

Activities & Events for SEND

For Your Interest

July 2020

Schools Out... for Summer!

With some restrictions now being relaxed, some venues are re-opening and offering activities over the summer holidays.

The activities listed here are for families in the Plymouth area, including activities for those with additional needs. Some activities are also **FREE!**

Please check with providers to ensure activities are running.



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please contact:
suzanne.davey@plymouth.gov.uk



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

ACER Survey

Birmingham University—Autism Centre for Education and Research (ACER) are conducting a survey about the experiences of families who have autistic children in education during the period of lockdown due to the 2020 COVID-19 pandemic.

We are looking for responses from parents or caregivers who have an autistic child or young person (aged 25 or under) who currently attends a school or is in further/ higher education in the United Kingdom. Your child may have continued attending nursery, school or college during the coronavirus lockdown or you may have supported their education from home. The questionnaire will take approximately 20 mins to complete.

[Take the Survey](#)

Connect with us on Facebook

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



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Coronavirus Notice

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

See the [latest information about coronavirus \(COVID-19\)](#).

PIAS Support to Parents

You can still call PIAS for information, advice and support. We are still providing our usual service by telephone, email, through our website and Facebook pages.

Unfortunately we have also suspended delivery of our Parenting Programmes, but are still taking applications for future courses online.

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

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

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

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

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

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



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.

Understanding Your Baby

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

Understanding Your Child (0-19 yrs)

Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.



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

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

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



Welcome to Our Place

The place to unearth all your potential as a parent or carer
it, learn, understand. Fascinating online courses for everyone who wants to be an
even better mum, dad, grandparent or carer.
From bump to 18 years, lifetime access, one off payment, prices start from £19.

Look at courses →

Start now: Buy courses

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Access Code:
TAMAR

Go to www.inourplace.co.uk

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

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

SolihullApproach

@SolihullApproach (NB: 1 'p')

Summer Mix-Up 2020



Follow the Plymouth Youth Service Facebook page for more information about Summer Mix-Up 2020 coming soon!

See: <https://www.facebook.com/PlymouthYouthService/>



Summer Creative Art & Photography Club for Children aged 8-14 Years

Time: Mon 27 Jul—Wed 26 Aug 2020, 9am-4.30pm

Cost: £20 for one day, £35 for two and just £50 for 3 days, book at [Eventbrite](#).

THREE day summer holiday workshop covering a range of art and photography each day in and out of the studios with no two days being the same!



Summer Online Photography Club for Children aged 8-14 Years

Time: Mon 3 Aug—Fri 28 Aug 2020, 9.30am-10.30pm

Cost: £25 for the full 4 weeks of challenges and themes. Only one payment per household, book at [Eventbrite](#).

Do you know a keen young photographer in the making? This summer Community Photographic Studios are running an online photography program for children of all ages. Challenges will run Monday to Friday for 4 weeks. A new challenge will be posted each morning on the private Facebook group, with images to view, hints, tips, worksheets and ideas to try so children can go and get creative with their photography.

SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL



A range of outdoor and adventure activities for disabled children and young people throughout the summer holidays including orienteering, den building & campfires.



SHORT BREAKS

10:30am - 3:30pm

Please visit
www.bookwhen.com/shortbreaks
for more information and available dates.



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

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

Routeways will then discuss with families what they can offer and if it is felt that they cannot meet a young 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.

To book visit:

www.bookwhen.com/shortbreaks



ARGYLE TRUST
COMMUNITY

SHORT BREAKS



**Football and multi-sport activities for
children aged 7 - 15 with a disability and EHCP**

**Every Monday & Tuesday in August
10am - 1pm**

**Manadon Sports & Community Hub
£10 per session**

**For more information contact Ben Kerswell
ben.kerswell@pafc.co.uk**

In partnership with



www.argylecommunitytrust.co.uk

LEARN. PLAY. SUCCEED.

Book at: <https://argylecommunitytrust.co.uk/soccer-roadshows/at-manadon/>

Beckly Centre

RADFORD RASCALS

Tuesday's 9:30am-12:30pm

Children aged 5 years to 8 years with additional needs are welcome to join us at the Beckly centre on Tuesday mornings throughout the summer. These sessions will support children to build positive relationships whilst having fun.



