

# Break into Summer

## What's On Booklet July—Sept 2011

Hello Again

Last summer I was so excited by the options for Short Breaks open for families and carers of disabled children in Plymouth. I didn't think this summer's activities could possibly compete, I am thrilled to say they have far surpassed them. I hope that you can look through the options with your child, safe in the knowledge that they will have a fabulous time! Please tell me how it goes, your feedback keeps me inspired! Sarah (Ed)

### We know what to do this Summer...

This summer there are a wide range of exciting holiday activities for disabled children to enjoy! After the success of last summer's ASD focused activities, we are providing similar breaks this year. There are lots of wonderful new experiences for all disabled children and young people to try (some age restrictions may apply). To ensure that every child gets a break we have limited the holiday activities to up to 10 sessions per child, but you can mix and match.

This newsletter has information on all the activities but if you have any queries then contact the providers directly. However, if you would prefer to access a mainstream activity or holiday club then we can still help, either with support from Inclusion Works\* or by providing specialist equipment.

Sound good? well here's what to do! First discuss as a family which activities you want to book, then come along on the 2nd June to the Summer Holiday Open Day at Devonport Park (see below). If you can not make this date, but would like more information then just ring the activity organiser direct (contacts have been provided within the newsletter). Once you are happy and you know what you want to book simply ring **0800 7834259** and make your booking.

If your child wants to attend a mainstream holiday activity but needs some additional support then ring Inclusion Works\* 01752 307450 or <http://www.plymouth.gov.uk/inclusionworks>, to register (we would recommend calling as soon as possible).

### Summer Holiday Open Day 2nd June - 10 am—2pm Devonport Park.

*Devonport Park, Paradise Road, Devonport*

**Are you a parent or carer of a disabled child?**

**Do you want to know more about the short break activities for your child to enjoy during the summer holidays?**

**Do you have questions on the range and scope of the short breaks available this summer?**

**Would you like to meet the providers of the short breaks and find out more?**

**Then why not come along and chat to activity providers and plan a fun filled summer !**

**There will be opportunities to have some fun whilst finding out about how your child could enjoy tennis, rugby, forest schools, dancing, sailing, football (Pilgrim Pete himself might show you how to score a few goals!!), drama, music, holiday clubs and much, much more; alongside exciting activities for your child in the beautiful Devonport Park .**

Contact Sarah Flay on 01752 300700 with any questions or [sarahflay@yahoo.co.uk](mailto:sarahflay@yahoo.co.uk)

Call 08007834259 to book the holiday activity your child wants to access

## Summer 2011—Break into the most fun ever...

This summer we have a fantastic array of activities to try, the **actual dates and times are shown on the calendars on pages 5-8**, but here is some background to help you plan with your child how they would like to spend the summer! The activities have been designed for children with all disabilities, although some days are age banded. **Should your child have personal; care needs please contact the provider to discuss prior to booking.**

### **Theatre Royal Plymouth at TR2 (no cost)**

Combining drama and visual arts, for young people aged 6-10 years and 11-14 years with a disability.

Drama activities will include basic drama games and skills, covering a variety of theatre techniques. These might involve physical, vocal, mask work and dance/movement with music. The visual arts activities will combine with the above and will involve learning basic visual arts techniques such as printing, painting and mask making. As the drama and visual arts combine this might form an exhibition or a performance at the end of the project, depending on the needs of the young people.

**Where:** TR2, 2 Neptune Park, Cattedown, Plymouth , PL4 0SJ

**Find out more :** <http://www.theatreroyal.com/creativelearning>

**Ask a question:** Olivia Moon Creative Learning Assistant 01752 230379

### **Plymouth Music Zone—Music Making a Difference (no cost)**

Plymouth Music Zone will be providing a variety of creative music making activities. All sessions will involve practical group based activities using a wide range of instruments and technology. All sessions will include music making, singing, and multi sensory experiences.

