

Mount Tamar News – December 2023

If your child is going to be absent, please call this number to record this, giving your name, your child's name and the reason for absence. **07840 856030** or email absence@transformingfutures.org.uk - please do not phone the main school number with this information

This term has flown by! Life in school is as fast paced as ever as we constantly strive to improve systems for both our pupils and our staff.

Our new structure to the day has been well received, allowing more time for tutors to share with their tutor group. This has helped to build some great relationships and bonds across all centres.

Our site leads have settled well into their roles and already making a difference in their centres. Please do remember to contact them with any queries that your child's tutor cannot help or support you with.

We held our first session for parents earlier this term – the presentation has been recorded and popped onto our website – please see link below.

[Home \(mounttamar.org.uk\)](http://mounttamar.org.uk)

Claire Ritchie – Centre Lead for Seymour and Prospect.	Claire.ritchie@transformingfutures.org.uk
Shaughn Lewis – Centre Lead for Row Lane Primary	Shaughn.lewis@transformingfutures.org.uk
Sus Kendall – Granary Farm Lead	Susie.kendall@transformingfutures.org.uk
Sam Payne – Centre Lead for Row Lane Secondary	sam.payne@transformingfutures.org.uk

Fit and Fed over Christmas

At the end of this newsletter are a few pages with information of all the “Fit and Fed” opportunities over the xmas break.

Free school meal Vouchers

All families eligible for vouchers will receive by the end of this week. Please check your in box and your junk folder. The vouchers are for all supermarkets – you select where you wish to spend them. The value of the vouchers is £26

Christmas Fayre



Christmas Fayre – Row Lane Site on 19th December 2023

All parents / carers from all sites are invited to this annual event. If you are coming it will be great to see you. If you are unable to attend please send your child in with some small change so they can join in!

Time – 11am – 12.30pm

Children can be taken home with you following the event at 12:30 – please ensure you let reception know if you are taking your child with you.

All other pupils will remain in school and be collected at the normal school end time of 2:45pm

Christmas Fayre Poster Competition

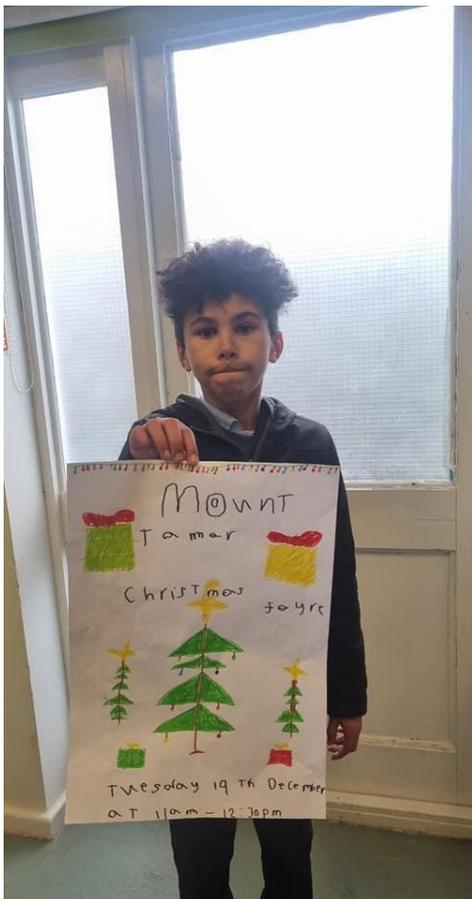


The results are in!

Thank you to all students who took part, it was a difficult decision to decide – but here they are.....

In First Place! This is the design to be used on our raffle tickets 😊

Our two runner ups will be used to advertise our Fayre in the local community.



Granary Farm Updates

It's always busy on the farm. This week students have learnt how to treat cattle for worms. We are lucky to have our own farm within a working farm just over the Cornish border. The owners of the farm work with us to ensure that any opportunity can be made into a learning opportunity for the pupils who attend Granary.



