



Summer 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.

Fit and Fed

The next Fit and Fed programmes take place during the Summer 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.



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/



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www.plymouthias.org.uk
 Email: pias@plymouth.gov.uk



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



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

Welcome to the Summer edition of the PIASS activities newsletter.

Summer is here and as I'm writing this the sun is shining, so let's hope it stays this way for the school holidays.

It's been a busy time since April for the PIASS team as we reset our service following the restructure.

The team are working hard at revamping our website and have added new information sheets and useful documents. Visit [PIASS website](#).

We'll be adding more in the coming months so keep checking back. If you'd like to let us know what information would be useful to you then please let us know at: [PIASS Resources](#)

We've also been busy planning our SEND workshops for September onwards. These will include workshops on transitions, annual reviews and making the most of meetings.

We're also introducing coffee and chat sessions which will be at the Jan Cutting Healthy Living Centre (JCHLC) and we'll be out and about in communities. Details on dates and how to book will be coming out in September.



While schools will have closed for the Summer the PIASS team will be here to offer impartial, information advice and support around SEND.

The contact form to make an enquiry is at: [contact us](#).

See the next page for our Summer Holiday office opening times from Thursday 24 July to Tuesday 2 September 2025.

Have a wonderful summer and we look forward to hearing from you.

Helen

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



PIASS 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/

Summer Holiday Opening

Thursday 24 July—Tuesday 2 September our office will be open:

- Tuesday, 9am—3pm
- Wednesday, 9am—3pm
- Thursday, 9am—12:30pm

Office closed, online enquiries: Monday-Friday, responded to within 48 working hours.

Service closed bank holidays: Monday 25 and Tuesday 26 August 2025.

Join us for a family wellbeing event on **Thursday 14 and 28 August, 10am-12pm** at St. Budeaux & Barne Barton Wellbeing Hub, William Sutton Memorial Hall, 6 Shelley Way, St. Budeaux, Plymouth PL5 1QF

Term-Time 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

Email us at: pias@plymouth.gov.uk

Follow us on Facebook and stay up to date with the latest news and information: 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

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

Find out more at:

<https://inourplace.co.uk/cornwall-and-devon/>

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.



The Solihull Approach Online Course Information Leaflet features the NHS logo in the top right corner. The main heading asks, 'Do you live in Cornwall, the Isles of Scilly, Devon, Plymouth or Torbay?' followed by 'FREE online courses for all residents'. It lists four courses: 'Understanding Pregnancy, Labour, Birth and Your Baby', 'Understand Your Baby', 'Understanding Your Child (0-19 yrs)', and 'Understanding Your Teenagers' Brain (short course)'. Each course is described as an online course for everyone around the baby or child, written by professionals. At the bottom, it provides contact information: 'solihullapproach@heartofengland.nhs.uk (+44) 0121 296 4448', 'www.solihullapproachparenting.com', and 'www.inourplace.co.uk'. A large illustration of a diverse group of families is on the right, and a text box at the bottom right states: 'The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals'.

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

Email: 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

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



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:

- Parenting guidance
- Emotional Wellbeing
- Social and emotional development
- Relationship worries
- Education worries
- School attendance
- SEND concerns
- The SEND Process



Book a conversation now at 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

Visit website at:

[Learning Disability Services—Employment](#)



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.

Forms and Leaflets

The Children's Speech and Language team have created a range of information leaflets, see: [Forms and Leaflets](#)

Contact details

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

Tel: 01752 434844

Email: Livewell.childrens-sp@nhs.net
Website: 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

New Location TBC

New Location TBC

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

**Wednesdays, 9:00-11:00am at Jan Cutting Healthy
Living Centre, Scott Business Park, Beacon Park
Road, Plymouth PL2 2PQ**

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 ins....

Tuesdays 9am-11am at Fourwoods Family Hub, 415
Crownhill Rd, Plymouth, PL5 2LN

Wednesdays 9am-11am at the Jan Cutting Healthy
Living Centre, Scott Business Park, Beacon Park
Rd, Plymouth, PL2 2PQ

No appointment needed, just turn up!

Children, Young People and Families
Neurodiversity Wellbeing Team

Livewell
Southwest



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 **Summer Holidays** and include:

- Holiday clubs—for 4-16 year olds.
- SEND holiday clubs—to support children with more complex needs.
- Teen taster sessions—go karting, adventure golf and trampolining.
- Family activity sessions—bowling, tennis, bike rides and golf.

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

Fit and Fed “On Tour”

Fit and Fed also goes ‘on tour’ where sessions are held in local parks and green spaces in Plymouth. The fun days feature a huge range of free activities and children are provided with a healthy lunch.

