



## Short Break Information for Parents and Carers of Disabled Children and Young People

Hello again readers, summer holidays are fast approaching and as busy parents and carers we are all looking for stimulating, fun activities for our children during the long break.

Pages 2-5 are filled with short break opportunities purely for children with a disability funded by Aiming High for Disabled Children. There are limited places in each club and it is important to book as early as you can by asking for a referral from one of the lead professionals detailed on pages 2 & 4. The groups have been kept to a minimum to enable disabled children to access all of the facilities within each holiday club as independently as possible, gaining confidence and making new friends without the hustle and bustle of a mainstream holiday club.

There will be another newsletter filled with articles, interviews and general topical information for you to peruse in the garden available early July.

**Have a great Summer! Sarah Flay [sarahflay@yahoo.co.uk](mailto:sarahflay@yahoo.co.uk)—01752 319886**

### Aiming High Fair - Come and Meet the Providers

Come to Plymouth's Guildhall this Summer on the **4th August 2010 from 10.30 to 3.00**, for a fun, informative event where you can meet providers of Short Breaks for Children and Young People in Plymouth, see the activities that are on offer and feedback your views/needs. Take part in lots of activities including wheelchair dance, music making, crafts and other activities, before moving onto the Playdays event at West Hoe Park, a fun day out for all the family!

### Plymouth Playdays—Inclusive Fun for all the family

**Playdays**— Take advantage of the sunshine and enjoy a short break at a Playday near you there will be 2 Inclusion Workers onsite, in addition to the Playrangers, to help with the fun, whilst providing parents/carers with a short break. A changing tent and a fantastic sensory area will also be available at all events.

Please note that the last two playday sites are in heavily wooded areas and are not wheelchair friendly, but the changing tent will be there along with Inclusion Works support and 2 playrangers,

**Trefusis Park Lipson** - Monday 26th July & Wednesday 18th August

**Victoria Park** (don't forget the swing straps are across the road in the Spa Shop!)- Thursday 29th July, Thursday 12th August, Thursday 19th August, Thursday 26th August

**Yeo Close** - Wednesday 11th August

**Whitleigh Woods**-28th July, 18th August.

**Forder Valley** -11th Aug - 25th Aug

Don't miss the **National Playdays Event at West Hoe Family Park** on Wednesday 4th August, 11am—4pm for a free, fun day of inclusive activities. Families can enjoy soft play, face painting, story telling, art and craft activities, bouncy castles, sand and water play.

For the more adventurous there will be den building, climbing walls, and a mobile skate park and much more.

Don't forget to stop by the Aiming High fair at Plymouth's Guildhall onto find out about all of the Short Breaks that are available!

## Holiday Clubs for Children and Young People with ASD.

Detailed on the following pages are some wonderful opportunities for children and young people with a diagnosis or in the process of obtaining a diagnosis, of **Autistic Spectrum Condition**.

To enable your child to be able to participate you need to :

1. Ask one of the following professionals to sign the form to make the referral; **School SENCO, MAST, CAMHS, Inclusion Works, Children's**

**Integrated Disability Team, Family Support Team, PIE Team, Communication Interaction Team.**

2. Ring the organisers up and find out about availability of places

3. Make the booking and send the referral form to the organisers then complete any paperwork.

4. Take & collect your child .

Whoever is referring the child

must have agreed with you that the holiday scheme will support your child's development across the Summer Holidays, then sign the referral form to give to the activity provider of your choice from the selection below.

The referral form is available at [www.plymouthschoolsout.org.uk](http://www.plymouthschoolsout.org.uk)

or you can ask your school PSA for a copy of the referral form.

The places will be allocated on a "first come first served" basis

## Activities for Summer Holiday Scheme for Children and Young people with ASD

### Theatre Royal TR2. (Free club)

Each session will be designed to enable children and young people to work together and interact socially, whilst learning new skills and having fun.

**6-12 and 13-18 year olds Drama Groups** will focus on basic drama games and skills. To aid communication a variety of theatre techniques will be used depending on individual needs, including physical, vocal, mask work and dance/movement with music.

**13-18 year olds Arts Group**, this group will focus on basic visual arts techniques such as printing, painting and mask making. **Contact Details** : Jane Pawson 01752 230542 [jane.pawson@theatreroyal.com](mailto:jane.pawson@theatreroyal.com).

