



7th February 2020



Mount Tamar School and Drake's View House Part of the Quay Partnership Tel: (01752) 365 128

www.mounttamar.org.uk/

Email: admin@mounttamar.org.uk





MINE CHART

There's a very good chance you've heard of Minecraft. The block building phenomenon is, arguably, the most beloved video game of all time which has managed to maintain its popularity since its first release back in 2011. Nine years later, it still has a huge userbase of 112 million people playing the game every month. Accessible to those 7+, Minecraft can be a gateway into a world of learning and exploration which encourages players to use their imagination to build three-dimensional worlds with virtual building blocks. While Minecraft is considered relatively safe generally speaking, there are some safety precautions parents may want to consider before allowing their children loose on the game.





What parents need to know about MINECRAFI



OPEN TO HACKING

Hackers can be a real problem in any online game, including Minecraft. Some individuals can access other people's games to disrupt their play time, or even worse, access private details about players such as their names, email addresses, dates of birth and so on. It would be incredibly rare and unfortunate to encounter a player like this, but it does happen and must be taken as a serious risk.



RISK OF GRIEFING

Griefing is when someone purposely upsets another player during the game. This can be done by ruining somebody's creation or generally doing something to spoil someone's gameplay and can essentially amount to a form of cyberbullying. In open servers, or even private ones among friends, it can be difficult to keep track of who's saying what, and an innocent comment in one person's eyes could be seen as bullying by somebody else. Stealing supplies, destroying things that take hours to build and harassing innocent players can all be commonplace if care isn't taken.



Most players aged 7 and over will be able to play the game comfortably and, whilst creating an account does ask you to input your date of birth for confirmation, there's no way to check if the information is correct nor to check someone's real identity. This could mean that children younger than 7 could access the game. However, what is more concerning is that adults pretending to be children could theoretically be using false information to access the game and be interacting with your child.



ADDICTIVE NATURE

Minecraft can be an incredibly exciting game but it can also be very addictive. Too much time on the game could impact on your child's behaviour, causing them to become irritable or angry when being asked to stop playing. This might suggest it might be time to enforce some time away from the game. Addictive behaviour can be compounded at a young age and encouraging gaming in moderation is always recommended.

'SCARY' CHARACTERS FOR YOUNGER GAMERS

For the most part, Minecraft is not a scary game. Despite this, there are certain characters in the game that younger children in particular may find frightening. Creepers, zombies and various other 'baddies' can be commonplace in some parts of the game and young minds may find it difficult to disassociate them from real life once they switch off the game



Safety Tips For Parents

BLOCK STRANGERS AND UNWANTED CONTACT

Despite the fact that private messages can no longer be sent in the game, strangers may still attempt to interact with your child. From the pause menu, players can block chat and friend requests from others in the game. This causes any profanities, email addresses and phone numbers to become automatically blocked, meaning it's harder for people you don't know to potentially contact your child.



LEARN FROM YOUTUBERS / TWITCH STREAMERS

There are a lot of Minecraft focused YouTubers and Twitch Streamers that offer a huge variety of fun, engaging content. Many of them focus on making videos specifically for younger audiences, which don't include bad language or anything scary. If you're unsure about the game, check out some of the biggest streamers and more importantly, ask who your children like. This will help you to understand what the game is about and also make sure that your children are watching age, appropriate content online.

PLAY IN CREATIVE OR PEACEFUL MODES

Playing the game on Creative or Peaceful mode ensures that the experience is strictly safe. Peaceful mode allows children to explore with friends without having the survival element of normal Minecraft, while Creative mode allows imaginations to run wild with unlimited resources, encouraging creation of vast, personalised worlds. There really are no limits as to what can be accomplished and getting involved yourself can make it a great way to bond with your child and give you a lease stem project to complete with them.

MONITOR GAMETIME

Being able to play on a wide variety of platforms can be beneficial however it can also make it more difficult to put the game down. Play time should be monitored and it's always a good idea to talk to your child if you feel they are spending too much time on the game or showing signs of addictive behaviour.