The Radford Rascals are back! Summer sessions will take place on Tuesday mornings at the Beckly Centre from 9.30am—12:30pm.

This project is part of Plymouth City Council's support services for disabled children. Access to the project is managed through Plymouth City Council Social Care.

Book your place by calling the office on **01752 484433** or email: beckly@routeways.org.uk

Beckly Sessions

Sessions will run 10:30am—3:30pm every Monday, Wednesday, Friday and Saturday starting Monday 27th July and finishing on Saturday 29th August 2020.

The Beckly Centre
Mayers Way
Plymstock
PL9 9DF

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

Devonport Park Activity Centre



Joint Growing Together 16-24 yrs
Youth Club 14 plus yrs
SEND
activity and friendship groups
Wednesdays 4-5pm
Online via Zoom
Book via: www.bookwhen.com/routeways



Growing Together 16-24 SEND Activities Group Online

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

Time: Wednesday's (4pm-5pm) & Movie Nights on Thursday's (7pm-9pm)

Cost: Free

Youth Offer—Youth Club 14-24 Years

A friendly social group for young people with additional needs providing the opportunity to get involved in practicing life skills such as first aid and cooking, art and other activities and trips out. Sessions alternate between Becky's and Devonport Park Activity Centre, for ages 14+.

Time: Thursday's (7pm-9pm)

Cost: £3.00

Book online at: www.bookwhen.com/routeways

Adventure Breaks

This is a specialist support service offering weekend and holiday activities for disabled children.

This project is part of Plymouth City Council's support services for disabled children. Access to the project is managed through Plymouth City Council Social Care.

Children and young people using this service participate in a range of activities including: Moor walking, rock scrambling, canoeing, gorge walking, orienteering, all kinds of sports and a range of indoor activities.

Time: Thursday's, Friday's & Saturday's (10:30am-3:30pm)

For more information contact Routeways on 01752 300700
or email: devonportpark@routeways.org.uk

Plymouth Libraries



The Summer Reading Challenge is back for 2020....but with a difference!

Aimed at ages 4-11yrs, children are encouraged to read six (or more) books of their choice during the summer holidays.

The theme this summer is Silly Squad, a team of friendly animals who spread fun, happiness and silliness! The characters are designed by award winning author and illustrator Laura Ellen Andersen.

Signing up

This year children can sign up for the Summer Reading Challenge online! The online platform will help children to set their own reading challenge, keep track of the books they are reading, reviews and even unlock rewards as they progress. There are also lots of online and downloadable activities and games to enjoy along the way too!

So this year, instead of registering at your local library, you should register online.

[Join the Summer Reading Challenge](#)

Reading books from Plymouth Libraries

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

We have put together a collection of silly titles that will help you complete this year's Summer Reading Challenge.

[Download eBooks and eAudiobooks](#)





Findalots Library Challenge

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

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

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

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

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

Plymouth libraries are now accepting NEW Findalots members from home!

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

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





The National Trust have started opening their properties and you'll need to **pre-book tickets online or by calling 0344 249 1895** by 3pm the day before your visit. Members can book for free, while non-members will need to pay when booking. Tickets will be released for sale every Friday.

Saltram

Plympton, Plymouth, PL7 1UH

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

More Information: Admin Office 01752 333500
saltram@nationaltrust.org.uk

Buckland Abbey

Yelverton, PL20 6EY

The cider house, main abbey gardens and estate walks are open from 10am-4.30pm. For the latest information and to book see: [Buckland Abbey](#)

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

Antony

Torpoint, PL11 2QA

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

More Information: Admin Office 01752 812191
antony@nationaltrust.org.uk



Cotehele

St Dominick near Saltash, PL12 6TA

Cotehele garden and quay is open daily from 10am-5pm. Cotehele House and Cotehele Mill remain closed for the time being. The Piggery Kiosk by the house is open daily from 10am-3pm for takeaway hot and cold drinks and light snacks. Card payment only. For the latest information and to book, see: [Cotehele](#)



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

Lydford Gorge

Lydford, EX20 4BH

Lydford Gorge's circular walking trail to the spectacular 30 metre Whitelady Waterfall is open daily from 10am-4.30pm. For the latest information and to book see: [Lydford Gorge](#)