Earlier this term pupils were shown how to safely use tools to enable them to lay paving slabs from the greenhouse



BIG GARDEN RSPB BIRDWATCH–

Would you like to take part in the annual Bird survey? **26/01/24 TO 28/01/24** Help provide a snapshot of the UK's garden birds by taking part in RSPB's survey. For more information, click here. [RSPB](#)



KEEPING CHILDREN SAFE IN SPORT - NSPCC



keep pupils safe in sporting
<https://thecpsu.org.uk/parents>.

Sport is a fantastic thing for children and young people. It helps them socialise, keeps them fit and more importantly can introduce them into an interest for life. One which will increase their quality of life far into the future, setting good habits and instilling values and self-discipline. Engaging with them in this manner can show them new directions for their lives and expand their opportunities. Unfortunately, there are, like with anything, risks attached. Away matches, interactions with non-school staff such as coach drivers, out of-school coaches and other personnel can create vulnerability windows that could be exploited. The NSPCC has created a page dedicated to offering guidance on how to environments. To find out more please follow this link

VAPING – NATIONWIDE THIS IS A HUGE CONCERN – Updated from last Newsletter



Vaping is still causing a great deal of concern in some of our centres. There are an increasing number of students using VAPES. We would invite you to read and learn more about the dangers associated with this habit.. It is of vital importance that our students and their parents are well aware of the potential health implications. If you believe your child is 'VAPING' please make yourself familiar with the advice and guidance around this. We will ensure that we continue to educate our students around their use in school

We have also been alerted to many vapes being supplied with unknown substances – the effects of which can be fatal.

Click on links for further information. If you would like more support regarding this please contact one of the pastoral leads

Becky Harvey – Pastoral Lead for Seymour and Prospect

Rebecca.harvey@transformingfutures.org.uk

Nat Knight – Pastoral Lead for Key Stage 4 (Y10 and Y11) – Row Lane

Nat.knight@transformingfutures.org.uk

Shannon Fuller – Pastoral Lead for Key Stage 3 (Y7-Y9) – Row Lane

Shannon.fuller@transformingfutures.org.uk

[I'm worried about my child vaping - Support for Parents from Action For Children](#)

We are always following the latest information about vaping and young people and are pleased to share the following advice from Talk to Frank around vaping nicotine and edible cannabis with you:

[Vapes | FRANK \(talktofrank.com\)](#)

[Cannabis edibles – always risky, sometimes dangerous | FRANK \(talktofrank.com\)](#)

Please see the latest 'Drink Spiking' Factsheet here:

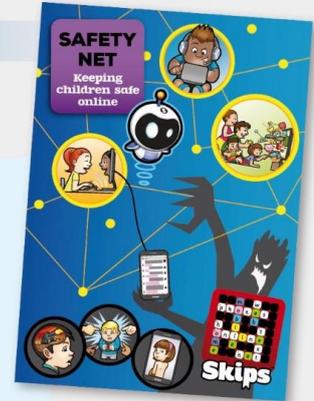
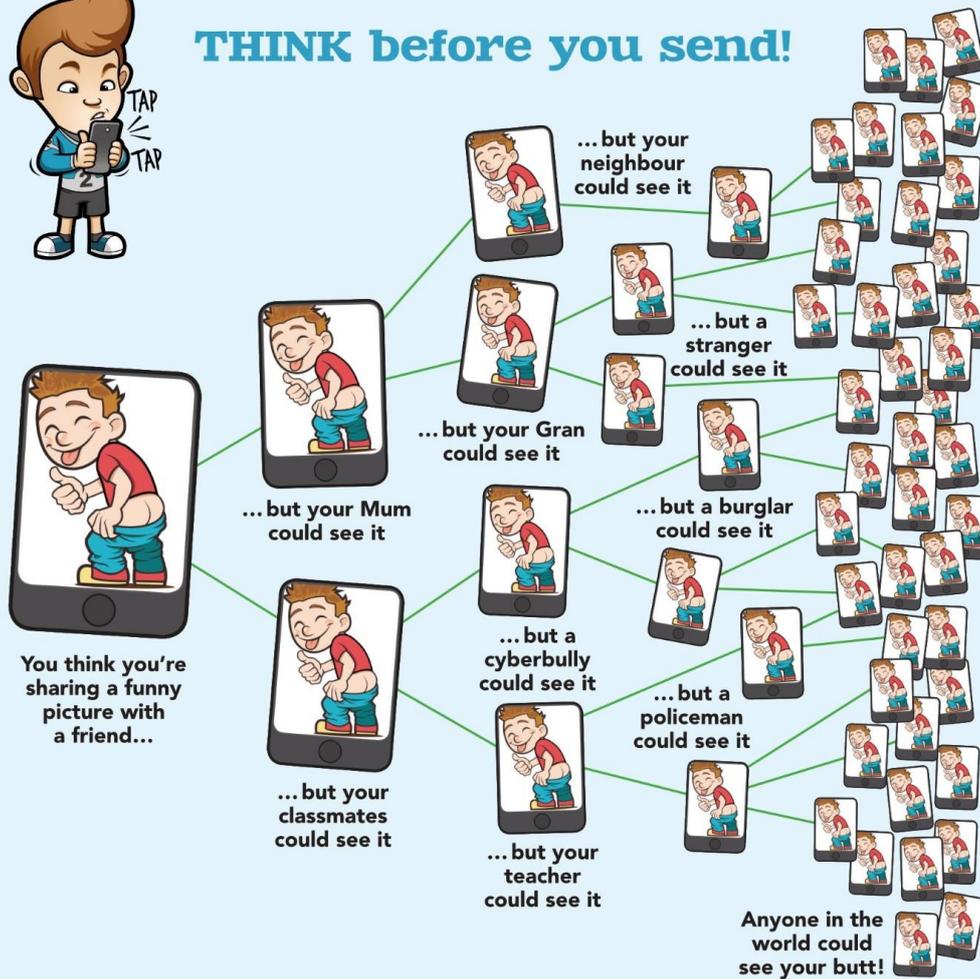
[RTK drink spiking sheet.pdf \(alcoholeducationtrust.org\)](https://www.alcoholeducationtrust.org/RTK_drink_spiking_sheet.pdf)

ONE YOU PLYMOUTH – STOP SMOKING SERVICE (ITS FOR YOUNG PEOPLE TOO!) The One You Plymouth Stop Smoking service is available for young people from 12 years old and up. Face to face appointments as well as telephone consultations. Come and see Kim, one of our health improvement practitioners who will support you through your smokefree journey. Find out more here: www.oneyouplymouth.co.uk/stop-smoking

Parent Guides to Online Safety



THINK before you send!



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



Plymouth Parent Carer Voice

Parent carers are warmly invited to register as members of PPCV here: <https://www.plymouthpcv.co.uk/join/>

Membership is FREE and benefits include FREE events and workshops, information sessions, a members' information portal and access to a sensory library.

Could you be a school SEND ambassador?

We are looking for volunteers to act as a link between PPCV and families of children/young people with SEND at your child/young person's setting.

You would need to be willing to send information about PPCV events to families at your child/young person's setting, liaise with the SENDCo to ensure information to support families is distributed, and attend coffee mornings to talk with families about how PPCV can support them.

If you would like to do this, please email an expression of interest to info@plymouthpcv.co.uk with the following information (and AMBASSADOR in the subject box):

- Your name;
- Your contact number;
- The school/setting your child/young person attends;
- The best time to call you.

Coffee & Cake Meetings

Our Coffee & Cake meetings continue to be held virtually every other week.

These meetings offer the opportunity for you to meet up with other parents/carers of young people with SEND in Plymouth. We are here to chat, share stories and help you find the right services and information.

You can also find out about opportunities to help shape and improve the vital services that we use. We often invite groups to join us to talk about what they can offer families in Plymouth. Our recent presentations have included PIAS, the Graduated Approach to SEND, Communication (with the Head of SEND for Plymouth), representatives from the Special Partnership Trust discussing the planned new ASD school and Devon Mind.

We would love to meet you – everyone is welcome.