For summer 2025, Fit and Fed will visit:

- Victoria Park: Tuesday 5 August 2025
- Ernesettle Green: Tuesday 12 August 2025
- Tothill Park: Tuesday 19 August 2025
- Central Park: Tuesday 26 August 2025

Fit and Fed is funded by the Department for Education’s Holiday Activities and Food (HAF) programme.

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 (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.

- 29 July—Beach Day
- 5 August—Saltram
- 12 August—Parks
- 19 August—Outdoor and water games
- 26 August—The Barbican/Hoe walk

For more details call Routeways on 01752 856702

See what's on and book at:

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

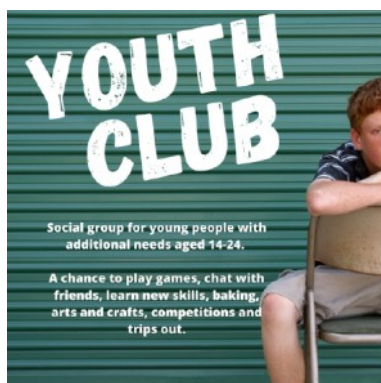
Monday & Friday (term time) or

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.



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.

In Other Words

Monday's, 4pm-6pm at Devonport Park Activity Centre

(alternating weeks for each age group)

A safe, supportive, non-judgemental peer-support mental health and emotional wellbeing group for children and young people, offering informal support alongside engaging activities. Helping to build supportive relationships, connections with others and skills to promote better mental health wellbeing.

- ages 8 to 12
- ages 13-18

For more information call 01752 300700

or email: enquiries@routeways.org.uk



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: Events

Meet PIASS

Wednesday 16 July 2025, 12:30-1:30pm—Virtual Event

Plymouth Information, Advice & Support for SEND Service (PIASS)
Find out about the role of PIASS, what they do, why they do it and how they can support you. Meet members of the team and they will be happy to take questions.

Register at: [Events](#)



See events at:

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

Visit the Plymouth Parent Carer Voice
website at: www.plymouthpcv.co.uk
Facebook: <https://www.facebook.com/PlymouthPCV>
Email: info@plymouthpcv.co.uk

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

★ ★ ★
READ...
LEARN...
THINK...
CREATE...
DREAM...
ACHIEVE...

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

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

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

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



Social
adventurous
creative
experiences



Bricks
for
Autism
Groups



Drawing
and
talking



Weekly
Youth Music
& Theatre
workshops



Private
tuition
Qualified
teacher.

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.

Summer 25 Fit and Fed

Multiple dates and times (1st and last 2 weeks of holidays)

at The Flat at the Athenaeum, PL1 2AU

Our specialised neurodivergent SEND sensory supported Fit and Fed sessions are open to children and young people aged 8-16 years living within the Plymouth local authority area, with an EHCP and a code from Plymouth City Council.

Sessions will explore the world of pirates and smugglers through visits, storytelling, music, art and dance.

Tuesdays will be our base day for those who would rather explore inside.

For more details and to book, visit:

[Summer 25 Fit and Fed](#)



Creative
Curiosities SW

Summer 25 Fit and Fed
Smugglers and Pirates Explorations





TEL 07764737620
EMAIL: HELLO@CREATIVECURIOSITIES.ORG.UK

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

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



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 2025 so far with lots of activities including sports, nature, science and theatre.

We have two free and accessible days at with the National Trust at their 'Summer of Play' venues, one in Cornwall and one in Devon, plus our annual Activity Residential trip and lots more planned for the summer, autumn and winter.

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

For further information, please contact us:

Tel 01752 891934 / 07581 566690

Email: info@moorvision.org Web: www.moorvision.org

Facebook: www.facebook.com/groups/161483982931

Far Flung C.I.C.



Find Your Beat: Summer School 2025

Join Far Flung CIC at the Barbican Theatre for our Inclusive Summer School, where you will learn new skills in Dance, Music and Design.

The week runs from **Monday 18 August – Saturday 23 August 2025** and is for Disabled/ Neurodivergent girls/women aged 16-25 years.

You will have the opportunity to learn fun dance routines, make costumes and puppets for the Westend Carnival in Plymouth's City Centre and take part in our Find Your Beat Steering Group.