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



National
Trust

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

Plan Your Visit

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

Open daily 10am-5pm

Last entry 4pm

The Aquarium have put in place a number of safety measures to protect their visitors and staff:

- Hourly time slots to limit capacity
- Huge reduction in daily tickets available to limit visitor numbers
- Installing more washing area and hand sanitiser stations
- Increasing the cleaning of exhibit areas and toilets, installing markers in front of exhibits to help people to socially distance
- Making the Aquarium route a one-way experience

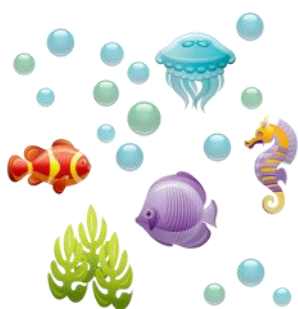
All Aquarium entry requires an advance online booking. Online bookings are available up to 1-hour before the entry time.

Please remember:

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



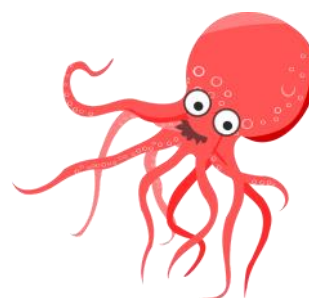
A Standard Day ticket comes with a Complimentary Annual pass which allows one-year re-entry
Book your tickets to visit in July and August.



Book Tickets

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

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



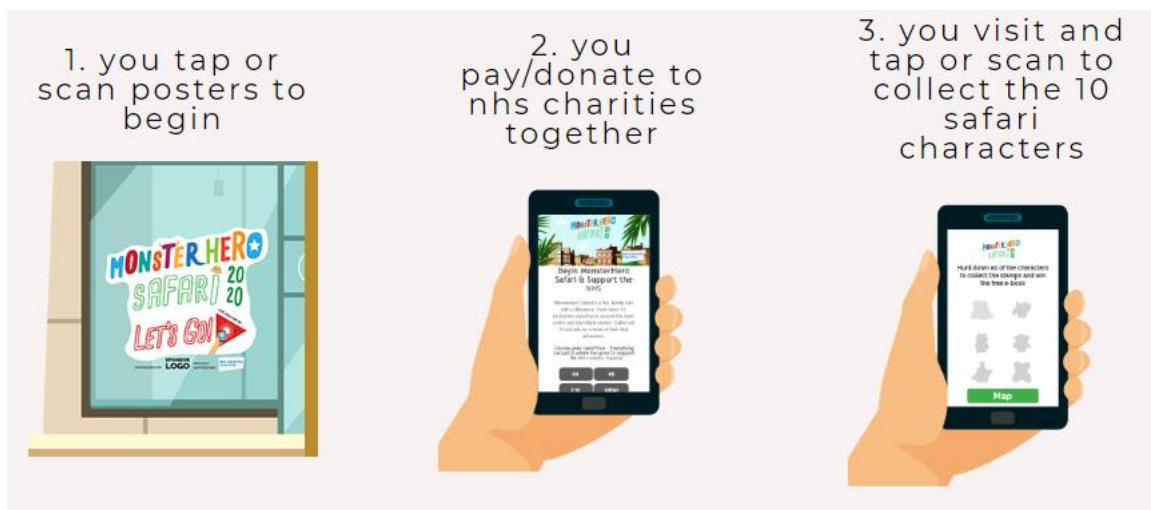


Monster Hero Safari Family Trail 2020

A family fun 'Safari', a high street story-trail, is coming to Plymouth city centre to help spread joy, support the NHS and give families a safe reason to return to the high street.

Launching on Saturday 18 July until 30 September, families and households in Plymouth will be invited to search the streets for 10 cute and colourful MonsterHeroes. Using only smartphones, the Safari allows you to learn each of the MonsterHeroes' name, story, and superpowers. Once all 10 MonsterHeroes are found, a free e-book that tells the story of their first team-up will be unlocked.

The Safari works by utilising contactless NFC technology and QR codes. Players don't need to download or sign up to anything, they simply need to tap or scan to play. There is a nominal cost of £2 per family to play, with donations going to NHS Charities Together.



<https://monsterherosafari.com/>

There are lots of exciting things to discover...