#### Dates/Times

**Drama - Ages 6-12 years** - 10th,12th, 17th, 19th, 24th and 26th August, 10.00 am to 1.00 pm

**Drama Ages 13-18 years** - 10th,12th, 17th, 19th, 24th and 26th August, 2.00pm am to 5.00 pm

**Art - Ages 13-18 years** - 10th,12th, 17th, 19th, 24th and 26th August, 2.00pm am to 5.00 pm

*Allocations per Child/Young Person - Can book a place for one of the groups for all 6 sessions in that group*

### Plymouth Music Zone (free club)

Providing creative music making activities for Children and Young people with ASD this Summer using a range of accessible instruments and music technology. Including singing, song writing a multi-sensory experience utilising Plymouth Music Zone's state of the art sensory room and music making resource 'The Sensation Music Station'. Contact Glyn Fuge or Karl Meyer 01752 213690

#### Dates/Times

**For ages 6 – 12 yrs**

Friday 6<sup>th</sup> and 20<sup>th</sup> August 2010—1300 – 1430

**For ages 13 – 18**

Friday 13<sup>th</sup> and 27<sup>th</sup> August 2010—1300 – 1430

*Parents can book a place for 2 sessions in one of the groups.*

### Me and My Friends (free club)

Dates 28th July, 2nd-6th , 11th, 14th, 18th, 21st August, 25th, and the 28th August activities run from 10.00 – 16.00

The project will offer a selection of arts, craft, sports, computers internet, cooking chill space, indoors and out. There will be workshops and team activities enabling young people to gain skills and confidence to speak out about issues that effect them . Contact details Marion Lee Cerino - Youth Office Maz Lee-Cerrino Youth Office 667579

[marion.lee-cerrino@plymouth.gov.uk](mailto:marion.lee-cerrino@plymouth.gov.uk)

### **Routeways/Hamoaze House (Free Club)**

This holiday activity scheme is targeted specifically at children and young people with a diagnosis of Autistic Spectrum Condition in school years 7, 8 and 9.

The programme will focus on building social skills, confidence and self-esteem. Activities range from team sports, fun games to outdoor education.

Delivered through a fun and friendly approach that provides an opportunity to develop lasting friendships, engage in every day experiences and aspire

to reach individual full potential.

Operating through the summer holidays from 10.00 am to 4.00 pm—starting on Tuesday 27th July 2010 then every Tuesday and Wednesday up to Wednesday 1st September.

For more information contact Shane 01752 566100

*Allocations per Child/Young Person - Can book a place for up to 3 sessions across the Summer.*

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### **Plymouth YMCA (John Kitto Centre £3.60 per day)**

Summer Holiday club that aims to provide a fun and stimulating environment for children and young people with ASD, activities will include trampolining, swimming, football, climbing and lots more! There are a maximum of 12 places on each day to ensure that noise levels are OK for children and young people with a diagnosis of ASD. The club will run on Thursdays and Fridays—Thursdays will be for ages 5-11 and Fridays ages 12– 16. Running from Thursday 29th July 2010 to Friday 3rd September 2010 from 10.00 am to 4.00pm.

**Contact :** Ben Roper / Alex Lashbrook / Matt Rolfe 01752 201918

*Allocations per Child/Young Person - Can book a place for any sessions within the age range across the Summer Holiday. There will be a charge of £3.60 per child per day.*

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### **Horizons Sailing Charity (Devonport) (Free Club)**

Wonderful opportunity to try sailing a Hawk 20 sailing boat! Over the Summer Horizons will be using this unsinkable, self righting craft to enable children and young people with ASD to learn to sail, whilst improving their teamwork and social skills and having lots of fun! See [www.horizonsplymouth.org/html/special\\_needs.html](http://www.horizonsplymouth.org/html/special_needs.html) for lots more details.

Sailing for ages 8-11 runs on Thursday 31st August and Thursday 2nd September and for ages 12-16 Wednesday 1st September and Friday 3rd September. Contact : Craig Shore or Jon Worster on 01752 605800

*Allocations per Child/Young Person - Can book a place for to 2 sessions within the age range.*

### **Plymouth Youth Sailing (Free Club)**

A great opportunity to try lane sailing in dinghies ranging from the small Topper, up to the Laser 2000. Participate in watersports activities & to help develop personal & social skills in a stimulating environment. .

Sailing for ages 8-12 run on Mondays from 10.00 am to 4.00 pm and for ages 13-18 clubs runs on Wednesdays from 10.00 am to 4.00pm. Activity starts from Monday 2nd August and completes on Wednesday 25th August. Contact: Stuart Jones 07917407771

*Allocations per Child/Young Person - Can book a place for a maximum of 2 sessions within the age*

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

Wednesdayz has been running now for 5 years. During this time they have offered various youth clubs for the whole family and art and craft sessions for children with ADHD and / or ASD and their siblings. This Summer they are offering an opportunity to take part in Art, Craft, Indoor Games and Outdoor Play Sessions.

The club will run every Thursday from 27th July to 26th August 2010 from 9.30am—1.30 pm, for children with ASD aged 6 –12 years. Please bring a packed lunch , extra drinks and a snack.

**Contact Details:** Claire on 01752 245646 or [claire@wednesdayz.co.uk](mailto:claire@wednesdayz.co.uk)

**Allocation: Any 4 dates in different weeks to start with. Some sessions will be arranged to be age specific as required. £5 per session per child.**

Detailed underneath are some fantastic options for children and young people with a disability to take part in exciting and fun activities this Summer.