Mon 18 Aug	Tue 19 Aug	Wed 20 Aug	Thur 21 Aug	Fri 22 Aug	Sat 23 Aug
Steering Group: 2-3pm	Dance & Music: 10am-12pm	Dance & Music: 10am-12pm	Design Day: 10am-12pm	Design Day: 10am-2pm	Carnival Day
Barbican Theatre	Barbican Theatre	Barbican Theatre	Barbican Theatre	Barbican Theatre	Time & meeting point TBC
A chance to join us in the planning and ideas leading up to the week and future of the project.	Carnival themed dance and music session.	Carnival themed dance and music session.	Puppet and costume making.	Puppet and costume making.	The Carnival performance will be a walk about performance taking our puppets around the event in the city centre.

To take part: Please email: farflungjade@barbicantheatre.co.uk Jade will send a booking form, giving you the opportunity to tick what you are available for during the week.

We will be asking for a small donation for the week of £10 to take part – this is optional. You can pay by cash during the week or by BACS.

Far Flung Dance Theatre – Bank: Santander.
Sort code: 09-01-29 Account Number: 20669056 – REF FYB

Far Flung will also be selling Find Your Beat t-shirts for £5 throughout the week.



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

Family Easter Holiday Workshops

Join us for our free summer holiday family workshops. We're offering engaging sessions designed for parents to learn alongside their children.

Workshops include:

- Pebble painting
- Plant pot decorating
- Mask making
- Poetry
- Cookie decorating
- Silk screen printing
- DIY fairy houses
- DIY bug hotels
- Maths treasure hunts
- And many more!



Workshops are for parents and children (age 6+ up to 18).

Maximum of 2 children per adult.

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

Support Programmes for Parents

Exciting news for Plymouth families!

On Course South West is launching FREE, accessible programmes and workshops for parents and carers including tailored support for families of children and young people with SEND starting September 2025.

These sessions are co-designed with families, led by expert tutors and open to all. Bespoke courses for schools, parents, and professionals are also available.

For those waiting for a PIASS parenting programme, the team will be in touch soon.

New enquiries welcome.

Call 01752 660713 to book or chat with our friendly team!

Book at: <https://ow.ly/RMol50VKnZr>

Your Future

From April 2025, Your Future will be evolving into a Supported Internship, a structured work-based study programme for 16-24 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.

Supported Internship Taster Day

Ahead of September's intake, On Course South West will be running a "Taster Day" for those aged 16-24 with an EHCP.

Thursday 28 August 2025, 10am-4pm

Lunch Provided.

Sign up at: <https://zurl.co/G44jP>

For more information, contact:

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



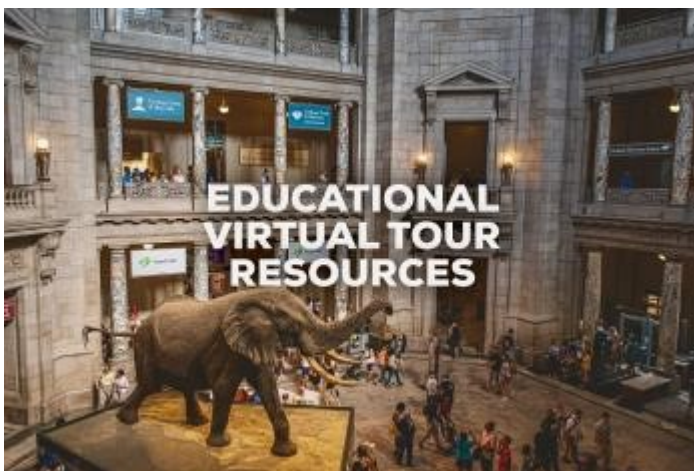
See Website: <http://www.whizz-kidz.org.uk/>
See Facebook: <https://www.facebook.com/whizzkidz/>

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>



Summer Activities

Free Things to do in Plymouth

Plymouth City Council have put together a list of activities, events and things to do in Plymouth that are FREE including:

- Family activities
- Outdoor activities
- Arts & culture



See: [Free things to do in Plymouth](#)

Meet Ups for Young Parents & Parents to be

Meet ups for Young Independent Proud Parents Encouraging Each Other (Y.I.P.P.E.E.) – for parents and parents to be under 25.



- Thur 10 July, 1:30-2:45pm – Stay & Play at The Barn Family Hub, Kit Hill Crescent, Plymouth PL5 1EJ
- Weds 16 July, 11:30-1:30pm – Teddy Bears Picnic at Central Park
Meet outside the Life Centre (bring picnic)
- Tues 22 July, 11am-3pm – Mount Edgumbe Day Trip
Booking essential – Call The Barn Family Hub to book on 01752 362320 by Wed 16 July.
- Tues 29 July, 1:15-2:30pm – Free Soft Play & Drop In at Discovery Café, Central Methodist Church Hall, Eastlake Street, Plymouth, PL1 1BA
- Wed 30 July, 11am-3pm – Family Fun Day at The Barn
- Come and join us in the park outside The Barn Family Hub, Kit Hill Crescent, Plymouth PL5 1EJ.