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

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

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



Burrator Reservoir

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

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

South West Lakes Trust

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

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

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



www.swlakestrust.org.uk

Registered charity: 1079966

Project kindly supported by:



Welcome to Burrator Reservoir

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



www.swlakestrust.org.uk

Come and explore Burrator Reservoir and the surrounding area

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



Fishing at Burrator
Fly fishing from the bank for stocked Rainbow and Blue Trout and 'catch and release' for Brown Trout. Permits can be purchased from our self-service fishing permit kiosk. A Whiskeyboat is also available.



Circular Reservoir Walk
Enjoy lovely views as you follow the path around the edge of the reservoir. Ideal for families. For other walks pick up leaflets from the Discovery Centre. What is the water level like today?



Burrator Discovery Centre
Find out more about Burrator's rich history at the Discovery Centre, which includes displays, spoken history and an interactive screen.




Old Railway Line
In 1823 the Plymouth and Dartmoor Railway was a horse drawn line. In 1883 it was upgraded to a standard gauge railway to enable the use of steam locomotives. Can you work out where the platform would have been?



Burrator Quarry
A site of Special Scientific Interest (SSSI) showing the contact between Dartmoor Granite and Devonian Country Rock (slates).



Lowey Barn
Explore the ruins of Lowey Barn and the surrounding farmsteads. How old is the barn? See if you can find the date stone.



Leathertor Farm
Visit the ruins of Leathertor Farm, last occupied in 1824. Imagine what life was like for farmers living here. Can you find the potato cave nearby?



Burrator Arboretum and Nature Reserve
The park was restored in 2014 to create an easy access footpath to give everyone the opportunity to escape the road and enjoy a truly sensory experience. How many different birds can you see and hear?



Longstone Manor
Stroll over to the Manor. Imagine what life was like when the Manor was in use. Can you find the threshing platform nearby?



Burrator and Sheepstor Dams
Explore the differences - 80,000 tonnes of granite with concrete, compared to a sloping earth dam with a waterproof clay core.

- Information**
- Stile
 - Bus stop
 - Building
 - Rocks
 - Road
 - Formal car parks
 - Informal car parks
 - Reservoir walk (Please keep your dogs on a lead)
 - Path
 - Cycle path
 - Leat
 - Stream
 - Disused railway
 - Fishing permit kiosk



0.5 km
0.5 mile

- Thank you for respecting this beautiful place and following the reservoir regulations and the countryside code.
- No fire or BBQs
 - No camping
 - No swimming
 - No boats
 - Dogs must be kept out of the water at all times
 - Please close gates
 - Please keep your dogs on a lead at all times whilst on the reservoir walk and between 1 March and 31 July when crossing open access land due to lambing and bird nesting season
 - Do not leave litter or dog poo bags
 - No removal of trees or plants
 - Fishing permit and EA licences required
 - Keep well clear of angler casting

Stiltskin at the Soapbox Children's Theatre

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



Troublesome Tikes

Wed 15 Jul—Sun 2 Aug, various dates / times

Price: £11 / £12, for under 12's and families

The troublesome tikes are not very good at listening or doing what they are told. So what happens when their troublesome ways go out of control? A new fun show from Stiltskin Theatre Company.



Spellbound Children's Goblin & Fairy Festival

Sat 5 & Sun 6 Sep 2020, 11am-4.30pm

Price: £12 per Child / Adult (under 1's free)

Fairies and Goblins get your wings at the ready for this year's enchanting festival. Storytelling performances, theatre, arts and crafts, forest school, live music, ceilidh barn dance, circus skills, face painting, walk-about characters, soft play, fairy and goblin parade and much, much more.

Workshops & Clubs

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

For more information see:

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



Workshops

Do you want a career in Performing Arts or to become more confident and improve your well-being?


Barbican Theatre Performance Training classes offer training in dance and theatre for ages 12-25 year olds. The fun and lively classes help young people develop technical skills in dance or theatre whilst making new friends, building confidence and improving health and well-being.

During COVID-19 and temporary closure of the Barbican Theatre Performance Training Classes will not be running until further notice.

In order to ensure our young people are still able to engage with activities and their Practitioners we have launched [B-Hive](#)

B-Hive

This is an online resource featuring videos of tutorials, challenges and activities suitable for all involved with Performance Training classes (as well as others).