CREATE A PRIVATE SERVER

The best way to avoid unwanted strangers or griefers in a server is to simply create your own. Private servers do exactly what they say on the tin by offering a safe, secure place for children to play and create with their friends, free from outside interference. They (and you) control who is allowed in the server and what kind of things they can do in it, making it the closest thing Mineraft offers to page 141 controls.

LEARN TO PLAY YOURSELF

Minecraft is an incredibly easy game to pick up and play. Furthermore, it doesn't require an expensive console or computer, with versions available for smartphones and tablets. Learning to play yourself and playing alongside your child is the best way to understand the game and will help to put your mind at ease in respect of what your child is viewing and who they may be interacting with.

CREATE SERVER WHITELISTS

Usernames you know to be safe, like your child's friends or relatives, can have their accounts whitelisted as safe. Essentially, this means that server moderators can create a community made up of people they know to be friendly and children will only be playing alongside people both they and you know, reducing any risk of contact with strangers or experiencing griefing.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.







www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

A word from the Headteacher...

This is 'Internet Safety Week' for the school, and nationally on Tuesday. Throughout the week the students will be talking through how important it is to be safe online and the dangers that are around them when on the internet; searching, playing games and also social media. I hope that you can make this an opportunity to talk with your child about what they are doing when they are online. Our staff here have been going through a series of training workshops over the last month to ensure that we are all up to date with how to support the students, therefore if you would like any information or help please just get in contact with us here.

In this week's newsletter we include an article on 'Level Best' - this is a great new initiative that we started this term where each student chooses themselves three 'Level Ones' that he or she really wants to improve on. This has proved very interesting listening to how much they all understand about themselves and it shows that they really do want to improve. Ask them what theirs are!

We sent you all an email through our new communication system 'Arbor' last week, please can you check that you received this. If you didn't it may be in your spam junk box but if not there either please do let us know as we will be increasing our communication through emails in the future.

Please keep in touch with what we are all doing through the school Facebook page. Thank you

Brett Storry

Dates for your Diary

- Thursday 13th February 10am-12pm- Parent/ Carer Coffee Morning (Main site)
- Friday 14th February Last day of term
- Monday 24th February First day back to school
- Tuesday 25th February 10am-12pm Parent/Carer Coffee Morning at Seymour House



Mount Tamar: 10 week countdown to the first GCSE exams, starting on 12th May. Each week there will be a new revision aid in the newsletter.

Week 10:

Collins

REVISION TIMETABLE

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CREATE YOUR REVISION PLAN

- 1. Write the subjects you are revising along the top. Make a note of which week your plan is for and create a new timetable for each week. (Our template is on the next page. so you can print out as many as you need!)
- Write the name of the topic you are going to be revising and how long you are going to revise for against each day of the week (see example planner on the right)

WEEK 1

	ENGLISH	MATHS	BIOLOGY	PHYSICS	FRENCH	GEOGRAPHY	TOTAL
Mondau	Writing				Sport (1 hour)		2 hours
Tuesdau	(I nour)	Fractions (1 hour)	Enzymes (1 hour)			Trade/Aid (1 hour)	3 hours
Wednesdau				Energy (1 hour)	Transport (1 hour)		2 hours
Thursdau		Vectors				Settlements (1 hour)	2 hours
Cridan		(India)	Evolution (1 hour)				1 hour
Saturday			Nerves and hormones			Volcanoes (1 hour)	2 hours
Cindau		Triangles		Waves (1 hour)			2 hours
TOTAL	1 hour	3 hours	3 hours	2 hours	2 hours	3 hours	14 hours



Grooming is when someone befriends and builds an emotional Grooming is when someone befriends and builds an emotional connection with a child to gain their trust for the purposes of sexual abuse or exploitation. They can do this both offline and online, with technology and the Internet being commonly used to initiate and facilitate contact with a child. Gaining victims' trust is a key part of engaging them in sexually explicit behaviour. The groomer, who can either be a stranger or someone a child already knows, tends to use tactics such as engaging in small talk or exchanging personal information with the child about hobbies and relationships, using

information with the child about hobbles and relationships, using flattery and gifts to build a rapport or even making threats and intimidation to gain control. This can take place over varying periods











What parents need to know about

NUMBERS OF GROOMING OFFENCES ARE SOARING

In April 2017, a new government law came into force in England and Wales to allow police to charge adults who send sexual messages to children through mobile phones and social media. In the first year since the law change, there were 3,000 police-recorded offences of sexual communication with a child – a figure 50 per cent higher than experts expected in the first year.

