



# Activities & Events for SEND

For Your Interest

## October 2020

### Schools Out... for Half-Term!

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:** Activities may be cancelled at short notice, due to COVID-19 guidance. Please check with providers.



## 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](mailto:suzanne.davey@plymouth.gov.uk)



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**Participants Needed**  
**Would you like to take part in an online survey aimed at exploring food experiences in young adults?**

Are you between the ages of 18-24?  
Do you live in Plymouth?

Has Covid-19 impacted your food choice or intake?

We are exploring food experiences in young adults in light of COVID-19.

### Young People Food Experience Survey

Plymouth University are exploring the prevalence and experiences of food insecurity in young adults, in light of COVID-19. For more information email in confidence:

[food4thought.sw@gmail.com](mailto:food4thought.sw@gmail.com)

[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.



[www.plymouthias.org.uk](http://www.plymouthias.org.uk)  
Email: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)



# PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



## Coronavirus Notice

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

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

## PIAS Support to Parents

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

Due to coronavirus, we are now delivering virtual Parenting Programmes until further notice. We are still accepting applications for future courses online at: [www.plymouthias.org.uk/parenting-programmes](http://www.plymouthias.org.uk/parenting-programmes)

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

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

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Alternatively you can email us at: [pias@plymouth.gov.uk](mailto:pias@plymouth.gov.uk)

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

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



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

[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
(+44) 0121 296 4448

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) [www.inourplace.co.uk](http://www.inourplace.co.uk)

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](http://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](http://www.inourplace.co.uk)  
and sign in!

For technical support contact  
[solihull.approach@heartofengland.nhs.uk](mailto: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 27TH OCT (OFFSITE)

THURSDAY 29TH OCT (ONSITE)

Activity TBC. Limited spaces available via [www.bookwhen.com/routeways](http://www.bookwhen.com/routeways).  
Call Lucy on 01752 856702 for more details.

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

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

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

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

To book visit:

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



# SHORT BREAKS



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

**Monday 26th and Tuesday 27th  
10am - 1pm**

**Manadon Sports & Community Hub  
£8 per session**

**For more information contact Ben Kerswell  
[ben.kerswell@pafc.co.uk](mailto:ben.kerswell@pafc.co.uk)**

In partnership with



[www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

**LEARN. PLAY. SUCCEED.**

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

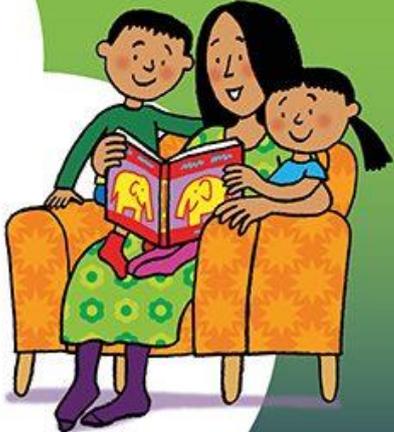
## Activities Online



**BookTrust  
HomeTime**

**Helping you  
enjoy storytime  
from home**

**#BookTrustHomeTime**



### 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/>



The world of  
**David Walliams**

### 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.



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](http://www.bookwhen.com/routeways)

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

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



@AccessSport #StayActiveWithAccess #StayInWorkout

For a full list of opportunities, go to [www.accesssport.org.uk/inclusive-activities](http://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](http://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/](http://www.facebook.com/AccessSport/)



Are you learning or teaching from home this week?

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

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

**BBC Bitesize**

|                      |                      |
|----------------------|----------------------|
| <b>Age 5-7</b><br>   | <b>Age 7-11</b><br>  |
| <b>Age 11-14</b><br> | <b>Age 14-16</b><br> |



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

# Plymouth Libraries



## Reading Books from Plymouth Libraries

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

[Download eBooks and eAudiobooks](#)

## Findalots Library Challenge

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

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

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

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

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

Plymouth libraries are now accepting NEW Findalots members from home!