Each group will work with a maximum of 10 participants per session - and you can book as many sessions as you like! Groups are split into age and disability. Please check the calendar for information on specific dates and times. **Please note that the Music Zone are also running clubs on Saturday the 13th and the 20th August.**

**Where:** Plymouth Music Zone, Ragland Road, Devonport, PL1 4NQ

**Find out more :** [www.plymouthmusiczone.co.uk](http://www.plymouthmusiczone.co.uk)

**Ask a question:** Karl Meyer—or Glyn Fuge — 01752 213690

### **Plymouth Argyle 'Football in the Community' Trust (no cost)**

An opportunity for young people to engage with their local professional football club, taking part in fun football-based activities, all focused around making friendships and learning new skills. The 5 half day sessions will be led by professional Plymouth Argyle coaches who will deliver fun, action-packed sessions. Each day the participants will learn different themes, as well as take part in lots of games and competitions. The 7-11 year old group are meeting week beginning 15th August and the 12—16 year old group are meeting week beginning 22nd August. There will be a celebration presentation for both groups, taking place inside Home Park Stadium, where they will receive a certificate.

**Where:** Plymouth Argyle Football Club, Home Park Stadium, PL2 3DQ

**Find out more :** [www.pafc.co.uk/community](http://www.pafc.co.uk/community)

**Ask a question:** Dwain Morgan 07766010456

### **Diggin It in the Park. (no cost)**

Offers a fun filled mixture of activities including:- Forest School (A chance for young people to explore, let off steam, get mucky and be creative in safe and supervised environment), campfire cooking, bush craft, learning about nature, wild woodland games, den building, bug hunting environmental and art & crafts.

There will also be the opportunity to enjoy gardening, rock climbing, abseiling, canoeing and moorland walking. Children/young people will need to arrive at Devonport Park by 10am and be collected at 4pm and will need to bring a pack lunch. All kit and equipment will be provided, suitable clothing should be worn.

**Where:** Diggin it in the Park Training Centre, Devonport Park, Plymouth, PL1 4BT

**Find out more :** [www.routeways.org.uk](http://www.routeways.org.uk)

**Ask a question:** Neil Harris 01752 856715

### **Hamoaze House** (no cost)

A range of activities will be available providing opportunities to build confidence, self worth and self esteem focusing on conflict resolution, problem solving and working as part of a team. Activities will include Climbing, Abseiling, Forest Schools, Canoeing, Trampolining, Skittles, Gymnasium, Pool/Table tennis, Football, Badminton, Fishing, Swimming and Team Building Games. The sessions will be in two age groups 8-11 and 12—16 and will be every Monday and Wednesday in the holidays.

**Where:** Hamoaze House, Mount wise, Devonport, PL1 4JQ

**Find out more :** [www.hamoazehouse.org.uk](http://www.hamoazehouse.org.uk)

**Ask a question:** Shane Connolly 01752 566100

### **Plymouth YMCA** (£4.20 per day)

Each day there will be a main activity such as trampolining basic I.T, circus skills, jewelry making, climbing, tennis, street surfing and swimming. Different sport and activity related games will also be available such as football, basketball, uni-hockey, dodgeball and badminton, team and individual games will be available. Young people have the use of a games room area with a PlayStation 2, XBOX 360, Nintendo Wii, pool table, table tennis and football table. There is also a chill out area where they can watch a DVD or do some arts and craft. The sessions will be run in two age groups 7-11 and 12—16 and will be on Thursdays and Fridays in the holidays.

**Where:** Plymouth YMCA, Honicknowle Lane, Pennycross, PL5 3NG

**Find out more :** [www.plymouthymca.co.uk](http://www.plymouthymca.co.uk)

**Ask a question:** Alex Lashbrook 01752 201918

### **Wednesdayz (£5.00 per session)**

The activities will include art and craft, cooking, out door and indoor games, trampolining, scrap building, scrap races, music, drawing and using the sensory room. The sessions are every Tuesday in the holidays. A packed lunch, drinks and snacks will need to be provided and clothes should be comfortable play clothes (that parents wont mind getting dirty).

