



# Activities & Events for SEND

For Your Interest



## Spring 2025

### Schools Out!

Are you looking for activities for families in the Plymouth area, including activities for those with additional needs?

If so, you've come to the right place and some activities are **FREE!**



**Note:** Please check with providers for latest activity and event updates.



The next Fit and Fed programmes take place during the Easter Holidays and include:

- Holiday clubs
- SEND holiday clubs
- Teen taster activities
- Family activity sessions

Find out more and book at:

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

### Connect with us on Facebook

Stay up to date with information, activities and events in the Plymouth area by liking us at Facebook.



## PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please sign-up at:

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



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

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



# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## Welcome to Plymouth Information, Advice and Support for SEND (PIAS) newsletter.

Welcome to the Spring edition of the PIAS activities newsletter.

Plymouth Information, Advice and Support for SEND service (PIAS) has continued to provide impartial information, advice and support to families, children and young people with SEND.



The PIAS team would like to express their thanks and gratitude for the support they received from families in recent months.

The PIAS team has undergone a review and restructure . This review has listened to, and taken into account feedback from parents, carers , schools, and other services in Plymouth. The team were proactive in providing an alternative plan and worked to ensure the changes kept the services for families of children with SEND at the heart of the decision and implementation. We are expecting the final external document to be published in the near future.

You can contact us via our [contact us page](#)

If you would like to find out more about the team, you can [watch a short webinar](#)

We also regularly update our [website](#) Our website contains lots of useful information, resources and links including a section: [Children & Young people](#).

Our opening hours over the school holidays are slightly reduced so please take a look at our revised times on the next page.

Wishing you and your family an enjoyable school break.

Helen

# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## PIAS Support for SEND Enquiries

If you would like information or support regarding SEND issues, please complete the online enquiry form at: [www.plymouthias.org.uk/contact-us/](http://www.plymouthias.org.uk/contact-us/)

## Parenting Programmes

We are no longer able to accept any further requests for our Parenting Programmes. If you need to speak to one of our Parenting Programme Facilitators, please call us on 01752 258933 or 0800 953 1131 and select option 2.

## Half Term Holiday Opening

**Usual hours:** Tue 8, Wed 9, Thur 10, Tues 15, Wed 16 & Thur 17 April 2025.

**Office closed, online enquiries available:** Mon 7, Fri 11 & Mon 14 April 2025 responded to within 48 working hours.

**Service closed bank holidays:** Fri 18 & Mon 21 April 2025.

## Office Hours

Monday—Friday: 9:30am to 4pm

## Office Helpline

Monday-Thursday: 9am-5pm, Friday: 9am-4:30pm

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

Email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

Follow us on Facebook and stay up to date with the latest news and information: [www.facebook.com/plymouthias/](http://www.facebook.com/plymouthias/)

## Helpline at Contact

Contact is a national charity for families with disabled children. They have a free helpline for parents and carers where you can get information and advice about special educational need and disabilities (SEND). Contact also produce a range of publications and other resources about SEND.

Helpline: 0808 808 3555 – Monday-Friday, 9:30am-5pm. Press 1 to speak to an education adviser, press 2 for all other helpline enquiries.

Email: [helpline@contact.org.uk](mailto:helpline@contact.org.uk)

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



# Solihull Approach Online Course

## 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.

#### Understand 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 years)

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.

#### Understanding Your Child with Additional Needs

An online course for parents, relatives and friends of a child who may have a physical or learning disability or who may have autistic traits.

### Access Code: TAMAR

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](mailto:solihull.approach@heartofengland.nhs.uk)

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



## **Barnardo's Exceed Service—DICE**

### **A free 4-week Online Parenting Programme**

DICE provides families with information, advice and support to help them provide a safe and protective environment for their child or young person. Supports families to understand the risks young people face in modern society.

4 week online free universal support for parents/carers of pre-teens and teens who are worried about parenting in the modern world, with the risks and challenges this presents.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or use the QR code which will take you to our referral form via google forms at: <http://tinyurl.com/2cr79rux>



Telephone: 01752 256339

Email: [exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

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

### **Session 1: Introduction and talk about the life of a teenager**

The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

### **Session 2: The exploitation of children and young people**

Grooming – what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

### **Sessions 3: Digital dangers**

Social media, sexting and nude selfies. How can we be better digital parents/carers?

### **Session 4: A safe place to share ideas about parenting**

Parenting top tips – Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am-5pm, Monday to Friday (not including bank holidays). We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact [exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)



# FAMILY HELP AND INFORMATION LINE

**Need help or advice about your own family?  
Are you a practitioner who wants to get some advice about a family  
you are working with?**

Get in touch using our new Early Help and SEND Advice Line.  
Our Family Support Workers are here to talk about worries or answer your questions.

- We can offer support around:
- Relationship worries
  - Parenting guidance
  - Education worries
  - Emotional Wellbeing
  - School attendance
  - Social and emotional development
  - SEND concerns
  - The SEND Process



**Book a conversation now at [www.plymouth.gov.uk/familyhelp](http://www.plymouth.gov.uk/familyhelp)**



## Pluss Neurodivergent Employment Service

PLUSS is here to support you to learn new skills that will help you progress on your journey into work.

Our Neurodivergent Employment Service is tailored around you and your approach to finding work offering:

- Personal development
- Training
- Job search
- Work trials
- Benefit advice.

Once you find work, we'll continue to support you with:

- Mentoring
- Job coaching
- Access to funding
- Career development.

Email [neil.cattle@pluss.org.uk](mailto:neil.cattle@pluss.org.uk)

Visit website at:

[Learning Disability Services—Employment](#)

**Plymouth Neurodivergent Employment Service**

Adding to Life  
**pluss**

Enabling neurodivergent adults to lead more independent lives

Pluss is here to support you to learn new skills that will help you progress on your journey into work.

Our Neurodivergent Employment Service is tailored around you and your approach to finding work.

- Personal development
- Training
- Job search
- Work trials
- Benefit advice

Once you find work, we'll continue to support you with:

- Mentoring
- Job coaching
- Access to funding
- Career development

You can email [neil.cattle@pluss.org.uk](mailto:neil.cattle@pluss.org.uk) to get in touch, or scan our QR code to visit our website

## Children's Speech & Language Service

### Parent / Carer Workshops



Free virtual information sessions for parents and carers on a range of speech, language and communication topics.

#### The i-Thrive Framework

The Children and Young People's Speech and Language Therapy Service is provided according to the i-Thrive framework. This promotes prevention and early help for speech language and communication needs. See our website for more information on the i-Thrive framework at: [Speech & Language](#)



#### Parent/Carer Workshops

As part of our 'Getting Help' offer we deliver a range of virtual sessions for parents and carers. You may be invited to book on to a session following a Request for Help call, or offered a space whilst your child is on the waiting list or on a caseload.

The sessions are delivered by Speech and Language Therapists to small groups on Microsoft Teams. There will be some information and ideas from us on each topic and there may be an opportunity to share strategies that have worked or you at home.



If you are interested in attending one of these sessions please speak to your allocated therapist or contact the Admin Team on 01752 434844 to book a Request for Help discussion.



## Sessions Available

**Attention Builders** will look at developing attention skills to support young children's communication.

**Signing to develop Speech, Language and Communication** explores why we sign and provides the chance to learn and practice a selection of everyday early language signs to get you and child started.

**Speech and Cued Articulation** will talk about typical, delayed and disordered speech sound development. You will learn some strategies to support speech sounds, including Cued Articulation. There is also a video of Cued Articulation actions available on our webpage.

**Stammering** will discuss the causes of stammering and how you can best support your child at home. There will also be time to share your concerns and experiences. This session is aimed at parents/carers of children of preschool or primary age.



**Please visit our website for more resources and ideas around supporting your child or young person's communication skills.**

## Request for Help

If you have concerns about your child's speech, language or communication, you or somebody who knows your child well need to contact us in the first instance to discuss your concerns and the impact on your child. We will ask what you or their setting have put in place so far, and how well that has worked.



We may make some further suggestions or signpost you to other sources of support. We may be able to suggest some additional training to help a setting support your child. If we feel that some direct assessment or support from the service is required, we will add your child to our waiting list for an assessment.

### Contact details

Children's Speech and Language Service  
Four Greens Community Trust  
15 Whiteleigh Green  
Plymouth  
PL5 4DD

Tel: 01752 434844

Email: [Livewell.childrens-sp@nhs.net](mailto:Livewell.childrens-sp@nhs.net)  
Website: [www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

## Children, Young Person and Families Neurodiversity Wellbeing Team

A casual meet up for parents and carers of neurodivergent children (aged 0-18 years), no diagnosis required. Come along and meet our Community Support Workers and have a cuppa and a chat. No need to book, just turn up—and your little ones are more than welcome!



### Coffee & Connect—Sessions

**Mondays, 9:00-10:30am**  
Rees Centre Wellbeing  
Hub, Plympton  
PL7 2PS

**Weds, 9:15-10:45am**  
DELL Emerging Family  
Hub, High View School,  
Efford, PL3 6JQ

**Wed, 1:00-2:30pm**  
Manor Street Children's  
Centre, Stonehouse,  
PL1 1TL

**Thursdays, 1:00-2:30pm**  
at Four Woods Family  
Hub, Crownhill Road,  
PL5 2LN

For further information please contact our advice line  
Monday to Friday from 09:00-11:00 or 14:00-16:00  
Tel: 01752 435404

## While You Wait

**Tuesdays, 9:00-11:00am**

**At Fourwoods Family Hub,  
415 Crownhill Road, Plymouth PL5 2LN**

Is your child (aged 0-18) on a neurodiversity waiting list?  
(including Autism, ADHD, learning disabilities etc)

Parents and carers, do you need wellbeing support and advice while you wait?

Come along to our drop in... no appointment needed, just turn up!

## While You Wait

Is your child (aged 0-18) on a neurodiversity waiting list?  
(including Autism, ADHD, learning difficulties etc)

Parents and carers, do you need wellbeing support and advice while you wait?



Come along to our drop in...

Every Tuesday 9:00am-11:00am  
at Fourwoods Family Hub, 415 Crownhill Rd, Plymouth PL5 2LN -

No appointment needed, just turn up!

Children, Young People and Families Neurodiversity Wellbeing Team





## Fit and Fed Holiday Clubs

Plymouth City Council have received funding from the Department of Education to co-ordinate a city-wide holiday activity and food programme during the 2025 Easter, Summer and Christmas holidays to primarily support families with children who receive benefit related free school meals.