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

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

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

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



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



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

## Opening Hours

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

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

[Plan Your Visit](#)

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

## What's On

### Making It

**Until 1 November 2020**

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

### Mayflower 400: Legend & Legacy

**Until 18 September 2021**

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

### Kehinde Wiley: Ship of Fools

**Until 24 January 2021**

Exhibition portraying the work of world renowned Nigerian-American artist Kehinde Wiley whose portraits challenge the conventional view of power, taste and privilege in portraying black people.

Visit The Box website at:

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



## Activities & Events



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

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

### Saltram

**Plympton, Plymouth, PL7 1UH**

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

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

#### Trick or Trails?

**Date: Monday 19 Oct—Sunday 1 Nov 2020**

**Price: Free, booking not required (normal admission charges apply)**

Twenty pumpkins and gourds are hidden high and low in the garden for you to find as you enjoy your walk. Why not have a go at crunching through the fallen leaves at the same time.

#### Den Building

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

**More Information:** Admin Office 01752 333500

[saltram@nationaltrust.org.uk](mailto: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](mailto:plymbridgewoods@nationaltrust.org.uk)

## **Buckland Abbey**

**Yelverton, PL20 6EY**

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

### **Creepy Crawlies Autumn Trail**

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

### **Abbey Walks**

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

**More Information:** Admin Office 01822 853607  
[bucklandabbey@nationaltrust.org.uk](mailto:bucklandabbey@nationaltrust.org.uk)

## **Antony**

### **Torpoint, PL11 2QA**

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

### **#unbeleafable Photography Trail**

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

### **Family Fun**

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

### **Den Building**

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

### **Nature Quiz**

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

**More Information:** Admin Office 01752 812191

[antony@nationaltrust.org.uk](mailto:antony@nationaltrust.org.uk)

## **Lydford Gorge**

### **Lydford, EX20 4BH**

Lydford Gorge is the deepest river gorge in the South West. The circular walking trail to the spectacular 30 metre Whitelady Waterfall is open daily from 10am-4.30pm for pre-booked visits. The rest of the gorge including the full gorge walk and Devil's Cauldron trail are currently still closed. For the latest information and to book see: [Lydford Gorge](#)

### **Lydford Gorge Waterfall Trail**

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

**More Information:** Admin Office 01822 820320

[lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)



## Cotehele

### St Dominick near Saltash, PL12 6TA

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



### Cotehele's Apple Festival at Home

As part of the apple festival, Cotehele would usually have lots of tasty treats for you to try made from

apples collected from Cotehele's orchards. Check out some of the recipes online:

- [Pork and apple sausage rolls](#)
- [Blackberry and apple scone](#)
- [Apple and rhubarb crumble](#)
- [Parsnip and apple soup](#)
- [Spiced toffee apple cake](#)
- [Apple chutney](#)

### Cotehele's Dog Walking

With lots of paths through the woodland, countryside and around the quay, there were 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](mailto:cotehele@nationaltrust.org.uk)



**National  
Trust**

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

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

Please remember:

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



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

## Book Tickets



### Quiet at the Aquarium

**Monday 26 October 2020 &  
Monday 14 December 2020**

**Time: 5.30pm-7.30pm**

This special two hour after hours event is tailored for people with autism and sensory needs and allows families to enjoy our exhibits without the noise and distraction of our daily shows.

Complimentary annual return passes are not valid for this event.

[Book online](#)



### Family Dine at the Aquarium

**Various Dates 2020**

**Time: 6.30pm, meal served at 7.30pm**

Our dine at the Aquarium nights are available for families to enjoy a VIP exclusive after-hours dining experience.

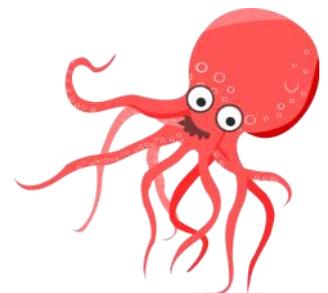
Arrival from 6.30pm and explore the Aquarium and our exhibits before sitting down for a delicious meal at 7.30pm in front of our Eddystone Reef Exhibit and Atlantic Ocean Exhibit.

