

# Break Out of Winter

Short Break Information for Parents & Carers of Disabled Children & Young People



As we are immersed into the chilly depths of winter, you might think that the options for short breaks are limited! Fortunately, I am pleased to say that there are still lots of fantastic activities to enjoy!

There are open access activities happening at the YMCA, and Plymouth Sports Academy and fun football activities at Plymouth Argyle! Over at Diggin it in the park there are some fabulous festive projects. All this and much, much more have a very merry Christmas and a very happy new year!

*Ps/ Don't forget the fabulous activities happening during the February half term; a newsletter devoted to these beauties will be available in January, if you haven't already registered to receive this newsletter then please send your details either to [sarahflay@yahoo.co.uk](mailto:sarahflay@yahoo.co.uk) or contact 856719.*



## Breaking into the SEN/Disability Forum - Tuesday 22nd November

A huge thank you to all the parents who visited the Short Breaks stall at the Plymouth Parent Partnership SEN forum this week, I really enjoyed meeting you and discussing short break options, support and how to access information for your families.

I am pleased to report that the conference had a record number of parents attending the event and has received lots of great feedback about the day.

All of the presentations given on the day are available online on [Plymouth Parent Partnership](http://Plymouth Parent Partnership) website including Janet Greaves-Stoker's great presentation on Short Break developments in Plymouth. A lot of the parents I spoke to at the event had not been aware of the [Short Breaks Information Statement](#), a wonderfully informative document that provides a wealth of information on short break options in Plymouth.

## What's On - Direct Access Breaks



**Diggin' It in the Park at Devonport Park.**

**Family Gardening Club every Saturday 10am—1pm**

Come along with your family and take part in activities such as planting, harvesting produce, cooking and general gardening. This is a great way to spend time as a family enjoying the outdoors.

**Saturdays throughout December** Celebrating Advent (Activities to include - Home made decorations, wreath making and making warming winter soups).

**Saturday 17th December** Christmas Celebration (Christmas cook-out using the outdoor cooking facilities to create a roast dinner! Yum!)

**Why not check out the [website](#) or call Chris Wilshire on 01752 856713/500496**



Plymouth Sports Academy (PSA) are running a holiday club on the **19th December from 10am to 3pm, at Woodview Learning Community.**

Children can enjoy a wide range of sporting activities, with coaching tips and fun small sided games, focusing on inclusion and fun. Book direct on 07807 274 617 or 07411 100 058.

Plymouth Sports Academy are also running a pan-disability Boccia club for children and young people on Saturday mornings at the Jan Cutting Healthy living centre from 8.30—10.30. Parents and siblings are welcome to stay!



**Plymouth YMCA are running a holiday club on the 19th, 20th, 21st and 22nd of December.** This fantastically inclusive holiday club for children and young people on the autistic spectrum offers I.T (Inc. Wi and Xbox), arts and crafts, circus skills, jewellery making, climbing, tennis, football, basketball, uni-hockey badminton and bowling.

All staff have received inclusion training and are experienced in supporting children with a range of disabilities.

Contact Alex Lashbrook on 01752 201918 to request a booking form, but hurry as places do fill up fast.



**Wednesday ASD/ADHD/BSED Family Club**

Every Monday the club will be running at Mutley Baptist Church, Mutley Plain from 4.15 till 5.15, there is a cost of £1.50 per family. Here the children can have fun and be themselves and parents get the opportunity to talk to other parents in a similar position, while the children have a chance to socialise.

Please ring Claire on 245646 for more details and to book a place.



**Plymouth Argyle Football** in the Community Trust are currently delivering PAN Disability football sessions throughout the week and are always looking for more players.

**Under 12s & Under 16s**, at Lipson Community College, Sundays (10:00-11:00)  
**16 years and over** Lipson Community College, Tuesdays & Fridays (19:30 20:30)

Sessions cost £4 per session, for further information please contact Graham Eyles (Plymouth Argyle Football in the Community Trust Disability Officer) on 07894584878 or [eyles19@hotmail.com](mailto:eyles19@hotmail.com).

***Also, if you are interested in Wheelchair Football, please register an interest with Graham.***

Plymouth Argyle are also running a two day soccer course on Wednesday 21st and Tuesday the 22nd December at Ivybridge Community College from 10am to 3pm. And a 'Drop and Shop' event on Friday 23rd December at Home Park. Book by contacting the community office on 562561 ex 162.