Free places can also be offered to Looked-After Children, children with Education, Health and Care Plans (EHCP), foster children, Young Carers, children of recognised refugees, asylum seeking and Ukrainian families and children who are home educated who would be eligible for free school meals if they were in school.

The next Fit and Fed programmes take place during the **Easter Holidays** and include:

- Holiday clubs
- SEND holiday clubs
- Teen taster sessions
- Family activity sessions.

Find out more and book at: [Fit & Fed](#). If you need to speak to someone about the Fit and Fed programme, or have any queries you can email: [getactive@plymouthactive.co.uk](mailto:getactive@plymouthactive.co.uk)

**ART, CRAFT & LAUGHTER**  
Creating Healthy Minds  
07880327022

We offer  
**Art & Craft Days**  
for adults with Learning Disabilities  
in a small, creative, safe space.

Tuesday's & Thursday's  
10am—4pm

Come in 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

**ART, CRAFT & LAUGHTER**  
Creating Healthy Minds  
07880327022

Due to ongoing success  
our  
**Mental Health & Wellbeing  
Art & Craft Group**  
is now open  
Wednesday's & Friday's  
10am—4pm

Come in 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

# SHORT BREAKS

Holiday activities for disabled children...



## Short Breaks

Routeways work closely with Plymouth City Council to coordinate the Short Breaks provision for children with disabilities 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 person's 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.

For more information see the Routeways website: [Short Breaks](#)

### Direct Access Short Breaks

**Tuesdays and/or Thursdays (during school holidays) 10:30am-3:30pm**  
**Cost: £15 per person, Booking Essential, limited spaces available.**

During the school holidays, Short Breaks run off-site activities from Devonport Park Activity Centre. Any young person aged between 8-18 years with an Education, Health & Care Plan (EHCP), formal diagnosis, or who attends a specialist provision can join them for a day of adventure and exploring.

For more details call Routeways on 01752 856702

See what's on and book at:

[www.bookwhen.com/shortbreaks](http://www.bookwhen.com/shortbreaks)



## Rooted

**Sunday's, 10am-1pm**  
**£10 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.

**Booking Essential**

## Growing Together

**Monday & Friday (term time) or**  
**Monday (school holidays),**  
**10:30am-3:30pm (half-day available)**

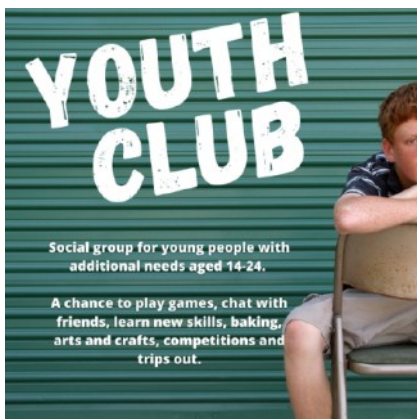
A social group for young people with a disability aged 16-24 offering vocational opportunities to learn and improve their skills in cooking, gardening, woodwork, computers, personal development and employability skills, social enterprise and other social activities held at Devonport Activity Centre.

**Booking Essential.**

**Routeways**

We have spaces available on our Growing Together programme!  
 Life skills, project work, and social activities for young people with additional needs aged 16-24.  
 Sessions run on Mondays and Fridays, 10:30 - 15:30

Sessions are currently free! For more information please call 01752 300700 or email: enquiries@routeways.org.uk



## Youth Club

**Thursday's, 7pm-9pm**

Social group for young people with additional needs aged 14-24 at Devonport Park Activity Centre.

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

**Booking Essential.**

For more information about Routeways activities call: 01752 300700  
 Book activities and groups online at:  
<https://bookwhen.com/routeways>



Plymouth Parent Carer Voice (PPCV) is Plymouth's official parent carer forum working in partnership with the local authority to help shape and improve the range of services in education, health and social care for families in the Plymouth area.

Register free to join PPCV at: <https://www.plymouth.pcv.co.uk/join/>

Being a registered member of PPCV gives you access to the members portal where you can access recordings and presentations of previous events.

## **PPCV: SEND Parent Carer Forum Meetings**

### **Friday 9 May 2025, 10am-11:30am—Face-to-Face**

A face-to-face parent carer drop-in session with Plymouth Parent Carer Voice, Plymouth City Council and Health at Moments Café, 69a New George Street, Plymouth PL1 1RJ.

### **Friday 4 July 2025, 10am-11:30am—Online**

An online parent carer drop-in session with PPCV, Plymouth City Council and Health. This session will be an opportunity for parent carers to ask questions of the leaders of our SEND services. The link to attend will be sent when you register for this event.

Register at: [Events](#)

See events at:

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

Visit the Plymouth Parent Carer Voice website at: [www.plymouthpcv.co.uk](http://www.plymouthpcv.co.uk)  
Facebook: <https://www.facebook.com/PlymouthPCV>  
Email:

## **Plymouth Parent Carer Voice: Sensory Library**

Borrow new toys, books and activities that stimulate, activate and calm children with SEND. 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 Plymouth Parent Carer Voice Office,  
46 City Business Park, Plymouth PL3 4BB

See our website for more details:  
<https://www.plymouthpcv.co.uk>



**Plymouth Parent Carer Voice** 

# **NEW Sensory Library**

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

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

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

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

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

# Creative Curiosities SW

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



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

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

## Fit and Fed Easter Spark Creators

**Mon 7, Tues 8, Wed 9, Mon 14, Tue 15 & Wed 16 April 2025,  
10am-2pm at The Flat at the Athenaeum, PL1 2AU**

Join us for our Easter Spark Creators session for neurodivergent children and young people aged 8-16 years who live within the Plymouth City Council area.



Book at: [Fit and Fed Easter Spark Creators](#)

## Innovation Quest—Home Education Support Group

**Tuesdays (term time), 1-3pm at The Flat at the Athenaeum, PL1 2AU**

Home education support with 1:1 and group tutor sessions available. We cover Early Years to Secondary School, supporting and mentoring children and young people.



Check out our dedicated Education Facebook page at:

[Innovation Quest](#)

## Newsletters

Sign up to Creative Curiosities SW newsletters at: [Subscribe](#)

For more events and to book sessions, visit:  
<https://www.tickettailor.com/events/creativecuriositiessw>  
Ring, text or WhatsApp: 07764 737620 for more information  
or email: [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk)





Friends and Families support and empower families with children living with a disability by providing services and activities for the whole family.

They offer a range of clubs and groups for families:

### **Adventure Club**

Adventure Club provides fun and engaging activities for children or young people with a disability or additional needs. We require a parent/carer to accompany their child.

Find out more at: [Adventure Club](#)

### **Fun & Freedom Club**

The Fun and Freedom Club runs regular activities that allow young carers time to make friends and have some fun away from their caring role at home. Joining the club is FREE and all of the activities are subsidised.

Find out more at: [Fun & Freedom Club](#)

### **Making Sense**

The Making Sense group provides a range of activities aimed specifically at children with profound and multiple learning disabilities (PMLD).

Find out more at: [Making Sense](#)

### **Family Activities**

Friends and Families provide inclusive and fun activities for the whole family to enjoy. During term-time, they aim to provide one family activity every month and weekly during school holidays. Find out more at: [Family Activities](#)

Upcoming events can be booked at: <https://friends-and-families.checkfront.com/reserve/>

To participate in activities you will need to register at:

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

### **Little Steps Together**

Little Steps Together is a group for parents/carers with a child aged 0-5 with a disability or awaiting diagnosis.

Find out more at: [Little Steps Together](#)

### **Youth Adventures**

A group for young people, aged 14-25 with a disability, to socialise in a safe environment - promoting independence and fun.

Find out more at: [Youth Adventures](#)

### **Parents/Carers Group**

The Parent and Carer group provides fun and safe activities for parent/carers of children with disabled children.

Find out more at: [Parents/Carers Group](#)

Visit the Friends & Families website at:

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

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



## Supporting Families of Children, Young People and Parent/Carers with Vision Impairment in Plymouth, Devon and Cornwall

Moorvision is a Devon based charity supporting families of children & young people (0-25) and parent/carers who are blind or vision impaired in the South West.

We offer regular family activities, support groups, training days and residential trips. We have a newsletter, website and Facebook page. We enable families to meet others for support and friendship and activities.

We also offer an assessment service, information, advice and support on eye conditions, education, habilitation, large print, audio and braille books, IT, benefits, sports, arts and leisure activities and lots more!

We've had a very busy start to 2025 with swimming and climbing sessions plus a fantastic hands-on experience at the Plymouth Aquarium.

We have a tactile Easter day during April followed by a summer of sports, bushcraft skills, science, nature and theatre days - all fully accessible for children and young people with vision impairment and mostly also welcoming their siblings.

We always look forward to welcoming any new families of children with vision impairment to the group.

See more about our activities at:  
[www.moorvision.org/events-whats-moorvision](http://www.moorvision.org/events-whats-moorvision)

For further information, please contact us:

Tel 01752 891934 / 07581 566690

Email: [info@moorvision.org](mailto:info@moorvision.org) Web: [www.moorvision.org](http://www.moorvision.org)

Facebook: [www.facebook.com/groups/161483982931](https://www.facebook.com/groups/161483982931)

# Far Flung C.I.C

## Find Your Beat and Unlocked Youth Easter SEND School

Fit and Fed with Far Flung CIC, Barbican Theatre and Fotonow: An opportunity to dive into a real creative process, learn from professionals, and bring ideas to life. With a focus on inclusion, we are ensuring that SEND young people have access to a fully supportive and empowering industry experience. Whether your child is passionate about dance, filmmaking, photography, music or performance.

**Venue:** University of St Mark and St John

**Age:** 7 to 11 year olds—Week 1

### Dates

- Monday 7 April
- Tuesday 8 April
- Wednesday 9 April
- Thursday 10 April

**Age:** 11 to 16 year olds—Week 2

### Dates

- Monday 14 April
- Tuesday 15 April
- Wednesday 16 April
- Thursday 17 April

**Time:** 10:30am to 3:30pm

### How to book:

To reserve a place, please email Dulcie at [dulcie@barbicantheatre.co.uk](mailto:dulcie@barbicantheatre.co.uk)

Early booking is recommended as spaces are limited to 20 participants per day.