In the meantime, check out our website to see who we have got lined up for future meetings: <https://www.plymouthpcv.co.uk/events/>

Cost of Living Crisis

Plymouth City Council has a cost of living hub, which can be found using this link

[Cost of living | PLYMOUTH.GOV.UK](#)

It details all the help that's on offer across the city, including financial support and help with food and energy costs.

Food Support

Families with children that are eligible for Free School Meals will receive food vouchers during the school holidays. Vouchers are provided at a value of £13p per child, per week. These will be distributed during the next few weeks for the Christmas holiday and again close to the February 2024 half-term. Check if you're eligible for free school meals. There are also a number of community larders and foodbanks across the city, which you can find on the Food Access Map run by Plymouth Food Aid Network – click the link below

[Home | PFAN](#)

Emergency Food or Energy Vouchers

Plymouth Foodbank can help with food or top-up energy vouchers in an emergency but you need to be referred. Find out how to get help from Plymouth Foodbank.

[Plymouth Foodbank | Helping Local People in Crisis](#)

Cheaper Phone and Broadband

Want to pay less for reliable broadband? If you are in receipt of government benefits, you could be saving money right now on your monthly broadband and mobile bills by accessing cheaper deals called social tariffs. Check the Ofcom website to see if you can switch to a social tariff.

Tamar View Community Centre

We can help with food parcels, which contain non-perishable foods and will support anyone that is in need. The food hub is open Monday to Friday, from 10am to 12 noon, but you must call before arrival to arrange your collection.

Phone: 01752 365904, Email: lorraine@tamarview.co.uk, Address: Miers Close, St Budeaux, Plymouth, PL5 1DJ.

TURN2US

Turn2Us offers a free online benefits checker and have a huge database of grants that you might be eligible for. Tel: 0808 802 2000 Mon-Fri 9am-5pm Website: www.turn2us.org.uk

LOW OR NO COST OPPORTUNITIES AND THINGS TO DO

Visit the Box Plymouth

The Box is one of the free things to do in Plymouth. But what is it? The Box is an interactive arts and heritage centre that explores natural history, contemporary art and the city's maritime history. Far from being a stuffy museum, there's plenty to intrigue and inspire young visitors including a fleet of floating Royal Navy figureheads, a life-sized recreation of a woolly mammoth, cases of insects that you can step inside, and a TV studio where you can create your own film.

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

Crownhill Community Centre Junior Youth Group

Every Wednesday during term-time (17:30 – 19:00) for 6 – 12 year olds. Fun activities, Health Information, Snacks and Support! Limited numbers, please email navynps-peoplesptrnfpwest@modgov.uk (bookings made on a weekly basis – service families are a priority).

Walk a Free City Trail

The latest is the Royal William Yard Geo Trail which takes you back through time to learn what Plymouth was like 380 million years ago. Pick up a free printed Geo Trail guide from the welcome suite at Royal William Yard's Gatehouse. Keep an eye on the Visit Plymouth website for information about more trails.

Play at Central Park

Central Park isn't just one of Plymouth's green lungs of open space. There's also lots of fun activities to do here. The park also has a cafe and toilets. Find Central Park: PL3 4HQ. or **Grab Some Fresh Air at Devonport Park** - This is a fun place to head if you're looking for an outdoor space in Plymouth. There's a children's play area, football fields, tennis courts and wildflower meadows. Hang out, play a ball game and have a picnic with your family. There's also a cafe and toilets in the Pavilion. Find Devonport Park: PL1 4BU.

Cycle or Hike the Plym Valley Trail

This gentle cycle and walking route from Plymouth to Dartmoor is an easy one to do with kids. It takes you from Plym Bridge Woods, past the disused sites of Cann and Bickleigh Vale quarries and on to Dartmoor National Park. Find the start of the trail at Plym Bridge Woods National Trust car park: PL7 4SR.

