Your Activities & Information Booklet for the For October Half Term

From Your FSA

Jenny Oliver

TAKE CARE & HAVE FUN.

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND

Coronavirus Notice

Due to the Coronavirus Pandemic our office is now closed until further notice and following Government guidelines PIAS staff are now working from home.

See the latest information about coronavirus (COVID-19).

PIAS Support to Parents

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.

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**

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/

Plymouth Information Advice and Support for SEND

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.

Head Space

ANNOUNCEMENT
TUESDAY 24TH MARCH 2020

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 STILL RUN 6PM-10PM 7 DAYS A WEEK

Please book an appointment via one of the below:

Call between 6pm-10pm: 07890 257614
Text: 07890 257614
Facebook: facebook.com/HeadSpacePlymouth
Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY
Thank you

Find us on **#YourHeadSpace**

Colebrook

Time for YOU

in these challenging times

A small supportive zoom group for mums of children with additional needs

Now, more than ever, Time for You is essential

Share with others who get what it means to be a mum of a child with additional needs during these times

Re-fuel, play with coaching tools + images and say what needs to be said

Listen to what YOU need and how this fits into your life now

Are you in
DEVON or
CORNWALL
Could this be for you?

https://bit.ly/32d4gm1
jo@mums4achange.org
fb @mums4achange

"The group has been a life-line to me during lock-down."

- A small, safe and supportive zoom group for mothers
- Take some time for you with others who get it
- Your child doesn't need an official diagnosis

WHEN: Wed 12.30 - 2.30 from 4th November
WEEKLY: 12 weekly zoom meetings (term time only)
HOW: By zoom - If your child(ren) can be distracted safely while you speak+ listen 'privately' you can come.

COST: Free **BOOKING ASAP ESSENTIAL** - ltd spaces
Priority booking if you are on means tested benefits.
Funded by Rosa C19 Response Fund - Small Grants

INTERESTED: Message us on Facebook @mums4achange or email jo@mums4achange.org

RUN BY: Jo Ball - life and career coach, mum of 2, with a background as an Arts Therapist. SUPPORTED BY: Clare Gale has a child with complex medical needs. Clare did the group, loved it and wanted to share it with others. Clare is in the final stages of her counselling qualifications.

ROSA
THE UK FUND FOR WOMEN AND GIRLS

Plymouth Dads Project

DANGEROUS DADS

Sat 3rd Oct , 1-3.30pm, Apple Pressing

For over 5s and their dads @ Ham Woods, PL2 2HP

Sat 17th Oct, 2-3.30pm, Autumn Leaves

For 0-5 years and their dads @ Just Imagine, PL6 5DS

Tue 20th Oct 7pm, Dads' Conversation Café

Dads /male carers only-@ Tamar Folk CC, Victoria Road Primary, PL5 1RH

Sat 14th Nov, 1-3.30pm, Campfire Cooking

For over 5s and their dads @ Ham Woods, PL2 2HP

Sat 21st Nov, 2-3.30pm, Build a Story

For 0-5 years and their dads @ Just Imagine, PL6 5DS

Tue 24th Nov 7pm– Dads' Conversation Café

Dads /male carers only-@ Tamar Folk CC, Victoria Road Primary, PL5 1RH

Sat 12th Dec, 1-3.30pm, Christmas at the Cabin

For over 5s and their dads @ The Cabin, Barne Barton, PL5 1 EJ

Tue 15th Dec 7pm– Dads' Conversation Café

Dads /male carers only-@ Tamar Folk CC, Victoria Road Primary, PL5 1RH

Sat 19th Dec, 2-3.30pm– Christmas Creating

For 0-5 years and their dads @ Just Imagine, PL6 5DS

Calling all dads and male carers (step dads, uncles, grandads…) come meet other dads, make new friends, enjoy fun FREE activities with your children on Saturdays and discuss the challenges and successes of being a dad at our Tuesday Conversation Cafes– a safe space to talk all things dad & eat pizza…

Please book your FREE place through info@dangerousdads.org.uk or call/text 07934739098.

Limited places to ensure we can provide safe, socially distanced events and the right amount of refreshments so booking is essential…

FREE Events for Dads-Autumn Series 2020

Spend Halloween at The Plym Valley Railway

Join us for a Spooktacular day of train rides and spooky activities.

- Best Fancy Dress
- Witch Hat Toss
- Money Toss
- Find The Pumpkin
- Scary Room

Bookings Only:

Book Your Seats or Cabin Today!
Visit our website for prices & times!

https://www.plymrail.co.uk

'Scan Me' to go to our ticket booking

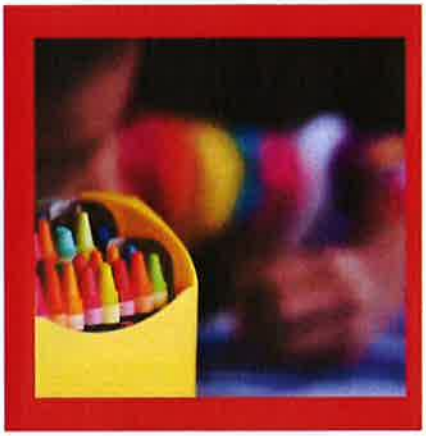
PLYM VALLEY RAILWAY

MARSH MILLS PLY

Saturday 31st October
& Sunday 1st November

Halloween

At Plym Valley Railway, PL7 4NW



Creative Curiosities SW

Educational Services

We deliver a range of educational experiences ranging from 1:1 sessions - we will come to you, to whole class/community based sessions.