ALL CHILDREN ARE ATRISK

According to a 2018 NSPCC report, a quarter of young people have experienced an adult who they don't know in real life trying to contact them online. One in four said they had been sent messages, images, videos or other content that made them feel sad, worried or uncomfortable. One in 10 girls and one in 20 boys under the age of 13 said they had received unwanted sexual

CHILDREN ARE VULNERABLE TARGETS

Groomers use psychological tricks and methods to try and isolate children from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. In order to seek potential victims, predators are likely to use apps and websites that are popular with children and young people. Groomers can use a 'scattergun' approach to find victims, contacting hundreds online to increase their chance of success.

LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle Live.me, BIGO Live, YouNow and many more

GROOMING CAN HAPPEN RAPIDLY

Grooming is generally a slow, methodical and intentional process of manipulating a person to a point where they can be victimised. However, according to researchers at the University of Swansea, online grooming can also be very rapid, with analysis of chat logs revealing that it can take just 18 minutes for some predators to arrange to meet their victim. The fastest predators used sophisticated persuasive, language-based strategies to rapidly build trust, including the use of small talk and praise which quickly escalated into requests for sexual messages.

ANYONE CAN GROOM YOUR CHILD

Many people expect groomers to be adults posing as children, but this is not always the case. Data from University of Swansea reveals that groomers' use of identity deception (around age, location and appearance) is fairly low. This can be because they approach many children, limiting their ability to lie. The worry is that honesty can be more damaging to the victim since they are more likely to feel as if they are in a real relationship.



Ps Parer



It's unlikely that you can stop your child using the Internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships



they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.

CHECK PRIVACY SETTINGS

In order to give your child a safer online gaming experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they may use. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.

DISCUSS SAFE ONLINE BEHAVIOUR
Make it clear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. They should never agree to chat privately with a stranger or someone they don't really know. Remind them that they should never divulge personal information, such as mobile phone numbers, addresses, passwords or name of their school.

DISCUSS HEALTHY RELATIONSHIPS
Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.

LOOK OUT FOR WARNING SIGNS
Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive behaviour about A lack of interest in what they are doing online.
- Internet or smartphone usage late at night.
- Going to unusual places to meet up with friends you have not heard of.
- They are clingy, have olems sleeping and
- extra-curricular activities.
- Having new items, such as clothes or phones, which they can't explain.
- They seem withdrawn,
- anxious, depressed or
- Having older boyfriends or girlfriends.



HOW TO REPORT

If you're worried that your child is being groomed online or sexually exploited, you can report your concerns to the Child Exploitation and Online Protection (CEOP) Safety Centre, which is part of the National Crime Agency at www.ceop.police.uk/safety-centre. Reports are read by a Child Protection Advisor who will make contact by phone or email to work with you to make a plan to keep your child safe. If you think a child is in immediate danger, call the Police on 999 or NSPCC on 0808 800 5000.

dren-2018-report.pdf, https://www.telegr ng-live-streaming-nca-online-dangers-uk SOURCES: Https://www.nspcc.org.uk/globalassets/docume/https://www.independent.co.uk/news/uk/crime/paedophile

After School Clubs

Term 2

Monday	Tuesday	Wednesday	<u>Thursday</u>
Yoga Club	Fitness Club	Drama	Multi Skills
(Kerrie)	(Simon and Martin)	(Claire Q and Cassie)	(Gary and Sam)
Pupil Voice Club	Volleyball Club	Rounders	
(Jen B)	(Josh Brown and Chey Bryce)	(Sian)	
Sewing Club			
(Mandy)			
Climbing Club (Students to get picked up 4.30 from lifecentre)			
(Tom Thorpe)			

Lunchtimes

In the absence of a football it's great to see the field used by primary and secondary pupils together, playing 'Chicken or Hero'!