Each session runs from 10:30am to 3:30pm and provides a full day of creative activities plus a healthy meal.

*Find Your Beat X Unlocked Youth is part of Plymouth City Council's Fit and Fed SEND holiday clubs programme, providing free places for eligible children.*

About our partners: The Barbican Theatre is a regional centre of excellence for young and emerging creatives. Far Flung is an inclusive creative arts company run by a collective of disabled, neurodivergent and non-disabled artists.



## Family Learning

If you are a parent, grandparent or carer of a pre-school or school age child, Family learning is for you and fully funded, so no cost to you.

Take the mystery out of today's teaching methods and find out how children learn English, maths, science and languages at school.



To find out more, visit: [Family Learning](#)

To find out if there is Family Learning happening in a venue near you, or you would like to run Family Learning in your venue call 01752 660713 or email:

[info@oncoursesouthwest.co.uk](mailto:info@oncoursesouthwest.co.uk)

## Family Easter Holiday Activities

Join us for our free Easter holiday egg-stra special family learning courses. We're offering engaging sessions designed for parents to learn alongside their children. Workshops include:

- Chemistry Easter eggs and bottle rockets
- Cupcake decorating
- Easter bug hunt
- Easter bonnets and wreaths
- Treasure hunts and many more!

Workshops are for parents and children (age 6-18).

Maximum of 2 children per adult.

Book at: <https://ow.ly/lerc50Vje0Z>

A promotional poster for 'FREE FAMILY WORKSHOPS! EASTER HOLIDAYS'. The poster is light blue and features the Plymouth City Council logo in the top left and the 'on course SOUTH WEST' logo in the top right. The main title 'FREE FAMILY WORKSHOPS!' is in large, bold, purple letters. Below it, 'EASTER HOLIDAYS' is written in a smaller, bold, purple font. A central photograph shows three children (two boys and one girl) wearing bunny ears and holding decorated Easter eggs. To the right of the photo is a list of activities: Chemistry easter eggs &amp; bottle rockets, Stop Motion Animation, Creative writing &amp; Drama Games, Cupcake decorating, Renewable Mosaics, Family Yoga, Easter Bug Hunt, Easter Bonnets &amp; wreaths, Paper crafts, Learn to weave, and Treasure Hunt – 2 locations!. At the bottom right, contact information is provided: 'To book, please contact: E: info@oncoursesouthwest.co.uk T: 01752 660713'. A QR code is located in the bottom left corner of the poster. Logos for Plymouth City Council and Ofsted Good Provider are also visible.

## Maths Treasure Hunt

Join us for a day of free family fun in the park, with chances to win a prize!

- Thursday 17 April 2025, 10am-12pm at Southway Community Hub or
- Friday 18 April 2025, 10am-12pm at Devonport Park

For children aged 6-18 years.

Book at: <https://ow.ly/lerc50Vje0Z>

# Introduction to Supporting Children with Challenging Behaviour

Thursday 8 May 2025, 6pm – 2 sessions over 2 weeks  
Online: Google Classroom

This course is back by popular demand and now ONLINE!

This workshop is designed to equip participants with essential skills for managing and supporting children who exhibit challenging behaviours. The sessions will focus on:

- Defining challenging behaviours
- Exploring its root causes
- Understanding its effects on children
- Practical techniques for implementing positive behaviour interventions and
- Developing behaviour management plans.

Book at: <https://ow.ly/9GQx50VntCn>

## Your Future

From April 2025, Your Future will be evolving into a Supported Internship, a structured work-based study programme for 16-25 year olds with SEND who have an education, health and care plan.

The internships are designed to help you get ready for work by giving you hands-on experience, skills training and support in the workplace. A job coach will support you during your time at work.

Your work placement is created alongside a bespoke study programme with On Course South West, including English and Maths and other subjects that will help you to gain the skills to secure paid employment in the future.

For more information, contact:  
[yourfuture@oncoursesouthwest.co.uk](mailto:yourfuture@oncoursesouthwest.co.uk)

Find out more at:  
<https://www.oncoursesouthwest.co.uk/your-future>



## Activities Online



### HomeTime for children aged 5 and under

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

[HomeTime for Children](#)



### 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.

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

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



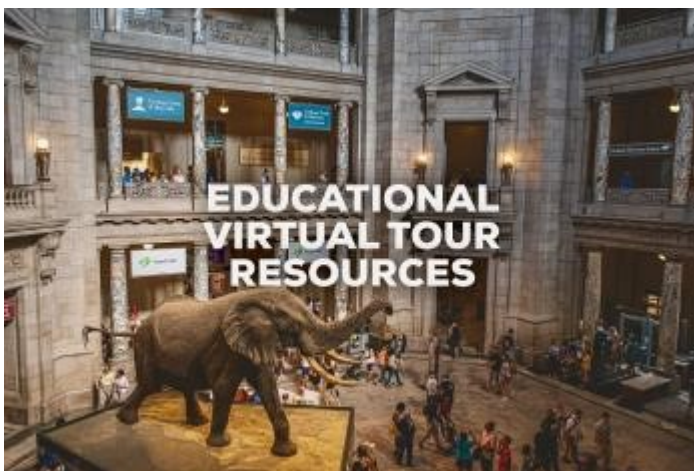
See Website: <http://www.whizz-kidz.org.uk/>  
See Facebook: <https://www.facebook.com/whizzkidz/>

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

## BBC Bitesize

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](#)

## Hoop

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

Visit: <https://hoop.co.uk>



# Plymouth Libraries

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



## 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:

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

## The Box

The Box is Plymouth's 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!

The Box have a number of exhibitions and events running throughout the year including family workshops.



For more information see The Box website:  
<https://www.theboxplymouth.com/>

Find out What's on at: [The Box Events](#)





## National Marine Aquarium

Open daily 10am-5pm,

Holiday Opening: 9:30am-5pm

Last entry 4pm



Buy one visit, get 12 months free:

All tickets come with a complimentary FREE year pass to the National Marine Aquarium. This allows you to return for free as many times for the next 12 months.

[Book online](#)



### Ocean Todds at the Aquarium

Tuesday, 10:30am-11:30am

Price: £5 per child, suitable age 2-4 years  
(pre-book online essential)

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

[Book online](#)

### Quiet at the Aquarium

Dates (tbc) for 2025

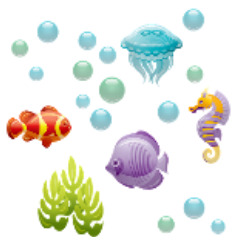
Time: 5:30pm-7:30pm or 6:00pm-8:00pm

Price: £8 per child / £10 per adult /

**Carers (1:1 ratio) and under 3s FREE**

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

[Future dates book online](#)



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

For more details see website:

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

or call 0300 102 0300



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.

The main programme of events run between April and September— additional events may run outside these months. Find out what's on at:

[www.wemburymarinecentre.org/whats](http://www.wemburymarinecentre.org/whats)



## Mother's Day

**Saturday 29 & Sunday 30 March 2025**

If you're looking for a memorable day out, bring your troop along for some fun and fresh air, explore our 33-acre site and then let us take care of lunch and with our new Mother's Day offer – Kids eat FREE!

Book online at: [Mother's Day](#)



## Roar n' Snore

**Saturday 31 May, 21 June, 19 July & 30 August 2025**

This is a camping trip like no other. Whether you're a family with little ones, teenagers or a couple, there is activities for everyone at our spectacular Roar n' Snore event!

Camp INSIDE the zoo itself and find out what life is like between dusk and dawn, when many residents come out to play. With an evening tour and a twilight tour, you'll be able to meet all the diurnal and nocturnal animals.

Book online at: [Roar n' Snore](#)



For more upcoming events see: [Events Calendar](#)

## Crownhill Fort

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

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

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

The Landmark Trust

### Admission Prices:


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

**Tickets can be purchased online in advance or using cash on day.**

For more information contact the Fort Office on 01752 793754 or email: [info@crownhillfort.co.uk](mailto:info@crownhillfort.co.uk)

Visit the [Crownhill Fort](#) website.

Pease check the National Trust website for the latest updates on what's on at each location.

 National Trust

### **Saltram—Plympton, Plymouth, PL7 1UH**

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

Admin Office: 01752 333500 or email: [saltram@nationaltrust.org.uk](mailto:saltram@nationaltrust.org.uk)

### **Plymbridge Woods—Plympton PL7 4SR**

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

Admin Office: 01752 341377 or email: [plymbridgewoods@nationaltrust.org.uk](mailto:plymbridgewoods@nationaltrust.org.uk)

### **Buckland Abbey—Yelverton, PL20 6EY**

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

Admin Office: 01822 853607 or email: [bucklandabbey@nationaltrust.org.uk](mailto:bucklandabbey@nationaltrust.org.uk)

### **Lydford Gorge—Lydford, EX20 4BH**

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

Admin Office: 01822 820320 or email: [lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)

### **Cotehele—St Dominick near Saltash, PL12 6TA**

For the latest information see: [Cotehele](#)

Admin Office: 01579 351346 press 0 or email: [cotehele@nationaltrust.org.uk](mailto:cotehele@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>



National  
Trust



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



## Exploring the Outdoors

### Love Exploring

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

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



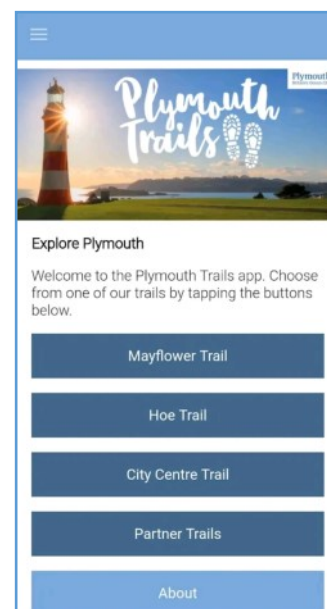
### Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails 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](#)



### iNaturalist App

Are you looking for a way to get outside and learn more about wildlife? Become an iNaturalist by downloading the app to a mobile device or using the [iNaturalist website](#).

Sign up to the [National Parks UK Look Wild](#) project and upload photos of plants, insects or animals that you find interesting. You don't even need to know what they are, as the iNaturalist community will help you identify. Your contributions will also help scientists understand wildlife on local and national levels.

**iNaturalistUK**

## Geocaching

Geocaching is the world's largest treasure hunting game.