Drawing and talking therapy £25 per session 12 sessions Online delivery available.

Bricks for Autism £25 per session - 12 sessions

1:1 tutoring -KS 1 /2
Autism/Learning disability specialisms
£20 ph

Price on Application

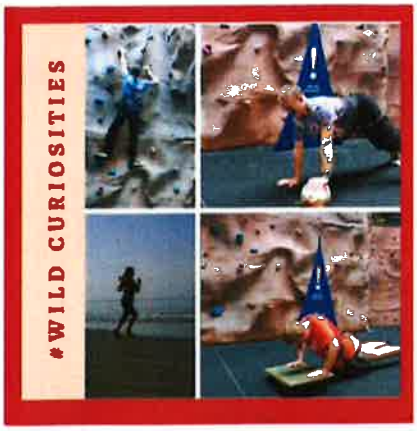
Through our Eyes - Group theraputic programme post COVID

Outdoor education- Wild Curiosities

Therapeutic music and arts and crafts group sessions

TTA
INDIVIDUAL MEMBER

Email us hello@creativecuriosities.org.uk for more information



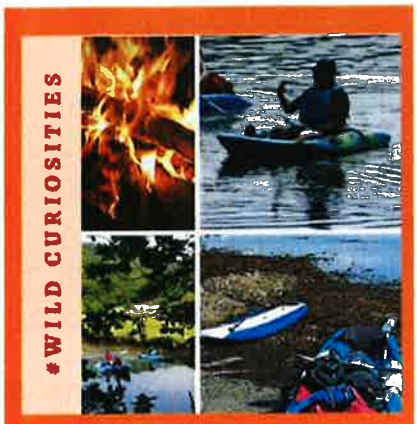
Creative Curiosities Sw

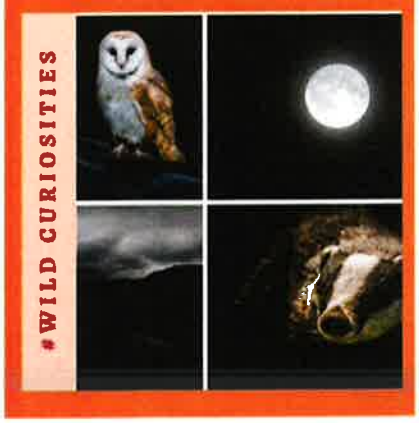
Wild Curiosities Fit and Wild Sessions

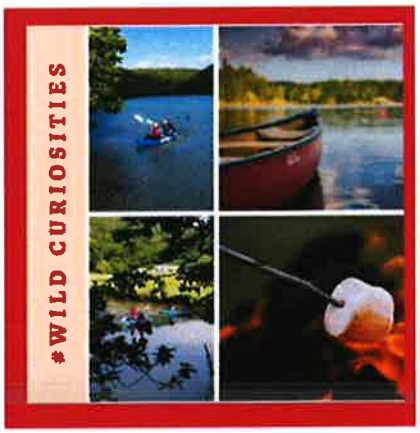
Creative Curiosities are excited to announce that bookings are open for our weekly Fit and Wild Curiosities sessions.

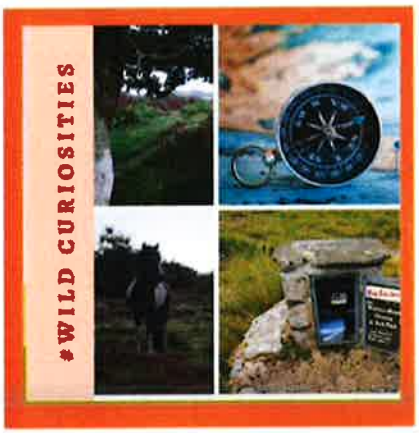
Weekly on Mondays during Term Time

SEND friendly experiences for 16-25 year olds living in Devon
Delivered in partnership with
Active Devon and Adventure Fit South West
All sessions led by friendly, welcoming, experienced and qualified staff.
Pre booking essential -Book Now
https://www.tickettailor.com/events/creativecuriositiessw

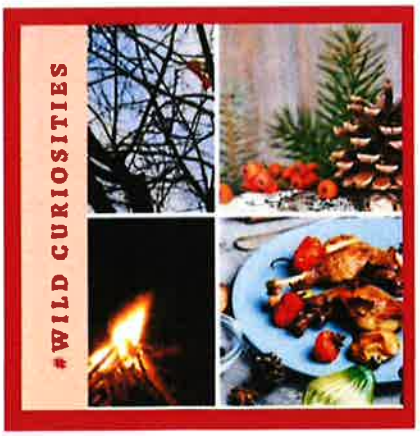








12th October -Climbing and River Kayak Taster Day
19th October Gorge Walking and Den building Taster Day
2nd November Indoor Climbing Wall and Beach Gym
9th November River Kayaking
16th November Navigation Skills Moors Letterbox Search
3rd November Canoeing
30th November Moonlit Moors Walk
7th December Indoor Climbing Wall and Gym
14th December Moors Workout and Christmas Cookout



FOR MORE INFORMATION CALL US ON 01752 916025
OR EMAIL US HELLO@CREATIVECURIOSITIES.ORG.UK

Dartmoor Zoological Park, Sparkwell, Plymouth PL7 5DG
Tel: 01752 837645
Email: zoobase@dartmoorzoo.co.uk

Dartmoor Zoological Park

Measures have been put in place to make sure visitors have a fun and safe day out.