For further information regarding support for families please visit: www.plymouth.gov.uk/cost-living and www.plymouthonlinedirectory.com/costoflivingsupport. Free things to do in Plymouth

To book online <https://courses.oucoursesouthwest.co.uk/CourseKeySearch.asp?ID1=%40HOL>

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



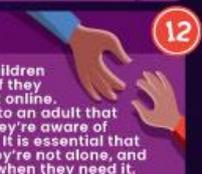
11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-57147630> | <https://www.chinainet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.nerdfighters.com/enhance-how-talk-your-children-about-conflict-and-war>

What have these things got in common...



...that could kill your child?

A: the button battery that powers them.

If your child swallows a button battery, it can get stuck in their food pipe. It can then burn through to the main artery and badly harm or even kill them. This can happen very quickly.

Crawling babies up to pre-schoolers are at most risk.



Which batteries are most dangerous?

Lithium coin cell batteries are big enough to get stuck and strong enough to kill. They are slightly bigger than a 5 pence piece.

Smaller button batteries can still cause harm, especially if they are new.

Where are they?

Your child can find them in things like:

- 👉 small remote controls
- 👉 car key fobs or key finders
- 👉 musical cards and books
- 👉 light-up toys and novelty items
- 👉 nightlights
- 👉 digital scales
- 👉 thermometers
- 👉 old toys in the toy box

They may also find spare batteries that are stored within reach or have fallen from the pack.

Even used 'flat' batteries still hold enough charge to be dangerous.

Check your home

Hunt around your home for button batteries.

Keep products well out of your child's reach if the battery compartment isn't secured.

Store spare and 'flat' batteries well out of reach too.

Beware of bargains from online marketplaces or local discount shops. They may have button batteries your child can get to easily.

Has your child swallowed one?

There may be few symptoms. So trust your instincts. Don't delay. Get them to A&E or call 999 for an ambulance.

Don't let them eat or drink and don't make them sick.

More help from the safety experts

🌐 capt.org.uk/button-batteries

📱 @ChildAccidentPreventionTrust



Useful Links

These links will be a permanent feature of the newsletter to ensure parents have up to date information and resources

FREE SCHOOL MEALS LINK

If you think you might be eligible for **Free School Meals**, please check the eligibility criteria here <https://www.plymouth.gov.uk/schoolseducationchildcareskillsandemployability/freeschoolmeals>.

4MH: EMOTIONAL RESILIENCE – FREE ZOOM COURSE

This is a self-care course designed to increase your ability to cope with the emotional distress we all experience during our daily lives. You will explore how to improve your own wellbeing and how to manage your emotions. You will develop a general understanding of wellbeing and resilience and will be supported to develop your own personal wellbeing plan. The course is there to help you understand your own emotions and to look at who is your support system. You will also gain further knowledge on mental health and wellbeing, and the support of being resilient. Please note that you will be sent the joining link 2 days before from: info@4mentalhealth.com. There are several dates still available. Please see further information and booking details here: [4MH: Emotional Resilience Workshop Tickets, Multiple Dates | Eventbrite](#)

VIOLENCE AGAINST WOMEN AND GIRLS (VAWG) SUPPORT

There are a number of organisations that can help if you are, or have been, impacted by Violence Against Women and Girls including domestic abuse or sexual violence:

- TREVI is a local charity offering a range of support for women. The Sunflower Centre offers a safe space for women to receive support and connect with other women. It offers a wraparound therapeutic service for any woman in need in the City. Should you, or someone you know, need help and support please contact: Sunflower Women's Centre, Telephone: 01752 977614, email: office@trevi.org.uk

- SANCTUARY provide domestic abuse services for Plymouth via the Plymouth Domestic Abuse Service (PDAS). This includes practical, non-judgemental support, advice and protection for all victims of domestic abuse. PDAS provide support for individuals and families in the Plymouth area, including confidential advice, one-to-one and group support sessions.

- WOMEN'S AID provide support for women and children at risk of or having experienced domestic abuse. The website includes a live chat function.