You can join in the fun by downloading the official geocaching app to play!

See: <https://www.geocaching.com/sites/education/en/>



## Burrator, Devon

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

### Walking at Burrator

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

**Burrator Discovery Centre, Yelverton, Devon PL20 6PE**  
**Open 10am-3:30pm daily, subject to volunteer availability.**

Visit the Discovery Centre to find out how the reservoir was constructed, the location of historical sites, where you can walk in the area and lots more!

Pick up your free map of the site or download at:  
[Welcome to Burrator Reservoir.](#)

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



## What is the Green Minds Project?

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

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

Find out about and book events run by Green Minds at:  
<https://greenmindsplymouth.com/events>



## Young Company

### Theatre opportunities for everyone age 5-25

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

Young Company courses are now open to non-members.

Find out more at: [Young Company](#)



## Young Company Workshops

TRP offer a number of workshops for young people including:

- Tiny Tales (2-4 years)
- Creative Adventures (5-7 years)
- Theatre Making Exchange (8-11 years)
- Theatre Making Exchange (11-14 years)
- Theatre Making Exchange (15-18 years)
- Young Company Create  
—for young people with additional needs
- Young Company Auditions (16-19 years)

Find out more at: [Young Company Workshops](#)



Find out what's on at Theatre Royal Plymouth at:

<https://www.theatreroyal.com/whats-on/list>

Call the Box Office on **01752 267222**



## 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.

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

For more details on what's on at the Box Office and workshops see: <https://stiltskin.org.uk/>



### ReBels

The Barbican Theatre offer a variety of creative classes under the banner of "ReBels". They are designed for both fun and enjoyment, as well as to build skills for a career in the creative industries. These classes are conducted in the main auditorium, studio, or music studio space, and run in 10-week blocks aligned with school term times.

All classes are led by industry professionals who are passionate about nurturing talent.

There are currently 5 different regular ReBels classes on offer:

- [ReBels Music](#) (age 16-25) - Exploring all lines of work in the music industry.
- [ReBel Music Production](#) (age 16-25) - Providing a voice and platform for young people to create, record and showcase their work.
- [ReBel Short Courses](#) (age 16+) - Exploring your creativity with a 5-week course offering something for everyone, whether you're a beginner or experienced artist.
- [ReBel Performance](#) (12-18) - Unleash your stage presence, broaden your creativity and refine your performance skills.
- [ReBel Adults](#) (age 18+) - Opportunities to learn new skills and develop your performance style.

Follow: [Barbican Theatre Facebook](#)

Visit the Barbican Theatre website:

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

# Sport Activities

Devon FA



## DISABILITY FOOTBALL IN PLYMOUTH

### Pan Disability Football

- Across the County, the Devon Ability Counts League offers competitive and participation opportunities for youth and adults players with physical and learning disabilities
- Within Plymouth there are opportunities to join local disability Football teams and sessions within the area including Plymouth Argyle Youth, Plymouth Warriors, Club Plymouth FC and Plymouth Mayflower Special Football sessions (see over leaf)



### Power Chair Football

- Ocean City Power Chair Football originated in the city in 2013 and has participated in Wheelchair and Power Chair Football Festivals across Devon. The club is currently part of the South West Powerchair Football League.
- The club train on a monthly basis in Plymouth. If you're a wheelchair user and would like further information, please see information overleaf.



### Youth Pan Disability Football

- There are a number of children's inclusive Football clubs in Plymouth with further information overleaf.





## DISABILITY FOOTBALL IN PLYMOUTH

Team / Session	Age	Day	Venue	Contact
Plymouth Argyle Ability Counts Club	Adult (16+) Male and Female	Wednesday's 7.30-8.30pm	Manadon Sports & Community Hub, St. Peter's Road, Plymouth PL5 3DR	Male and Female Teams Stewart Walbridge: 01752 562561 <a href="mailto:Stewart.Walbridge@paafc.co.uk">Stewart.Walbridge@paafc.co.uk</a>
Plymouth Argyle Ability Counts Club	Youth (5-16 years)	Monday's 5.30-6.30pm	As above	As above
Plymouth Mayflower Specials	Adult (16+) Male and Female	Sunday's 10am-12pm	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Male and Female Teams Ralph Stubbs: 07469 195006
Tavistock Specials Football Club	Adults and Youth	Friday's 6-7pm	Tavistock AFC, Crowndale, Tavistock PL19 8BY	Adrian Walker 07488 395198 <a href="mailto:adrianwalker5678@gmail.com">adrianwalker5678@gmail.com</a>
Club Plymouth Parkway FC	Adults (16+)	Friday's 7.30-8.30pm	Lipson Community College, Bernice Terrace, Lipson, Plymouth PL4 7PG	Graham Eyles Phone: 07805403301 <a href="mailto:eyles19@hotmail.com">eyles19@hotmail.com</a>
Plymouth Argyle Powerchair Football Club	Adults and Children	Saturday's	Plympton Academy, Moorland Road, Plympton PL7 2RS	Stewart Walbridge 01752 562561 <a href="mailto:Stewart.Walbridge@paafc.co.uk">Stewart.Walbridge@paafc.co.uk</a>
Plymouth Warriors	Adults (16+)	Mon & Thurs 6-7pm (Men's)  Sun 12-1pm (Ladies)	All Saints Academy, Honicknowle Lane, Plymouth PL5 5NE	Luke Childs 07772 336694 <a href="mailto:lukechilds.pwfc@yahoo.com">lukechilds.pwfc@yahoo.com</a>
Plymouth Warriors	Youth (8-16 years)	Thursday's 5-6pm Sunday's 12-1pm	As above	As above
Hunter District Disability FC	Youth (7-16 years)	Friday's 7-8pm	Morley Meadow Primary School, 51 Encombe Street, Plymstock PL9 7GN	Ross Hart 07795 198899 <a href="mailto:inclusion.hdfc@gmail.com">inclusion.hdfc@gmail.com</a>

If you would like to get involved in Disability Football as a player, coach or club or volunteer please contact Ashley Harris, Disability Development Officer.

Phone: 01626 323560 / 07912 089838 / Email: [ashley.harris@devonfa.com](mailto:ashley.harris@devonfa.com)

# School Holiday Soccer Roadshows 2025



Argyle are running a number of holiday football roadshows across Devon and Cornwall over the school holidays including a number in the Plymouth area at various locations. Courses are open to boys and girls of all abilities aged 4-14 years and run from 9:30am—3:30pm.

## Holiday Soccer Roadshows

Holiday Soccer Roadshows include:

- Football Roadshows
- Strikers & Goalkeepers
- Girls Only
- Multi-Sports
- Fit and Fed

For holiday courses in the Plymouth area, please see: [Plymouth Holiday](#)

## Disability Soccer Roadshows

Argyle Community Trust run 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-1pm
- **SEND Football 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 aged 4-16 years. 10am-3pm.

For future Short Breaks or Disability Roadshows please book via: [Plymouth Disability](#) or call 01752 562561 (ext 6).

For further information please contact: [charlie.hardcastle@pafc.co.uk](mailto:charlie.hardcastle@pafc.co.uk)



For more information see:  
[Argyle Courses](#)

## Junior Ability Counts

Monday's, 5pm-6pm at Manadon Sport Hub  
£1 per session (term block)

Football for young people with a disability. Play and train in an inclusive and fun environment for children aged 5-16 (term time only). Open to all abilities.

[Find next course](#)



## JUNIOR ABILITY COUNTS



## Plymouth Argyle Powerchair Football Club

Saturday's, 12pm-2pm at Plympton Academy,  
Moorland Road, Plympton PL7 2RS  
Cost: £8 per week

Inclusive football sessions for all ages from children aged 5-100 with a variety of disabilities. Children and adults do not have to be a wheelchair user to access this provision. Powerchairs are supplied on site to those that attend.

[Find next session](#)

## Blind/Partially Sighted Football

Saturday's, 9am-10am at Manadon Sports Hub,  
St Peters Road, Plymouth PL5 3JG  
FREE

Free football sessions for children and young people aged 5-15 who are visually impaired.

[Find next course](#)



## Premier League Kicks

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

For up-to-date information on sessions see:

[Premiere League Kicks](#)

## Plymouth Warriors FC

We are an inclusive / disability football club for everyone (mental health, physical, learning difficulties, ADHD, ASD etc), all genders for age 4 and up.

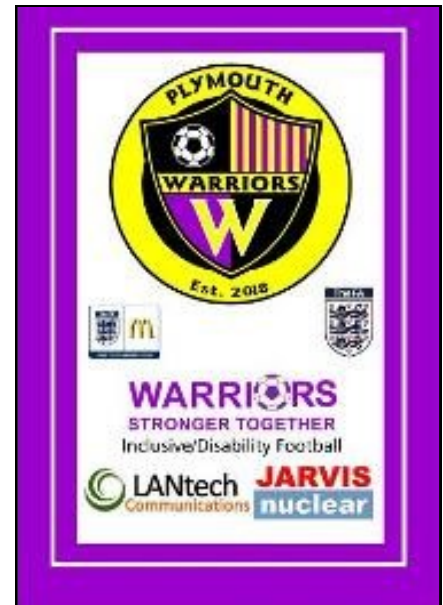
Get active, build confidence, make friends and learn football skills with our FA qualified coaches in a safe and comfortable environment. Even if you're struggling at your club level there is an opportunity for extra training sessions to grow yourselves while remaining in your league club.

### Sessions are:

- Men's: Mondays, 6pm-7pm & Thursday's, 6pm-7pm
- Youth: Thursdays, 5pm-6pm & Sunday's 12pm-1pm
- Ladies: Sundays, 12pm-1pm

For more information contact Luke Childs on 07772336694 or email: [lukechilds.pwfc@yahoo.com](mailto:lukechilds.pwfc@yahoo.com)

See: <https://plymouthwarriors.co.uk/> Facebook: Plymouth Warriors CIC / X: @plymwarriors



## Hunter District Football Club

Hunter District Football Club offer disability football training sessions for 7-16 year olds on Fridays from 7-8pm at Morley Meadow Primary School, 51 Encombe Street, Plymstock PL9 7GN

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, for those who wish to.