These include:

- Online pre-bookings only
- Restricted visitor numbers per day
- Allocated time slow arrivals
- One way system around zoo
- Hand sanitising stations throughout

Tickets must be purchased online prior to visiting and can be purchased here: https://www.dartmoorzoo.org.uk/

If you are a member wishing to visit, please call 01752 837645 to book your tickets and time of arrival.

For more information see:
Website at: https://www.dartmoorzoo.org.uk/
Facebook at: https://www.facebook.com/DartmoorZoologicalPark/

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

PLYMOUTH
CITY COUNCIL

Check availability and book online at:
https://booking.plymouth.clipnclimb.co.uk/

In order to ensure the safety and wellbeing of our climbers and staff, safety measures in line with the latest Government guidance have been implemented.

See the website:
https://plymouth.clipnclimb.co.uk/

THINGS TO DO!

gym bubbas

Keep checking website and Facebook for up-to-date information.

Website: www.gymbubbas.co.uk
Facebook: www.facebook.com/pg/GymBubbas/

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

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

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

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

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

mountbatten
watersports & activities centre

Activity Sessions

We have adapted our programme to offer activities which reflect the world situation we're all currently living through. You now have the option of choosing a private session for a family or household, or join a mixed session with persons from different households but where social distancing will be in place throughout (maximum of five customers in any group and one instructor).

For more information see: Activity Sessions

See website for Mountbatten Activities Centre: COVID-19 Updates.

Regular updates are also posted at Facebook:
https://www.facebook.com/MountBattenWatersports/

For more information call **01752 404567**
or email: enquiries@mount-batten-centre.com
See website at: https://www.mount-batten-centre.com/

Find us on our Facebook page

DRAKES DEN

OPEN THURSDAY, 8TH OCTOBER

MONDAY-FRIDAY
9:00-10:30
11:30-1:00
1:30-3:00
4:00-5:30

0-12 MONTHS: FREE
12-24 MONTHS: £2.50
AGES 2-4: £5.50
AGES 5-10: £6.75
ADULTS: £1

WEEKENDS/HOLIDAYS
8:30-10:00
10:30-12:00
12:30-2:00
2:30-4:00
4:30-6:00

0-12 MONTHS: FREE
12-24 MONTHS: £2.75
AGES 2-4: £6.50
AGES 5-10: £7.75
ADULTS: £1

EACH ADDITIONAL PAYING CHILD RECEIVES £1 DISCOUNT UPON ENTRY

BOOK NOW!

UNIT 22, DRAKE MILL BUSINESS PARK, ESTOVER ROAD, PLYMOUTH, PL67PS
01752 794444
WWW.DRAKES-DEN.CO.UK

Facebook: https://www.facebook.com/DrakesDen/

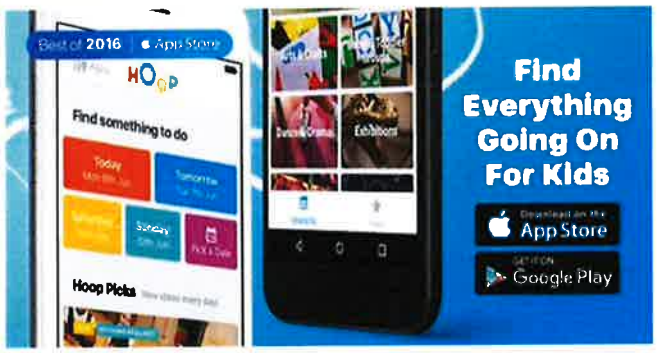
Whizz-Kidz have some really exciting online activities running for young wheelchair users aged 8-25 via zoom. We offer fun activities like disco's, crafts, baking, coffee mornings and so much more. We are also running Employability Days and Employability hubs.

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.



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

https://hoop.co.uk

Course: Understanding Autism
Duration: 4 weeks / 3 hours per week
Cost: Free / Upgrade available for certification

Understand more about autism, including diagnosis, the autistic spectrum and life with autism with this free online course. Suitable for practitioners in the field of autism, healthcare workers, people on the autism spectrum, and parents or carers.

What topics will you cover?

- What is autism… and does it exist?
- Social communication skills
- Sensory sensitivities and repetitive behaviours
- Co-occurring conditions
- Strengths and difficulties of people on the autism spectrum
- Lived experiences of people on the autism spectrum

Join Course

University of Kent

Prizes and medals to be won every day!!

ARGYLE COMMUNITY TRUST

Restricted places available due to COVID 19 - please book early to avoid disappointment

OCTOBER HALF TERM 2020

Argyle are running a number of holiday football roadshows across Devon and Cornwall including the following in the Plymouth area. Courses are open to boys and girls of all abilities aged 5-15 years and run from 10am—3pm (except Mini Pilgrims from 10am—12pm). Download: October Half Term 2020 Courses