For your child to participate all you need to do is ask one of the following professionals to sign the form to make the referral; **School SENCO, MAST, CAMHS, Inclusion Works, Children's Integrated Disability Team, Family Support Team, PIE Team, Communication Interaction Team.**

*Then phone the organisers (phone numbers have been provided) and find out about availability of places Make the booking and send the referral form to the organisers (then complete any paperwork they need for your child to take part).*

*Take your child to the activity and collect them!*

Whoever is referring the child must have agreed with you that the holiday scheme will support your child's development and

engagement across the Summer Holidays and then sign the referral form to give to the activity provider of your choice (from the list below). Then approach them to make the booking.

The places will be allocated on a "first come first served" basis

The referral form is available at [www.plymouthschoolsout.org.uk](http://www.plymouthschoolsout.org.uk) or you can ask your school PSA for a copy of the referral form

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## Activities for Summer Holiday Clubs for Disabled Children and Young People

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### **Routeways Centre/Hamoaze House (Free club)**

This holiday activity scheme is targeted specifically at children and young people with a disability in school years 7,8 & 9. The programme of fun activities will focus on building social skills, confidence and self esteem and will be delivered through the Routeways Centre/ Hamoaze House partnership. The activity programme will create an opportunity to develop lasting friendships, engage in every day experiences and aspire to reach individual full potential. Activities range from team sports, fun games to outdoor education and will all be delivered through a fun and friendly approach.

Operating through the summer holidays starting on the 26th July 2010 to the 26th August. There will also be sessions running during the October Holidays, Christmas Holidays and February 2011 holidays. For more information contact Shane on 566100.

Dates: 26th, 5th, 9th, 23rd and the 26th of August 2010—10.00 am—4.00pm

Allocations per Child/Young Person - Can book a place for up to 3 sessions across the Summer Holiday

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### **Plymouth Music Zone (Free Club)**

Plymouth Music Zone (PMZ) will be providing creative music making activities for disabled children and young people this Summer using a range of accessible instruments and music technology. Activities will include singing, song writing and will also include a multi-sensory experience utilising Plymouth Music Zone's state of the art sensory room and music making resource 'The Sensation Music Station'.

PMZ responds to the diverse needs of children/young people by delivering practical music workshops that are vibrant, engaging, inspiring and fun. Contact Glyn Fuge or Karl Meyer 01752 213690 / [info@plymouthmusiczone.org.uk](mailto:info@plymouthmusiczone.org.uk)

#### **Dates/Times**

#### **For ages 6 – 12 yrs**

6th & 20th August 2010 - 9.30-12.30

#### **For ages 13 – 18**

13th & 27th August 2010—9.30 – 12.30

*PMZ is happy for young people to sign up to as many sessions as they like with the only restriction being relevance to the age requirements.*

### **Plymouth Youth Sailing (Free Club)**

A great opportunity to try lane sailing in dinghies ranging from the small Topper, up to the Laser 2000. This club actively encourages young people regardless of ability, to participate in watersports activities & to help develop personal & social skills in a stimulating environment. The club also runs a multi ability sailing club that will be open to any members that want to join after the Summer. Contact: Stuart Jones 07917407771

### **Dates of Activity:**

Ages 8 to 12 run on 5th & 19th August  
10.00—4.00 pm

Ages 13 to 18 run on 19th & 26th August

*Allocations per Child/Young Person - Can book a place for a maximum of 2 sessions within the age range*

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### **Wednesdayz Summer Club - (£5.00 per child)**

Wednesdayz Summer Club offers fully inclusive holiday club for children with a disability aged 6 –12 years, that will have been designed around a fun packed mix of Arts and Craft, Indoor Games, Outdoor Play Sessions and much, much more. Please bring a packed lunch, extra drinks and a snack.

**Contact Details:** Claire on 01752 245646 or [claire@wednesdayz.co.uk](mailto:claire@wednesdayz.co.uk)

**Dates: 26th, 28th July, 2nd, 4th, 9th, 11th, 16th, 18th, 23rd & 26th August 2010**  
**from 9.30—1.30pm.**

*Allocation: Any 4 dates in different weeks to start with. Some sessions will be arranged to be age specific as required. £5 per session per child.*

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### **BTCV (Free Club)**

All activities will take place on Dartmoor in a safe and structured environment with skilled leaders. There will be 12 places in each group and activities include opportunities to learn how to use hand tools & gain practical skills. Young people will gain an appreciation of the environment and learn how to identify & describe their surroundings as well as learning bush craft skills and other fun activities.

Group A Sessions: Mondays - 19th July, 26th July, 2nd August

Group B Sessions: Fridays - 23rd July, 30th July, 6th August

Group C Sessions - Mondays - 9, 16th, 23rd August

Group D Sessions - Fridays - 13th, 20th, 27th August

To book this club ring Emily on 01752 519780 or 07740 899655

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### **Wheel Fever ( Dance Studio at Woodview Campus ) (Free Club)**

Dates 28th July, 4th August, 11th August Sessions run from 10 am and 1pm.