For more information call/text:
Sal 07738 119697 or Jess 07522 619076

Also check out our Facebook page for further updates:
[Barnardo's Plymouth](#)



Ice Cream & Bubbles Festival Sunday 20 July 2025, at Mount Edgumbe Country Park

A magical day of ice cream, bubbles and family fun with workshops, competitions, bouncy castles and the cutest Punch and Judy show—all in one sparkling celebration.

Book at: [Ice Cream & Bubbles Festival](#)

Big Butterfly Breakfast

Saturday 26 July 2025, 10am-12pm at Stoke Youth and Community Centre
Take part in the UK-wide Big Butterfly count in Blockhouse Park, with a breakfast butty.

Everyone welcome. Free.

Booking encouraged:

<https://www.tinyurl.com/TVH-events>



Zoo Field Nature Day

**Saturday 26 July 2025, 11am-3pm
at Zoo Field Nature Hub, Central Park**

Join us to celebrate a year of growing and composting activities at Zoo Field Nature Hub!

Free nature activities for all the family including: storytelling in the Lion's Den with Gin Farrow-Jones, guided tour, nature games, creative crafts, welling winging and much more. Free event.

Booking not required, but helps us plan numbers:

[Zoo Field Nature Day](#)

British Fireworks Championships

**Wednesday 13 & Thursday 14 August 2025
at Plymouth Hoe**

The British Fireworks Championships returns to Plymouth for a "Champions of Champions" event, where 6 previous winners will be invited back to compete to be crowned top!

For more information see: [British Firework Championships](#)



West End Carnival

**Saturday 23 August 2025, 11am
around Plymouth Market**

The West End Carnival returns to the streets around Plymouth Market for a jam-packed day of free family activities.

The carnival will have an amazing programme of free entertainment for families to enjoy both on stage and roaming the streets.

For more information see: [West End Carnival](#)

Plymouth Libraries

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

Summer Reading Challenge—Story Garden

Join this years Summer Reading Challenge, where children can explore creativity, storytelling, and the magic of books through exciting activities and adventures with Plymouth Libraries.

Aimed at aged 4-11 years, Story Garden encourages children to read 6 (or more) library books (including eBooks and Audiobooks) during the summer holidays.



Sign up from Saturday 12 July 2025 at any [Plymouth Library](#)

Create a profile on the [Summer Reading Challenge Website](#)

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: Mon 4 & 25 Aug, 27 Sep & 8 Dec 2025

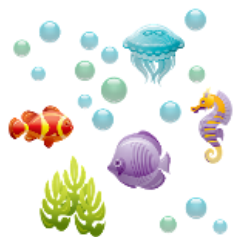
Time: 5:30pm-7:30pm or 6:00pm-8:00pm

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

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



Summer of Fun

Saturday 19 July—Sunday 31 August 2025

Join us for Summer of Fun! Who's ready for an adventure? Come explore, discover your favourite animals, and say hello to Tumble the Tiger, our friendly mascot, who'll be out every day for meet and greets!

Book online at: [Summer of Fun](#)



Roar n' Snore

Saturday 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 are 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](#)



Home Educator Snooze at the Zoo

Wednesday 10 September 2025

Are you prepared for a sleepover like nothing you have ever experienced before, all combined with a jam-packed itinerary of learning and activities?

Book online at: [Snooze at the Zoo](#)

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



Crownhill Fort

The Landmark Trust

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](#)

Admission Prices:

£5.00 Adults / £3 Child (age 5-15)

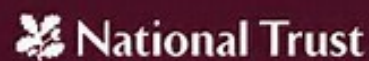
Tickets can be purchased online in advance or using cash on day.

For more information contact the Fort Office on 01752 793754

or email: info@crownhillfort.co.uk

Visit the [Crownhill Fort](#) website.

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



Saltram—Plympton, Plymouth, PL7 1UH

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

Admin Office: 01752 333500 or email: 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

Buckland Abbey—Yelverton, PL20 6EY

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

Admin Office: 01822 853607 or email: 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

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

‘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>



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



Exploring the Outdoors

Love Exploring App

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: [Love Exploring App](#)



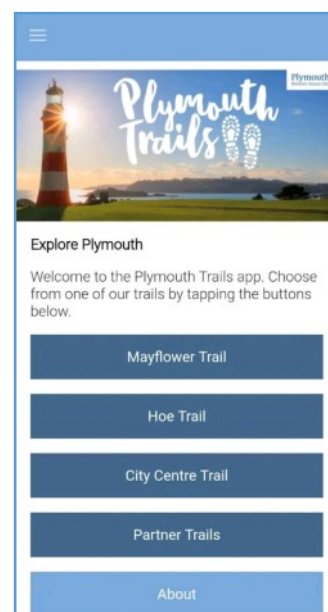
Plymouth Trails App

Download the FREE interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails app features 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 lots of tailored trails: **Mayflower Trail**, **City Centre Trail** and **Plymouth Hoe Trail**. It also hosts free partner trails including the **American Tree Trail** and the **Sutton Harbour Heritage Trail**.