Venues	Date	Cost	Theme	No.
Manadon Sports & Community Hub	26 Oct 2020	£16	PL Primary Stars Day	P01
Lipson Vale Primary	26 Oct 2020	£16	Multi-Sports Day	P02
Lipson Vale Primary	27 Oct 2020	£16	Multi-Sports Day	P03
Manadon Sports & Community Hub	27 Oct 2020	£16	Strikers & Goalkeepers	P04
Manadon Sports & Community Hub	27 Oct 2020	£16	Girls Only Football Roadshow	P05
Manadon Sports & Community Hub	28 Oct 2020	£16	Arygle Football Roadshow	P07
Wembury Primary School	28 Oct 2020	£16	Argyle Football Roadshow	P10
Wembury Primary School	29 Oct 2020	£16	Multi-Sports Day	P12
Plymouth Argyle FC, Home Park	30 Oct 2020	£18	Argyle Halloween Special	P13
Plympton Academy	30 Oct 2020	£18	Argyle Halloween Special	P14
Lipson Vale Primary	30 Oct 2020	£16	Multi-Sports Day	P15

Disability Soccer Roadshows

Venues	Date	Cost	Theme	No.
Manadon Sports & Community Hub	26 Oct 2020	£16	Short Breaks (10am-1pm)	D01
Manadon Sports & Community Hub	27 Oct 2020	£16	Short Breaks (10am-1pm)	D02
Manadon Sports & Community Hub	29 Oct 2020	£16	PAN Disability Soccer Roadshow	D03

For Short Breaks or PAN Disability Soccer Roadshows for young people at Manadon Sports & Community Hub please book via: Manadon.

- **Short Breaks**—Football and Multi-Sport Activity Day for young people aged 7-15 with a disability and EHCP.
- **Disability Soccer Roadshow**—Fun filled football session for young people aged 7-15 with a disability.

All bookings and payments must be made online.

For further information please contact
stewart.walbridge@pafc.co.uk

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

Green Minds – making nature matter in Plymouth

Green Launch 12-20 October, 2020

Get Involved

Rewilding Plymouth

Tell us about what you're doing for wildlife in Plymouth and help us create a digital community map of rewilding action!
wildlife@plymouth.gov.uk

Action for Insects

Act now to save insects! Free activities, information and resources here:
devonwildlifetrust.org/take-action/action-insects
wildlifetrusts.org/take-action-insects-your-school

Living Lab

Join us to find out how we are revealing nature in Central Park through digital technology. What stories can data tell us about nature in the park? **Saturday 17 October 10am-12noon** drop in at the Meadows Café, Central Park to be part of a Covid-secure, socially distant activity.
www.eventbrite.com/e/living-lab-tickets-122678993171

@natureplymouth
#greenmindsplymouth
greenmindsplymouth.com

Free Webinars

Meet the Rebel Botanists!

Monday 12 October 6.30pm
www.eventbrite.co.uk/e/122556536901

Nature Based Solutions in a Growing City

Building with nature in mind: Plymouth's green/blue aspirations and investing in nature for health. Speakers from Plymouth City Council, European Centre for Environment and Human Health and Building with Nature.
Tuesday 13 October 11.30am
www.eventbrite.co.uk/e/122576273935

Beaver Fever

Find out our plans to bring beavers back to Plymouth and support nature based solutions. Led by Devon Wildlife Trust.
Wednesday 14 October 11am
www.eventbrite.co.uk/e/122553716465

Natural change

Role of leadership in creating systemic change. Case studies from Plymouth, Cornwall and Scotland. With Natural Change: Sustainability Leadership and Public Health Plymouth.
Friday 16 October 12noon
www.eventbrite.co.uk/e/122557734483

Eco-Biz

Meet the new wave of Plymouth businesses restoring nature with Real Ideas Organisation.
Tuesday 20 October 2020, 11am-12noon
register.gotowebinar.com/register/2532500044384443407

greenminds

European Union
European Regional Development Fund

UIA
The Urban Lab of Europe

There are lots of exciting things to discover...

- Interactive Discovery Centre
- Easy access wildlife trail in the Arboretum
- Artistic impressions at three of our important ruins: Lowery Barn, Leathertor Farm and Longstone Manor
- Weekly Forest Fun sessions for parents and toddlers
- Burrator Outdoor Pre-School
- Curriculum-based school trips
- Informal learning programmes for all ages, combining Forest School with wider outdoor learning, from one-off taster days to progressive programmes
- Work experience / university placements
- Team building days
- A wide range of volunteering opportunities, including practical conservation work, archaeological preservation projects, gardening, woodwork, environmental education, historical research, wildlife surveys, walk leaders, event organisers and visitor centre guides
- Monthly Family Wildlife Watch sessions
- Public events
- Rural skills training days

After you have explored Burrator, why not pick up one of our self-guided themed walk leaflets and discover more....

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

Burrator Reservoir

The reservoir and its surrounding area are owned by South West Water and managed by South West Lakes Trust. This special place lies within Dartmoor National Park.

Burrator Reservoir fills with water from Dartmoor which is then piped to three water treatment works serving around 280,000 people in Plymouth, Tavistock, Princetown and South Devon.

South West Lakes Trust

South West Lakes Trust is the region's largest combined environmental and recreational charity, managing inland waters on behalf of South West Water for conservation and recreation purposes.

The Trust aims to protect and preserve the natural environment (terrestrial and historical) for the public, provide educational opportunities and promote public access and sustainable recreation. We aim to provide a balance between the lakes' primary purpose as a water supply and safe access and enjoyment of these beautiful places for the public.

