

Activities & Events for SEND

For Your Interest

March 2021

Schools Out... for Easter Holidays!

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 also **FREE!**



Note: Events may be cancelled at short notice. Please check activities with providers for latest availability.

VOLUNTEER



PIAS Volunteering

PIAS would like to invite you to volunteer in our work in supporting parents, carers, children and young people. Full training will be given.

For more details please click on the link and register your interest:

www.surveymonkey.co.uk/r/PIAS-volunteers-March21

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

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



PIAS Support to Parents

In line with Government guidelines, our office is currently still closed and our staff are working from home.

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.

Parenting Programmes

Due to coronavirus, we are now delivering virtual Parenting Programmes until further notice. We are still accepting applications for future courses online at:

www.plymouthias.org.uk/parenting-programmes

For Enquiries

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



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

FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understanding Your Baby

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

Understanding Your Child (0-19 yrs)

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

Understanding Your Teenagers' Brain (short course)

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



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

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

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



Welcome to Our Place

The place to unearth all your potential as a parent or carer
... 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 →

Apply code →

Already have an account? Sign in →



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')

SHORT BREAKS

Holiday activities for disabled children...



PLYMOUTH
CITY COUNCIL



SHORT BREAKS

TUESDAY 6TH APRIL - CANOEING

THURSDAY 8TH APRIL - FIRE LIGHTING AND COOKING

TUESDAY 13TH APRIL - WATER ACTIVITIES

THURSDAY 15TH APRIL - SPORTS DAY

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

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

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

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



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.

The quickest and easiest way to apply is online just click the link below to find out if you qualify and start your application today.

www.plymouth.gov.uk/freeschoolmeals

OUT WITH THE BAGS IN WITH THE BINS

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

You old green garden waste
bags will not be collected.



Garden waste collections start in April, are you registered? Garden waste will no longer be collected in green bags. Delivery of the garden waste bins is now £15, register online at:

www.plymouth.gov.uk/gardenwaste

Route out of Lockdown

W/C 8th of March -

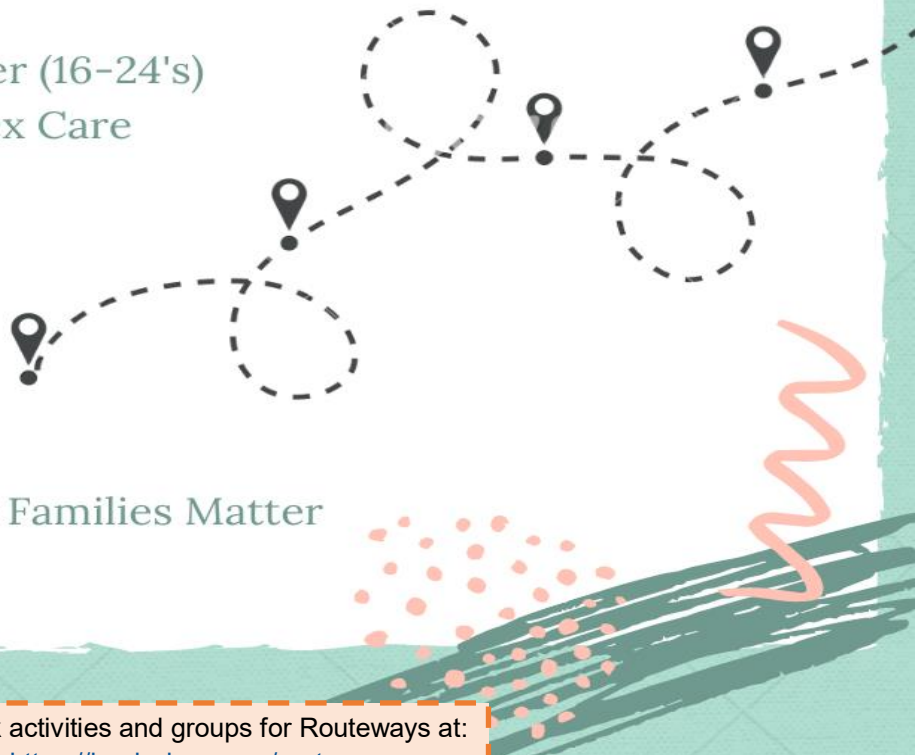
- Growing Together (16-24's)
- Over 18's Complex Care

W/C 12th of April -

- Youth Club
- Rooted

Summer Relaunch -

- Children's Minds Families Matter
- Little Seeds



Book activities and groups for Routeways at:
<https://bookwhen.com/routeways>



YOUNG CARERS

Plymouth HYPE is needing your help to reach out to young carers (13+) within the Plymouth area.

We want to know how lockdown has been for you and to help us to learn how to support you as lockdown eases.

Please encourage your young carers to complete the short survey and if you would like to discuss this any further or know anymore please do not hesitate to get in touch with us, we would love to hear from you.

Here is the link to the completed survey:

<https://www.surveymonkey.co.uk/r/Q99RK33>



Routeways Centre has been allocated funding through the COVID Winter Grant Scheme to support vulnerable families with children and other vulnerable households who are most in need with the cost of food, energy (heating, cooking, lighting), water bills (including sewerage) and other essentials.