To book for this club ring Paula Hocking on 367246 or e mail her at Email: [paula2hocking@talktalk.net](mailto:paula2hocking@talktalk.net)

**Individual Allocations—** Can book for all sessions as this is intended to be one group

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### **Opt in 4 Summer ( Free Club)**

This Summer Club offers stimulating and varied activities designed to provide choice and to encourage independence and social skills; ranging from menu and budget planning, going shopping and preparing food. Independent travel practise, Aquarium visits, picnic lunches, boat rides, chilling out on the beach, going rock pooling, games and a sand castle competition to arts, crafts, Wii, Bingo and Karaoke. All delivered with large helpings of fun. **Contact Details** Sarah Noble @ The Beckly Centre 01752 484433**Dates**

Senior Group— Ages 12-18 - 23rd, 27th July, 3rd, 10th, 17th, 24th August and 1st September

Junior Group—Ages 8-11 - 23rd, 29th July, 5th, 12th, 19th, 26th August and 1st September

*Individual Allocations Can book for all sessions as this is intended to be one group*

## Short Break Information—Inclusive Activities for Summer 2010 for Disabled Children and Young People.

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Detailed in the following pages are potential short break activities for your child. They are not directly targeted at disabled children/young people. However, with the help of Plymouth Inclusion Works or other support they are accessible and tons of fun, and will allow your family to have a great short break this summer.

**Plymouth Inclusion Works** supports disabled children and young people aged 0 to 16 to access and participate in play, leisure and wrap-around-care (**please note that there may be a waiting list for Inclusion Works support, and availability can not be guaranteed, if this service is required you are recommended to contact them ASAP!**).

**Holiday activity funding for disabled children and young people;** Provides Inclusion workers for up to 10 days per year, for disabled children and young people aged five to 16 during school holidays. Enabling access and participation in holiday clubs and activity centres of the child/young person's interest;

**Leisure and community activity funding for disabled young people**

This service provides support for disabled young people aged 11 to 16. Enabling short breaks for parents of disabled young people by supplying qualified and skilled Inclusion Workers to support them; access and participation in leisure and community activities, such as kayaking, football, dancing, guides, scouts, youth club or any other activity the young person may be interested in taking part in.; the Inclusion Workers can be provided for up to three hours per week.

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### Outdoor/Environmental Breaks

**Wild About Plymouth** — Seashore Safari @ Batten Bay/Mountbatten, Plymstock, Plymouth, Devon—Saturday 10th July, 2010 10:00am – 12:00\*

**Junior Rangers: Bushcraft** @ Haldon Forest Park, Buller's Hill, Kennford, Exeter, Devon - 3rd August 1:30pm to 26th August 4:00pm. A chance for children to build shelters, light fires and track wildlife. Tuesdays and Thursdays throughout August. Children can be left unaccompanied but parents/guardians also welcome. Age 8-12yrs. £12 per child, accompanying adults go free. Booking essential, call 01392 834233.

**Tudor Games** (watch our re-enactors as they demonstrate the games and then have a go yourself) @ Elizabethan House—32 New Street, The Barbican, Plymouth, Devon - Saturday 21st August, 2010 1:30pm – 16:00

**Seashore Safari**—Batten Bay, Mount Batten Saturday 10 July 2010, 10am to 12 noon—Enjoy the wonders of the city's seashore as we spend some time on one of our local beaches hunting for crabs, jellyfish, sea spiders and more! Admission is free. No need to book. On the day meet us at the bottom of the beach steps.

**Summer Bug Hunt**—Ford Park Cemetery, Ford Park Road, Plymouth - Sunday 1 August 2010, 11.30am to 1.30pm. Join us on our hunt for mini-beasts and we'll help you identify your finds as part of Ford Park Cemetery's Family Day. There may be

some surprises on the day with lizards and amphibians. Admission is free. No need to book. On the day meet us at the chapel in the Cemetery.

**Rockpool Rambles. Wembury Marine Centre.**

Saturday 31 Jul, 10th 11th, 13th 14th Aug 2010—Time:12.30, 1.30 and 2:30 pm (call to check time) Meet at Wembury Marine Centre. No need to book just turn up on the day. We will lead you on a guided tour of some of the best rockpools in Devon. Contact 01752 862538 or [info@wemburymarinecentre.org](mailto:info@wemburymarinecentre.org) Adults £1, children 50p, family £2.50.

**Recycled Rockpool Creatures** - Wednesday 04 Aug 2010 - Time: 12:30 pm—Wembury Marine Centre. Drop in between 12.30pm and 4pm to make a selection of rockpool creatures out of recycled materials. Come and create your very own rockpool creatures to take home! No need to book, just turn up on the day! £2/child and accompanying adults go free.

**Wild in the Wood – Saltram House in Devon** - 27 July 10am - 2pm, 10 August 10am - 2pm).

Join the Duchy Forest School and the Saltram Wardens for a creative day of woodland activities and games. Booking Essential 01752 333503 *Children must be accompanied by an Inclusion worker or other carer..* Meet at the duck pond. Bring a packed lunch and outdoor clothing. Admin Office, 01752 333503,

**Mount Edgcumbe Fun**—Childrens story time—Thursday 19 August - 2pm to 3pm—Join us for story time with Patrick from 2pm to 3pm. Children will enjoy the traditional and timeless tales of princesses, knights and adventure. Suitable for children aged five to nine and their parents. Spaces are limited so book now to avoid disappointment. Cost £1 per child.