Burrator Discovery Centre, Yelverton, Devon PL20 6PE
Tel: 01822 855700 Grid Reference SX 552 685

www.swlakestrust.org.uk

Registered charity: 1079966

THE QUEEN'S AWARDS FOR ENTERPRISE: SUSTAINABLE DEVELOPMENT 2014

FSC

Project kindly supported by:

The National Lottery

SOUTH WEST WATER

Biffa Award

Welcome to Burrator Reservoir

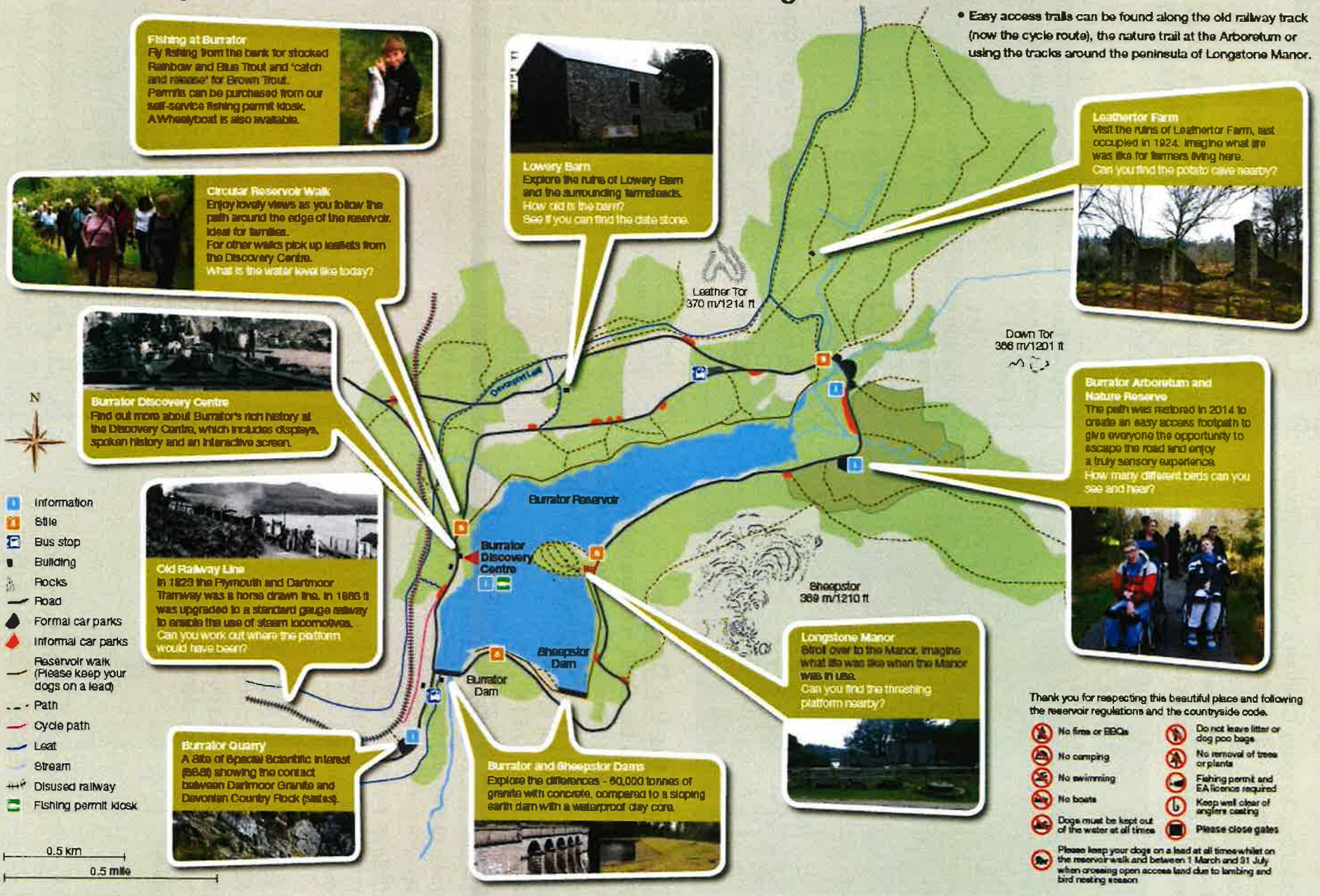
swlakestrust

'I've been coming to Burrator for many years. On visiting the centre I didn't realise how rich the heritage of the area was and have learnt about new places to explore!'

www.swlakestrust.org.uk

Come and explore **Burrator Reservoir** and the surrounding area

- Please allow 2 hours to complete the 3.5 mile (5.6km) walk around the reservoir.
- Easy access trails can be found along the old railway track (now the cycle route), the nature trail at the Arboretum or using the tracks around the peninsula of Longstone Manor.



Thank you for respecting this beautiful place and following the reservoir regulations and the countryside code.

- No fires or BBQs
- No camping
- No swimming
- No boats
- Dogs must be kept out of the water at all times
- Do not leave litter or dog poo bags
- No removal of trees or plants
- Fishing permit and EA licence required
- Keep well clear of anglers casting
- Please close gates
- Please keep your dogs on a lead at all times whilst on the reservoir walk and between 1 March and 31 July when crossing open access land due to lambing and bird nesting season

Stilkskin 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.

Quest for the Ice Dragon

Fri 11—Thur 24 Dec 2020, various dates / times
Daytime Toddler Show adapted for under 5's.
Family Shows—early evening and evening performances for families.
Price: £11 / £12 / £13
Join us on an enchanted adventure in search of the Ice Dragon. Jump into your welly boots, woolly hats, gloves and scarves… pop a hot water bottle up your jumper. Come what may, we're off on a magical journey to find the Ice Dragon and nothings going to stand in our way, not even a dastardly sorcerer!