If you, or a vulnerable household you are aware of, are experiencing financial hardship and would like support then please contact Routeways for further information:

Ali on 01752 856725 aroberts@routeways.org.uk
or

Mark on 01752 856705
mcollings@routeways.org.uk

The COVID Winter Grant Scheme provided by the Department for Work and Pensions (DWP) and Plymouth City Council

Creative Curiosities SW Chat and Create



Every Monday
Via Zoom 6pm

Creative Curiosities SW Easter Holiday

Small Group Creativity Experiences
CreativeCuriositiesSW
@The Plot, Union Street, Plymouth

Booking Now Open
£20 per session
4 spaces/2 members of staff

Suggested age 10-14 years

- Wednesday 7th April 10-1 or 2-5
- Sunday 11th April 10-1 or 2-5
- Wednesday 14th April 10-1 or 2-5

Suggested age 15 years plus

- Sunday 18th April 10-1 or 2-5
- Welcoming, friendly experienced curators including teacher with SEND specialism.



Queries: hello@creativecuriosities.org.uk

Telephone: 07764737620

Booking:

<https://bit.ly/CreativeCuriositiesSW>

Wednesday 7th April Banish Your Boggart!

Identify and vanquish your fear- wand and cloak making, collage creation, potion making, exploration walk looking for resources.



Sunday 11th April Style your Superpower

Identifying and creating your self esteem superhero . make your costume and mask, explore and share your superpower through art, film or music.

Wednesday 14th April Juice Up Your Joy

Thinking about what makes you joyous, exploration walk looking for materials to create a joyous expression of you.



Sunday 18th April

Metal Music and Instrument Making

Exploration walk looking for recyclable metal items and on street music making . songwriting, instrument creation



Easter Experience Booking Now Open

Saturday 3rd April
10- 4

Suggested age 15 years plus.

£25 pp

Transport Available.

- Moorland Exploration.
- Natural drumming and crafting workshop.
- Cook Out.
- Mindfulness

Pick Up Points

- St Austell
 - Plymouth
 - Tavistock
-
- Welcoming, experienced curators including ALA qualified moorland leader, music coach and teacher with SEND specialism.

Creative Curiosities Sw



Queries:

hello@creativecuriosities.org.uk

Booking:

<https://bit.ly/CreativeCuriositiesSW>

Creative Curiosities South West

www.creativecuriosities.org.uk

Queries: hello@creativecuriosities.org.uk

Telephone: 07764 737620

Bookings for activities:

<https://bit.ly/CreativeCuriositiesSW>

SEND & Celebration Part 2

Virtual Conference
19th - 23rd April
2021
Daytime sessions



Monday
19th
include

PIAS

ASD @
Derriford

EHCP

Keyworker

Tuesday
20th
include

Parent
participation

Universal
Credit

Annual
Reviews

Non
Agressive
resistance

Wednesday
21st
include

Grad
Approach

Meeting
support

Home
Education

Send
Support

Thursday
22nd
include

DLA

Inclusion
Charter

Transforming
Futures

Short breaks

Friday
23rd
include

PIP

Send
Access

Dyslexia

Round table
catch up

All sessions will be recorded and loaded to our You Tube channel



with Plymouth Parent Carers Voice

In order to attend you must register as a member with PPCV, sign up today!



Sign up to Plymouth Parent Carer Voice at:

www.plymouthpcv.co.uk/home/join-plymouth-parent-carer-voice

Plymouth Parent Carer Voice



NEW Sensory Library

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

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

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

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

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

Visit the Plymouth Parent Carer Voice website at:

www.plymouthpcv.co.uk

Activities Online



HomeTime for children aged 5 and under

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

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



Free fun activities!

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

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

Devonport Park Activity Centre

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

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



Keep up-to-date with Devonport Part Activity Centre activities and book online at:

www.bookwhen.com/routeways



@AccessSport #StayActiveWithAccess #StayInWorkOut

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



Funded By:



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

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

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

Find them on Facebook:

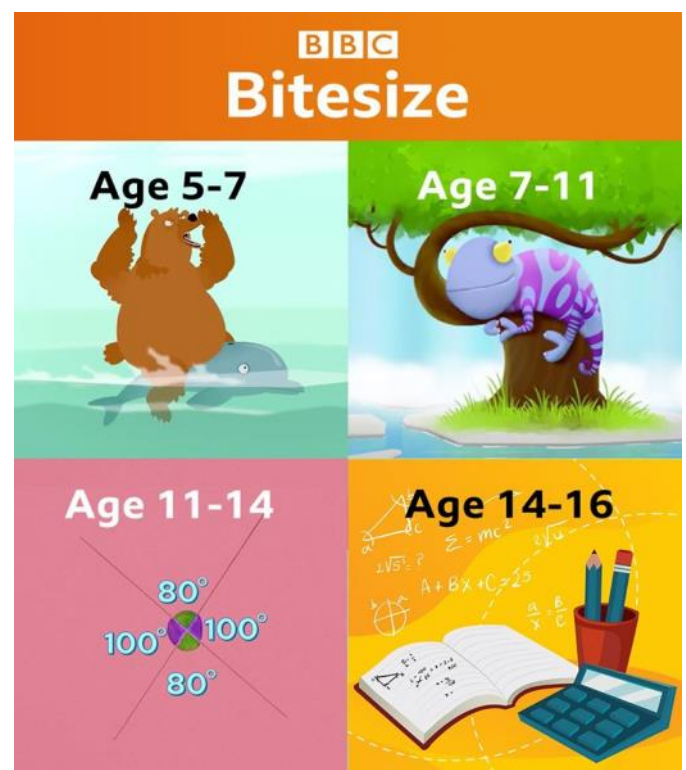
www.facebook.com/AccessSport/

Are you learning or teaching from home or looking for a way for your kids to catch up?

