can have a great time making memories as a family.



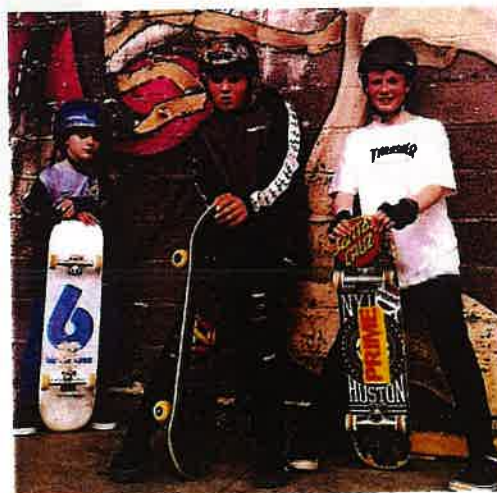
Shop 'til you drop in the city centre and enjoy free family entertainment every Saturday during the school holiday, as part of the brand-new Summer of Fun. Expect everything from circus workshops to arts and crafts activities.

Head to Plymouth's beautiful waterfront for even more fun, take a dip in the open-air Tinside Lido or enjoy a picnic on Plymouth Hoe. Don't miss the summer's most spectacular waterfront events too, with the British Firework Championships, the finish of the Rolex Fastnet Race and the Ocean City Blues N Jazz Festival all taking place in August. For more information about what's on, head over to www.visitplymouth.co.uk

Scout Over to Prime Skatepark this Summer

Prime Skatepark, a Community Interest Company, runs a not for profit family friendly indoor skatepark in Plymouth. It is a fun and safe place for children of all ages and abilities to practice their skating skills.

Tuition classes and regular sessions are available for all levels - from absolute beginners to professionals. New faces and absolute beginners are always made to feel welcome. It is open daily and offers free onsite parking, coffee facilities



Buckfast Abbey Children's Book Festival: Thursday 11 to Sunday 14 July

Famous authors and illustrators will be appearing at this summer's Buckfast Abbey Children's Book Festival from the 11 to 14 July. The free event will explore all aspects of children's literature and reading and will be split into separate days for schools and families. Among the writers taking part will be the queen of teen fiction, Julia Golding, family favourite, Chris Higgins and award-winning author, Chris Edge.



The children's poet Coral Rumble will be attending the school days. There will be a live 'Where's Wally?' competition, with a chance to spot him as he tours the festival and costumed actors will be performing.

See www.buckfast.org.uk/whats-on/childrens-book-festival.

Roar n' Snore at Dartmoor Zoo

Roar n' Snore is a unique opportunity to see life at Dartmoor Zoo between dawn and Dusk, on Saturday 17 August.

Discover the animals awake at twilight on one of the evening trails, then enjoy a camping trip of a lifetime- with activities suitable for the whole family including a showing of an all-time classic on an outdoor cinema.



Campfire treats, a barbeque dinner and a hot breakfast is all included. Tickets are limited to offer campers the best possible experience. Go to www.dartmoorzoo.org.uk

The Three Musketeers - A Comedy Adventure for All the Family

This August join family friendly funny men Le Navet Bete on a riotous comedy adventure across the French countryside. Follow D'Artagnan as he travels to Paris to become a musketeer. Will things go to plan? It's unlikely!



Featuring just four actors, 40 characters and over 100 costume changes, expect laughs galore in a show that will be all for one and every man for himself. The Three Musketeers will be showing at the Plymouth

Okehampton Show: Thursday 8 August

The 112th Okehampton Show, set against the beautiful Dartmoor backdrop, has a host of fabulous animals to see as well as a special programme for children run by OCRA featuring sports, art activities and family races. Plus, there will be two large inflatable playgrounds, face painting, participation trials bikes and magic shows to be amazed by, not to mention the dog show, and the hounds that children can mingle with. Go along, you're promised a great family day out! See www.okehamptonshow.co.uk



Summer Survival Tips...

1. Keep Calm! You don't need to fill every minute of every day with exciting adventures. It will only exhaust you, and anyway children don't need that much stimulation. Besides, if you work or are tied to other commitments, remember it's quality time that counts.



2. Be Flexible. Find out what childcare options are available in your area. Although some parents share childcare with friends, relatives and each other, others balance it with children's clubs. A variety of options will make childcare more satisfactory for everybody.

3. Let your children get bored. Seriously! It may be a challenge, ignoring the whining, but, in time, imaginations dream up ideas. Children need unplanned chill-out time just as much as we do.

4. Just relax and remember it's your holiday, too. Give yourself a break. Don't feel guilty if you pack the kids off for the day, or get a sitter-in for a night out. You need and deserve time to rest up and unwind.

5. Re-establish their normal school routine in good time. Although summer holidays are all about late nights and long days, children will need to re-adjust as the holiday comes to an end. That way, bedtimes won't be such a struggle when they do go back to school.



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



PIAS Support to Parents

In line with Government guidelines, most of our staff are still working from home. So you can still call PIAS for information, advice and support. We are still providing our usual service by telephone, email, through our website and Facebook pages.

We now have limited office cover to provide access to our service for those who **are unable** to contact us via phone or virtual media.

Parenting Programmes

Due to coronavirus, we are now delivering virtual Parenting Programmes until further notice. We are still accepting applications for future courses online at: www.plymouthias.org.uk/parenting-programmes

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

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

For Enquiries

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Alternatively you can email us at: pias@plymouth.gov.uk

Visit our website at: www.plymouthias.org.uk

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



**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