- FIRST LIGHT is a charity supporting people in Plymouth as well as Cornwall, Devon and Wiltshire who have been affected by domestic abuse and sexual violence. First Light is independent of statutory agencies, including the Police, and every year they help thousands of adults and children in the South West to lead safer lives, free from violence and abuse. This includes a Plymouth Sexual Violence Therapy and Counselling Service and a Devon, Cornwall and Isles of Scilly Independent Sexual Advisor (ISVA) Service.

- DEVON RAPE CRISIS provides free and confidential sexual violence support. Their confidential helpline and email support services are available on Monday, Wednesday and Friday, 6pm to 9pm on 01392 204 174 or support@devonrapecrisis.org.uk.

- THE SURVIVOR PATHWAYS offers services for people who have survived non-recent rape, sexual assault and childhood sexual abuse (Regional).

- INTERCOM TRUST is an LGBT+ led charity, proudly working to improve wellbeing and inclusion across the South West. They have specialist domestic abuse workers in Devon and Cornwall

- CLARE'S LAW, also known as the Domestic Violence Disclosure Scheme (DVDS), is a police policy giving people the right to know if their current or ex-partner has any previous history of violence or abuse. The scheme is named after Clare Wood, who was murdered by her abusive ex-boyfriend in 2009. It was formally rolled out in England and Wales in 2014, following the landmark campaign led by Clare's father Michael Brown. Find out more from Devon and Cornwall Police.

- AHIMSA provide specialist support to change the behaviour of people aged 18 and over who are concerned about their abusive behaviour towards their partner or ex-partner. They also support current or ex-partners of

those working with their behaviour change programme

INFLUENCER CULTURE IN THE DIGITAL AGE

'Influencer Culture in the Digital Age: Resources for and by Girls and Young Women'. This toolkit provides age focused insights on girls' opinions and experiences of influencer culture, with practical recommendations for girls, parents, and educators to navigate the still emerging phenomena. Find the toolkit here: <https://influencercultures.wixsite.com/influencerculture/resources>

KARMA NIRVANA Karma Nirvana runs a national honour-based abuse and forced marriage helpline. If you are unable to call or email, you can send a message securely on the website. Telephone: 0800 5999 247. Email: support@karmanirvana.org.uk. Web <https://karmanirvana.org.uk/>

National Online Safety - Free online courses for parents

Developed by safeguarding experts and presented by TV presenter, musician and passionate online safety advocate, Myleene Klass, these courses takes you on a detailed journey through your child's digital habits, explaining the type of online world they're experiencing now, what risks they might be exposed to and just what you can do to support. There are different links for different age groups - click on the link below and have a look ! They are FREE

[National Online Safety-link to parent courses](#)

More Free Courses and Information for Students AND Parents - NHS

Click on the link below, select a course and enter the code TAMAR for free access to the online courses

[inourplace | Solihull Approach | Online courses for parents](#)

Examples of courses available:-

Understanding your child from toddler to teenager
Understanding your child with additional needs
Understanding your teenager's brain
Understanding your brain (for teenagers only!)
Understanding your feelings (for teenagers only!)
Understanding your child's mental health and wellbeing

SKILLS WORKSHOPS - ANYONE CARING FOR A LOVED ONE WITH EATING DISORDERS

Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. Many carers feel they are drowning, they have tried everything and don't know where to turn next. National Health Service Workforce Training and Education Directorate has worked in partnership with Charlie Waller Trust which has trained facilitators to be able to deliver the New Maudsley Approach carers skills workshops to parents and carers who are supporting a loved one with an eating disorder. Based on the New Maudsley approach, these courses have helped so many families to navigate their way through a seemingly impossible task and offer professional techniques for becoming a 'Change Coach' including:

- Dealing with challenging behaviour
- Specialised communication skills
- Avoiding traps that may maintain the disorder
- Supporting recovery

The aim of the New Maudsley Model is to lower anxiety and distress in family members and to give carers communication tools, skills and techniques that help them engage their loved one to improve their self-esteem and develop the resilience to embark on change. The courses are broken down into five, two-hour workshops and are full of practical tips, real life scenarios and case studies. <https://www.charliewaller.org/what-we->