Bitesize is still here to help!

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

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



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

Plymouth Libraries & The Box

Plymouth Libraries are open for browsing, borrowing and pre-bookable PC use. Find out opening days and times of each library and information on safety measures when visiting from our website: [Coronavirus \(COVID-19\) Information about Libraries](#)

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

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



Sign up for a free Library Card

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

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

With your Library Card Number and PIN you can:

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



The Box

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

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

The Box is due to re-open on Tuesday 18 May 2021.

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

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





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>

Activities & Events



To open safely, the National Trust are limiting visitor numbers. To avoid disappointment, please **pre-book tickets online or by calling 0344 249 1895** especially at weekends and school holidays. Members can book for free, while non-members will need to pay when booking. Tickets will be released for sale every Friday for the following week. Booking will close at 3pm the day before your visit.

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

Saltram

Plympton, Plymouth, PL7 1UH

The Saltram estate is open 10am-5pm 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. House and shop are closed. Card payment only. For the latest information and to book see: [Saltram](#)

Easter Egg Hunts at Saltram

**Date: From Monday 29 March—Sunday 18 April 2021, 10am-3.30pm (whilst stocks last),
Price: £3 per trail, (normal admission charges apply)**

Join us at Saltram this Easter for a spring adventure out and around the gardens. Collect your trail packs from the welcome centre on arrival and use the activity sheet to record your adventure (pencil included). Don't forget to pick up your chocolate egg or allergen free reward when you finish!

Saltram Pillars Walk

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

Saltram Boundary Walk

This walk follows parkland and woodland, providing views of the estuary and Blaxton saltmarsh.

More Information: Admin Office 01752 333500

saltram@nationaltrust.org.uk



Plymbridge Woods

Plympton PL7 4SR



The Plym Valley consists of varied habitats from riverside meadows, ancient woodland and the wilderness of Dartmoor. Car parks at Plymbridge, Cadover Bridge and Shaugh Prior provide good starting points to explore the area on foot or bike. Booking not required.

Plymbridge Wood Family Cycle Trail

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

Woodland Wander Walking Trail

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

Bricks, Boulders & Bronze Walk at Dewerstone Walking Trail

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

More Information: Admin Office 01752 341377

plymbridgewoods@nationaltrust.org.uk

Buckland Abbey

Yelverton, PL20 6EY

Buckland Abbey estate and gardens are open daily for walks from 10am-5pm. Restaurant is open for takeaway service from 10am-4pm. Abbey (ground and middle floors), Great Barn and shop are closed. For the latest information and to book see: [Buckland Abbey](#)

Easter Egg Hunts at Buckland Abbey

Date: From Monday 29 March—Sunday 18 April 2021 (whilst stocks last),

Price: £3 per trail, (normal admission charges apply)

Hop along to Buckland Abbey this Easter and hunt around the garden for the giant eggs. Each spot has a different Spring challenge for you to complete. Once you've the trail, you can pick up your special chocolate egg or an alternative prize. Trail is pushchair friendly.

Abbey Walks

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

More Information: Admin Office 01822 853607

bucklandabbey@nationaltrust.org.uk

Antony

Torpoint, PL11 2QA

In line with government guidance, Antony garden will reopen for the season on Thursday 1 April 2021. Please check the [opening times calendar](#) as this venue is not open every day. You will need to book your visit in advance. For more information see: [Antony](#)

Easter Egg Hunts at Antony

Date: Thursday 1—Thursday 8 April 2021 excluding Easter Saturday (whilst stocks last), 12noon-5pm (last entry at 3.30pm)

Price: £3 per trail, (normal admission charges apply)

Discover your local family-friendly trail at Antony with fun activities to do along the way. Find the ten trail stops around the garden on your quest to claim your chocolate reward. Use your imagination, take on some physical challenges and connect with nature to get to the finish line. Complete the trail and earn your chocolate reward or allergen free prize at the end.

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

Lydford Gorge

Lydford, EX20 4BH

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall is open daily from 10am-5pm. The Waterfall tea room is open for takeaway from 10.30am-4.30pm. To ensure the safety of visitors, the full Lydford Gorge walking trail, Devi's Cauldron walking trail, shop and Devil's Cauldron tea-room are currently still closed. Please book your visit online in advance by 3pm the day before you wish to visit. For the latest information see: [Lydford Gorge](#)

Easter Egg Hunts at Lydford Gorge

Date: From Thursday 1—Sunday 18 April 2021, 10am-4.30pm (last entry at 3.30pm)

Price: £3 per trail, (normal admission charges apply)

Join us for an Easter adventure in nature at Lydford Gorge. Discover our family-friendly trail with fun activities for you to do along the way. Complete the trail and earn your chocolate reward at the end.