Hunter District FC are inclusive, accepting players who struggle in mainstream, or those with low confidence as well as those with disabilities. They look 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 [inclusion.hdfc@gmail.com](mailto:inclusion.hdfc@gmail.com)

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

## **PEM Disability Children's Club**

**First Sunday each month, 9:00-11:00am**

**Second Monday each month, 5:00-6:00pm**

**at Plymstock School, PL9 9AZ or Elburton Villa FC, PL9 8HS**

PEM Disability Children's Club is a not-for-profit voluntary organisation which organises sports sessions and activities including basketball, tennis, athletics, hockey, cricket and football. They also organise fun days, litter picks and BBQ's.

All abilities welcome! No obligation to join permanently and it's completely free for children with disabilities aged under 18.

Register at: <https://forms.office.com/r/4pszRkCBzq>

Email: [pemdcc@hotmail.com](mailto:pemdcc@hotmail.com)

Website: [PEM Disability Children's Club](http://PEM Disability Children's Club)

Private Facebook Group: <https://www.facebook.com/groups/969961767890149>



## **PEM Easter Fun Day for Children with Disabilities**

**Sunday 20 April 2025, 10am-12pm**

**Plymstock School Sports Hall, Church Road, Plymstock PL9 9AZ**

PEM Disability Children's Club are holding an Easter Fun Day for children under 16 with disabilities (and their siblings). There will be 3 x bouncy castles, 10 diddi cars, face painting, child tattoos, sack races, 3-leg-races, egg and spoon challenge, 20ft parachute, basketball, floor hockey, tug of war, Easter bunny, hot and cold drinks available with other stalls.

The event is free, however a voluntary contribution of £3 per child will help the charity organise future events. Contributions can be made by BACS or donated in cash on the day.

Book at: [PEM Easter Fun Day](http://PEM Easter Fun Day)

## **Oaks Rugby Inclusive**

**Sunday, 9:30am-10:30am**

**Plymstock Albion Oaks Rugby Football Club, Horsham Playing Fields, Staddiscombe, Plymstock PL9 0DF**

We are a Special Needs Non-Contact Inclusive rugby-group for boys and girls from the age of 5 upwards recognised by Devon Rugby Football Union (RFU) and with coaches who are DBS checked. These sessions are tailored to help develop hand-eye co-ordination, confidence building and social skills whilst showing that exercise can be fun.

Parents are welcome to stay and join in.

## **Training Sessions**

Sundays: 9:30am-10:30am

At Plymstock Albion Oaks Rugby Football Club, Horsham Plymouth Fields, Staddiscombe, Plymstock PL9 0DF



## Plymouth Fusion Junior Wheelchair Basketball

Venue: Marjon's Sports Centre,  
Derriford Road, Plymouth PL6 8BH

### Training: Saturdays

Junior (6-11 year olds) - 11am-12:30pm

Junior (11-16 year olds) - 12:30pm-2pm

For more information contact: Aaron Blyth-Palk  
via mobile: 07867 380975

Email:

[info@plymouthfusionwheechairbasketball.com](mailto:info@plymouthfusionwheechairbasketball.com)

See website at: [Fusion Basketball](#)



## West Country Hawks Wheelchair Rugby

Monday, 5-7pm at Plymouth Life Centre

All physical disabilities welcome—but you don't have to be a wheelchair user!

Find out more at:

[West Country Hawks Wheelchair Rugby](#)

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



## Yoga Warriors

**Mondays, 4:30-5:30pm (Term Time Only)**  
**at Oxford Creative Hub, 29 Manor Street,**  
**Stonehouse, Plymouth PL1 1TW**

A fun, family friendly yoga class for children and young people age 7+. Children's classes offer the opportunity to learn postures, breathing techniques, relaxation and mindfulness practice.

Suitable for children and young people with additional needs.

To book: [Contact the Tree Project CIC](#)



## 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 £41 per household (£31 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 £6.20 per hour.

Stay up to date and book at: [Park Tennis Plymouth](#)

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

Other places to play:

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



## Plymouth Pisces Swimming Club

Sunday's, 11am-1pm at Plymouth Life Centre

The local swimming club for people who have a disability.

- Build confidence in the water
- Swimming exercises for rehabilitation
- Friendly group
- Lane swimming for improved fitness
- Or just walk and chat.



For more information visit: <https://www.pisces-club.co.uk>  
or email: [enquiries@pisces-club.co.uk](mailto:enquiries@pisces-club.co.uk)

Registered Charity No: 801261



Inclusive activities are offered at YMCA Plymouth centres in Honicknowle Lane and Torpoint during term-time including:

- Special Olympics 'The Specials Club'
- Indoor climbing (coming soon)
- Wheelchair Basketball

For more information about the sessions see: [YMCA Inclusive](#)

To discuss a young person's needs and the suitability of sessions, please contact us on 01752 201918 or complete the [online form](#)

## YMCA Activity 825 Clubs

Join YMCA Plymouth's 825 Club from 8am to 5:30pm every school holiday. Sessions run on weekdays (except bank holidays).

The 825 club is for children aged 8-16 years and includes all kinds of activities including street surfing, arts and crafts, climbing, sports and trips to adventure parks.

### Next club: Easter Holidays

Monday 7—Thursday 17 April 2025.

Multi-activity day sessions start from just £20 (9:30am-3:30pm). Additional early add-on (8am-9:30am) and late add-on (3:30pm-5:30pm) sessions also available for £4 each. Trips (Select clubs only) £43.50 (8:00am-5:30pm). Fit & Fed (Free funded places if meet criteria).

### Food Options

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

Please note: Children will need to bring a packed lunch on trip days.

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

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

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





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

## SEND & Support Sessions

**SEND Session—Thursday's**  
**4-5pm (term-time) or 5-6pm (school holidays)**  
For bouncers with additional needs and their carers.

**Support Session—Sunday's**  
**5-6pm (term-time and school holidays)**  
For bouncers with additional needs, their siblings, other family members and carers or parents. Support sessions also provide families with the opportunity to meet other families who face similar day-to-day challenges.

**How much are they?**  
Our SEND Session and Support Session are £10.99 per bouncer, this includes admission for 1 jumper and 1 accompanying adult/carer.



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

**Carers—General Bounce Sessions**  
Super Tramp also offer a carer discount in General Bounce sessions. Carers can enter the park for free regardless of the amount of support they need to offer. All we ask is that they have a pair of Super Tramp grip socks and a valid waiver.

For more information see: <https://www.supertrampparks.co.uk/send-support>

### SEND & Support Parties

Super Tramp also offer SEND & Support parties.  
Find out more at: <https://www.supertrampparks.co.uk/send-parties>

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

Book online at:

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

## SEN Sessions

**Sunday's, 9am (term-time)**

**or Tuesday & Thursday, 9am (School holidays)**

Clip 'n Climb Plymouth run SEN sessions for climbers with special educational needs providing a calm environment for all members of the family to climb.



SEN Sessions offer:

- Restricted numbers in session
- Plenty of instructors to help out
- Music can be turned down, if required
- Colouring activities now available.

For more information or to book sessions, visit: <https://plymouth.clipnclimb.co.uk/>

## Gym Bubbas

Gymnastic classes for children age 4 months to 10 years including sessions for those with special educational needs and disabilities.

See: [Gym Bubba Classes](#)

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.

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

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

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

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

Half-day adventures available for 8-11 year olds include:

- Bellboat Half-Day
- Inflatable Raft & Orienteering Half-Day
- Climbing & Seashore Explore Day
- Ladder Climb, Abseil & Tower Visit
- Giant Paddleboard & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings for 2025 will be available at:

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



## School Holiday Sessions for Secondary (Age 11-15)

Half-day adventures and courses available for those aged 11+ include:

- Kayak Half-Day
- Canoeing & Orienteering Half-Day
- Stand-Up Paddleboarding Half-Day
- Climbing & Abseiling Half-Day
- Inflatable Rafts & Soft Archery
- RYA Youth Sailing Stage 1, Stage 2 & Stage 3

Bookings for 2025 will be available at:

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

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

T: 01752 404567 E: [enquiries@mount-batten-centre.com](mailto:enquiries@mount-batten-centre.com)

[www.mount-batten-centre.com](http://www.mount-batten-centre.com)

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



# FREE\*

## Bikeability Courses

FREE\* bikeability holiday courses in Plymouth, Ivybridge and Tavistock.

- [Bikeability Learn to Ride](#): age 7-16
- [Bikeability Level 1](#): age 7, 8 or 9 (year 3 or 4)
- [Bikeability Level 2](#): age 9+ and in year 5 or above
- [Bikeability Level 3](#): age 11+ and in year 7 or above



### Venues

- Victoria Park, Plymouth, PL1 5NJ
- Ivybridge Community College, Harford Road, Ivybridge, PL21 JA
- Tavistock College

\*Bikeability charge a refundable deposit of £45, paid by paypal to secure your place. This is only refundable on completion of the booked course.



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

# Plymotion – 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.

See: [Adult Training](#)

## 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: <https://www.cyclessp.co.uk/>

Call us on 01752 515385.

**LOVE YOUR BIKE**

**PLYMOTION**  
Make the connection!

**PLYMOUTH**  
CITY COUNCIL

**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.

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Or call us on: 01752 515385

**cyclessp** **plymouth**



School of Psychology  
Plymouth University  
Drake Circus, Plymouth  
PL4 8AA

## Babylab—University of Plymouth

Parents of newborn babies up to 6 years old!

The Plymouth Babylab is an active research facility in the School of Psychology at Plymouth University. We are looking for babies and parents to sign up and take part in this fun and unique opportunity to understand more about the extraordinary way children learn to talk, from understanding their very first words to producing complicated sentences.

When your baby is in the age range for one of our studies, we will invite you and your child once or twice to come into our comfortable and fun Babylab on a day and time that best suits you. One of our friendly researchers will welcome you, offer a tea or coffee and explain the purpose of the study.

Your child will then take part in one or two short procedures or games, either sat on your lap or in a baby chair. This can include tasks such as listening to sounds or watching sequences of pictures.

The Babylab is a five-minute walk from Drake Circus shopping centre. As a special thank you, your baby will receive a “Young Scientist” certificate, a balloon and a small gift.

For more information and to register to the Babylab please visit:  
<https://www.psy.plymouth.ac.uk/babylab/>

Email: [plymouthbabylab@plymouth.ac.uk](mailto:plymouthbabylab@plymouth.ac.uk)

## School Attendance Survey

Plymouth City Council are asking parents to share their views on school attendance. They are working with Plymouth Marjon University on a research project to better understand the reasons why children and young people struggle to attend school.