[Book online](#)



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

For more details see website:  
[www.national-aquarium.co.uk](http://www.national-aquarium.co.uk)  
or call 0844 8937938



## Green Minds – making nature matter in Plymouth

Green Launch 12-20 October, 2020

### Get Involved

#### Rewilding Plymouth

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

#### Action for Insects

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

#### Living Lab

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

### Free Webinars

#### Meet the Rebel Botanists!

**Monday 12 October 6.30pm**  
[www.eventbrite.co.uk/e/122556536901](http://www.eventbrite.co.uk/e/122556536901)

#### Nature Based Solutions in a Growing City

Building with nature in mind: Plymouth's green/blue aspirations and investing in nature for health. Speakers from Plymouth City Council, European Centre for Environment and Human Health and Building with Nature.

**Tuesday 13 October 11.30am**  
[www.eventbrite.co.uk/e/122576273935](http://www.eventbrite.co.uk/e/122576273935)

#### Beaver Fever

Find out our plans to bring beavers back to Plymouth and support nature based solutions. Led by Devon Wildlife Trust.

**Wednesday 14 October 11am**  
[www.eventbrite.co.uk/e/122553716465](http://www.eventbrite.co.uk/e/122553716465)

#### Natural change

Role of leadership in creating systemic change. Case studies from Plymouth, Cornwall and Scotland. With Natural Change: Sustainability Leadership and Public Health Plymouth.

**Friday 16 October 12noon**  
[www.eventbrite.co.uk/e/122557734483](http://www.eventbrite.co.uk/e/122557734483)

#### Eco-Biz

Meet the new wave of Plymouth businesses restoring nature with Real Ideas Organisation.

**Tuesday 20 October 2020, 11am-12noon**  
[register.gotowebinar.com/register/2532500044384443407](http://register.gotowebinar.com/register/2532500044384443407)



@natureplymouth  
#greenmindsplymouth  
[greenmindsplymouth.com](http://greenmindsplymouth.com)



greenminds



The Urban Lab of Europe!

## There are lots of exciting things to discover...

- Interactive Discovery Centre
- Easy access wildlife trail in the Arboretum
- Artistic impressions at three of our important ruins: Lowery Barn, Leatheror 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](mailto: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](http://www.swlakestrust.org.uk)

Registered charity: 10790666

Project kindly supported by:



through the [national-lottery.com](http://www.national-lottery.com)



Energy Fund



Biffa Award  
Building communities, transforming lives.



SOUTH WEST WATER



Wood Trust  
Woodland for the future



FSC  
The Forest Stewardship Council



# 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](http://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.



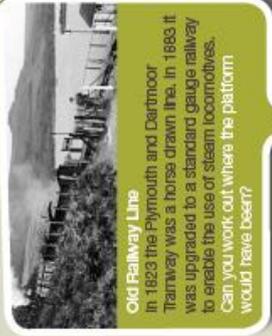
**Circular Reservoir Walk**  
Enjoy lovely views as you follow the path around the edge of the reservoir. Ideal for families. For other walks pick up leaflets from the Discovery Centre. What is the water level like today?



**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 Tramway was a horse drawn line. In 1888 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 Flock (slates).



**Lowery Barn**  
Explore the ruins of Lowery 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 1924. 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.




- Thank you for respecting this beautiful place and following the reservoir regulations and the countryside code.
- No fires or BBQs
  - No camping
  - No swimming
  - No boats
  - Dogs must be kept out of the water at all times
  - 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 permits and EA licenses required
  - Keep well clear of engine exhaust
  - Please close gates of the water at all times

- Information**
- 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



## 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.



### Quest for the Ice Dragon

**Fri 11—Thur 24 Dec 2020, various dates / times**

**Daytime Toddler Show adapted for under 5's.**

**Family Shows—early evening and evening performances for families.**

**Price: £11 / £12 / £13**

Join us on an enchanted adventure in search of the Ice Dragon. Jump into your welly boots, woolly hats, gloves and scarves... pop a hot water bottle up your jumper. Come what may, we're off on a magical journey to find the Ice Dragon and nothings going to stand in our way, not even a dastardly sorcerer!