Lydford Gorge Waterfall Trail

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

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



Cotehele

St Dominick near Saltash, PL12 6TA

Cotehele garden, quay and estate are open daily from 10am-5pm to access walks. 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. If you are visiting the gardens and orchard, you will need to pre-book on Friday's, Saturday's and Sundays. Booking is not required if you are only visiting the quay or wider estate. For the latest information and to book, see: [Cotehele](#)



Easter Adventures at Cotehele

Date: Thursday 1—Sunday 18 April 2021 (whilst stocks last), 10am-5pm (last entry at 4pm)

Price: £3.00 per adventure pack, (normal admission charges apply)

Join us for an Easter adventure in nature at Cotehele. Discover our family-friendly trail with fun activities to do along the way. Complete the trail and earn your chocolate reward at the end (an alternative allergen free reward is available on request).

Go the Eggstra Mile

Date: Friday 2—Sunday 18 April 2021 (whilst stocks last), 11am-4pm

Starting from the quay, look out for trail boards as you follow the Morden stream and head towards Cotehele Mill. Those who successfully reach Cotehele Mill receive a certificate. The route is perfect for those who would like to walk a little further or have furry friends in tow.

Cotehele's Dog Walking

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

Cotehele Quay

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

More Information: Admin Office 01579 351346 press 0

cotehele@nationaltrust.org.uk



**National
Trust**

For more events and places to visit see

[The National Trust](#) website.

www.nationaltrust.org.uk



The National Marine Aquarium is currently still closed to the public but offering online activities.

Ocean Family Quiz Live

Friday 26 March 2021

Time: 6pm

Price: £0.99

Public: **Anyone on or off Facebook**

Introducing the ultimate Ocean themed Family Quiz night! Test your Ocean knowledge and join us LIVE from the National Marine Aquarium as we dive deep into a fun filled evening for the whole family.

Categories:

- Ocean wonders
- Ocean film
- Explore our shores
- Ocean music
- Think ocean

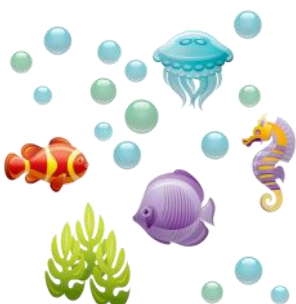


Invite your friends and family so they don't miss out and can join in the fun too!

Your 99p watch fee will go towards helping us look after our animals, so thank you for your kindness.

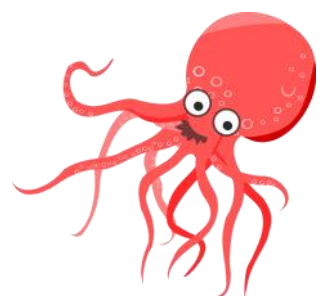
****If you can't watch live, if you've paid your 99p you'll be able to watch the video later****

[Book online](#)



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

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



Green Minds – making nature matter in Plymouth

'Green Minds is all about making nature matter in Plymouth and we want you to get involved! Check out our website greenmindsplymouth.com where you can find out about the latest events near you. Keep an eye on the [Nature Plymouth](#) and [Central Park](#) Facebook pages.

Plymouth Rewilding Network Spring Social **Wed 31 Mar 2021, 6pm-7pm**

This online spring social will be an opportunity for you to hear what we've been busy doing since our Rewilding Network workshop held in December 2020, as well as a way to meet others taking rewilding action across the city. Spaces are limited.

Book tickets at: [Eventbrite](#)

Take Action for Wildlife Webinar **Tue 6 Apr 2021, 6pm-7pm**

Join Devon Wildlife Trust's Nick Purdew (Green Minds Urban Ranger) and Jess Smallcombe (DBRC Community Ecologist) to see how you can become involved in observing and recording wildlife across Plymouth.

Keep an eye out for how you can sign up on our [events page](#).

Keep an eye on the Green Minds website for more events coming soon, including:

- Campaigns and education training.
- More Smart Citizens workshops to discover how to use technology and creativity to protect nature.
- 'Take Action for Wildlife' events and ecological advice from Devon Wildlife Trust.
- Practical conservation volunteering opportunities.



@natureplymouth
#greenmindsplymouth
greenmindsplymouth.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:



Building communities. Transforming lives.



FOR EXPORT
INNOVATION
EMPLOYMENT 2014



Responsible
Sustainable
Living



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.



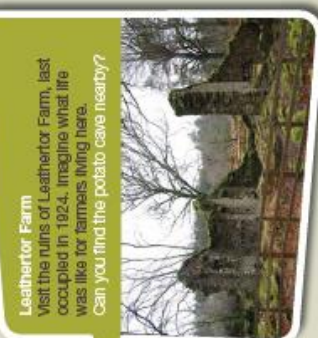
Old Railway Line
In 1823 the Plymouth and Dartmoor Railway was a horse drawn line. In 1883 it was upgraded to a standard gauge railway to enable the use of steam locomotives. Can you work out where the platform would have been?



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.