 [Click Here to visit the B-Hive](#)

Follow the Barbican Theatre Facebook page:

<https://www.facebook.com/BarbicanTheatrePlymouth/>

Visit the Barbican Theatre website:

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

Argyle Community Trust

Argyle Community Trust is delighted to announce the launch of our Summer Roadshows for 2020 and are running a number of holiday football roadshows across Devon and Cornwall. Courses are open to boys and girls of all abilities aged 5-15 years.

Spaces are limited at this time and we have a new, improved web booking system.

For more information click the links below to view or book roadshows:

- [Plymouth Roadshows](#)
- [Manadon Roadshows](#)
- [East Cornwall Roadshows](#)
- [West Cornwall Roadshows](#)
- [Mid Cornwall Roadshows](#)
- [North Devon & Cornwall Roadshows](#)



Spaces are still available for our July offerings, including courses for Strikers, Development Training, Girls sessions, weekend Turn Up and Play and Ability Counts.

For more information click the links below to view or book courses:

- [Plymouth Courses](#)
- [Mid Cornwall Courses](#)
- [East Cornwall Courses](#)
- [West Cornwall Courses](#)

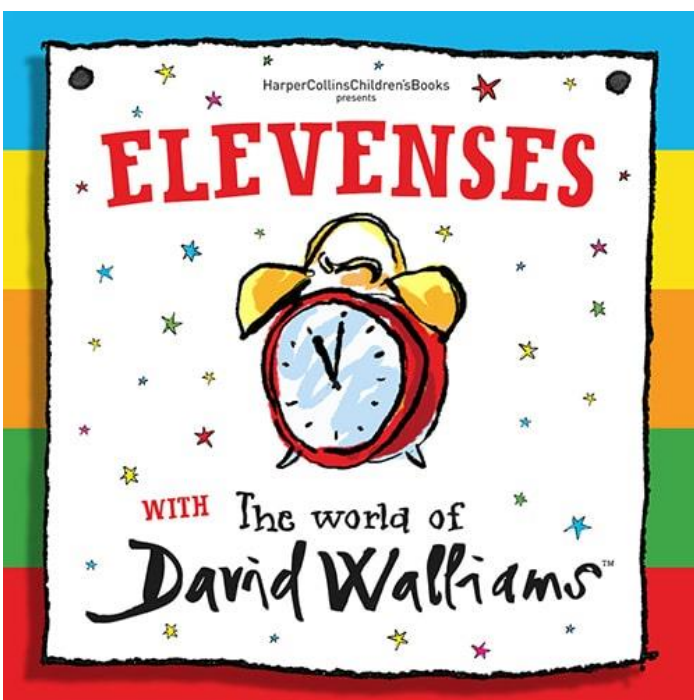
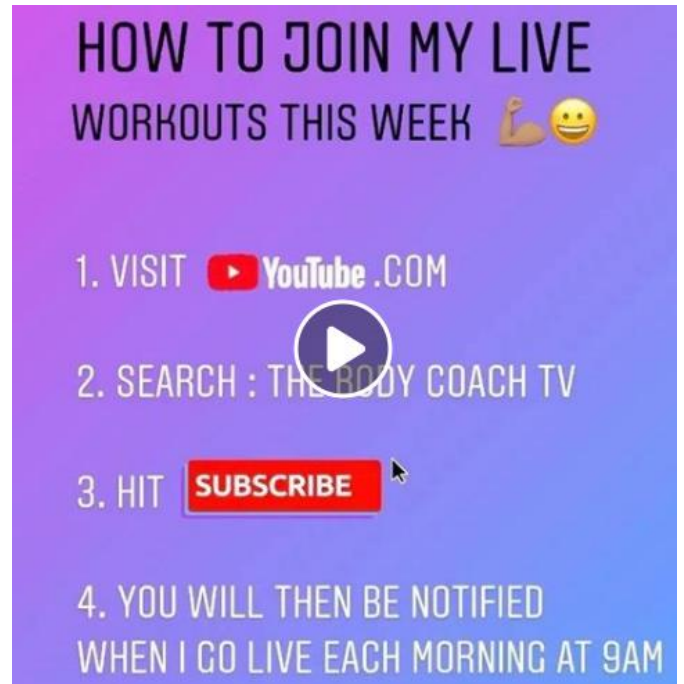


All bookings and payments must be made online.