**Why not combine these together for a great short break for your child!**

The Mount Edgcumbe connection ticket - departs from Mayflower Steps, Barbican—Mount Edgcumbe House and Earl's garden together with a cruise of the River Tamar.

Adults: £9.50—Children: £5.70 (5 to 15 years), under 5 years free

Buy a ticket on board or from the house shop. Disabled access is available to the House, ask at the Reception. Disabled toilets are located at the Orangery Restaurant; Barrow and Rame car parks as well as in the House. Mount Edgcumbe House and Country Park, Cremyll, Torpoint, Cornwall PL10 1HZ, 01752 822236

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**Forest School—Monday 26 July, Monday 2, 9 and 23 August - 9.45am to 2.15pm**

Forest Friends is an alternative to a traditional childcare facility and uses the Forest School ethos and principles to deliver a fun packed, practical woodland activity.

The sessions aim to teach children about nature through playing wild woodland games, exploration, wild food foraging, making dens and shelters, learning basic bush craft skills and camp fire cooking!

Forest Friends is run independently of Mount Edgcumbe Park by fully qualified and insured Forest School leaders. All leaders hold current CRB and first aid certificates.

The cost is £15 per child or £25 for two siblings. Children will need a packed lunch, drink, warm water-proof clothing, and stout shoes or Wellingtons as the sessions will run come rain or shine.

Places are limited so please book in advance, for further information please visit the [forest friends](http://forestfriendsplymouth.com) website, call Carol Wride on 01752 204922 or email [info@forestfriendsplymouth.com](mailto:info@forestfriendsplymouth.com)

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**Short Breaks at the Museum—Learning Fun!!!**

**Seaside Special** Thursday 29 July

School's out so mark the start of your holiday with a variety of special summer-themed activities including drawing, colouring and making hand print sunshines.

**Fan-tastic!** - Wednesday 4 August

Take your lead from our major 'Japanese Sashiko Textiles' exhibition and produce your own Japanese fan. If the weather is hot it will cool you down. If the sun isn't shining it will cheer you up!

**Punch and Judy Shows** - Tuesday 3 and 17 August, 11am, 12 noon, 2pm and 3pm Enjoy some traditional beach fun with one of our 30-minute Punch and Judy shows! .

**Tea Pot Tales from the Sea** -Tuesday 10 and 24 August, 10.30am and 11.30am - Fun, magical and interactive storytelling sessions for young children aged 18 months to 8 years Admission is free and there is no need to book in advance.

**Ancient Origami** - Thursday 5 August

Try your hand at the ancient art of origami and make your favourite flowers and animals.

**Crazy with Colour** - Wednesday 11 August

Take your inspiration from our 'Lens' by Glenn Carter installation, butterflies, light and colour to create some crazy tissue-paper stained glass-effect pictures.

**Playing with Paper** - Thursday 12 August

Use some Asian influences to make traditional Japanese kokeshi dolls and origami samurai hats from paper.

**Japanese Patterns** - Thursday 26 August

Be inspired by stories while you use paper and fabric to fashion some Oriental-inspired patterns.

**Plymouth City Museum and Art Gallery  
Drake Circus, Plymouth - 01752 304774**

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**Meet the Lighthouse Keeper @ Smeaton Tower** - Plymouth Hoe, Plymouth, Devon—Saturday 17th July, 2010 10:00am – 16:00\*

**International Lighthouse Day** - Saturday 21 August 10am to 12 noon and 1pm to 4pm. Enjoy a range of lighthouse-themed activities as we mark this international annual event. Lots of fun for everyone! *\*Due to its age and layout, we regret that disabled access to Smeaton's Tower is very limited, the lighthouse contains 93 steps, steep ladders, low ceilings and small openings.*

# Short Break Information—Summer 2010 for Disabled Children and Young People.

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## Horse Riding

Erme Valley Riding for the Disabled Group. A unique equestrian facility in the South Hams area of Devon that strives to give disabled people of all ages the opportunity to both enjoy the sheer exhilaration and the therapeutic benefits of horse riding and equestrian association, in a safe and structured environment. These very special horses, not to mention highly trained staff, will help you or your child to have a tremendous amount of fun in a completely safe environment.

**Individual Sessions**—Individual sessions are organised when we feel that a rider would find individual attention more beneficial, or when group sessions are not suitable. Individual sessions are also offered to those riders preparing to enter competitions.

**Riding Sessions**—Comprising of groups of up to 6 riders, learning how to ride and enjoying the benefits of our equine friends.

**Rides Out** Using the freedom of a horse we ride out into the countryside and enjoy the fresh air.

**Work Placement** The group offers work experience for those who need our facilities - or just have an interest in our work.