Leather Tor Farm
Visit the ruins of Leather Tor 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 miles

- 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 dog 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

What's On

The Gingerbread Man

After having to cut its Christmas run short in December we are thrilled to be welcoming The Gingerbread Man back to Plymouth this Spring!



Not only is our fuzzy friend back in action, live and socially distanced, from Sat 29 - Mon 31 May in The Drum, you can also welcome him and his friends into your home this Easter, with tickets to our digital stream!

And that's not even the best bit!

Your digital ticket comes with the freedom to watch the stream whenever and however many times you like between Fri 02 - Mon 05 Apr 2021.

- Tickets for the LIVE SHOW are on sale NOW to TRP members and from Friday 26th March to the General Public, from 10am—Book for the LIVE SHOW at: <https://theatreroyal.com/whats-on/the-gingerbread-man-s-d-2021/>
- Tickets for the DIGITAL STREAM are available NOW—Book for the LIVE STREAM at: <https://theatreroyal.com/whats-on/the-gingerbread-man-2/>



[See What's On](#)

To book 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.



Spellbound Fairy and Goblin Festival

Sat 22 May & Sun 23 May 2021, 11am-4pm

Price: Early Bird Tickets

£10 / £12 / Free for under 1yrs

(Fairy food/treats and salad bowls extra)

Fairies and Goblins get your wings at the ready for this year's enchanting Spellbound Fairy and Goblin Arts Festival. With storytelling performances, theatre, arts and crafts. Come dressed to impress in your best fairy and goblin outfits, adults and children alike! Most activities take place under cover, either in the theatre or one of the many tents dotted around the site. So, come rain or shine we'll make sure you have a brilliant time!

Workshops & Clubs

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

For more information see:

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



ReBels

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

Barbican Theatre talent development classes have returned for 12-25 year olds—only £60 for an entire year! There will be more opportunities and classes to join

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

ReBels Spring 2021 Programme

- [ReBels ages 12-15](#) (theatre and dance)
- [ReBels ages 15 - 25](#) (theatre and dance)
- [ReBels Music ages 15-25](#) (song writing, DJing, producing, recording, beat boxing, label management)
- [Masterclasses ages 15 - 25](#) (theatre, dance, tech, finance and more)
- [ReBels Techniques Workshops ages 15-25](#) (theatre and dance)

ReBels BHive

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

Follow the Barbican Theatre
Facebook page:

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

Visit the Barbican Theatre website:

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

Prizes and
medals
to be won
every day!!



EASTER HALF TERM 2021

Book our courses online

www.argylecommunitytrust.co.uk



Price Freeze!

plus extended times
9:30am - 3:30pm

Prices from £5 - £18

Registration opens at 9.00am

Extended Running time - 9:30 - 3:30

All courses for boys and girls of all abilities aged 5 - 15 years

*Except mini pilgrims

Additional activities are available

**LEARN.
PLAY.
SUCCEED.**

T 01752 562561 ext 4 www.argylecommunitytrust.co.uk

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

| Venues | Date | Cost | Theme | No. |
|--------------------------------|------------------|-------|--------------------------|-----|
| Manadon Sports & Community Hub | 2 April 2021 | £18 | Easter Special | P01 |
| Manadon Sports & Community Hub | 5 April 2021 | £18 | Easter Special | P02 |
| Manadon Sports & Community Hub | 6 & 7 April 2021 | £30 | Festival Football | P03 |
| Wembury Primary | 7 April 2021 | £16 | Multi-Sports Day | P04 |
| Manadon Sports & Community Hub | 8 April 2021 | £16 | Multi-Sports Day | P05 |
| Wembury Primary | 8 April 2021 | £16 | Argyle Football Roadshow | P06 |
| Manadon Sports & Community Hub | 9 April 2021 | £16 | Match Day Special | P07 |
| Manadon Sports & Community Hub | 9 April 2021 | £16 | Girls Only Roadshow | P08 |
| Plympton Academy | 9 April 2021 | £16 | Argyle Football Roadshow | P09 |
| Manadon Sports & Community Hub | 12 April 2021 | £16 | Striking & Goalkeeping | P10 |
| Manadon Sports & Community Hub | 13 April 2021 | £16 | Train Like a Pro Day | P11 |
| Manadon Sports & Community Hub | 14 April 2021 | £16 | Multi-Sports Day | P12 |
| Manadon Sports & Community Hub | 14 April 2021 | £6.50 | Mini Pilgrims | P13 |
| Newton Ferrers Primary | 14 April 2021 | £16 | Multi-Sports Day | P14 |
| Manadon Sports & Community Hub | 15 April 2021 | £16 | Argyle Football Roadshow | P15 |
| Newton Ferrers Primary | 15 April 2021 | £16 | Argyle Football Roadshow | P16 |
| Manadon Sports & Community Hub | 16 April 2021 | £16 | Argyle Football Roadshow | P17 |
| Manadon Sports & Community Hub | 16 April 2021 | £16 | Girls Only Roadshow | P18 |

Disability Soccer Roadshows

| Venues | Date | Cost | Theme | No. |
|--------------------------------|---------------|------|-------------------------|-----|
| Manadon Sports & Community Hub | 8 April 2021 | £16 | PAN Disability Roadshow | D01 |
| Manadon Sports & Community Hub | 12 April 2021 | £8 | Short Breaks | D02 |
| Manadon Sports & Community Hub | 13 April 2021 | £8 | Short Breaks | D03 |
| Manadon Sports & Community Hub | 15 April 2021 | £16 | PAN Disability Roadshow | D04 |

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

- **Short Breaks**—Football and Multi-Sport Activity Day for young people aged 7-15 with a disability and Educational Health and Care Plan (EHCP).
- **Disability Roadshow**—Fun filled football activity session for young people aged 7-15 with a disability.