**Where:** Downham School, Horn Lane, Plymstock, PL9 9BR.

**Find out more :** [www.wednesdayz.co.uk](http://www.wednesdayz.co.uk)

**Ask a question:** Claire Paddon 07412 525215

### **The Beckly Centre** (no cost \*)

Inclusive holiday club where children/young people can enjoy an informal mix of activities such as cinema, swimming, going to the park, sports and general recreational interests (music, IT, cooking crafts) with an emphasis on leisure and fun. Throughout there will be linked themes such as first aid, personal safety awareness, using public transport and healthy life styles. Activities on Tuesday are targeted at life and social skills and increasing independence mainly taking place in the community whilst those on Thursdays are centred around activities using the accessible resources and facilities at Beckly (suitable for a more complex or younger age/ ability group). The project will run from a range of venues including the Beckly Centre. Children/young people can choose to participate in either the whole programme or individual activities.

\*Children and Young people will need to cover any costs for bus travel and costs for external activities (eg bowling).

**Where:** Beckly Mayers Way Hooe Road Plymstock Plymouth PL9 9DF

**Find out more :** [www.routeways.org.uk](http://www.routeways.org.uk)

**Ask a question:** Sarah Noble 01752 484433

### **Wheelfever - Creative Dance Holiday Activities . (No Cost)**

The sessions offer a fun and creative dance experience through imaginative tasks and games. Feedback, from participants and parents of previous holiday dance activities, have been consistently positive, with recurring comments about how much fun they are and how they encourage confidence, develop physical awareness and improve the ability to express ideas and aspirations.

A dance support worker will be employed to ensure participants are able to engage within the sessions. To enable the children and young people to attend independently and to ensure parents can enjoy the short break, we will employ two trained care/inclusion workers to support personal care needs.

**Where:** Woodview Dance Studio, ENTRANCE THROUGH:

Wood View Drive, Tamerton Foliot Road, Whitleigh, Plymouth PL6 5ES

**Find out more :** [www.wheelfeverprojects.co.uk](http://www.wheelfeverprojects.co.uk)

**Ask a question:** Paula Hocking 07815285208

### **Scope Inclusion Team South West (no cost)**

The Scope summer playscheme is being held in August at Dowederry Methodist church hall every Tuesday throughout the summer holidays. We are able to offer transport using our minibuses for any children who require and will be picking up at 10am each day from the Plymouth Community Resource Service in Church Street Stoke, returning at 4pm. The day will comprise of travel to Dowederry on the Torpoint ferry followed by a range of sensory, craft, music and play based activities with a seaside theme and weather permitting a short walk to the beach to picnic and collect resources.

**Where:** Parents drop off at the Scope resource centre in Stoke.

**Find out more :** [www.scope.org.uk](http://www.scope.org.uk)

**Ask a question:** Jaime Bayliffe 01752840059/07966932411

### **The Zone Club (no cost)**

From the 22nd August disabled young people aged 14-18 are invited to participate in a number of exciting and challenging activities. There will be visits to Dartmoor where young people will get involved with shelter building, fire making, orienteering, letter boxing and rock scrambling. There will also be visits to the beach for BBQ's, beach games and rock pooling. Young people will have the opportunity to check out marine life with a beach safari hunt. They will also get the chance to have a go at snorkelling. The week concludes with an overnight camp somewhere on Dartmoor

**Where:** The Zone, 14 – 16 Union Street, Derrys Cross, Plymouth, PL1 2SR

**Find out more :** [www.thezoneplymouth.co.uk](http://www.thezoneplymouth.co.uk)

**Ask a question:** Jon White 01752 206626

### **Plymouth Youth Sailing (No cost)**

Thrilling half day sailing sessions on Plymouth sound, taking place in either Keelboats or Dinghies. Come and have a fantastic day on the water. Bring plenty of warm clothing, shoes you do not mind getting wet (not flip flops). Bring a wetsuit if you have one but if not some waterproofs will be available.