There are two surveys running as part of the project: one for children and young people in school years 6-11, and one for their parents and carers.

The research findings will then be shared with schools and education partners in the city to help develop and strengthen attendance strategies and identify what can be done differently to support families.

Find out more and access the surveys at: <https://ow.ly/v5nS50VhI4C>

Closing date: Thursday 1 May 2025.





## Childcare Choices Website Survey

Parents, childcare providers and local authorities alike use the Childcare Choices website at: <https://www.childcarechoices.gov.uk/>

The Department for Education is keen to hear any feedback and comments you may have as users.

Please help by completing the two minute survey at: [Childcare Choices Website Survey](#)



## Plymouth Youth Autism Dental Project

The University of Plymouth have been undertaking a study to find out how dentists can best support the oral health of autistic children and young people in Plymouth.

In response to what has been learnt so far, the University of Plymouth will be launching a nationwide survey for autistic young people, parents/carers and dental health providers. This will explore the issues raised in the interviews and provide an opportunity to share your views and experiences in relation to oral health, accessing and providing dental care.

Find out more at:  
[Plymouth Youth Autism Dental Project](#)



## What Does Your Mental Health Pathway Look Like?

If you live in Plymouth and are aged 16-25 you can help shape and design mental health support for 16-25 year olds across the city.

Have you ever accessed mental health support, if so why not tell us about it?

Email: [natasha.daniel@barnardos.org.uk](mailto:natasha.daniel@barnardos.org.uk)

Take the survey at:  
<https://surveymonkey.co.uk/r/16-25>



## Children's Rights Survey

Plymouth City Council Participation team are a team of youth workers who help children and young people have a say on issues that affect them to help improve services.

The team are looking to ensure young people under 18 years old have better understanding of their rights and what they can expect from services.

This survey has been created to find out what young people know about their rights.

Take part at:  
<https://forms.office.com/e/7cMp7NK8aX>

## Healthwatch Plymouth—Child & Young People Feedback



Did you know...?

1 in 6 children or young people have a diagnosed mental health condition.

For children and young people dealing with mental health issues access to child and adolescent mental health services (CAMHS) can be extremely important.

Healthwatch Plymouth are gathering feedback from young people and families about your experiences of accessing CAMHS in Plymouth since the start of the COVID-19 pandemic.

Share your experiences now via our online survey at:

<https://www.surveymonkey.co.uk/r/PlymouthChildrenYoungPeople>

Dentsits		Emergency Care	
GP's		Hospitals	
Pharmacies		Social Care	
Opticians		Community Based	

Healthwatch take your experiences of using their health and care services—both good and bad and share these with those who have the power to make change happen.

Share your experiences at:

<https://www.healthwatchplymouth.co.uk/services/>



## Is Your Child Entitled to Free School Meals?

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

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

Find out if you qualify and apply online at: [www.plymouth.gov.uk/freeschoolmeals](http://www.plymouth.gov.uk/freeschoolmeals)



## IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

### Healthy Start



### Healthy Start

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

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

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



### Uniform Store Plymouth

Plymouth Vineyard Church accept donations of good quality school uniform, both school logo specific and generic items. Uniform is then free to anyone that needs it.

This service is a joint project run by Plymouth Vineyard Church and Redeemer Church Plymouth.

Donation drop-off and collection points:

- Every Tuesday, Wednesday and Friday from 10am-1pm at 93 New George Street, PL1 1RQ (Old Bon Marche Shop)
- Also see a list of: [drop-off donation points](#)

Keep up to date with information via:  
[Facebook—Uniform Store Plymouth](#)  
Website: [Uniform Store Plymouth](#)  
Email: [hello@uniformstoreplymouth.co.uk](mailto:hello@uniformstoreplymouth.co.uk)

### Kids Eat Free Over Holidays

Money Saving Central have put together a list of places where kids eat FREE (or for £1) during school half terms and holidays.

Find a full list at:

<https://moneysavingcentral.co.uk/kids-eat-free>

### Travel and Transport

Get around for £3. Whether you are heading to work or into town, a single bus journey will cost no more than £3 on most routes across England.

Find out more about the scheme at:

[Plan Your Bus Journey](#)

Visit the Government's Help for Households website to find out how you could save [money on travel](#).

# 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](#)

## The Stagecoach Bus App

Our mobile app has all you need—bus tracking on our live map, journey planning, live bus information and mobile bus tickets.

Download the free app now:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)



## Plymouth Citybus App

Plan your journey, buy your tickets, track your bus live and follow your progress.

Download the free app now at:

- For Android at [Google Play](#)
- For iOS on the [App Store](#)



## Are you on the Autism Spectrum?

### Do you know someone who is?

The Devon Autism Card is available free to anyone who is autistic or who identifies as autistic living in Devon. No diagnosis is required.

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.

To obtain a card, send your name and full address (including postcode) to:

Call: 07496 496651 (voicemail only)

Email: [autismcard@dimensionsforautism.life](mailto:autismcard@dimensionsforautism.life)

Visit website at: [Devon Autism Card](#)



## Derriford Autism Service

The [Autism Service](#) is for those with autism who do not have a learning disability.\* Autistic patients can inform staff of specific needs so that reasonable adjustments can be made to improve their care.

The service also provides advice to those caring for patients on the Autistic Spectrum.

Tel: 01752 4(32134)

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

*\*The Learning Disability Team will continue to support patients with autism who also have a learning disability.*

## Hospital Passport App

University Hospitals Plymouth have created an app to support people with a learning disability so they can inform hospital staff of their needs, likes and dislikes and any other details that might affect their care.

To download the app, search for "Hospital Passport" on your phones app store [Android](#) or visit: [Apple](#)

Also see the [learning disability service guides](#).

## 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.

See: [Making Drake Circus Accessible for All](#)



# Perinatal Peer Support Group

For mums with babies from birth to 18 months. Small, informal and friendly groups run by trained peer support workers with lived experiences of mental health challenges and the journey through motherhood. The Perinatal Support Group offers a safe, nurturing and supportive space for new mums.

- Monday, 10am-11:30am  
Nomany Children's Centre, Cattedown, Plymouth PL4 0PA
- Wednesday, 10am-12pm,  
Four Greens Wellbeing Hub, 15 Whiteleigh Green, Whiteleigh, Plymouth PL5 4DD
- Friday, 10am-11:30am  
The Barn Children's Centre, Kit Hill Crescent, St. Budeaux, Plymouth PL5 1EJ
- Friday, 1pm-2:30pm  
Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS
- Friday, 1pm-2:30pm  
Green Ark Children's Centre, 1 Fore Street, Devonport, Plymouth PL1 4DW

See website: [Perinatal Peer Support Group](#)

For more information or to self-refer and book a place  
email: [livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)

Telephone: 01752 431607



## Perinatal Peer Support Groups

Mental Health Peer Support Groups for mums with babies up to the age of 18 months.



**Locations:**

- Nomony Children's Centre, Cattedown**  
Monday between 10-11.30am
- Four Greens Wellbeing Hub, Whiteleigh**  
Wednesday between 10 -12 noon
- The Barn Children's Centre, St. Budeaux**  
Friday between 10.00 – 11.30 am
- The Rees Centre, Plympton**  
Friday between 1—2.30pm
- Green Ark Children's Centre, Devonport**  
Friday's between 1-2.30pm

Please email us at  
[livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)  
for further information or to self-refer.

*We support people to lead independent, healthy lives.*

## Plymouth Young Carers Support Group

Tuesday's, 12:30-2:30pm  
at Southway Youth & Community Centre,  
Hendwell Close, Plymouth PL6 6TB

Southway Young Parents Community Café

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



PLYMOUTH  
YOUNG  
PARENTS  
SUPPORT GROUP

*Southway Young Parents  
Community Cafe*

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

Every Tuesday from 12.30pm to 2.30pm

Southway Youth and  
Community Centre  
Hendwell Close  
PL6 6TB

PLYMOUTH  
YOUTH COMMUNITY CENTRE

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/>



## Mind Devon Emotional Support for New Parents



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

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

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

To enquire about this service, please complete an online enquiry form at:

[www.devonmind.com/parents](http://www.devonmind.com/parents)

# Baby Bank

**Southway Youth & Community Centre**

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

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

Any donations please pass them to Southway Community Group or simply just drop them in to Southway Youth & Community Centre, Hendwell Close PL6 6TB 01752 775969

Unfortunately we can't accept any large items  
 Email - natalie.griffin@plymouth.gov.uk  
 Email - southwaycgc@outlook.com

# BABY PANTRY

**THE BABY PANTRY IS A FREE SERVICE FOR THOSE IN NEED**

PRE-LOVED BABY ESSENTIALS FOR ALL THOSE WHO REQUIRE EXTRA SUPPORT. CLOTHING, TOILETRIES AND NAPPIES FOR CHILDREN UNDER 24 MONTHS FREELY AVAILABLE

TO APPLY PLEASE SCAN THE QR CODE AND FOLLOW THE DETAILS

Southway Youth & Community Centre  
 Hendwell Centre  
 Southway  
 PL66TB  
 Southway\_BabyPantrycgc@outlook.com

Please note, we can not guarantee everything, but we will try our best to help

## Bringing Up Baby

### Text Catch Up Service from Home Start – South & West Devon

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you. (Not suitable if your family is at Child in Need or Child Protection level)

If you have a new baby or child under 12 months, we will text you every two weeks for an initial 12 weeks, just to check in and see how things are going.

For further information or to request the text service, contact Emma at: [emmaflood.homestart@gmail.com](mailto:emmaflood.homestart@gmail.com)

## Bringing Up Baby

Text Catch Up Service

Having a young child can be tough and sometimes lonely. Whether you are Mum or Dad, doing it with a partner or on your own, this service could be for you.

If you have a new baby or child under 12 months, we will text you every two weeks, for an initial 12 weeks, just to check in and see how things are going.

For further information or to request the text service contact Emma on the email below

(Please note this service is not suitable if your family is at CIN or CP level)

[emmaflood.homestart@gmail.com](mailto:emmaflood.homestart@gmail.com)

## Plymouth Children's Centres

Find out what is available at each of the Children's Centres in Plymouth including parent groups, activities and events and contact details: [Children's Centres](#)

Also see: [Barnardos Facebook](#)



**FOUR GREENS**  
COMMUNITY TRUST  
Helping people, changing lives

# COMMUNITY LARDER

**Four Greens Wellbeing Hub**  
**Every Thursday**  
**2pm - 5pm**

Do you need some support with food?