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

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

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





JUNIOR ABILITY COUNTS

FOOTBALL FOR YOUNG PEOPLE WITH A DISABILITY

Play and train in an inclusive and fun environment for children aged 5-16 (during term time only). Open to all abilities.

🕒 Monday, 17:00-18:00

📍 Manadon Sport Hub, PL5 3FD

💷 £4 per session

FREE Taster session



ALICE.YOUNG@PAFC.CO.UK
01752 562 561 (4)

Junior Ability Counts resumes on Monday 29th March 202. Book online at:
<https://argylecommunitytrust.co.uk/our-regions/regional-course-bookings/plymouth-booking/>

ABILITY COUNTS



DISABILITY FOOTBALL

**EVERY WEDNESDAY
WOMEN'S & MEN'S TEAMS**

19:30-21:00

Sessions for those 16+ with a disability whether physical, learning or mental. Fun and friendly for all needs and abilities. No need to book just turn up, pay and play.

£3 PER SESSION

MANADON SPORTS HUB, PL5 3FD

ALICE.YOUNG@PAFC.CO.UK
01752 562561 (4)

Ability Counts Disability Football resumes on Wednesday 31st March 2021.
No need to book, just turn up, pay and play.

Park Tennis Plymouth

Looking to play tennis? Plymouth City Council tennis courts at Central Park and West Hoe are planned to be opening again on Monday 29 March 2021 in line with government guidance.



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

Devonport Park—Courts 1 & 3 only, open daily

Tothill Park—Courts open daily

West Hoe Park—Open daily

Harewood House, Plympton—Courts bookable via [Plympton Tennis Club](#).

For all Plymouth City Council courts:

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



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



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

Wheelchair Tennis

Location: South Devon Tennis Centre, Ivybridge, Devon, PL21 9ES

Day: Sunday

Time: 4 to 5.30pm, term time only

Cost: first session free, thereafter £5 per session

Contact: please contact Fiona Murphy to book on 07731 831255 or email: doublebounce2017@gmail.com

You DO NOT have to be a wheelchair user to play wheelchair tennis. The session is open to anyone with a permanent physical disability that makes running difficult. If you want to learn a new skill, get active and have fun wheelchair tennis could be for you. Please get in touch with Fiona to find out more.

Supported by  

TENNIS

Come and join a fun and sociable Inclusive Tennis session.

Walking and disability tennis played indoors, using smaller rackets and short courts.

Adaptive equipment is used for these two sessions so everyone can play, whatever their ABILITY.

Walking Tennis

For players who have Dementia, a long-term health condition or are a little bit older.

Disability Tennis

A fully inclusive session for all disABILITIES

Wheelchair Tennis

For players with a mobility impairment. You do not have to be a full-time wheelchair user to play

Please get in touch for more information

Fiona Murphy - Devon Disability Tennis Network Coordinator

Tel mob 0773 183 1255

Email doublebounce2017@gmail.com



To find out when the next sessions are running for Wheelchair Tennis or Double Bounce email provider at: doublebounce2017@gmail.com

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

[Email me when I can join](#)



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

<https://hoop.co.uk>

SHE can move

Inclusive dance training for adults who identify as female and who identify as Disabled, D/deaf, Neurodivergent. We also welcome all female adults who feel they would benefit from an accessible approach.

FREE

First block of 5 weeks
Wednesdays, 7th April to 5th May 2021
1:15 - 2:30pm | LIVE ON ZOOM
CONTACT farflungdt@gmail.com



Farflung inclusive dance training is for age 18+ but young people aged 16+ can also participate if they are supervised.

gym bubbas

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/

Website: www.gymbubbas.co.uk

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

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

ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

We offer

Art & Craft Days

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



Tuesdays & Thursdays

10am – 4pm



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

Booking essential

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

ART, CRAFT & LAUGHTER

Creating Healthy Minds

07880327022

Due to ongoing success

our

Mental Health & Wellbeing Art & Craft Group

is now open

Wednesdays & Fridays

10am – 4pm



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

Booking essential

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

Interactive Plymouth Trails App

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



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

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

[Find out more](#)

Explore the Nature Trail in Ham Woods

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

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



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



School Holiday Sessions for Secondary School ages (11-15)

We're excited to share our range of new half day adventures and courses available for those aged 11+.

| | Price | Session Dates |
|--|---|--|
| Kayak Half Day Adventure | £29.50 per person or £55 for two people from the same household or support bubble. | Wednesday 7th April, 0900 - 1200 Thursday 8th, 0900 - 1200 or 1300 - 1600 Friday 9th, 0900 - 1200 or 1300 - 1600 Monday 12th April, 0900 - 1200 Tuesday 13th April, 0900 - 1200 |
| Stand-Up Paddleboarding Half Day Adventure | £29.50 per person or £55 for two people from the same household or support bubble. | Monday 5th April, 0900 - 1200 or 1300 - 1600 Tuesday 6th, 0900 - 1200 or 1300 - 1600 Wednesday 7th, 1300 - 1600 Wednesday 14th, 0900 - 1200 Thursday 15th, 0900 - 1200 Friday 16th, 0900 - 1200 |
| Royal Yachting Association Stage 1 and 2 course | £559.95 per pair | Monday 5th until Friday 9th April 2021 (5 day course) |

For more information and to book see:

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

School Holiday Sessions for 8 to 12 year olds

Unfortunately during the Easter school holidays (2021) we are unable to run our usual 8+ activities. We are working on plans for May Half Term and Summer school holidays.