The Brook is located five minutes from the A38, near Ivybridge in Devon Contact them on 01752 894348

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**Moorvision** is a Devon support group for families with children or young people who have a visual impairment or other condition affecting their eye health. This year they are planning their first ever residential trip, a summer fun sports day, a trip to Woodlands and some parent's evenings. If you have a child with a visual impairment and would like to meet other families please do call Laura. [www.moorvision.com](http://www.moorvision.com) - 01752 892 058

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## Disability Tennis

Tennis classes are running over the summer at the Devonshire Health and Racquet club in Derriford.

Deaf Tennis - Wednesdays 6-7pm

Junior Sonic Tennis (\*visually impaired) - Thursdays 5-6pm *\*Visually Impaired Tennis began in Japan and is relatively new in Britain. It uses special balls and has its own set of rules*

Junior Tennis (learning difficulties) - Thursdays 6-7pm

Wheelchair Tennis—Friday 10 –12 pm

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## For the Adventurous Short Breakers.....

**Introductory Rock Climbing.** 3<sup>rd</sup> August Dartmoor National Park Authority has teamed up with the Dartmoor Centres to offer introductory rock climbing sessions suitable for all the family. Two instructors will introduce you to the delights of climbing crags. Learn and practice new skills. All equipment will be provided. Morning and afternoon sessions are available cost £17.00 per person. Other dates 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> August. Suitable for children 8+. Please book on 01364 631500. Contact Dartmoor Centres 01364 631500

**Introductory Caving.** Dartmoor National Park Authority has teamed up with the Dartmoor Centres to offer introductory caving sessions suitable for all the family. An instructor will equip you with all the gear you need to explore the mysterious caverns beneath Dartmoor. Morning and afternoon sessions available. Other dates 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> August & 26<sup>th</sup> October. Cost £17.00 per person, suitable for Children 8+. Please book on 01364 631500.

### **Swimming - Break into water...**

**Swimcats.** - provide quality and fun swimming lessons at four pools in Plymouth~ Holiday Inn, New Continental, Plymouth Pavilions and Plymouth College. Whether your child has an individual lesson or a group lesson they will be in the water with your child and ensure that they provide the same teacher each week allowing your child to build confidence with that person. We teach individual and group lessons every day. Swimcats always run 'holiday school' at the Holiday Inn, New Continental & Bittaford. Come during the holidays and have a lesson each day. Either way, they are happy to see you.

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Contact Jacqi or Madeline to book your lessons or to find out more—01752 264466

### **Tinside Lido—Open to All**

Tinside Lido is now open for business with a great new makeover to spruce it up for Summer 2010. There is a new lift to enable disabled people to access the lido will be available and a hoist into the pool is also available, from one of the friendly lifeguards. The pool is open 10.00 am—6.00pm is FREE to swimmers with a disability.

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### **The National Marine Aquarium—Take a break with the fishes....**

The Aquarium experience comprises a total of 50 live exhibits including 3 massive tanks. . The Aquarium is made up of 6 main zones: The Shallows, Atlantic Reef, Ocean Drifters, Atlantic Ocean, Weird Creatures and Coral Seas. Each zone is packed full of amazing Marine Creatures and fantastic facts for you to find.

The National Marine Aquarium is committed to providing Access for All. The majority of the aquarium is serviced by walkways, however, lifts are supplied where there are stairs. There are a number of disabled parking bays on site and there are drop off points for minibuses and coaches. There are a limited number of wheelchairs on site available free of charge on a first come first served basis and there are full disabled toilet facilities. Carers for the disabled are admitted free of charge (1 per person) and guide dogs are welcome.

<http://www.national-aquarium.co.uk/daily-programme>—The National Marine Aquarium,, Rope Walk, Coadside,, Plymouth, PL4 0LF.

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## **Sporty Breaks**

**Athletics Club** for 8-15-year-olds. All levels and abilities welcome @ Notre Dame RC School, Looseleigh Lane, Derriford, Plymouth, Devon—01752 795034

**Football- Plymouth Argyle's disability team** for players ranging from ages eight plus, club fully inclusivity and welcome players of all disabilities. The club is always open to new players of all disabilities. For more details on joining Plymouth Argyle's expanding squad please contact Disability Officer Graham Eyles on 01752 562561 / 07894 584878 or e-mail [eyles19@hotmail.com](mailto:eyles19@hotmail.com)

### **Training Schedule**

Junior / Youth - Lipson Community College astro turf - Every Sunday - 10am-11am

Seniors - Lipson Community College astro turf - Tuesdays and Fridays - 7.30pm-8.30pm

**Junior Ice Hockey – Plymouth Pavilions Wednesday: 5:45-7:45pm £3.50** Our Ice Hockey sessions are available for all ages and abilities aged under 16 years. There are knowledgeable staff on the ice during all of these sessions to teach new skills and referee small games. Helmets, hockey sticks and skates are all provided free of charge, however you are more than welcome to bring your own equipment. Equipment such as sticks and helmets can be ordered for purchase at the Leisure Ticketing Reception