**Where:** The Mountbattern Centre, 70 Lawrence Road, PL9 9SJ

**Find out more :** <http://www.plymouth-youth-sailing.info>

**Ask a question:** Stuart Jones 07917 407771

### **Horizons (no cost)**

Fun filled taster sailing sessions in Hawk 20 Keelboats for children from 9-19 with ASD and/or challenging behaviours aged 8-18 Hawk 20 open keelboats are world renowned boats suitable for young people whatever their age, experience or mobility to become active participants in the sailing activity. A days sailing will allow participants to take part in all aspects of making the boat work, hoisting and controlling sails and steering etc. Bookings will be taken for one day and participants can then go on a reserve list for additional days.

**Where:** 5 Richmond Walk, Devonport, Plymouth, PL1 4LL.

**Find out more :** <http://www.horizonsplymouth.org>

**Ask a question:** Craig Shore or Jon Worster 01752 605800

### **Plymouth Sports Academy (no cost)**

Plymouth Sports academy will deliver multi sports holiday activities; each day will consist of three sports Tennis, Cricket and Football. The general run down of the day will be coaching tips and fun small sided games. Focusing on inclusion and fun rather than static coaching drills. All sports will be led by a professional team of local sports coaches. During the day participants will be able to improve their sporting knowledge, skills and teamwork whilst also having lots of fun! Participants will need to wear comfortable sports clothing and trainers and will also need to bring drinks and a packed lunch. Please make sure any drinks bottle can be refilled with water if needed.

**Where:** Lipson Community College, Bernice Terrace, Plymouth, PL4 7PG

**Find out more :** [www.plymouthsportsacademy.org.uk](http://www.plymouthsportsacademy.org.uk)

**Ask a question:** Dan Pengelly Dan 07515 416 304 Alex 07411 100 058

### **No Limits**

No Limits is a group for young people aged between 11-25 with varying physical and learning difficulties. No Limits offers the opportunity for young people to socialise with their peers, and improve self-esteem and social interaction opportunities. Over the summer period we can offer activities and trips, including: a day trip to the beach, Paignton Zoo, trips to Plymouth museum including a lunchtime meal and even an evening bowling trip. We also run an evening session every Wednesday from 6-8pm.

**Where:** Whitleigh Youth Centre, Wood View Learning Community, Lancaster Gardens, Whitleigh, Plymouth PL5 4AA.

**Find Out More:** [www.plmyouth.co.uk/information.php?t=North-West-Locality-&id=18](http://www.plmyouth.co.uk/information.php?t=North-West-Locality-&id=18)

**Ask a question:** Naomi Copestake or Ben Millward 01752 775969/ 07585404012 / [naomi.copestake@plymouth.gov.uk](mailto:naomi.copestake@plymouth.gov.uk)

### **Summer Activity Days for Deaf and HI Children and Young People (No cost - but bring your own lunch)**

Come and join in the fun, meet old friends and make new friends. Activities will be delivered in English and British Sign Language. Fun filled activities provided by the Sensory Support Team and Specialist Speech and Language Therapists