### Workshops & Clubs

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

For more information see:

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



## ReBels

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

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

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

## ReBels Autumn 2020 Programme

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

## ReBels BHive

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



Follow the Barbican Theatre  
Facebook page:

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

Visit the Barbican Theatre website:

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

Prizes and medals to be won every day!!



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

# OCTOBER HALF TERM 2020

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

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

## Disability Soccer Roadshows

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

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

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

All bookings and payments must be made online.

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



Book your course online at [www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

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



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

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

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

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



**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



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

<https://hoop.co.uk>

[Join Course](#)



Find us on our Facebook page

# DRAKES DEN



**OPEN THURSDAY, 8TH OCTOBER**

**MONDAY-FRIDAY**

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

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

**WEEKENDS/HOLIDAYS**

8:30-10:00  
10:30-12:00  
12:30-2:00  
2:30-4:00  
4:30-6:00

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

EACH ADDITIONAL PAYING CHILD RECEIVES £1 DISCOUNT UPON ENTRY

**BOOK  
NOW!**

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

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



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

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

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



# gym bubbas

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

Website: [www.gymbubbas.co.uk](http://www.gymbubbas.co.uk)  
Facebook: [www.facebook.com/pg/GymBubbas/](https://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/](http://www.gymbubbas.co.uk/additional-needs/)



**mountbatten**  
watersports & activities centre

## Activity Sessions

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

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

See website for Mountbatten Activities Centre: [COVID-19 Updates](#).

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



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

**TO HELP KEEP YOUR FELLOW BOUNCERS SAFE,  
PLEASE REMEMBER TO:**

**Book online**

**Wear your mask**

**Scan the track and trace on arrival**



**Thank You!**

Masks apply to everyone 11+ yrs

**SUPERTRAMP  
PARKS**

**Pre-bookings ONLY for Super Tramp!**

Book online at:

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

Reduced capacity by 50% every hour.  
15 min breaks between sessions for enhanced cleaning and hand sanitising stations are just some of the measures to keep everyone safe.



**CLUB SATURDAY HALLOWEEN SPECIAL**

PRIZES TO BE WON

31ST OCTOBER 6:40PM-8:40PM

**BEST DRESSED COMPETITION!**

2HR PARTY ONLY £10!

KEEP AN EYE ON OUR FACEBOOK PAGE FOR MORE HALLOWEEN COMPETITIONS.



**FUNKY FRIDAY HALLOWEEN SPECIAL**

PRIZES TO BE WON

30TH OCTOBER 6:40PM-8:40PM

**BEST DRESSED COMPETITION!**

2HR PARTY ONLY £10!

KEEP AN EYE ON OUR FACEBOOK PAGE FOR MORE HALLOWEEN COMPETITIONS.



**TOTS club HALLOWEEN PARTIES**

30TH OCTOBER & 1ST NOVEMBER

£8 PER TOT 1 ADULT GOES FREE!

**BEST DRESSED COMPETITION!**

PRIZES TO BE WON

KEEP AN EYE ON OUR FACEBOOK PAGE FOR MORE HALLOWEEN COMPETITIONS.



**SEND**

SPECIAL EDUCATIONAL NEEDS & DISABILITIES

and

**Support Sessions**

- Park closed to the general public
- Calming music is played
- Reduced numbers of bouncers
- Relaxation rooms open
- A parent/carer goes free
- Complimentary squash

**SEND Session**

Strictly for customers with Special Educational Needs and Disabilities ages 5+.

**Thursday: 4pm-5pm**

**Support Sessions**

Open for those with additional needs ages 5+

**Sunday: 5pm-6pm** (open to siblings)

Please note that all customers are required to complete a NEW waiver as they have been updated. All previous waivers are forced to be expired and will no longer be valid.