School Displays

So nice to walk around school and see so many fabulous displays and new emerging book corners - well done to our creative staff and to the students for their hard work! More photos from a different area of school to follow







Downham Centre ASDAN Cooking

The students at our Downham Centre have been creating some fantastic meals as part of their ASDAN. Everyone agreed they were really tasty and well made. Well done boys you have worked hard with this!

Hopefully you will soon be showing off those cooking skills at home.









Independent Travel

Tarrin has now successfully managed to travel from his home in Liskeard, to his Bluescreen IT placement in Derriford. This is a huge achievement for Tarrin and means that he is now able to confidently use two modes of public transport, both train and bus, to independently travel to and from his placement. A fantastic achievement, well done Tarrin!

Commando Joe's Cooking

Class JB enjoyed tasting the food they had cooked during their Commando Joe's lesson this week!

The students cooked some tuna steaks, which was a first for some of them! They stepped out of their comfort zone and then really enjoyed them! A huge thank you and well done to Callum who helped throughout the lesson!





Downham trip to Dartmoor Zoo

Downham centre took a trip to Dartmoor zoo this week to enable them to write a report for an ASDAN module. They reported on what they saw and what their favorite animals were. The students had a great time and can't wait to go back.

Its bath time for Cookie the bearded dragon, so before his bath students wanted to hold him. This is a first for one of our students as he has been too scared to hold him but we have been building up his confidence so he was able to do so without being scared. Well done for facing and overcoming your fears.







News from Wolseley

Brandon is soldering an indicator switch which he is going to put on his bike. Cameron has begun to make a wooden car.





The group project of building a throne for the school library continues......

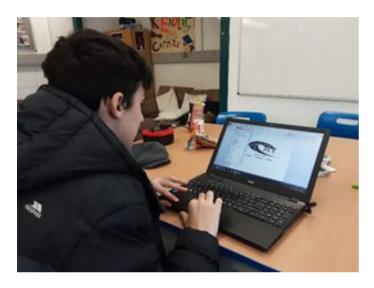
Zack is seen modelling the throne as they approach the painting stage.





News from Wolseley

Alfie is designing a sign to go onto the group bench using the laptop. Marshall has started to make a box that will hold a speaker he has made.





The prospect guys have had another great session at Wolseley this week. Pupils have been peer mentoring and Luke helped cut some wood. Quinn is having a go at cleaning some alloys using a wire drill.







Y11 Science: Crystallisation of Copper Sulphate

Year 11 Entry Level have been learning about the crystallisation of copper sulphate.









Science Y7: C02 & Limewater

Year 7 have been investigating the thermal decomposition of copper carbonate, it gave off CO2 as it turned the limewater cloudy. They also investigated if we breathe out CO2, if we do the limewater should turn cloudy.











Y11 Science: Fractional Distillation

The Year 11 Entry level science class have been learning about Fractional distillation of salty water.





Y7 Science: Chemical & Physical Reactions

Year 7 have been investigating chemical and physical reactions in their science lesson this week.









Science Y6 & Y7: Neutralisation of Acids & Alkalis

Year 6 & 7 have been investigating neutralisation of acids and alkalis in science this week.

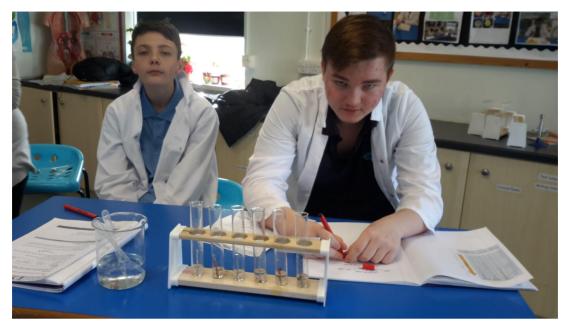






Y9 Science: Metals Investigation

Year 9 carried out an investigation into sacrificial metals to prevent rusting.