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/

barbican theatre

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! There will be more opportunities and classes to join

Alongside weekly classes there will be a much wider range of masterclasses and workshops (from VJ-ing, to Projection mapping, to composing for choreography) and online workshops through the B-Hive.

ReBels Autumn 2020 Programme

- ReBels ages 12-15 (theatre and dance)
- ReBels ages 15 - 25 (theatre and dance)
- Masterclasses ages 15 - 25 (theatre, dance, tech, finance and more)

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/

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

@AccessSport #StayActivewithAccess #StayInworkOut

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

ACCESSSPORT
Transforming lives through sport

Funded By: SPORT ENGLAND

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.

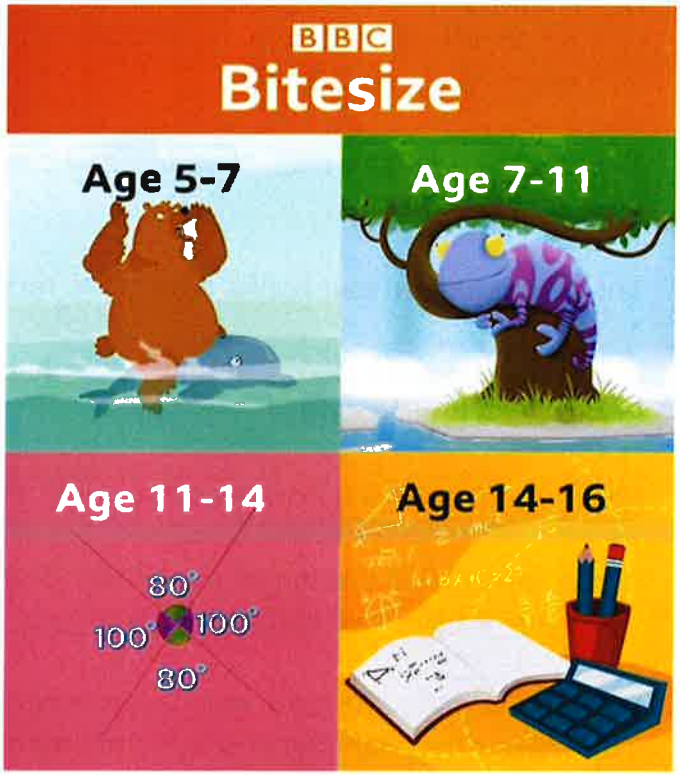
Sign up to their weekly newsletter.

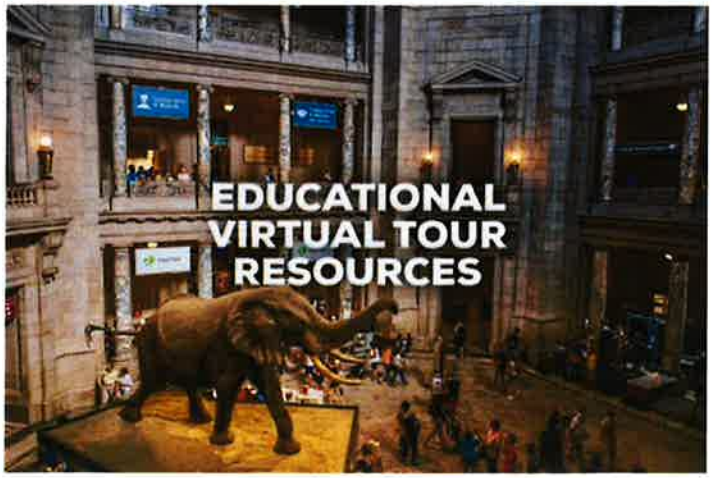
Find them on Facebook:
www.facebook.com/AccessSport/

Are you learning or teaching from home this week?

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

https://www.bbc.co.uk/bitesize/articles/zvqgsk7





Free Virtual Tours of World Museums, Educational Sites & Galleries for Children

Plymouth Libraries

Reading Books from Plymouth Libraries

Children's eBooks and eAudiobooks can be downloaded for free with a Plymouth Library Card number and PIN. You can find out how here.

Download eBooks and eAudiobooks

Findalots Library Challenge

The FINDALOTS are aliens sent to earth to discover more about our world. After their long journey from planet DOALOT, their spaceship has crashed into the library and they're looking for adventure.

We're asking children to guide the FINDALOTS on their journey of discovery through the library, take on challenges and help the FINDALOTS grow stronger and complete their mission before they return to planet DOALOT.

Aimed at 4 to 11 year olds, all children who sign up will receive a special Findalots library card and an activity journal.

They need to read four books a month to receive a sticker.

Each month has a different theme. Complete the special challenge (or borrow four more books) to receive a trading card.

Plymouth libraries are now accepting NEW Findalots members from home!

If your child would like to join our Library Challenge or you want to claim some trading card vouchers, email us at: library@plymouth.gov.uk

We now have trading card vouchers available for children doing our Findalots Library Challenge. This means they can carry on with their reading and challenge journal to earn digital vouchers that can be redeemed for trading cards when visiting your library!