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

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

Activities Online



BBC Newsround is committed to educating and informing children by helping them understand Coronavirus and what's going on across the world.

Bulletin times will be: 9.15am, 12.10pm & 4pm.

Inclusive Activities

13th April 2020

★ All
 ● Blind / Visual Impairment
 ● Deaf / Hard of Hearing
 ● Learning Disability
 ● Autistic Spectrum Disorder
 ● Wheelchair User
 ● PMLD
 ● Ambulant Physical Impairment

Online Activities

- CP Sport - Health & Wellbeing Resources ●●●●●
- 140 Fun Things to Do Indoors ★
- Cosmic Kids Yoga ●●●●
- Achilles Kids Daily Exercise Challenge ●●●●●
- Special Olympics School of Strength ●●●●●

Live Streams

Open Access:

- Weekdays 9am: Cray Wanderers - Fun Family Fitness ●●●

Coming Soon! Express your interest now:

- Thurs 7pm (Standing) & 8pm (Seated): Functional Adaptive Movement - strength & conditioning interactive class ★
- Timing TBC: Adaptive Martial Arts ●●●

Challenge of the Week

Name Workout Challenge ★

Can you complete the workout based on your name? For an extra challenge do your first and last name!

View the details on Access Sport's social media.

@AccessSport #StayActiveWithAccess #StayInWorkOut

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



Funded By:



Access Sport are pulling together inclusive activities and resources to keep everyone active at home.

Visit the Access Sport website:

www.accesssport.org.uk/Pages/Category/inclusive-activities

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

Find them on Facebook:

www.facebook.com/AccessSport/



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

BBC Bitesize Daily lessons

Bitesize have lots of resources on their website to support children's learning including [Bitesize Daily](#).

Check out the Daily Lessons for all ages and just choose the relevant year group.

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





FLINT AND STEEL FOREST SCHOOL HOLIDAY CLUBS

Monday to Friday
09:00-16:00
5-13 years

Monday to Friday @ Poole Farm, Leigham, Plymouth
Wednesdays @ Pigshill Wood near Mount Edgcumbe
Starting 23rd July 2020



Tickets from
£15-30 per day
10% friends and
sibling discount &
block booking
discount



Booking is essential as
spaces are limited

flintandsteelforestschool.co.uk/holidays-club/
Flintandsteelforestschool@gmail.com/ 07527617299

Website: <http://flintandsteelforestschool.co.uk/>
Facebook: <https://www.facebook.com/flintandsteelforestschool/>

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.



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

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

What topics will you cover?

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

[Join Course](#)

University of
Kent



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

<https://hoop.co.uk>

Dartmoor Zoological Park re-opened on Wednesday 8 July after 3 months of closure!

They have put a lot of measures in place to make sure visitors have a fun and safe day out.

These include:

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

Tickets must be purchased online prior to visiting and can be purchased here:

<https://bit.ly/DZSTickets>



For Open Air Cinema Events:

Enjoy access to the Zoo free of charge from 3pm, just show your ticket to a member of the team at the gate and explore until the film starts at 7.30pm.

Open Air Cinema:

The Lion King (2019 remake)

Fri 31 Aug 2020, 3pm-9.30pm (last entry 7.15pm)

Cost: £15.10 (includes booking fee), under 4s go free.

[Buy Tickets](#)

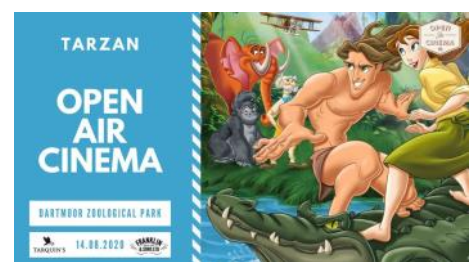


Open Air Cinema: Tarzan (1999)

Fri 14 Aug 2020, 3pm-9pm (last entry 7.15pm)

Cost: £15.10 (includes booking fee), under 4s go free.

[Buy Tickets](#)



Open Air Cinema: Aladdin (2019)

Fri 21 Aug 2020, 3pm-9.30pm (last entry 7.15pm)

Cost: £15.10 (includes booking fee), under 4s go free.