Y9 Science: Kidney Dissection Lesson

Year 9 have been dissecting kidneys in science this week...









Marine Academy Science Lesson

Pupils from the Marine Academy Primary School were invited to participate in a science lesson at Mount Tamar School recently. They took part in practical sessions where they had the opportunity to dissect a heart and experiment with acids and alkalis. As you can see from the photos they had lots of fun!

We had some great feedback:

"They all had a great time and you could really see they enjoyed it."



English: The power of a good book

We have been working hard in English to adapt our curriculum. We have put reading stories at the heart of everything we do in English. We want our pupils to love reading and experience a whole range of stories that will capture their imaginations and fire their emotions. Each class has a storybook that is their focus for the half term. Everyone in the class has a copy of the book and reading is shared by the teacher and members of the class. We have made a flying start!

The theme of the story follows through into the other aspects of the English curriculum. We have a real focus on spelling, punctuation and grammar ensuring all pupils have a solid foundation from which to express themselves. All pupils will have a weekly opportunity to showcase their learning in an independent writing activity. Finally, our pupils finish off the English week without writing.....but talking or presenting or acting or role-playing to help bring the subject to life.

Our library has been revamped and is great space to be to read and chill, we have a whole range of events taking place in there to suit all tastes:





And our classes are competing in a book corner competition. Hopefully, this time my class will win...nudge nudge

Simon Plunkett Head of English

Level Best

Over the past few months, children at Mount Tamar have been engaging in a new scheme called Level Best. The aim of Level Best is for children to make a positive change to themselves that they are in control of, with the support of key adults. Level 1 of the process starts with a discussion between child and key adult and from that discussion targets for the child are made and displayed in a badge for the child proudly wear. This gives the opportunity for children to let peers and adults know what it is they want to change and how they are going to do it. If a child believes they are going off track with their targets, 'nudgers'(key adults) are designated to enable them to refocus their targets. Level 2 is the implementation stage, they are facts that aren't yet true, but with Level Best they could be! Level 2 can continue until that trait has become a defining factor of the child's character so it could take two months, or even a year to reach Level 3.

Sam Laskey Teacher



Term Dates 2019/2020



February Half Term

- Last day of term: 14th February 2020
- First day back to school: 24th February 2020

Easter Holidays

- Last day of term: 27th March 2020
- First day back to school: 14th April 2020

May Bank Holiday

- Friday 8 May - this marks the 75th anniversary of VE Day which takes place on 8 May

May Half Term

- Last day of term: 22nd May 2020
- First day back to school: 1st June 2020

Summer Holiday

- Last day of term: 24th July 2020
- First day back to school: 3rd September 2020

October Holidays

- Last day of term: 23rd October 2020
- First day back to school: 9th November 2020

Christmas Holidays

- Last day of term: 18th December 2020
- First day back to school: 5th January 2021

February Half Term

- Last day of term: 12th February 2021
- First day back to school: 22nd February 2021



Current affairs, daily update.



Take a look at the latest headlines and discuss feature articles. 09:00 - 09:30 Mon-Fri



and cast your vote!

(Throughout January and February starting 23/1/20) Walliams versus Dahl...Discussion, Debate and Storytelling, featuring these two great children's authors work. Join us as we thrash out who is the best?!

Thursday period 2

Rebel Readers Club. The first rule of Rebel Readers is..

Meet in the library, Lunchtime.



Coming soon...

Displays/activities: Spotlight on current authors and illustrators.

Social empathy stories.

E-books and audio books (computers)

Future

events

storytelling

the new displays on gender inequality

and Dahl V. Storytelling for Primary...Traditional talry tales Walliams I with dressing up and discussion on morals

Secondary Storytelling. The dark origins of fairy tales and the hidden meanings. These stories were originally written for

What's on

Your School Library.

January/February 2020

Balancing the

The gender gap

Coming soon...

Peter and the Wolf, Russian Petya I volk, children's theatre composition for orchestre and namated by <u>Sergey Prokofiey</u>. The work, which tells a Russian folk tale, premiered May 2, 1936, in Moscow. Since that time it has introduced many young listeners to classical <u>music</u> and helped train them to recognize the distinct sounds produced by various instruments of the orchestra.