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

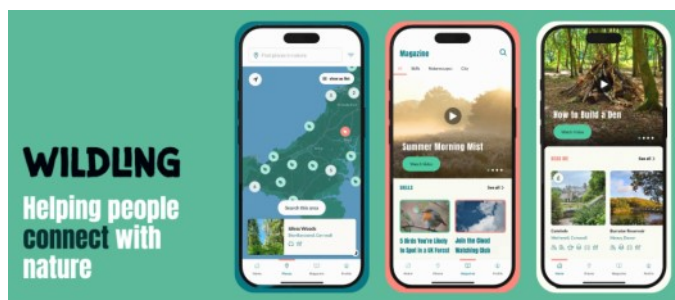
Find out more at: [Plymouth Trails App](#)



Wildling App

Wildling is your free outdoor companion that makes connecting with nature fun and easy for everyone. Find places to go and things to do!

Find out more at: [Wildling App](#)



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.

Geocaching App

Geocaching is the world's largest treasure hunting game.

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



Find out more at: [Geocaching App](#)

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 at: [Burrator Reservoir](#)

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



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://theatreroyal.com/whats-on/>

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	Wednesdays 7.30-8.30pm	Manadon Sports & Community Hub, St. Peter's Road, Plymouth PL5 3DR	Male and Female Teams Stewart Walbridge: 01752 562561 Stewart.Walbridge@paafc.co.uk
Plymouth Argyle Ability Counts Club	Youth (5-16 years)	Mondays 5.30-6.30pm	As above	As above
Plymouth Mayflower Specials	Adult (16+) Male and Female	Sundays 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	Fridays 6-7pm	Tavistock AFC, Crowndale, Tavistock PL19 8BY	Adrian Walker 07488 395198 adrianwalker5678@gmail.com
Club Plymouth Parkway FC	Adults (16+)	Fridays 7.30-8.30pm	Lipson Community College, Bernice Terrace, Lipson, Plymouth PL4 7PG	Graham Eyles Phone: 07805403301 eyles19@hotmail.com
Plymouth Argyle Powerchair Football Club	Adults and Children	Saturdays	Plympton Academy, Moorland Road, Plympton PL7 2RS	Stewart Walbridge 01752 562561 Stewart.Walbridge@paafc.co.uk
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 lukechilds.pwfc@yahoo.com
Plymouth Warriors	Youth (8-16 years)	Thursdays 5-6pm Sundays 12-1pm	As above	As above
Hunter District Disability FC	Youth (7-16 years)	Fridays 7-8pm	Morley Meadow Primary School, 51 Encombe Street, Plymstock PL9 7GN	Ross Hart 07795 198899 inclusion.hdfc@gmail.com

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

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@paafc.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 5-14 (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](#)

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.

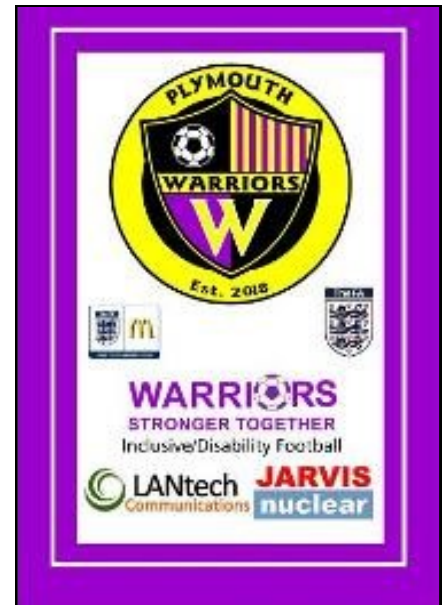
Get active, build confidence, make friends and learn football skills with our FA qualified coaches in a safe and comfortable environment. Even if you're struggling at your club level there is an opportunity for extra training sessions to grow yourselves while remaining in your league club.