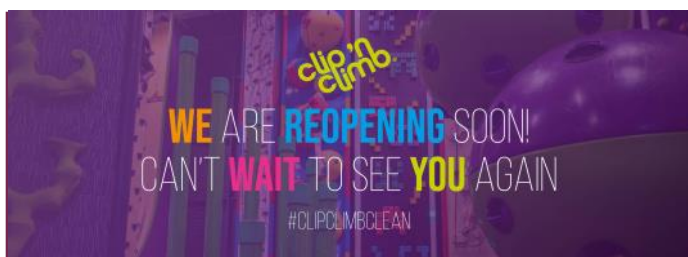
[Buy Tickets](#)



For more information see:

Website at: <https://www.dartmoorzoo.org.uk/>

Facebook at: <https://www.facebook.com/DartmoorZoologicalPark/>



Clip 'n Climb Plymouth will be re-opening on Monday 27 July 2020

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

In order to ensure the safety and wellbeing of our climbers and staff, we will be implementing safety measures in line with the latest Government guidance.

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

gym bubbas

Classes restarting Monday 27 July 2020, keep checking website and Facebook for more info.

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

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

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

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

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

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



Summer Sessions

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

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

The Mountbatten Activities Centre is also working on a possible school holidays activities plan. See website for [COVID-19 Updates](#).

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



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

Concessionary Fares for Disabled Travellers

Bus Pass

If you have a disability, you may be eligible for a bus pass allowing for free travel on most local bus services in England between 9.30am and 11pm weekdays and all day at weekend and on public holidays.

See [Plymouth City Council Bus Pass](#)



Disabled Persons Railcard

Those with disabilities may also be eligible to purchase a Disabled Persons Railcard. This will enable you (and another adult travelling with you) to get 1/3 off adult rail fares travelling on any National Rail network in Great Britain.

See: [Disabled Persons Railcard](#)



Journey Assistance Cards

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



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

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

[Apply for Journey Assistance Card](#)

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



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

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

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



Are you on the Autism Spectrum?

Do you know someone who is?

The Devon Autism Alert Card was introduced to support people on the Autistic Spectrum. The card tells the emergency services or others that they may need to change their approach or behaviours in a way to support the card holder because they are Autistic.

The [Autism Alert Card](#) is available for anyone who feels they are on the Autistic Spectrum.

There is no requirement to have an official diagnosis.

To obtain a card, please contact us on **07592131597** and leave a message or email us on admin@devonlink-up.org

When you receive your card, please fill in the details on the reverse of the card.

We understand that sometimes cards get lost and there is no charge for a replacement.



Derriford Autism Service

Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.*

The service is for patients and staff and allows those with Autism inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.

The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.

Contacts: Kate Bamforth
Autism Spectrum Lead Nurse

Tel: 01752 4(32920)

Email:

plh-tr.derrifordautismservice@nhs.net

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

Hidden Disabilities Sunflower Lanyard

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

How to get a sunflower lanyard for people with hidden disabilities

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

Alternatively you can also purchase at:

[The Hidden Disabilities Store](#)



Sensory Shop

First Saturday of Month, 9am-10am
Drake Circus, 1 Charles Street,
Plymouth PL1 1EA

On the first Saturday of every month between 9am and 10am, Drake Circus are offering a sensory shopping hour in partnership with Dementia Friends and the National Autistic Society.

Each store will be turning off their music and dimming their lights to create a low sensory shopping experience for all customers.



Avoid the Three C's

Be aware of different levels of risk in different settings.



World Health
Organization

Representative Office
for the Philippines

There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



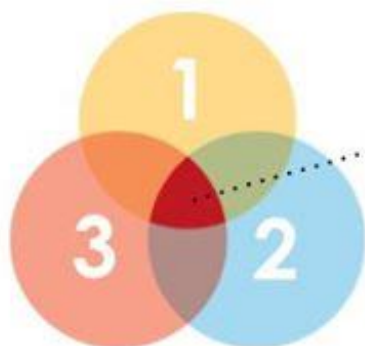
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C's.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Always wear a mask when you go outside your home

If you are unwell, stay home unless to seek urgent medical care.

Do you *Know the Symptoms* of coronavirus?