**Where:** Venue to be confirmed please call the number below.

**Find Out More:** [www.plymouth.gov.uk](http://www.plymouth.gov.uk)

**Ask a Question:** Penny McDonald Tel 01752 308785 Work Mobile 07920530865

## Short Break Activities July 11

Mon	Tue	Wed	Thu	Fri
<p>25 <b>Hamoaze House Activities</b> 10am-4pm Ages 8-11 yrs. (ASD)</p>	<p>26 <b>Wednesdayz</b> 9 am - 2.45 pm Ages 8-14.</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 9-20 yrs</p>	<p>27 <b>Hamoaze House Activities (ASD)</b> 10 am—4pm Ages 12-16 yrs.</p> <p><b>Plymouth Music Zone</b> 10am-11.30am 8-12 yrs (ASD, Learning Disability) 12.30pm—2.pm 13-18 yrs (ASD) 3.00pm - 4.30 pm 13-18yrs (Learning Disabilities)</p>	<p>28 <b>Diggin it In The Park</b> 10 am—4 pm, Forest School. Ages 8+</p> <p><b>Plymouth YMCA Holiday Club</b> 10 am—4 pm Ages 7-11.</p> <p><b>No Limits Youth Club</b> 10.30 am—4.30 pm Beach Trip. Ages 11-25</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 6-16 yrs</p>	<p>29 <b>Diggin it In the Park</b> 10 am—4 pm Moorland walk (Dartmoor). Ages 8+</p> <p><b>Plymouth YMCA Holiday Club</b> 10 am—4pm Ages 12-16.</p>

## Short Break Activities August 11

Mon	Tue	Wed	Thu	Fri
<p>1 <b>Diggin It In the Park</b> 10-4pm Gardening Ages 8+</p> <p><b>Plymouth Sports Academy</b> 10am—4pm Ages 8-16 yrs.</p> <p><b>Hamoaze House Activities</b> 10am-4pm Ages 8-11 yrs. (ASD)</p>	<p>2 <b>Scope Beach Holiday Club - 10 am—4.pm-</b> Ages 5-16 yrs.</p> <p><b>Plymouth Sports Academy</b> 10 am—4pm Ages 8-16 yrs.</p> <p><b>Wednesdayz</b> (see 26th July for details)</p>	<p>3 <b>Hamoaze House Activities (ASD)</b> 10am –4pm Ages 12-16 yrs.</p> <p><b>Diggin it In The Park</b> 10 am – 4pm Forest School. Ages 8+</p>	<p>4 <b>Plymouth YMCA Holiday Club -</b> 10 am - 4pm, Ages 7-11.</p> <p><b>Plymouth Music Zone</b> (see 27th July for details)</p> <p><b>No Limits Youth Club</b> 10.30 am—4.30 pm Paignton Zoo Ages 11-25</p>	<p>5 <b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 12-16.</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 6-16 yrs</p>
<p>8 <b>Plymouth Sports Academy</b> 10 am—4pm Ages 8-16 yrs.</p> <p><b>Hamoaze House Activities</b> 10am –4pm Ages 8-11 yrs. (ASD)</p> <p><b>Plymouth Music Zone -</b> (see 27th July for details)</p> <p><b>Plymouth Youth Sailing</b> 9.30am-12.30pm /9-12 yrs 1.30am-4.30 pm/13-17yrs (ASD only)</p>	<p>9 <b>Scope Beach Holiday Club - 10 am—4.pm</b> Ages 5-16 yrs. <b>Plymouth Sports Academy</b> 10 am—4pm Ages 8-16 yrs. <b>Wednesdayz</b> (see 26th July for details) <b>Plymouth Youth Sailing</b> (see 8th August for details) <b>Diggin It In the Park</b> 10am - 4pm Gardening . Ages 8+ <b>The Beckly Centre</b> 10am—4pm Ages 9-20 yrs</p>	<p>10 <b>Hamoaze House Activities (ASD)</b> 10am –4pm Ages 12-16 yrs. <b>Plymouth Music Zone</b> (see 27th July for details) <b>Plymouth Youth Sailing</b> 9.30am-12.30pm 9-12 yrs 1.30am-4.30 pm 13-17yrs (All disabilities) <b>Diggin it In The Park</b> 10– 4pm Forest School. Ages 8+</p>	<p>11 <b>Plymouth YMCA Holiday Club -</b> 10 am - 4pm Ages 7-11.</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 6-16 yrs</p>	<p>12 <b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 12-16.</p> <p><b>*Saturday 13th*</b>  <b>Plymouth Music Zone</b> (see 27th July for details)</p>