Regular activities and events that are held in libraries have been temporarily suspended. Some activities are posted on the Plymouth Library Facebook:

- **Storytimes**—Every Monday and Friday at 10am
- **Rhymetimes**—Every Wednesday at 10am
- **Lego Challenge**—a new challenge every Tuesday

PLYMOUTH CITY COUNCIL

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!

Opening Hours

Tuesday to Sundays and Bank Holidays—10am to 5pm

You can book tickets by logging in or registering an account on the following page:
Plan Your Visit

- **General Admission with Mayflower 400: Legend and Legacy Exhibition**
  Free for Plymouth residents (up to 4 tickets per booking), under 18s and companions.
  £5 for non-residents 18+. Includes entry to St Luke's and Kehinde Wiley: Ship of Fools in The Levinsky Gallery.
- **General Admission**
  Free for all. Includes entry to St Luke's and Kehinde Wiley: Ship of Fools in the Levinsky Gallery. Entry to Mayflower 400: Legend and Legacy is not included with this ticket.

What's On

Making It
Until 1 November 2020
'Making It' features the work of international artists Leonor Antunes (Portugal), Eva Grubinger (Austria), Alexandre da Cunha (Brazil), Christopher Baker (USA) and Antony Gormley (UK).

Kehinde Wiley: Ship of Fools
Until 24 January 2021
Exhibition portraying the work of world renowned Nigerian-American artist Kehinde Wiley whose portraits challenge the conventional view of power, taste and privilege in portraying black people.

Mayflower 400: Legend & Legacy
Until 18 September 2021
2020 marks the 400th anniversary of the sailing of the Mayflower to America in 1620. This exhibition tells the story from both sides of the Atlantic with the early English attempts to colonise America and the impact of conflict on the Native American population.

Visit The Box website at:
https://www.theboxplymouth.com/

PLYMOUTH CITY COUNCIL

National Trust

Activities & Events

To open safely, the National Trust are limiting visitor numbers. To avoid disappointment, please **pre-book tickets online or by calling 0344 249 1895.** Members can book for free, while non-members will need to pay when booking. Tickets will be released for sale every Friday for the following week.

Please arrive at properties within your 30-minute timeslot. You're then welcome to stay until closing time.

Saltram

Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-4pm daily where you can enjoy the one-mile pillars walk or Saltram boundary walk. Park Café will be open 10am-4pm daily, serving a limited range of takeaway hot and cold drinks and light snacks (limited indoor seating). Card payment only. For the latest information and to book see: Saltram

If you're looking to visit between 19 Oct and 1 November, bookings go live on Friday 16th October 2020.

Trick or Trails?
Date: Monday 19 Oct—Sunday 1 Nov 2020
Price: Free, booking not required (normal admission charges apply)
Twenty pumpkins and gourds are hidden high and low in the garden for you to find as you enjoy your walk. Why not have a go at crunching through the fallen leaves at the same time.

Den Building
Head down to the den building area at the bottom of the garden and let your little ones create their very own grand design.

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 the explore the area on foot or bike. Booking not required.

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 date 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

Buckland Abbey

Yelverton, PL20 6EY

The cider house, main abbey gardens and estate walks are open from 10am-4pm. Shop open Wed-Sun. Middle and ground floor of the Abbey open everyday from 12.30pm. For the latest information and to book see: Buckland Abbey

Creepy Crawlie Autumn Trail

Can you help us collect items around the woods and gardens to make some furniture for Bugland Abbey? Check in's available to all mini beasts, insects and all kinds of small animals! Before you arrive, you can download a virtual shopping list of all the items you need to collect. Don't forget to bring a bag to collect your items… then head to the meadow just up from the Beech Avenue where you can add your items to Bugland 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 this Autumn 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.

More Information: Admin Office 01822 853607
bucklandabbey@nationaltrust.org.uk

Antony

Torpoint, PL11 2QA

The garden, car park and toilets at Antony are open Tuesday's, Wednesday's, Thursday's and Sunday's from midday-5pm. For the latest information and to book see: Antony

#unbeleafable Photography Trail

Pick up an #unbeleafable trail on arrival and using the map find the 7 frames tucked around the garden.

Family Fun

For 2020, the cork oak meadow has been transformed into a labyrinth for you to lose yourself in.

Den Building

Get creative in the den building area and make your very own castle from sticks.

Nature Quiz

Try your skills at being a Nature Detective and pick up a quiz on arrival.

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 is open daily from 10am-4.30pm for pre-booked visits. The rest of the gorge including the full gorge walk and Devil's Cauldron trail are currently still closed. For the latest information and to book 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.

More Information: Admin Office 01822 820320
lydfordgorge@nationaltrust.org.uk

Cotehele

St Dominick near Saltash, PL12 6TA

Cotehele garden and quay is open daily from 10am-5pm. Cotehele House and Cotehele Mill remain closed for the time being. The Piggery Kiosk by the house is open daily from 10am-3pm for takeaway hot and cold drinks and light snacks. Card payment only. You will need to book if you re visiting the garden or orchard, but booking is not required if you are only visiting the quay or wider estate. For latest information and to book, see: Cotehele

Cotehele's Apple Festival at Home

As part of the apple festival, Cotehele would usually have lots of tasty treats for you to try made from
apples collected from Cotehele's orchards. Check out some of the recipes online:

- Pork and apple sausage rolls
- Blackberry and apple scone
- Apple and rhubarb crumble
- Parsnip and apple soup
- Spiced toffee apple cake
- Apple chutney

Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there ware 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.