**The SHOKK youth gym** at Brickfields Sports Centre offers a great opportunity for disabled youngsters to get active this Summer in a way that's educational, exciting and safe. Specially designed for youngsters from eight to 16, the gym features cardio-vascular, resistance and interactive equipment including dance mats, a traverse climbing wall and balance boards. An induction costs £5 then it's just £2 for a 'pay and play' session. Or you can take out monthly membership for £14. For more information call 01752 563320 or visit [www.thebrickfields.co.uk](http://www.thebrickfields.co.uk)

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## Short Break Information—Summer 2010 for Disabled Children and Young People—Clubs and other info

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**WEDNESDAYZ Club** is on every Wednesday at Mutley Baptist Church- From 4.30 to 5.30pm £1.50 per family. Wednesdayz is for children with ADHD and/or ASD, and their families. The group gives children a place to play, be themselves and meet other children with similar problems. The parents get a chance to meet other parents in the same position in a friendly and informative environment.

### **New inclusive Youth Club for Children with ASD and their friends.... Youth Club**

**4 Me & My Friends Youth Club** - If you are aged 13-19, Come and chill with your friends and make new ones doing activities like, Pool, Indoor Sports, Cooking, Arts and Crafts, Gardening, trips out and Nintendo Wii/Computers. You can plan activities and be part of a forum. Come along to the new youth space at Fredrick St. Youth Centre 4:45pm UNTIL 6:45PM **Every Wednesday Starting 9th June**. Contact : Maz Lee-Cerrino on 01752 667579

### **4 me & my friends (summer project)**

Plymouth City Council Youth Service South West Team and National Autism Society are providing a summer activity programme for young people aged 12-19 with autism.

You can come with a friend and make new ones. This exciting project offers activities on Wednesday's and Saturday's 10.30am -4.30pm at Frederick Street Youth Centre complimented with trips and activities in the Plymouth Area

The project will offer a selection of arts, craft, sports, computers internet, cooking chill space, indoors and out.

2-6 August is a whole week of workshops and team activities enabling young people to gain skills and confidence to speak out about issues that effect them.

What do you want to change – keeping your cool – confidence in speaking, being part of a wider group (Forum).

Be involved, join exciting activities and have your voice heard.

Contact Maz Lee-Cerrino tel. 01752 667579

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**“No Limits” youth club** for people with disabilities, every Wednesday evening at the youth centre based at the Woodview learning Campus in Whitleigh.

This inclusive club runs a unique programme which engages with young people with disabilities from across Plymouth.

*Shannon – 12 – “I really enjoy coming to club it makes me smile”*

*Katie -16- “my friends go here and I like that”*

*Patrick – 16 – “you get to play fifa and pool that’s whet I like doing!”*

*Shannon 12 – “Club’s Great”*

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Activities include Arts & Crafts, basketball, pool, Wii/PS3 and dru workshops. Planned trips to various locations are delivered so that the young people can be themselves in a social environment outside of the youth centre.

This club aims to prepare young people with disabilities to join other youth clubs in their own areas, when they are ready. This club helps to build confidence in themselves and others. Contact Dianne Kelly for more information on 01752 775969 / 07827821897.

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### **ADHD Support Group**

Meeting on every 2nd Tuesday in the month at 1.30 till 3pm

Meet other parents to chat, relax and gain support.

Brunel building John Kitto Campus, Honicknowle Lane PL5 3NE

Contact Rachel Best 01752 208381 Mob 07809586117 for more information

**Being Included and Going Out @ Beckly This Summer.** Beckly's summer programme continues to offer enjoyable and entertaining social and play for small peer friendship groups of disabled children and young people aged 6 to 22 that includes a mix of activities both at Beckly and in the wider community.

Youth club drop in sessions for young people 14 to 20 are every Thursday evening 7 to 9 pm and Beckly are restarting the 18 Plus social group on Monday evenings from the 5th July.

Young people are encouraged to drop in and participate in either of these groups' informal social activities, and will be warmly welcomed.

The BINGO Summer Playscheme will be open from 22nd July to 4th September, between 10.30 and

3.30, with lots of opportunities for fun, interaction, social and play activities in peer friendship groups, at Beckly and out and about in the community.

**\*\*New for 2010\*\***

Stay and play sessions will be running for all of the family sessions, so that families can meet up, chat over a coffee whilst the children can enjoy the resources at Beckly. There will also be activities provided for "Opt in 4 Summer"

For further information and registration and booking forms please contact The Beckly Centre, Tel 01752 484433 or by email: [the-becklycentre1@aol.com](mailto:the-becklycentre1@aol.com). [www.beckly.org.uk](http://www.beckly.org.uk)

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### Summer Mix

Plymouth's new Summer Mix - Excite Your Future programme is now ready. This FREE programme of Summer Holiday activities for fun, learning and raising aspirations, will take place between 2nd and 27th August. It is open to children and young people living in Plymouth aged 11 - 25 with disabilities or special learning needs. 2363 places are available, spread over 123 courses delivering 76 different activities.