Phone lines open from 9am to 5pm daily  
Call **01752 710791**

## Park Tennis Plymouth

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

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

**Devonport Park**—Courts 1 & 3 only, open daily

**Tothill Park**—Courts open daily

**West Hoe Park**—Open daily



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

For all Plymouth City Council courts:

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



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

For more information and to book see: [Park Tennis Plymouth](#)



## Interactive Plymouth Trails App

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



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

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

[Find out more](#)

Dartmoor Zoological Park, Sparkwell, Plymouth PL7 5DG

Tel: 01752 837645

Email: [zoobase@dartmoorzoo.co.uk](mailto:zoobase@dartmoorzoo.co.uk)



Dartmoor Zoological Park

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

These include:

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

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

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



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

For more information see:

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

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

## Explore the Nature Trail in Ham Woods

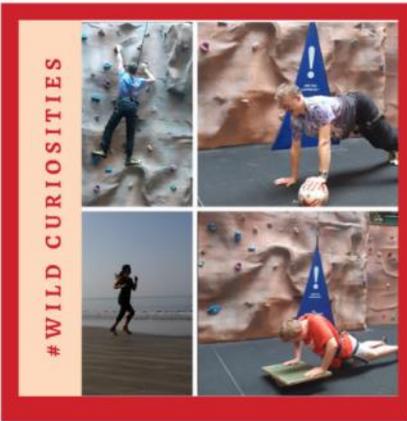
The Friends of Ham Woods have been busy creating a nature trail across the site for you and your families to follow during the summer months.

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



For more information on parks and greenspace in Plymouth contact [wildlife@plymouth.gov.uk](mailto:wildlife@plymouth.gov.uk)





# Creative Curiosities Sw

## Wild Curiosities Fit and Wild Sessions

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

Weekly on Mondays during Term Time

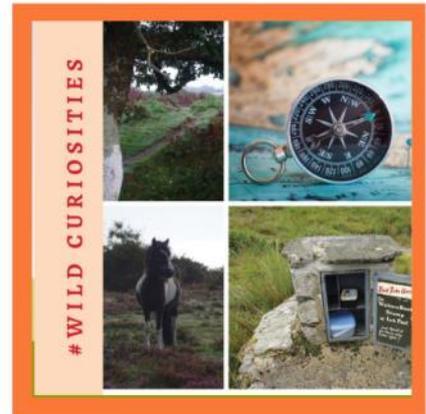
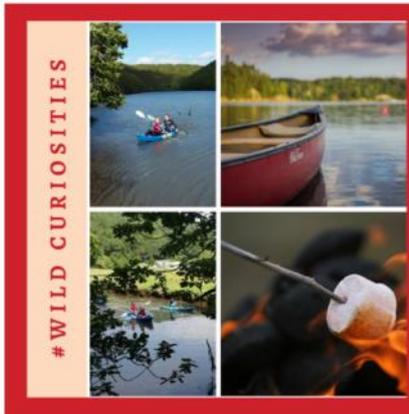
SEND friendly experiences for 16-25 year olds living in  
Devon

Delivered in partnership with  
Active Devon and Adventure Fit South West

All sessions led by friendly, welcoming, experienced and  
qualified staff.

Pre booking essential - Book Now

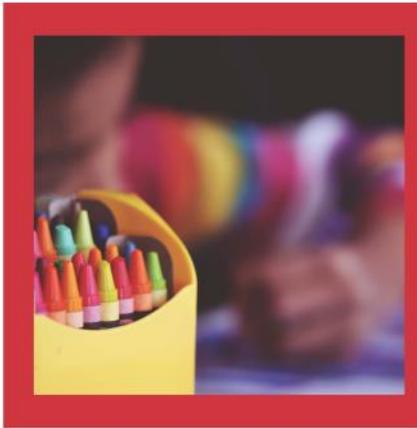
<https://www.tickettailor.com/events/creativecuriositiessw>