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

Plan Your Visit

THE NATIONAL MARINE AQUARIUM

The National Marine Aquarium is now o-fish-ally open for business!

Open daily 10am-5pm (Last entry 4pm)

All Aquarium entry requires an advance online booking.
Online bookings are available up to 1-hour before the entry time.

Please remember:

- You'll need to book the date you would like to visit
- and choose a 3 hour time slot
- If you are a Complimentary Year Pass Holder or for return visits, please book your place using the FREE option. Proof of a valid pass / eligibility will be required on arrival.

A Standard Day ticket comes with a Complimentary Annual pass which allows one-year re-entry

Book Tickets

Quiet at the Aquarium

Monday 26 October 2020 &
Monday 14 December 2020
Time: 5.30pm-7.30pm
This special two hour after hours event is tailored for people with autism and sensory needs and allows families to enjoy our exhibits without the noise and distraction of our daily shows.

Complimentary annual return passes are not valid for this event.

Book online

Family Dine at the Aquarium

Various Dates 2020
Time: 6.30pm, meal served at 7.30pm
Our dine at the Aquarium nights are available for families to enjoy a VIP exclusive after-hours dining experience.

Arrival from 6.30pm and explore the Aquarium and our exhibits before sitting down for a delicious meal at 7.30pm in front of our Eddystone Reef Exhibit and Atlantic Ocean Exhibit.

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

Park Tennis Plymouth

Looking to play tennis? You can play at a number of courts across Plymouth

Central Park—Pay to play, bookable online from 7am-10pm daily

Devonport Park—Courts 1 & 3 only, open daily
Tothill Park—Courts open daily
West Hoe Park—Open daily

Harewood House, Plympton—Courts bookable via Plympton Tennis Club.

For all Plymouth City Council courts:

- Please wait outside a court until a court is empty.
- Bring your own hand sanitiser or another means to wash your hands, as there are no cleaning facilities.
- Spectators are not allowed on the courts and should view through the fencing.

For £35 per household you can play for as many times as you like in a year, or if you only want to play occasionally you can register and pay just £5 per hour.

For more information and to book see: Park Tennis Plymouth

Interactive Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. This brand new app 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

Activities Online

HomeTime for children aged 5 and under

Fun stories and activities to keep you and your child entertained when you're 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

Devonport Park Activity Centre

Growing Together 16-24 SEND Activities Group Online
Wednesday's (4pm-5pm), Cost: Free

A social group for young people with a disability from age 16-24 years. Normally offering trips out, social opportunities, on-site activities (movie nights, games nights, disco, recycled fashion show, pamper sessions) but due to Covid-19 this is currently online via Zoom.

Keep up-to-date with Devonport Part Activity Centre activities and book online at:
www.bookwhen.com/routeways

Solihul Approach Online Course

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.

solihull.approach@heartofengland.nhs.uk
(+44) 0121 296 4448

www.solihullapproachparenting.com www.inourplace.co.uk

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

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 @SolihullAproach (NB: 1 'p')

SHORT BREAKS

Holiday activities for disabled children...

PLYMOUTH CITY COUNCIL

SHORT BREAKS

TUESDAY 27TH OCT (OFFSITE)

THURSDAY 29TH OCT (ONSITE)

Activity TBC. Limited spaces available via www.bookwhen.com/routeways.
Call Lucy on 01752 856702 for more details.

Routeways are the broker for all short break activities for children and young people with an additional need in Plymouth.

All enquiries for Short Breaks should contact Routeways in the first instance on **01752 300700**.

Routeways will then discuss with families what they can offer and if it is felt that they cannot meet a young persons needs, Routeways will contact the Short Breaks Team direct.

Please note: It is not always the case that a young person attending a Special School will automatically meet the criteria for Short Breaks and there may be an activity in which that young person can still participate without a specialist package.

To book visit:
www.bookwhen.com/shortbreaks

Activity ideas for children aged five to 12

Arts and crafts

- **Outdoor foot painting** is a good excuse to get outside. First, lay out a long sheet of paper. Put paper plates with paint on at one end, and a towel and a bowl of water at the other. Then get stomping!
- **Make a book together**: try a picture book cut out from magazines and newspapers. Older children can make up and illustrate their own story, then share it with the rest of the family.
- **Set a Lego challenge** to see who can build a rocket/car/castle the fastest. With older children, sketch out designs on a piece of paper. Then take turns to pick out an idea to build together.
- **Collect rocks and stones** to turn into a creative project or ornaments.

Fun and games

- **Design and make your own board game.**
- **Card games** are a great way to learn while spending time together. Uno, Snap and Top Trumps can all help sharpen maths and language skills.
- **Play hide and seek** either indoors or out: the whole family can join in.
- **Ask to play a computer game with them.** This will show you're taking an interest, as well as give you an insight into how and what they play.

Down time

- **Have a spa day** to take care of yourself and each other. Use washing up bowls for a foot soak and give each other pedicures. You can make home-made scrubs and face masks from olive oil, sugar and honey.
- **Keep connected** by video calling friends and relatives so they can see how everyone is doing.
- **Turn your home into a cinema**. Make the room dark and give your child a blanket to cuddle up underneath. Let them choose an (age-appropriate) film to make sure they're really engaged with it.

Fun with food

- **Get them to help out with dinner**. They could choose the menu, prep ingredients or set the table.
- **Have a food tasting session.** This is particularly good to encourage fussy eaters to try new things.

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