For further updates see: [School Holiday Sessions for 8 to 12 year olds](#)

**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

Fit and Fed

Join us this Easter School Holidays for some fun on the water!

As partners of Plymouth City Council's Fit and Fed programme we're able to offer a range of FREE watersports sessions over the Easter school holidays for pupils aged 11+ who are in receipt of free school meals.

w/c 6th April - two different session times, with a start time of 0900 or 1300 (each session is three hours):

Tuesday 6th April: SUP 0900 - 1200 or SUP 1300 - 1600
Wednesday 7th April: Kayak 0900 - 1200 or SUP 1300 - 1600
Thursday 8th April: Kayak 0900 - 1200 or Kayak 1300 - 1600
Friday 9th April: Kayak 0900 - 1200 or Kayak 1300 - 1600



w/c 12th April - two different groups running each with a start time of 0900 (each session is three hours).

Please note there are no afternoon sessions during this week:



Monday 12th April: Kayak 0900 - 1200 (group 1) or Kayak 0900 - 1200 (group 2)
Tuesday 13th April: Kayak 0900 - 1200 (group 1) or Kayak 0900 - 1200 (group 2)
Wednesday 14th April: SUP 0900 - 1200 (group 1) or Kayak 0900 - 1200 (group 2)
Thursday 15th April: SUP 0900 - 1200 (group 1) or SUP 0900 - 1200 (group 2)
Friday 16th April: SUP 0900 - 1200 (group 1) or SUP 0900 - 1200 (group 2)

Try something new this Easter school holidays - we promise you'll have a SUPer time!
Our Fit and Fed Easter School Holiday sessions can now be booked directly with us via
www.mount-batten-centre.com/fit-and-fed-2021/



For further details to book a free place visit:
<https://www.mount-batten-centre.com/fit-and-fed-2021/>

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



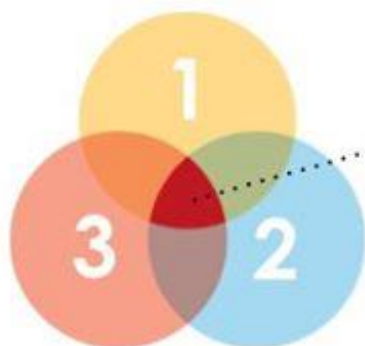
Close-contact settings

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



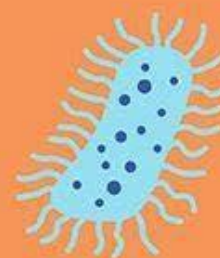
Cold

- ✓ 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>

COVID-19 ABSENCE

A quick guide for parents / carers



| WHAT TO DO IF... | ACTION NEEDED | BACK TO SCHOOL... |
|---|--|--|
| ...my child has COVID 19 (coronavirus) symptoms* | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Child should get a test ■ Whole household self-isolates while waiting for test result ■ Inform school immediately about test results | ...when child's test comes back negative |
| ...my child tests positive for COVID-19 (coronavirus) | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) ■ Inform school immediately about test results ■ Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days | ...when child feels better, and has been without a fever for at least 48 hours They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone. |
| ...somebody in my household has COVID-19 (coronavirus) symptoms* | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Household member with symptoms should get a test ■ Whole household self-isolates while waiting for test result ■ Inform school immediately about test results | ...when household member test is negative, and child does not have COVID-19 symptoms* |
| ...somebody in my household has tested positive for COVID-19 (coronavirus) | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - even if someone tests negative during those 14 days | ...when child has completed 14 days of self-isolation, even if they test negative during the 14 days |

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at www.nhs.uk/conditions/coronavirus-covid-19/symptoms/

Find out the symptoms of coronavirus in children and what to do if your child has symptoms
See NHS Guide: [Cononavirus in Children](#)

| WHAT TO DO IF... | ACTION NEEDED | BACK TO SCHOOL... |
|--|---|---|
| ...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus) | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days ■ Rest of household does not need to self-isolate, unless they are a 'close contact' too | ...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days |
| ...we / my child has travelled and has to self-isolate as part of a period of quarantine | <ul style="list-style-type: none"> ■ Do not take unauthorised leave in term time ■ Consider quarantine requirements and FCO advice when booking travel ■ Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Whole household self-isolates for 14 days – even if they test negative during those 14 days | ...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days |
| ...we have received advice from a medical / official source that my child must resume shielding | <ul style="list-style-type: none"> ■ Child shouldn't attend school ■ Contact school as advised by attendance officer / pastoral team ■ Child should shield until you are informed that restrictions are lifted and shielding is paused again | ...when school / other agencies inform you that restrictions have been lifted and your child can return to school again |
|I am not sure who should get a test for COVID -19 (coronavirus) | <ul style="list-style-type: none"> ■ Only people with symptoms* need to get a test ■ People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive | ...when conditions above, as matching your situation, are met |