Sessions are:

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

For more information contact Luke Childs on 07772336694 or email: 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

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/4psZRkCBzg>

Email: pemdcc@hotmail.com

Website: [PEM Disability Children's Club](https://www.facebook.com/groups/969961767890149)

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



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](https://www.thetreeprojectcic.org)

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@plymouthfusionwheelchairbasketball.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

Park Tennis Plymouth

Looking to play tennis? Plymouth City Council have 'Pay and Play' tennis courts at:

- Central Park.
- West Hoe Park
- Devonport Park
- Tothill Park
- Hartley Park



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](https://www.parktennisplymouth.gov.uk)

Email: parktennis@plymouth.gov.uk

Other places to play:

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



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

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'
- 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 21 July—Friday 29 August 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) £40.00 (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/

FREE SEND Activities at YMCA!

Enjoy a range of free, inclusive activities for children and young people with SEND, aged 0-16 years old. Sessions are led by trained, friendly staff in a safe and supportive environment, offering fun, sensory and creative experiences for all abilities.

SEN in the Den

Friday, 3:30-5:00pm | 0-7 years

Monitored soft play sessions for SEND children to explore and have fun in the Ocean City soft play area.

SEN-Spin

Sunday, 11:45am-12:30pm | 12+ years

A fun low-intensity instructor-led indoor cycle class for young people with SEND, focusing on building confidence and technique.

Born to Move

Wednesday, 4:00-4:45pm | 5-12 years

Helping SEND children discover the joy and energy of moving to music with fun instructor-led exercises.

SEN-Bounce

Saturday, 4:30-5:30pm | 5-16 years

Supervised bouncy castle sessions for SEND children to play across 3 inflatables.

Senergy

Thursday, 10:00-4:45pm | 11-16 years

Supervised gym sessions for young people with SEND, helping them to grow in confidence and improve their physical fitness.

SEN-Step

Thursday, 5:00-6:00pm | 5-16 years

Sensory walk experience within Ham Woods and led by a walk-leader for SEND children and their guardians (Parent/Guardian participation is mandatory).

SENsational Sports!

Wednesday, 4:00-4:45pm | 8-14 years

Fun and inclusive multi-sport sessions for SEND children to enjoy the benefits of participating in sports.

To learn more about the sessions,
email: info@ymcaplymouth.org.uk or call 01752 201918.

Book at:

<https://www.ymcaplymouth.org.uk/activities/send/>



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 £3.00 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 Wednesday, 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 12 years including a Growing Together class for those with additional needs.

- First steps: 4-18 months
- Gathering confidence: 18 months – 2.5 years
- Developing independence: 2.5 – 3.5 years
- Building skills: 3.5 – 4.5 years
- Entering GB squads: 4.5 – 6 years (Bronze)
- Flying high: 6 – 12 years (Silver)
- Home their skills: 6 – 12 years (Gold)
- Growing together: additional needs class
- Recapture the fun: adult classes

See: [Gym Bubba Classes](#)

Website: www.gymbubbas.co.uk

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

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



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

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.cyclepssp.co.uk/>

Call us on 01752 515385.



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 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 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

www.mount-batten-centre.com

www.facebook.com/MountBattenWatersports

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

NSPCC—Together for Childhood Plymouth

Are you the parent or carer of a child age 0-18?

Together for Childhood wants to hear from you!

As a parent or carer, you play an important role in keeping children in Plymouth safe. This short survey is your opportunity to share your thoughts about protecting children from harm and should take about 5-minutes to complete.

Start the survey at:

<https://forms.office.com/e/YhzT3dZ2V2>



NSPCC

Are you a parent or carer of a child aged 0 to 18?

Together for Childhood wants to hear from you!

We're running a quick, 5-minute, anonymous survey.

What you tell us can really make a difference in keeping our community safer for children.

Ready to help?
Scan the QR code for more details and to start the survey now.

Your voice can help us create real, meaningful change.
Together, we can build a safer, stronger future for every child.

TOGETHER FOR CHILDHOOD

Scan Here

QR code

Illustration of children holding hands



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 is undertaking a study to find out how we can best support the oral health of 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

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>

Help make a difference by sharing your feedback on the services you use

Share your experiences today at
[healthwatchplymouth.co.uk/services/](https://www.healthwatchplymouth.co.uk/services/)

healthwatch
Plymouth

Dentists		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



IS YOUR CHILD ENTITLED TO FREE SCHOOL MEALS?

Healthy Start



Check if you're eligible at
healthystart.nhs.uk



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



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

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

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

**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 Whitleigh Green, Whitleigh, 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



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



Locations:
Nomany Children's Centre, Cattedown
Monday between 10-11.30am
Four Greens Wellbeing Hub, Whitleigh
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
for further information or to self-refer.