# August 11 - con

Mon	Tue	Wed	Thu	Fri
<p>15 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 7-11. <b>Plymouth Sports Academy</b> 10 am—4pm Ages 8-16 yrs. <b>Hamoaze House Activities (ASD)</b> 10am—4pm Ages 8-11 yrs. <b>Diggin It in the Park</b> 10am -4.00pm - Rock Climbing on Dartmoor. Ages 8+ <b>TR2 (ASD)</b> 10am 1pm /6-10 yrs 2pm—5pm/11-14 yrs <b>Plymouth Music Zone</b> (see 27th July for details) <b>Plymouth Youth Sailing</b> (see 8th August for details)</p>	<p>16 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 7-11.  <b>Scope Beach Holiday Club</b> 10 am—4pm- Ages 5-16 yrs.  <b>Wednesdayz</b> (see 26th July for details)  <b>Plymouth Youth Sailing</b> 9.30am-12.30pm 9-12 yrs 1.30am-4.30 pm 13-17yrs (All disabilities)</p>	<p>17 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 7-11. <b>Wheelfever Inclusive Dance Club.</b> 10 am—1pm Ages 8-18 yrs. <b>Plymouth Sports Academy</b> Ages 8-16 yrs. 10 am—4pm <b>Hamoaze House Activities (ASD)</b> 10am—4pm Ages 12-16 yrs. <b>Plymouth Music Zone</b> (see 27th July for details) <b>Plymouth Youth Sailing</b> (see 8th August for details)</p>	<p>18 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 7-11  <b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 7-11 yrs  <b>TR2 (ASD)</b> 10am 1pm /6-10 yrs 2pm—5pm/11-14 yrs  <b>No Limits Youth Club</b> 10.30 am—4.30 pm Plymouth Museum and Lunch). Ages 11-25 .</p>	<p>19 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 7-11 <b>Diggin it In The Park</b> Forest School. 10am— 4pm Ages 8+ <b>Wheelfever Inclusive Dance Club</b> 10 am-1pm Ages 8-18 yrs. <b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 12-16 yrs  <b>*Saturday 20th*</b> <b>Plymouth Music Zone</b> (see 27th July for details)</p>
<p>22 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 9-12.  <b>The Zone Club</b> 10am—4pm - Ages 14— 18 yrs.  <b>Hamoaze House Activities (ASD)</b> 10am—4pm Ages 8-11 yrs.  <b>TR2 (ASD)</b> 10am 1pm /6-10 yrs 2pm—5pm/11-14 yrs  <b>Plymouth Youth Sailing</b> 9.30am-12.30pm 9-12 yrs 1.30am-4.30 pm 13-17yrs (All disabilities)</p>	<p>23 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 9-12. <b>The Zone Club</b> 10am—4pm Ages 14— 18 yrs <b>Scope Beach Holiday Club</b> 10 am—4pm- Ages 5-16 yrs. <b>Wednesdayz</b> (see 26th July for details) <b>Plymouth Youth Sailing</b> (see 8th August for details) <b>The Beckly Centre</b> 10am—4pm Ages 9-20 yrs <b>Activity Days for Deaf and HI CYP</b> 9.30 - 3.30 Ages 5-11</p>	<p>24 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 9-12. <b>The Zone Club</b> 10am—4pm Ages 14— 18 yrs <b>Wheelfever Inclusive Dance Club.</b> 10 am—1pm Ages 8-18 yrs. <b>Hamoaze House Activities (ASD)</b> 10am—4pm Ages 12-16 yrs. <b>Plymouth Music Zone</b> (see 27th July for details) <b>Plymouth Youth Sailing</b> (see 8th August for details)</p>	<p>25 <b>Plymouth Argyle Holiday Club</b> 9 am—12 pm Ages 9-12. <b>The Zone Club</b> 10am—4pm - Ages 14— 18 yrs <b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 7-11. <b>TR2 (ASD)</b> 10am 1pm /6-10 yrs 2pm—5pm/11-14 yrs <b>Plymouth Music Zone</b> (see 27th July for detail ) <b>No Limits Youth Club</b> 12.am—3pm Bowling. Ages 11-25 <b>Diggin it In The Park</b> Gardening - 10—4 pm Ages 8+ <b>The Beckly Centre</b> 10am—4pm Ages 6-16 yrs <b>Activity Days for Deaf and HI CYP</b> 9.30 - 3.30 - Ages 11-18</p>	<p>26 <b>Plymouth Argyle Holiday Club</b> 9 am 12 pm Ages 9-12.  <b>The Zone Club</b> 10am—4pm Ages 14— 18 yrs  <b>Diggin it In The Park</b> Forest School. 10am—4 pm Ages 8+  <b>Wheelfever Inclusive Dance Club.</b> 10 am—1pm Ages 8-18 yrs.  <b>Plymouth YMCA Holiday Club -</b> 10 am - 4pm Ages 12-16.</p>