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



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



*Creative  
Curiosities Sw*

## Educational Services

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

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

Bricks for Autism £25 per session - 12 sessions

1:1 tutoring -KS 1 /2

Autism/Learning disability specialisms  
£20 ph

### Price on Application

Through our Eyes -  
Group therapeutic  
programme  
post COVID

Outdoor  
education-  
Wild Curiosities

Therapeutic music  
and arts and crafts  
group sessions



Email us [hello@creativecuriosities.org.uk](mailto:hello@creativecuriosities.org.uk) for more information

# Spend Halloween at The Plym Valley Railway

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

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

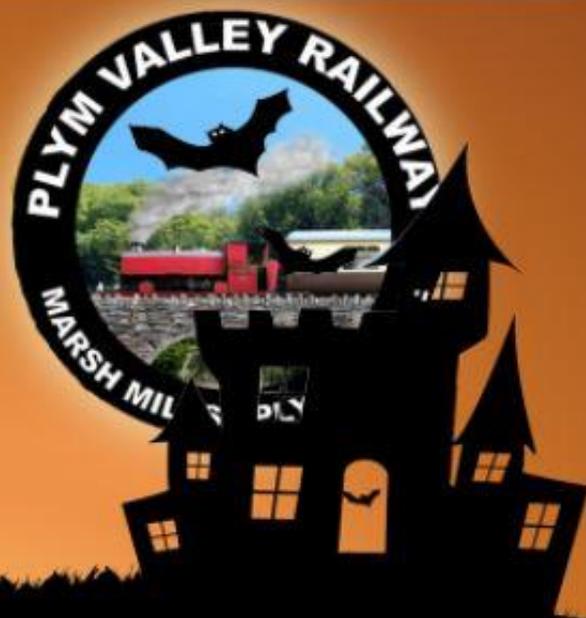
Bookings Only:

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

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



'Scan Me' to go to  
our ticket booking



Saturday 31<sup>st</sup> October  
& Sunday 1<sup>st</sup> November

# Halloween

At Plym Valley Railway, PL7 4NW

# 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.

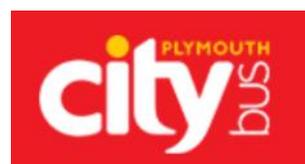


This card can be shown to Stagecoach drivers to confirm the user is exempt from the legislation requiring them to wear a face mask on public transport.

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](mailto: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](mailto: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.





## **BRITISH BLIND SPORT 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](https://bit.ly/BBSFirstSteps)**

**Email: [firststeps@britishblindsport.org.uk](mailto:firststeps@britishblindsport.org.uk)**

**Call: 01926 424247**

Charity number: 1168093 Company Limited by Guarantee Number 10009918

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

# 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*



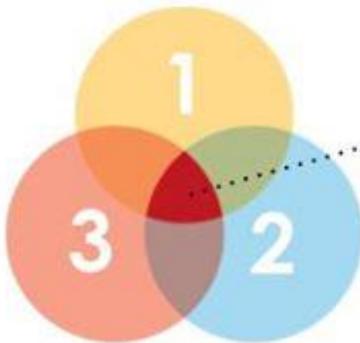
## Close-contact settings

*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



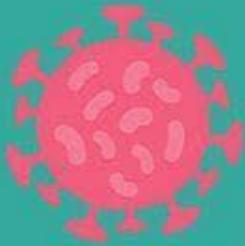
Always wear a mask when you go outside your home

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

# Do you Know the Symptoms of coronavirus?

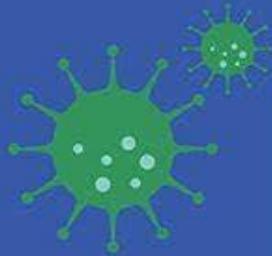
## COVID-19

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



## Flu

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



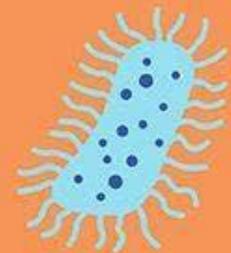
## Cold

- ✓ 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:

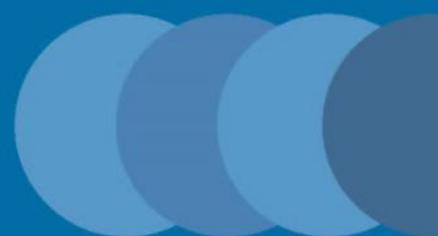
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

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"> <li>■ Child shouldn't attend school</li> <li>■ Child should get a test</li> <li>■ Whole household self-isolates while waiting for test result</li> <li>■ Inform school immediately about test results</li> </ul>  | ...when child's test comes back negative  |
| ...my child tests positive for COVID-19 (coronavirus)                      | <ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms)</li> <li>■ Inform school immediately about test results</li> <li>■ 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</li> </ul> | <p><b>...when child feels better, and has been without a fever for at least 48 hours</b></p> <p>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.</p> |
| ...somebody in my household has COVID-19 (coronavirus) symptoms*           | <ul style="list-style-type: none"> <li>■ Child shouldn't attend school</li> <li>■ Household member with symptoms should get a test</li> <li>■ Whole household self-isolates while waiting for test result</li> <li>■ Inform school immediately about test results</li> </ul>   | ...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"> <li>■ Child shouldn't attend school</li> <li>■ 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</li> </ul>  | ...when child has completed 14 days of self-isolation, even if they test negative during the 14 days  |

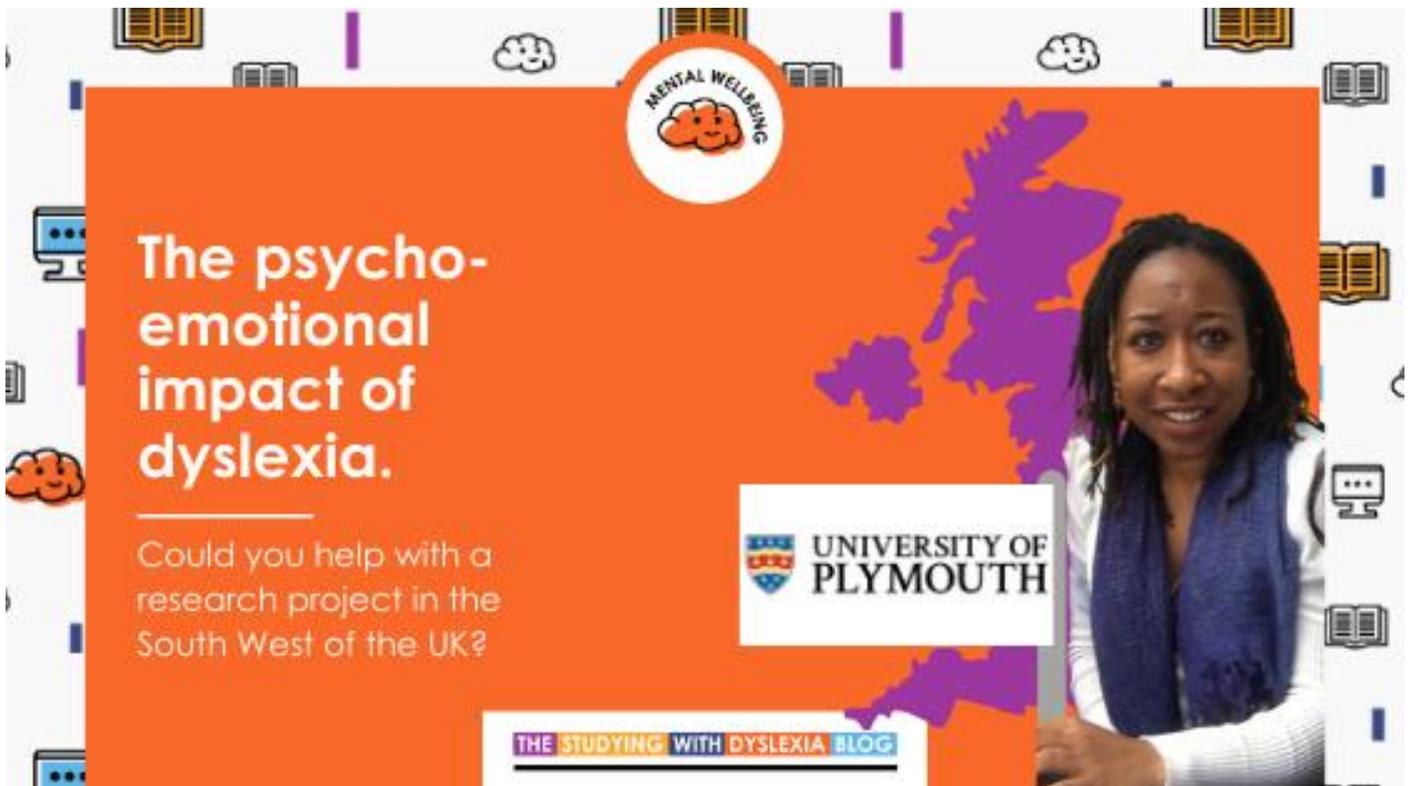
\* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste.