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See website: [Perinatal Peer Support Group](https://www.livewell-perinatalpeersupport.nhs.uk/)

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

Telephone: 01752 431607

Dads and Partners Perinatal Peer Support Group

We provide dedicated perinatal mental health peer support for dads and partners of babies from birth to 18 months.

- Thursday, 10:30am-12:00pm
Nomany Nursery, 27 St. John's Road, Plymouth PL4 0PA

For more information and to sign up, email: livewell.perinatalpeersupport@nhs.net



We provide dedicated perinatal mental health peer support for dads and partners of babies from birth to 18 months.



Thursdays 10:30-12:00
Nomany Nursery, 27 St John's Road, Plymouth, PL4 0PA

Email
livewell.perinatalpeersupport@nhs.net
for more information and to sign up



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 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/>



Twins and Multiple Births Group

Every 2nd and 4th Wednesday of month,
10:00-11:30am

Rees Centre Family and Wellbeing Hub,
Mudge Way, Plympton PL7 1LE

Barnardos Plymouth host a twins and multiple births group twice a month.

Free of charge.

No need to book.





Baby Bank

Southway Youth & Community Centre

We are setting up a baby bank to help and support parents.

And we need you're support
We are looking for good quality donation's.

- Vest
- Baby Grows
- Cardigans
- Hats
- Mittens
- Booties
- Baby Towels
- Baby Slings
- Toiletries
- Baby Clothing 0 -18mnts
- 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

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

SOUTHWAY COMMUNITY GROUP PLYMOUTH YOUNG PARENTS SUPPORT GROUP



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_BabyPantrycg@outlook.com

SOUTHWAY COMMUNITY GROUP PLYMOUTH YOUNG PARENTS SUPPORT GROUP

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



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

HOME START South & West Devon PLYMOUTH YOUNG PARENTS SUPPORT GROUP

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](#)



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



**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 offering 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

Visit the Dangerous Dad's website at:
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).

PEEP—Dads & Male Carers

Fridays, 1:00-2:30pm,

Soft play 1:00-1:30pm and peer group 1:30-2:30pm

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

Peep is a fun and friendly group for parents, carers or grandparents with children 2-5 years old. We share songs, stories, ideas and activities that support your child's development through play and everyday life.

To find out more about a Peep group, see [Peep Padlet](#)



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.

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](#)

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](#)



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.



Wavy Navy Tots Thursday, 9:30-11:00am Royal Navy Community Centre, Crownhill, Plymouth PL6 5BX

A stay and play session for all Royal Navy, Royal Marines and RFA families with little ones under 5 in the Plymouth area.

For more information contact:

Email: Mark.Jones@aggies.org.uk

Mobile: 07977 641896

Facebook: [Aggies Plymouth](https://www.facebook.com/AggiesPlymouth)



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 (4-16 year old children if in receipt of certain disability allowances:

[Wraparound Childcare](#)

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

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



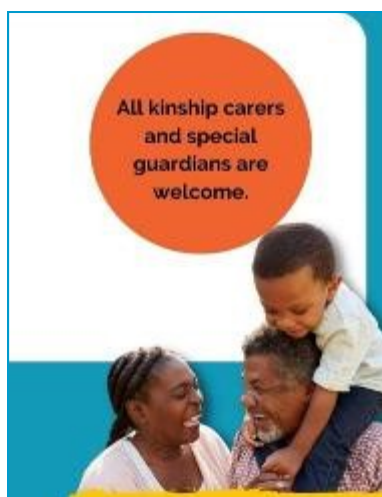
Kinship Carers Group

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



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/>



Kinship's 2025 Annual Survey

Kinship's annual survey is now open and they would like to hear your voice on your experiences of being a kinship carer and the challenges that kinship families face.

Closing date: Tuesday 5 August 2025.

Share your views at: [Kinships Annual Survey](#)



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

Step By Step

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

Step by
step



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

[Book Sessions](#)



**FRIENDS &
FAMILIES**

Empowering families with
disabled children

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 Neurodivergent 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

Email: SparkleTwinnie@gmail.com



*Please note the Famallama server appears to be temporarily closed. Follow Facebook for updates.

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

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

Website: www.keenuk.org

Mobile: 07729 286992



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Follow us! @loveinclusion    
info@keenuk.org | www.keenuk.org
07729 286992



Jam Up App

Jam Up is a free digital platform to support SEND families with daily tasks and life skills. It assists autistic children aged 5-14 in completing everyday tasks (like getting dressed and cleaning teeth) using digital play.

Available for both Android and Apple phones, it has been developed with the support of Devon SEND families.