# Short Break Activities Aug 11 con

Mon	Tue	Wed
29	<p>30</p> <p><b>Horizons Sailing</b> 10am-4pm Ages 9-13 yrs.</p> <p><b>Scope Beach Holiday Club.</b> 10 am—4.pm Ages 5-16 yrs.</p> <p><b>Plymouth YMCA Holiday Club -</b> 10 am - 4pm Ages 7-11 yr.</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 9-20 yrs</p>	<p>31</p> <p><b>Horizons Sailing -</b> 10am-4pm Ages 14-19yrs.</p> <p><b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 12-16.</p> <p><b>Hamoaze House Activities (ASD)</b> 10am—4pm Ages 12-16 yrs.</p> <p><b>Plymouth Music Zone -</b> (see 27th July for details)</p>

# Short Break Activities Break Sept 11

Thu	Fri
<p>1</p> <p><b>Diggin It in the Park</b> 10am-4pm Rock Climbing on Dartmoor. Ages 8+.</p> <p><b>Horizons Sailing</b> 10 am—4pm Ages 9-13 yrs.</p> <p><b>Plymouth YMCA Holiday Club</b> 10 am - 4pm Ages 7-11 yrs.</p> <p><b>The Beckly Centre</b> 10am—4pm Ages 6-16 yrs</p>	<p>2</p> <p><b>Diggin It In the Park</b> 10 am-4pm Gardening at Devonport park . Ages 8+</p> <p><b>Horizons Sailing -</b> 10am-4pm Ages 14-19 yrs.</p> <p><b>Plymouth YMCA Holiday Club -</b> 10 am - 4pm Ages 12-16.</p>

Call 08007834259 to book the holiday activity your child wants to access

This information can also be produced in a range of languages and formats, such as large print, Braille or other accessible formats, by contacting

## Aiming High newsletters will soon be available online at:

<http://shortbreaksadvisoryservice.moonfruit.co.uk/>

They can also be downloaded from:-

<http://plymouthparentpartnership.org.uk/index.php?p=23>

<http://www.routeways.org.uk/news-archive>

<http://www.parents-guide-to-plymouth.co.uk/>

## Have you registered to receive information?

This newsletter is produced by The Short Breaks Advisory Service on behalf of the Children's Disability Service. We try to ensure that the newsletter is distributed as widely as possible.



However, families who have registered with Short Breaks Advisory Service or the Parent and Carer Advisory Group receive the information more quickly, because we can write to them directly.

If you have any feedback or would like to receive future editions please contact Sarah Flay on 01752 300700 or [sarahflay@yahoo.co.uk](mailto:sarahflay@yahoo.co.uk). Or you can register by filling in the tear-off slip below.

 Short Breaks Service, Routeways centre Ltd 41-43 Chapel Street Plymouth PL1 4.

**Editorial Policy:** Contributions will be included if they are considered to advance and encourage the development of services / opportunities for disabled children, young people and their families or celebrate their achievements. Views expressed in articles do not necessarily reflect the editor or sponsors' views. We try to ensure the accuracy and appropriateness of all material, but cannot be held responsible for the content of any product or website listed.



### Please Send if further information on Short Breaks...

Parent/Carer's Name ..... Title .....

Address ..... Post Code .....

Tel ..... Email Address .....