Each week we will have a range of different food available

- 15 items for £3
- 10 items for £2
- 5 items for £1

All money to be reinvested into the community larder

**Please bring your own bag!**



## Café Connect

**Wednesday's, 10am-2pm**  
**at The Barn, Kit Hill Crescent,**  
**Barne Barton, Plymouth PL5 1EJ**

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

Upcycle clothing – bringing something you no longer need or take something you could use. Safe and friendly environment where all ages are welcome. Plus children's activities in the mornings.

For more information visit:

<https://www.thepioneersproject.co.uk>

or email: [info@thepioneersproject.co.uk](mailto:info@thepioneersproject.co.uk)



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

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

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



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



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

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

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

## Free Events

Dangerous Dads offer free events for dads and their children. You can find out what's going on by emailing: [bookings@dangerousdads.org.uk](mailto:bookings@dangerousdads.org.uk)

Visit the Dangerous Dad's website at:  
[www.dangerousdads.org.uk](http://www.dangerousdads.org.uk)



## Jump with Dad

**1st Tuesday of every month, 3:30-6:00pm**

Plymouth Jump, Tamerton Foliot Road, Christian Mill Business Park, Plymouth PL26 5DS

A free soft play session at Jump Plymouth for dad's (male carers).

## Join Andy @ Dad's Group

**Saturday's (Monthly sessions), 10am-12pm**

Lark Sure Start Community Room, Rear of Ham Drive Nursery, Ham Drive, Plymouth PL2 2NJ

A group for dad's to be, dad's, step-dad's and male carers to come along and meet up with other dad's and spend time with your children.

For the next session  
Contact 01752 313293 or 07969 958205.





## Kinship Carers

### Special Guardianship Support Team

Plymouth City Council have a new team supporting kinship carers or special guardians in Plymouth.

Contact the support team by calling 01752 398228, Monday to Friday, 10am-1pm

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

More information about kinship care and the support available can be found at: [Special Guardians](#)



### Kinship Carers Group

Are you a kinship carer?

A new group has started for kinship carers and special guardians in the Plymouth area giving an opportunity to meet, listen, share and support one another.

For more details and dates of the next sessions, please contact Jayne Howard on 07518 291759

or email: [Jayne.Howard@kinship.org.uk](mailto:Jayne.Howard@kinship.org.uk)



### South West Kinship Carers Group

An online monthly support group for kinship carers living in South West England who are raising a child for a family member or friend.

For more information and to register, visit: [South West Kinship Carers Group](#)

Kinship also offer free information, advice and support, as well as free workshops and opportunities to connect with other kinship carers.

Visit the Kinship website at: <https://compass.kinship.org.uk/>



# Armed Services Families

## Strengthening Parents

Royal Navy and Royal Marine Charity (RNRMC) are working closely with Home-Start and Relate to offer a free programme to parents in order to strengthen relationships to support family cohesion.

Whether you are still together or co-parent apart, conflict is normal. But when it happens a lot and never leads to resolution it can damage relationships and families.

The programmes are available to Royal Navy families anywhere in the UK and are delivered digitally via Teams or Zoom, once a week for an hour or two over 5 or 10 weeks depending on the programme.

To find out more see: [Strengthening Parents](#)

## Service Families Group

Thursday's, 1-2:30pm (term-time only)  
at St. Mary's Church Hall, Church Road, Plymstock PL9 9BP.

As a parent being part of a community activity can help you feel less alone as you are amongst peers. Children will have fun, make friends and grow in their social skills.

Come and join us for our Service Family Group run by Barnardo's. All service families are welcome.  
No need to book, just turn up and play.



## Little Troopers Therapy Programme

Little Troopers therapy programme supports the mental health and wellbeing of children whose parents serve in the British Armed Forces. Its aim is to support forces children who find it difficult to deal with the challenges that military life can bring, e.g. having a parent deployed or moving home or school frequently.

Referrals are temporarily closed.

For more information about the future of the programme and to view the on-demand video series to help support parents at home see: [Little Troopers Therapy Programme](#)





A Zoom group for mum's with low mood and/or feeling isolated with a child under 2 years.

Each programme consists of one session a week over 8 weeks.

The group is an informal facilitated group, bringing mum's together to chat and make connections with the aim of creating longer-term, sustainable networks beyond the programme.

(This is a rolling programme)



"I have been struggling with my mental health and felt really isolated.

Mums on Board has given me the opportunity to make really good friends."

The Navy Mums on Board groups are run in partnership with Royal Navy and Royal Marines charity and Home Start Portsmouth.



If you are interested and want to find out more, visit:

[Navy/Armed Forces](#)

Email: [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com)

## Childcare Cost Support – Service Families

Information on childcare for service families within the UK and overseas:

[Childcare for Service Children](#)

### Wraparound Childcare

Wraparound Childcare is available to Regular Service personnel, including those who are serving overseas. Get funding for the cost of up to 20 hours of before and after school care for your 4 to 11 year old children: [Wraparound Childcare](#)

# SEND Support

## What is the SEND Local Offer

The SEND Local Offer is where you can find information about the provision and support services available for children and young people (age 0-25 years) who have Special Educational Needs and disabilities with regards to education.

For more information, visit: [SEND Local Offer](#)

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



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

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

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

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

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

## Messy Munchkinz Sensory Play Session

**When:** Wednesday's, 10-11:30am

**Venue:** Endeavour Hall, 1st Crownhill Scout Hut, Plymouth PL5 3AN

**Cost:** £1 per family



Messy Munchkinz in conjunction with Wolseley Trust and Whiz Kidz offer sensory and child development play sessions, a fun and learning time for children age 6 months to 3 years. See: <https://www.wkuk.org/>

To book email:

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

## Step By Step

Do you have any worries about your child's development?



Barnardo's have specialised groups to help with children who may have signs of developmental delay and/or SEN.

Come along to one of our Step By Step groups to gain advice and support for you and your child.

- Monday – The Barn, 10:00-11:15am
- Tuesday – Nomony, 10:00-11:15am
- Wednesday – High View, 1:30-2:45pm
- Thursday – Whitleigh, 10:00-11:15am

No need to book, just come along.

Find contact details for [Barnardo's Children's Centres](#)

Barnardo's Facebook: <https://www.facebook.com/barnardosplymouth/>

## Parent/Carer Support Sessions

**Wednesday's, 10am-11am**

**at The Virginia House Centre, Peacock Lane, Plymouth PL4 0DQ**

Come along to our free, friendly Parent/Carer Support Group facilitated by Holly and Fran from our Family Support Team at Friends and Families of Special Children. The group is for parents and carers who have a child or young person with additional needs (0-25 years) with or without a diagnosis.

If you would like more information, please contact Hollie on 01752 204369 or email: [holly@friendsandfamilies.org.uk](mailto:holly@friendsandfamilies.org.uk)

[Book Sessions](#)



## Ambitious About Autism Youth Network

Ambitious about Autism is an online platform for autistic young people aged 16-25. The networking is a safe and moderated online space to help young people understand their autistic identity and connect with others.

Young people will be able to:

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

For more details visit:

[Join Ambitious Youth Network](#)



## Famallama Minecraft Server

A Minecraft Server & Online Space for the Neurodiverse.

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

Apply at:

[Famallama Whitelist Application](#)

Facebook: Famallama Minecraft Server

X: @Famallamas

Instagram: famallama\_minecraft\_server

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

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



# Plymouth Community Youth Team

## SEND Offer



### **BOUNDLESS @Poole Farm**

First Wednesday of the month at Poole Farm for 11-15 year olds and age 16+.

All the opportunities of Boundless but set in the great outdoors.

### **No Limits**

Wednesdays, at Southway Youth Centre for 11-25 year olds.

A Generic Youth Club session for Young People who identify as having a Social/Educational/Additional Need or Disability. A safe environment to build new friendship groups and develop personal and social skills.

### **SEEDS**

#### **SEND—Exploring and Enhancing Digital Skills**

Thursdays at Efford Youth Centre for 16-21 year olds.

A group for SEND young people 16-21 to enhance their digital skills and explore new education and employment opportunities in a relaxed, informed and safe environment.

### **BOUNDLESS**

#### **Breaking Boundaries for Neurodiverse Young People**

Mondays at Efford Youth Centre for 11-15 year olds and age 16+.

Wednesdays at Honicknowle Youth Centre for 11-15 year olds and age 16+.

A youth group for Neurodiverse Young People. A chance to make new friends, develop social skills and explore new opportunities.

There is no need for a formal diagnosis or EHCP.

### **Poole Farm**

Mondays at Poole Farm for age 16+.

Opportunity for SEND Young People to develop skills and knowledge around environmental, green spaces and community impact within the real world.

### **City College**

Thursdays at Kings Road, Student Union for 14-25 year olds.

A Youth group for SEND Young People to make new friends and explore new opportunities. Set within the college's student union, this is not just for students but for all SEND Young People.

To join us at these groups or for more information  
email: [sendyouthwork@plymouth.gov.uk](mailto:sendyouthwork@plymouth.gov.uk)

## Virtual Keen

Free to join!

### Who are we?

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

### What do you do?

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

### Joining in is free and really easy!

Find out more and register at:

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

We'll be in touch straight away to get you online with us!

100% of new participants wanted to return for the next session.

Follow us! @loveinclusion on Instagram, Facebook, X and Linked In

Email: [info@keenuk.org](mailto:info@keenuk.org)

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

Mobile: 07729 286992



**Virtual KEEN** Free to join!

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



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

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

**100%**  
of new participants wanted to return for the next session!



Follow us! @loveinclusion      
[info@keenuk.org](mailto:info@keenuk.org) | [www.keenuk.org](http://www.keenuk.org)  
07729 286992





## Autism Plymouth Parent Support

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

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

Find us on [Facebook](#).