Find out more at: <https://www.jamup.io/>



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 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

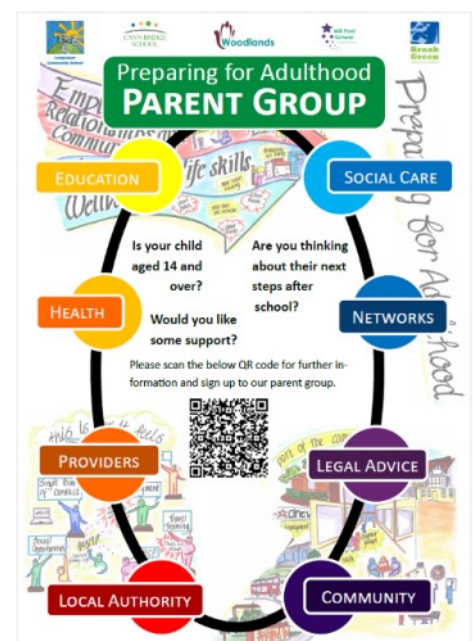
In partnership with other agencies, including Education, Social Care and Health providers; the parent group runs regularly to provide opportunities for networking, information, advice and support for parents and young people.

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



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 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.

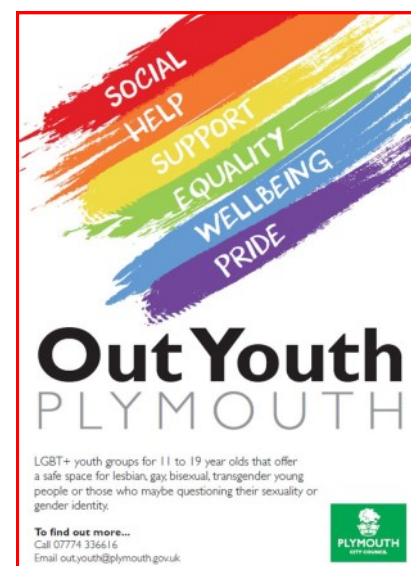


Out Youth Plymouth

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





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

 Text a school nurse for confidential advice and support.



HEALTH FOR TEENS

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



07480 635189

Health for Kids: www.healthforkids.co.uk
 Health for Teens: www.healthforteens.co.uk



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



**0-5 years
Parents Service**
07480 635188



**5-19 years
Parents Service**
07480 635189



**11-19 years
Young People's Service**
07480 635198



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

or search for Kooth on a search engine

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

YOUNG DEVON

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

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

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

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

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

CONTACT:

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

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org



Key websites

POD www.plymouthonlinedirectory.com (includes SEND local offer)

Young Devon www.youngdevon.org/coronavirus-resource-hub-covid19-wellbeing-toolkit

Kooth www.kooth.com/index.php

Progeny* www.thezoneplymouth.co.uk/our-projects/mental-health-and-emotional-wellbeing/progeny

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

Plymouth Domestic Abuse Service (PDAS)

Plymouth Domestic Abuse Service offer a wide range of services for individuals and families in the Plymouth area who have been victims of domestic abuse.

Services include:

- Confidential advice and support
- One-to-one and group support sessions
- Safe accommodation.

To find out more visit website: [Plymouth Domestic Abuse Service](#) .

Tel: 0800 458 2558



Refuge4Pets

If you are trying to leave an abusive relationship but have nowhere for your animals to go, Refuge 4 Pets can help.

Refuge 4 Pets provide an Animal Fostering Service across Devon and Cornwall to victim-survivors of domestic abuse.

Find out more at: [Refuge4Pets](#)

Referrals can be taken 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

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



The infographic is titled 'YOUNG ADULT CARERS SERVICE' and features several key points in speech bubble-like shapes. It includes photos of diverse young people. The text details the service's frequency (Every 2nd Monday and every 4th Thursday of the month, 5:30 - 8:30pm), the types of support offered (statutory assessment, one-to-one support, signposting, and free monthly activities), and contact information (Nicolle on 07305043634). It also mentions 'MAKING CARERS COUNT' and 'Improving Lives Plymouth'.

YOUNG ADULT CARERS SERVICE

WHAT WE OFFER

- A statutory Plymouth City Council carers assessment
- One to one support - individualised and tailored to the individual.
- Two drop ins a month.
- Every 2nd Monday and every 4th Thursday of the month.
- 5:30 - 8:30pm
- A signposting service to relevant support including mental health, benefit advice, housing, education and employment.
- Free monthly activities

FOR MORE INFO CALL/TEXT NICOLLE ON ... 07305043634

MAKING CARERS COUNT
Improving Lives Plymouth

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

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

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



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