COVID-19

- ✓ Fever
- ✓ Dry Cough
- ✓ Fatigue
- ✓ Shortness of Breath



Flu

- ✓ Fever
- ✓ Dry Cough
- ✓ Runny Nose
- ✓ Headache
- ✓ Sore Throat
- ✓ Muscle and Joint Pain



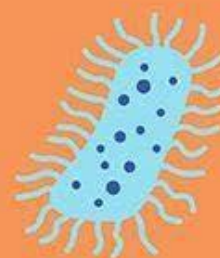
Cold

- ✓ Cough
- ✓ Sore Throat
- ✓ Aches and Pains
- ✓ Runny or Stuffy Nose
- ✓ Watery Eyes
- ✓ Sneezing



Allergies

- ✓ Sneezing
- ✓ Coughing
- ✓ Itchy Eyes
- ✓ Runny or Stuffy Nose



RIVERSIDE riversideonline.com

NHS information about how coronavirus is spread and how to avoid catching or spreading germs:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Guidance on social distancing and protecting older people and vulnerable people:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Stay at home guidance for people with confirmed or possible infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Read about the UK Government response:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>



First Steps Goes National!

At BBS we are helping children with sight loss get active with a free sport and fitness pack delivered straight to their door. Our First Steps pack helps children to build confidence, develop skills and, most importantly, have fun.

If your child is aged 3 to 11 with a visual impairment and wants to become active for life, then it's time for them to start their journey with Jangles!

Sign up now to our First Steps project and receive:

- Audible Ball (aka Jangles)
- Exciting Activity Booklet
- Progress Stickers
- Progress Poster
- 1-1 support from our First Steps Officer

For more information, please visit: bit.ly/BBSFirstSteps

Email: firststeps@britishblindsport.org.uk

Call: 01926 424247

Charity number: 1168093 Company Limited by Guarantee Number 10009918

To register, visit:
<https://bit.ly/BBSFirstSteps>



Kerissa Nelson, PhD researcher from the University of Plymouth is looking for help from participant in the South West of the UK on a research project studying the psycho-emotional impact of dyslexia.

The goal of this research is to create knowledge and promote understanding of the psycho-emotional experiences of students with dyslexia (SWD) in mainstream classrooms and to offer an opportunity to teachers to consider SWD's perspectives in informing their teaching practices.

If you fall into any of the categories below and would like to participate in this study kindly contact me.

The categories are:

- South West students with dyslexia from mainstream secondary school 16 years and over
- South West teachers of secondary school students with dyslexia
- South West university students with dyslexia

For more details and to participate please see the website to apply:

<https://studyingwithdyslexiablog.co.uk/blog/psychoemotionaleffectofdyslexia>

EMOTIONAL WELLBEING AND MENTAL HEALTH

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



CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



KOOTH

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

www.kooth.com/index.php

or search for Kooth on a search engine

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

YOUNG DEVON

FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE

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

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

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

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

CONTACT:

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

Email: wellbeingenquiries@youngdevon.org

Website: www.youngdevon.org



Key websites

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

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

Kooth www.kooth.com/index.php

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

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

Head Space

ANNOUNCEMENT
TUESDAY 24TH MARCH 2020

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

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

**OUR SERVICE WILL STILL RUN
6PM-10PM 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-10pm: 07890 257614

Text: 07890 257614

Facebook: facebook.com/HeadSpacePlymouth

Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY
Thank you

Find us on   #YourHeadSpace



Colebrook
Inspiring people, supporting communities

Here to help

Action for Children

Have a question about parenting?

Action for Children is offering free online parenting support for families with children aged 0-19. You can ask us 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 at this challenging time.

Head to parents.actionforchildren.org.uk to read our advice and useful resources, or talk directly to a parenting coach via our confidential 1-1 live chat.

Whatever you need, Action for Children are here to listen and support you.

Registered charity nos. 1097940/SC038092. Company no. 4764232. © Action for Children 2020. 1438.

Find useful resources from Action for Children at:

<https://parents.actionforchildren.org.uk/>

Activities and Events for SEND is produced by:

Plymouth Information, Advice and Support for SEND

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

Telephone: 01752 258933

Freephone: 0800 953 1131

www.plymouthias.org.uk



www.facebook.com/plymouthias

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suzanne.davey@plymouth.gov.uk



Scan for website