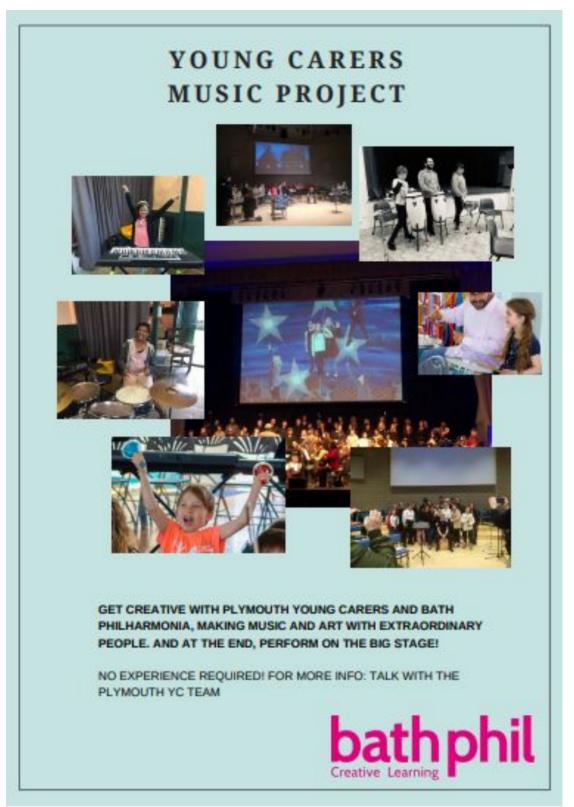
February Storytelling...



What awesome tales will Date TBC. unfold?

storyteller, Angus.





Absorutify his tepariting Bethald in the manageriant in the sound and th

Time: 10am - 4pm

Place: Efford Youth Centre

Refreshments will be provided

Taxis can be provided if required

Dates: Tuesday 18th, Wednesday 19th, Thursday 20th, Friday 21st, Saturday 29th February

Sunday 1st March-performance day

PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Activities & Events for SEND: February 2020

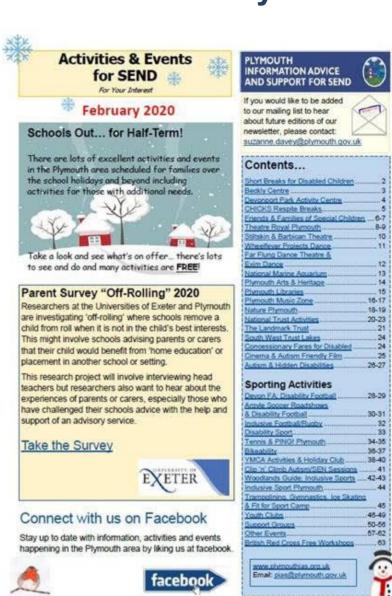
Are you looking for things to do in the Plymouth area over the February half term holidays including activities suitable for young people with special educational needs and disabilities (SEND)?

If so, our latest SEND newsletter is now available to download from our website and includes many FREE activities and events.

Download the latest edition:

<u>SEND Newsletter: February 2020</u> (PDF - 8.41MB)

<u>www.plymouthias.org.uk/information</u> <u>-support/send-newsletter</u>



Parents/Carers Granary Farm School Visit

Would you like the opportunity to visit our Granary Farm School?

We have organised a visit to the farm on Wednesday 20th May, leaving school at 12.30 pm and returning by 2.30 pm. Places will be limited, so please put your name down as soon as possible. This will allow you to see and experience the wonderful learning opportunities which are available to students at the farm.

Transport will be provided from our Row Lane site to the farm and back.

Please contact Hayley Lee our Parent Support Advisor if you would like to attend.

Tel: 01752 355018 or email: h_lee@mounttamar.org.uk



Coffee Morning at our Main Site





Next coffee morning dates (Row Lane site):

10am-12pm

13th February27th February

26th March

Please come along to this informal get together. It's a lovely opportunity to meet other parents and carers. Please be assured that your privacy will be respected where possible.