For further information visit:
www.plymouth.gov.uk/covid-19





Kerissa Nelson, PhD researcher from the University of Plymouth is looking for help from participants 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>



PenCRU & Family Faculty

making childhood disability research
more relevant, useful and accessible

Juliet Hall, a researcher at Plymouth University is currently looking for parents (mums/dads/carers/couples) of autistic children for her PhD research.

She has 2 autistic children and really wants to share parents' stories of their experiences parenting a child or children with autism. It will involve one face-to-face interview which is likely to last around 1½ hours, somewhere convenient for you, or by Zoom. You will also be invited to send me any images or photographs which help to show your experiences.

If you are interested please get in touch with Juliet Hall at: juliet.hall@plymouth.ac.uk for more information.

Interreg 
2 Seas Mers Zeeën
PATH
European Regional Development Fund

PATH 
PERINATAL MENTAL HEALTH

Are you an **expectant parent** or did you
become a **mum or dad** last year?

We would like to invite you to take part in an online survey
about your mental health and wellbeing around the time
of the birth of your child.

For more information and to take part in this study,
please scan the QR code or use the url-link below.

CONTACT:

Arti Makwana arti.makwana@nhs.net
Reuben Fakoya reuben.fakoya@nhs.net

<http://bit.ly/2JuCEQT>



Project partners:



21/08/2020, v2.0



Staying Healthy
Illness
Feelings
Getting Help

A fun and interactive resource for learning about health



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

07480 635189

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

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



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.

**IN THE ESTATE OF
ALBERT CASANOVA BALLARD Deceased
REG CHARTITY NO: 201759**

The Trustees invite applications from parents/Guardians of BOYS who will be in Years 7-11 in September 2021, living in Plymouth and attending Plymouth Schools. Grants are to help provide school uniform, equipment and books.



Please write a written request for an Application Form to the address below by **Monday 12th April 2021** together with a self-addressed LARGE envelope with a LARGE letter stamp.

**Chair of A. C. Ballard (Deceased) Trust
c/o Mail Boxes Suite 200
91 Mayflower Street
Plymouth
PL1 2SB**

Requests for applications after the deadline cannot be considered.

For any further information please contact The Ballard Trust at the address above.

Healthy Start



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



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

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

www.healthystart.nhs.uk



8 week supportive Zoom group for Mums of children with additional needs (Devon & Cornwall)

Date: From Wednesday 21 April 2021, 12.30pm-2.30pm

Price: Free—Duration 2 hours

Public: Anyone on or off Facebook

Booking essential—priority if on benefits. Please contact us via our Facebook page at: <https://www.facebook.com/events/418125539398898/> or email jo@mums4achange.org

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

Funded by the People's Heath Trust with money from the National Lottery South West.

My Time Parent/Carer Support Sessions

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

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

Price: FREE, Online event

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

Tel: 01752 204369

Email: nicky@friendsandfamilies.org.uk

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



New Parent, New Baby Group



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


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


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




Baby Bookstart

Come along for
rhymes, stories
and activities



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

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




If you would like to attend any of these groups:

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


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

 **PLYMOUTH
YOUNG
PARENTS
SUPPORT GROUP**

Toddler Time



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

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

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



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/>



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](#)



GET SET TO SHINE

12-week Employability Programme



START DATE Tuesday 6th April 2021

DAYS Tuesday & Thursday

TIME 10.00 - 15.00

VENUE Home Park, PL2 3DQ

**SIGN UP
NOW**


Lunch &
refreshments
provided

Open to all
aged 18+

Meet new people and gain additional qualifications.

This tailored programme provides you with a personal mentor who helps you progress in training and employment. An opportunity to improve health, wellbeing and confidence.

 01752 562561 ext 4

 Emma.Potter@paafc.co.uk

Access to a computer &
Internet is required



Department
for Work &
Pensions



European Union
European
Social Fund

PETROC™

Head Space

ANNOUNCEMENT 1ST AUGUST 2020
EXTENDED HOURS
6pm - MIDNIGHT

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

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

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

Please book an appointment via one of the below:

Call between 6pm-midnight: 07890 257614

Text: 07890 257614

Facebook: facebook.com/HeadSpacePlymouth

Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY

Thank you

Find us on   #YourHeadSpace



Colebrook
inspiring people, supporting communities



(Derriford Autism Partnership)

ARE LOOKING FOR NEW **MEMBERS**

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

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

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

For further information you can contact:

Kate Bamforth

Autism Lead Nurse

TEL: 01752 432134

EMAIL: plh-tr.derrifordautismservice@nhs.net

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

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 for each school 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

www.plymouthias.org.uk



www.facebook.com/plymouthias

If you would like to be added to our mailing list to receive notification when the next issue is published, please email:

suzanne.davey@plymouth.gov.uk



SCAN ME