A brochure detailing the courses on offer is available from 7<sup>th</sup> June from dedicated website <http://www.summERMix.co.uk>, this also contains clear instruction on how to access the courses and lots of other info. Summer Mix will also feature in the Plymouth Promise launch event on 1st July. For further information, please contact the enrolment team on 01752 306163 or 01752 306596 or email [info@summERMix.co.uk](mailto:info@summERMix.co.uk).

The activities available include Cheerleading, Photography, scuba diving, art, drama, dance, guitar playing, cooking and fashion design among many many more...

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### Asda Sporting Chance Reminder to Break into this.....

Free activities for all children this summer

Fantastic opportunities will be available again this summer for children in Plymouth to take part in FREE activities thanks to the support of ASDA's Sporting Chance!

The scheme, in partnership with the Sports Development Unit, offers parents the chance to access sessions for their children (normally at a cost) free.

How do I access these activities?

Collect an ASDA Sporting Chance voucher from your local ASDA store or download a voucher from the ASDA website.

Select an activity from the list (the list will be available soon at

[http://www.plymouth.gov.uk/homepage/leisureandtourism/sportandrecreation/sport\\_asdasportingchance.htm](http://www.plymouth.gov.uk/homepage/leisureandtourism/sportandrecreation/sport_asdasportingchance.htm) . Book your child onto your chosen activity, present your ASDA Sporting Chance voucher on arrival at your activity, enjoy your free activity! It's as easy as that.

Making sport affordable - free sport sessions for children in school holidays until 2013.

## Parent Page Short Break and Other Info

Although I know this is not strictly 'Short Break', info I have had so many requests for information on options for funding/support holidays for families with disabled children that I followed up a few (I have included some feedback as its great advice) and have included the few that really came through the families, this is by no means an exhaustive list, but real people have had success so they are worth trying!

Hi there My son is nearly 15 and has severe quadriplegia. ( cerebral palsy ). Every year I apply to THE FAMILY FUND.. they give monies towards holidays. You can fill in an application online. They usually will send you a voucher and you can use it on certain sites. Last year we had £500 of Haven vouchers... and it paid for a weekend away in a wheelchair accessible caravan. Emma Plymouth x

Children's Country Holiday Fund  
Activity Camps for 6-16 yrs & respite  
[www.childrensholidays-cchf.org](http://www.childrensholidays-cchf.org)

Afasic  
Activity week for those with Speech and Language problems

[www.afasic.org.uk](http://www.afasic.org.uk)

National Holiday Fund

For those with physical disabilities

[nhf@aol.com](mailto:nhf@aol.com)

Trefoil House

Grants for under 18's with Special Needs

[www.trefoil.org.uk](http://www.trefoil.org.uk)

Grooms

Offer 1/2 price adapted self catering accommodation

Tel 01446 771311

Break

Offering supported holidays, short breaks and respite .

[www.breakcharity.org](http://www.breakcharity.org)

Deafblind UK

caravan holidays

[www.deafblind.org.uk](http://www.deafblind.org.uk)

Break - Offering supported holidays, short breaks and respite they also offer Self Contained Chalets. *Parents Tip: We have used one of the break Chalets at westward Ho! Fantastic for us. The only place in the country we found where we could cope with my 4 ASD family members. We tried a lot of other places but nothing meet our needs like Break did. - Parent, Keyham*

### Parent Summer Short Breaks Tips/Feedback

My 14 yr old son is Autistic and I only found out recently that you can upgrade your tickets for free on most airlines, we recently flew with Thomas Cook who were brilliant, at check-in we explained about my son and asked could we have seats at the front of the plane (as my son doesn't travel well if he has seats in front of him) this was sorted for us and we also had priority boarding, yes no queues, which made life easier! **Sandra, Crownhill**

If you are looking for funding for a Short Break/Holiday and have a child with a disability/special need or ongoing illness, contact Amanda Bilbrough on **01582**

**755804** at happy days charity, she is the families officer there **happydayscharity.org**

### The Harriet Davis Seaside Holiday Trust For Disabled Children

The Trust provides four self-catering holiday houses in Pembrokeshire, UK for families with disabled children at economical prices. <http://www.harriet-davis-trust.org.uk/index.html> - Contact 01834 845197—

The house was fantastic, it enabled us to have a family holiday and made my life very easy as Laura's main carer with all the equipment available, she slept right the way through the night, something she never does at home."

**Mencap (via the Adcare Foun-**

**ation Ltd ) can provide help towards cost of holidays**, and will also help towards other things, but children need to be under 17 .We got £1000 of Thomas cook vouchers this year. I have twins with autism. Call 01923 776 729 — Sara—Yealmpton.

**The cerebra website, has a free holiday let** (though you have to apply and may not get first time), they have a free book library and toy library service too I was able to get a new adaptive computer for my son which helped a lot! Samantha—Efford. **Editors Note: They also have a great guide to filling in DLA forms!**