See more at [www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](http://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)

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

For further information visit:  
[www.plymouth.gov.uk/covid-19](http://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>

# Plymouth Dads Project



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

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

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

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

## Tue 20th Oct 7pm, Dads' Conversation Café

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

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

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

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

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

## Tue 24th Nov 7pm– Dads' Conversation Café

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

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

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

## Tue 15th Dec 7pm– Dads' Conversation Café

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

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

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

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

Please book your FREE place through [info@dangerousdads.org.uk](mailto:info@dangerousdads.org.uk) or call/text 07934739098.

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

# FREE Events for Dads-Autumn Series 2020

# Time for YOU

in these challenging times

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



Now, more than ever, Time for You is essential

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

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

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



Are you in  
**DEVON or  
CORNWALL**

Could this be for you?

<https://bit.ly/32d4gm1>

[jo@mums4achange.org](mailto:jo@mums4achange.org)

fb @mums4achange



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

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

**WHEN:** Wed 12.30 - 2.30 from 4th November

**WEEKLY:** 12 weekly zoom meetings (term time only)

**HOW:** By zoom - If your child(ren) can be distracted  
safely while you speak+ listen 'privately' you can come.

**COST:** Free **BOOKING ASAP ESSENTIAL** - ltd spaces

Priority booking if you are on means tested benefits.

Funded by Rosa C19 Response Fund - Small Grants

**INTERESTED:** Message us on Facebook

@mums4achange or email [jo@mums4achange.org](mailto:jo@mums4achange.org)

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



# EMOTIONAL WELLBEING AND MENTAL HEALTH

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



## CAMHS

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

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

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

24 hours a day, every day including over the weekend

HELPLINE CONTACT: 01752 435122



## KOOTH

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

Free, safe and anonymous online support for young people.

Monday to Friday 12pm to 10pm

Saturday to Sunday 6pm to 10pm

CONTACT:

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

or search for Kooth on a search engine

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

## YOUNG DEVON

**FOR: SECONDARY SCHOOL AGE YOUNG PEOPLE**

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

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

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

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

CONTACT:

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

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

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



### Key websites

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

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

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

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

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

# 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](https://facebook.com/HeadSpacePlymouth)

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

**PLEASE BEAR WITH US AS LINES MAY BE BUSY**  
**Thank you**

Find us on   #YourHeadSpace



**Colebrook**  
Inspiring people, supporting communities

aD A Pt

(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](mailto: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](https://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](http://www.plymouthias.org.uk)



[www.facebook.com/plymouthias](https://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](mailto:suzanne.davey@plymouth.gov.uk)