Both these events are open to all children. If you feel your child would enjoy these events but are concerned about leaving them alone, why not combine this event with support from [Inclusion Works?](#)

### **Wheelfever - Creative Dance Holiday Activities**

Running in Catherine Street Baptist Church Hall, an accessible creative dance session for disabled children and young people, their friends and family. This workshop is fun, emphasising enjoying moving together. Most suitable for 6 - 16 yrs, but up to 25 yrs welcome (£2.50).

A dance workshop that explores movement and creative skills for young people, disabled and non disabled. Most suitable for 11 - 25yrs (£3.00). Sessions are supported by inclusion workers, therefore young people can be left independent if required.

Contact [wheelfeverprojects@live.co.uk](mailto:wheelfeverprojects@live.co.uk) or phone Paula on 01752 367246. to book.

**Other events** - These events require parents/carers to remain with children. However, if you use a one to one carer for support why not consider these festive, and frugal activities!

**Make and take: Advent** - December 17th at 11am to 12pm, 1.30pm to 2.30pm, 3pm to 4pm. Join Plymouth City Museum and Art Gallery for some creative fun including making an advent calendar and a cracker to take home. Admission is free but please book your places in advance on 01752 304774. Wheelchair access is available as the event will be held on the ground floor, disabled parking is available at Tavistock Place.

**Plymouth Play Association**, Union Street, Stonehouse from Thursday 15<sup>th</sup> December 4.30pm to 6.30pm. A Christmas Craft Workshop making Three Dimensional Pictures in a Box. Members £2.00 per person (non-members £4.00 per person) and all necessary materials are provided. Only 12 places are available in each workshop, so please phone us to book your place. Tel: (01752) 256633

**Steam Dreams** - The Plym Valley Railway will be open for Christmas Specials from Marsh Mills to Lee Moor Crossing. Adult £2.50, child £1.

**Saturday and Sunday Kids Movie Club** — Derry's Cross - Tickets only £1 each - whole family welcome.

More What's On information at [Plymouth Parents Partnership](#) and [Parents Guide for Plymouth](#).

# Parent Pages...

## **Plymouth Face 2 Face befriending service for parents of disabled children**

Would you like to talk to another parent who understands what you are going through and can offer emotional and practical support? You can self-refer to the service or appointments can be made via an appropriate professional. For more information or just to have a chat contact Gill Parker at [Gill@friendsandfamily.org.uk](mailto:Gill@friendsandfamily.org.uk). It is not necessary for a diagnosis of any condition to have been made.

## **National Autistic Society Plymouth Branch Parent/Carer Meeting**

Friday 9th December, 13th January, 10th March—10.30am until 12.30pm

At the :- Plymouth Parent Partnership, The Old Treasury Building, Catherine Street. PL12AD

The Plymouth NAS Group continues to grow in number. Come along to meet other parents of children with diagnosed or undiagnosed ASD/Aspergers. See <http://nasplymouth.org.uk/>

## **Tips from other parents** (to submit a tip please email [sarahflay@yahoo.co.uk](mailto:sarahflay@yahoo.co.uk))

**Plymouth Youth Sailing** runs youth activities Mondays evenings all throughout the winter, see the [website](#) for info! They are pan ability but my son adores it there. Tia, mum to Ben age 15, ASD.

**My son had been attending group swimming lessons**, and was struggling. We asked about private lessons as he simply wasn't progressing, if anything, it was making him dislike the water more! He started his lessons about 4 weeks ago and I cant believe the difference it has made; His instructor gets into the water with him, and is very firm, but he adores her. He swam on his own for the first time last Saturday! Call [Marjons](#) and ask for Libby Carne: [ecarne@marjon.ac.uk](mailto:ecarne@marjon.ac.uk). Its not cheap but it is worth it! Sarah, mum to Sammy age 5, Aspie.

**My son has been playing wheelchair tennis** at the Devonshire Health and Racquet club for some time, he has become really good and looks forward to Thursdays (6-7pm). He has been training with [Tennistopia](#). They also run deaf, sonic (sight impairment) and wheelchair tennis sessions! Kaye mum to Jay age 14, CP.

**If anyone has a child with ADHD** and finds it hard to explain to some people how it affects them, then this book is essential [All Dogs have ADHD](#). It has helped us through some difficult times as there are some people out there who "just do not get it". Lauren.

**Eds Note:** There is another book by the same author "[All Cats have Aspergers](#)", really helped us too!

## **Parent Reference Group**

Do you have a child with SEN/Disabilities? Would you like to meet other parents who share a similar experience and make a real difference to the planning, monitoring and evaluation of local services? To find out more contact Emma on 01752 258933 or [emma.goode@plymouth.gov.uk](mailto:emma.goode@plymouth.gov.uk).

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