Coffee Morning at Seymour House



We are now holding a coffee morning on our Seymour House Site in 'The Cabin'.

This coffee morning will be for parents & carers of pupils attending Seymour House, however all of our parents & carers are welcome to attend.

Next coffee morning dates (10am-12pm):

25th February

17th March

21st April

19th May

16th June

14th July

Please come along to this informal get together. It's a lovely opportunity to meet other parents and carers.

School Uniform Details

School Uniform can be purchased from Trutex Schoolwear and More, Unit 3 Sugar Mill Retail Park, Billacombe Road, Plymouth PL9 7HT

Tel 01752 491353 email: plymouth@trutex.com

List of prices:

Blazer	£29
Bookbag	£7
Fleece	£18
Tie	£7
Polo Top	£9 (increasing to £10 for adult sizes)
Sweatshirt	£12

PE Kit Details

PE Kit can be purchased from

https://kitworld.uk/product-category/mount-tamar/

Or you can go in to the shop at Unit 319-320 Faraday Mill, Plymouth PL4 0ST

Phone: +44 (0) 1752 265533

List of prices:

PE Top	£15 or £18
Mid Layer	£26.50
Tracksuit Bottoms	£24
Leggings (for girls)	£24



FOR STUDENTS AGES 10-22 ON THE

AUTISM

SPECTRUM

ANIMATION SUMMER WORKSHOP

10AM - 3PM 1st Session: August 3RD - 7th 2ND Session: August 10th - 14th

Explore the exciting world of

Animation, Writing, Storyboarding, Voice Acting, and so much more

with

Dani Bowman, Joe Westlake

Andrew Pearson, & Patrick Eidemiller

For more information and to enroll call, email, or sign up at:

DaniMationEntertainment.com/camps

0777 431 6868 joe@danimationentertainment.com

£295 per Session (Advanced, Ends July 1st) £350 per Session (Standard) Scholarships Available

SPACE IS LIMITED!



UNITED KINGDOM

Promotes autism animation talent development programs throughout the community to help students with action transition into the workforms. DaniMation also produces original and contracted animated works made by a neurodiverse team.

LOCATED AT



DEVON, ENGLAND



Time for YOU

Plymouth

A small supportive group for mums of children with additional needs

Use Creative tools + COACHING to:

Take time and space for YOU

Share how being a mum of a child with additional needs transforms us Re-fuel, play with words and images and say what needs to be said Listen to what YOU need and how this fits into your life



Could this be for you?

Book a place now

on our

Taster Session

23rd Jan 2020

Text 07855 529582

jo@mums4achange.org



- A small, safe and supportive group for mothers
- Take time for you without your children
- We will use words, images & coaching tools
- · No need to be 'creative' just willing to give it a go
- · Your child doesn't need an official diagnosis

"For me the course was life changing. I'm now so much stronger, happier and looking forward to the future."

WHEN: Thursdays 10am-12pm from 30th Jan 2020
WEEKLY: 8 weekly meetings, term-time only
WHERE: Routeways, Devonport, Plymouth
COST: Free but BOOKING ASAP ESSENTIAL Priority booking if you are on means tested benefit.

INTERESTED: email jo@mums4achange.org or text 07855 529582

RUN BY: Jo Ball - life and career coach, mum of 2, with a background in Arts Therapy. SUPPORTED BY: Cass Povey-Naylor., mum of 4 who has a child with autism, did the group and wanted to share it.











SHORT BREAKS

In partnership with the Sports Development Unit

Free Family Fun Day Plymouth Life Centre

Sunday 16 February 1pm to 5pm

If you are the parent or carer of a disabled child aged 6 to 18 years, this free event will enable your whole family to enjoy a range of activities.

Climbing • trampolining • dodgeball • dance table tennis • soft play • crafts and board games followed by an hour's swim.

To be eligible your child must live in Plymouth and have a diagnosis of a disability and attend a special school, support centre, or a mainstream school supported by an EHC Plan.

Booking is essential
Please contact
The Sports Development Unit 01752 307008
nyrene.dudley@plymouth.gov.uk