Come and join our online platform where parents and carers can connect, share and access peer support 24/7. See: [Autism Plymouth Parent Support Group](#)

## Preparing for Adulthood—Parent Group Sign-up

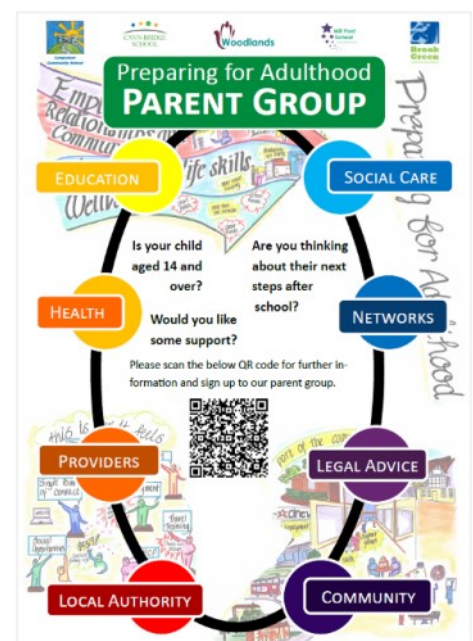
In partnership with other agencies, including Education, Social Care and Health providers; the parent group runs regularly to provide opportunities for networking, information, advice and support for parents and young people.

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

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

[Parent Group Sign-up](#)

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



**Health for Kids!**  
 Livewell Southwest  
 Staying Healthy | Illness | Feelings | Getting Help  
 A fun and interactive resource for learning about health  
 Games | Activities | Quizzes  
 Psst! Parents!  
 As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.  
 www.healthforkids.co.uk  
 Follow us: livewellsouthwest @livewellsw  
 ChatHealth  
 Text a school nurse for confidential advice and support.  
 07480 635189

**HEALTH FOR TEENS**  
 Livewell Southwest  
 TEXT YOUR SCHOOL NURSE FOR CONFIDENTIAL HEALTH ADVICE AND SUPPORT:  
 07480 635198  
 GET HELP WITH ALL KINDS OF THINGS LIKE...  
 HEALTHY EATING | RELATIONSHIPS | SMOKING  
 EMOTIONAL HEALTH | BULLYING | SELF HARM  
 ALCOHOL & DRUGS | ANXIETY | SLEEP | PUBERTY  
 YOU CAN ALSO VISIT:  
 WWW.HEALTHFORTEENS.CO.UK  
 SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES, AND FIND OUT THE TRUTH BEHIND THE RUMOURS

Health for Kids: [www.healthforkids.co.uk](http://www.healthforkids.co.uk)  
 Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

# ChatHealth

**NEW Health Visiting and School Nursing TEXT SERVICE**

**PARENTS. CARERS. YOUNG PEOPLE.**

If you'd like some health advice or support, but are a bit worried about seeing or talking to a professional, our new ChatHealth is perfect for you!

Simply text one of the numbers below and one of our team will text you back

	<b>0-5 years Parents Service 07480 635188</b>		<b>5-19 years Parents Service 07480 635189</b>		<b>11-19 years Young People's Service 07480 635198</b>
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**Livewell Southwest**

Alternatively, phone lines are open Monday-Friday, 9am-5pm.  
 Call 01752 434008

# EMOTIONAL WELLBEING AND MENTAL HEALTH

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



## CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

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

or search for Kooth on a search engine

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

## YOUNG DEVON

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

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

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

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

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

CONTACT:

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

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

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



## Key websites

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

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

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

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

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

## Support Services—Young People

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

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

**Kooth** – 24/7.

<https://www.kooth.com>

Online Mental Wellbeing Community for young people.

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

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

**The Zone Plymouth**

Call – 01752 206626.

If you've been affected by the incident our youth support volunteers are available to support you. Call or email on [enquiries@thezoneplymouth.co.uk](mailto:enquiries@thezoneplymouth.co.uk) or arrange to come in and see us.

## Support Services—For Everyone

It's OK to ask for help.

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

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

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

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

Support with any issues, including mental and emotional health.

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

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

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

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

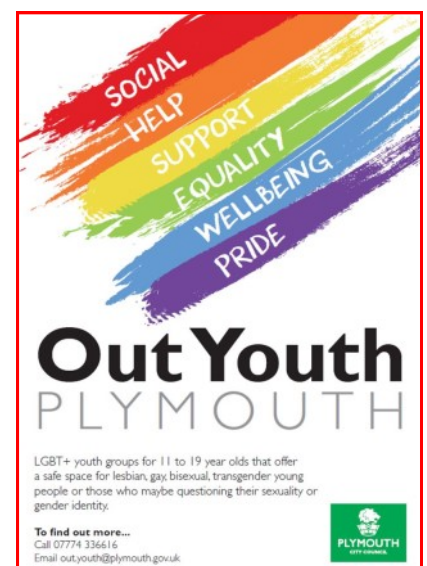


### Out Youth Plymouth

LGBT+ youth groups for 11 to 19 year olds that offer a safe space for lesbian, gay, bisexual, transgender young people or those who maybe questioning their sexuality or gender identity.

To find out more call 07774 336616 or email:

[out.youth@plymouth.gov.uk](mailto:out.youth@plymouth.gov.uk)



# Simply Counselling Domestic Abuse

Simply Counselling offer free counselling support for domestic abuse survivors.

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

When you need to talk...

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



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

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

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

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



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

## Plymouth Domestic Abuse Service (PDAS)

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

Tel: 0800 458 2558

**Sanctuary  
Supported  
Living**

## Refuge4Pets

If you are looking or have left an abusive relationship but have nowhere for your pets to go while you access safety and support, [Refuge4Pets](#) maybe able to foster your pet.

They take referrals from local domestic abuse services, the police, refuges, housing services etc or you can contact them directly.

Tel: 0300 4000 121

Email: [info@refuge4pets.org.uk](mailto:info@refuge4pets.org.uk)

# Young Adult Carers Service Plymouth

Every 2nd Monday & 4th Thursday of the month,  
5:30-8:30pm at The Salvation Army,  
56 Lancaster Gardens, Plymouth PL5 4AA

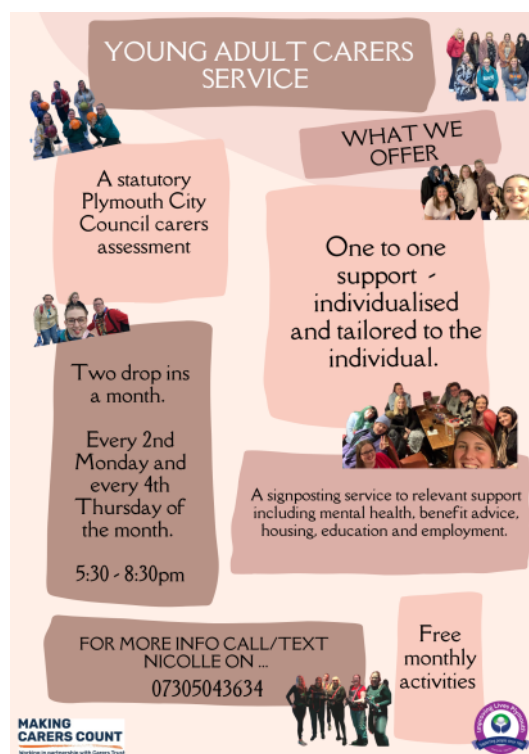
Improving Lives Plymouth have a Young Adult Carers service in Plymouth for young adult carers aged between 18-25 to support you with your caring role.

## What We Offer:

- A statutory Plymouth City Council carers assessment
- One-to-one support—individualised and tailored to the individual.
- A signposting service to relevant support including mental health, benefit advice, housing, education and employment.
- Free monthly activities.

See the [Young Adult Carers Service Video](#)

For more information call/text Nicolle on 07305043634 or email: [YACS@improvinglivesplymouth.org.uk](mailto:YACS@improvinglivesplymouth.org.uk)



The infographic is a vertical poster with a light pink background. At the top, it says 'YOUNG ADULT CARERS SERVICE' in a dark pink box. Below this, there are several text boxes with icons of people. One box says 'WHAT WE OFFER' and lists 'One to one support - individualised and tailored to the individual.' Another box says 'A statutory Plymouth City Council carers assessment'. A third box says 'Two drop ins a month. Every 2nd Monday and every 4th Thursday of the month. 5:30 - 8:30pm'. A fourth box says 'A signposting service to relevant support including mental health, benefit advice, housing, education and employment.' At the bottom, there is a box with contact information: 'FOR MORE INFO CALL/TEXT NICOLLE ON ... 07305043634' and 'Free monthly activities'. There are also logos for 'MAKING CARERS COUNT' and a circular logo with a person icon.

Headspace offers an out of hours drop-in service and phone line for people who consider they are approaching a mental health crisis.



**HEADSPACE**

The service aims to provide a non-clinical setting with a safe, calm and structured environment where individuals can access peer support in one of our venues.

Opening times: 6pm – midnight, 7 days a week, 365 days a year.

- Monday & Tuesday—Four Green Wellbeing Hub, Whitleigh Green, Plymouth PL5 4DD
- Wednesday—Barne Barton Wellbeing Hub, Tamar View Community Resource Centre, Poole Park Road, Plymouth PL5 1DD
- Thursday—Mannamead Wellbeing Hub, Improving Lives Plymouth, Mannamead Road, Plymouth PL3 5QL
- Friday—Rees Centre Wellbeing Hub, Mudge Way, Plympton PL7 2PS
- Saturday & Sunday—Ernest English House, Buckwell Street, Plymouth PL1 2DA

Contact us on:

Email: [headspace@colebrooksw.org](mailto:headspace@colebrooksw.org)

Telephone or text: 07890 257614

## Hamoaze House Affected Others Group

Friday, 1-3pm at Hamoaze House, Mount Wise, Plymouth PL1 4JQ

Are you worried about a loved ones drug and/or alcohol use?

Join us for this weekly support group with other loved ones who know how you feel.

There is no need to deal with this on your own!

Tel: 01752 566100

Email: [office@hamoazehouse.org.uk](mailto:office@hamoazehouse.org.uk)

## Action for Children

Have a question about parenting?

Action for Children offer free online parenting support for families with children aged 0-19. Ask for help on all sorts of things – from how to keep your children entertained at home, to how to handle difficult behaviour, to how to manage stress and anxiety.

Find useful parenting resources, or talk directly to a parenting coach via our confidential 1-1 live chat at: <https://parents.actionforchildren.org.uk/>



Activities and Events for SEND is produced at the end of term 2 (Christmas holiday), term 4 (Easter holiday) and term 6 (Summer holiday) by:

### Plymouth Information, Advice and Support for SEND

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

Telephone: 01752 258933

Freephone: 0800 953 1131

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



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

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

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