Term Dates

Academic Year 23/24

Last day of Term: Tuesday 19th December 2023

Spring Term

First day back at school for pupils : Wednesday 3rd January 2024

Half Term: Monday 12th February - Friday 16th February 2024 (inclusive)

Last day of Term: Thursday 28th March 2024

Summer Term

First day back at school for pupils : Monday 15th April 2024

Half Term: Monday 27th May - Friday 31st May 2024 (inclusive)

Last day of Term: Friday 26th July 2024

Academic Year 24/25

Autumn Term

First day back at school for pupils : Wednesday 4th September 2024

INSET DAY – Monday 7th October

Half Term: Monday 28th - Friday 8th November 2024 (inclusive)

Last day of Term: Friday 20th December 2024

Fit & Fed Christmas Holiday Clubs 2023

Each child is allowed a maximum of 4 days of provision over the Christmas holidays, this can be at the same place or spread across different clubs.

Club Name	Winter Dungeons & Dragons
Venue Name & Address	The Rees Centre, Mudge Way, Plympton, PL7 2PS
Age Range	11 – 16 years
Times	12 noon to 5pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Friday 29 th December
How to book (please provide link to website if bookable online)	https://tidycal.com/ccrpg
Short Description of holiday club	Arrive ready to eat a hot meal, as we make characters and then delve into a Winter inspired dungeon. Great for experienced and new players. D&D helps make friends and practice skills. We are an inclusive organisation that can welcome all players.

Club Name	The Climbing Hangar Plymouth
Venue Name & Address	Unit 6 Burrington Business Park, Burrington Way, Plymouth, PL5 3LX
Age range	8-16 year olds
Times	10am – 2pm
Dates	Thursday 21 st December Friday 22 nd December Thursday 28 th December Friday 29 th December
How to book (please provide link to website if bookable online)	Call 01752 717510 email Plymouth.team@theclimbinghangar.com or book online https://www.theclimbinghangar.com/book-a-climb
Short Description of holiday club	Our bouldering classes are fun, games orientated and built around the NICAS syllabus offering new climbing skills for all taking part.

Club Name	Clip N Climb Plymouth
Venue Name & Address	Clip N Climb Plymouth The Ship Building Brest Road PL6 5AA
Age Range	7 – 12 years
Times	9am – 3pm
Dates	Thursday 21 st December Friday 22 nd December Thursday 28 th December Friday 29 th December
How to book (please provide link to website if bookable online)	Email with unique code per child. Specific dates they would like to attend We will assign on a 1 st come 1 st served basis in accordance with availability and respond to customers in order of their enquiry. info@clipnclimbplymouth.co.uk
Short Description of holiday club	We provide a tailored schedule of – Climbing Arts and crafts Outdoor activities (Weather permitted) Games
Club Name	Winter SparkSeekers
Venue Name & Address	The Flat at the Athenaeum, 1 Athenaeum Lane, Plymouth, PL1 2AU
Age Range	8 - 16 year olds
Times	10am – 2pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://bit.ly/wintersparkseekers
Short Description of holiday club	Our holiday club is aimed for neurodivergent children and young people. Trips planned to Rame Head Peninsula, Dartmoor & the Hoe (weather dependant). We are also doing festive themed activities with a hot midday meal.
Club Name	District Sports - Compton
Venue Name & Address	Compton Primary School, Higher Compton Road PL3 5JB
Age Range	5-11 year olds

Times	9am to 3.30pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	07854608965 or email lewis@districtsportsplymouth.org
Short Description of holiday club	A mixture of fun and engaging sports and activities.

Club Name	District Sports – Victoria Road
Venue Name & Address	Victoria Road Primary School, 1 Trelawney Avenue PL5 1RH
Age range	5-11 year olds
Times	10am to 2pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	07854608965 or email lewis@districtsportsplymouth.org
Short Description of holiday club	A mixture of fun and engaging sports and activities.

Club Name	Friends and Families Christmas Activities
Venue Name & Address	Virginia House, Peacock Lane, Plymouth, PL4 0DQ
Age Range	4 - 16 year olds
Times	Day 1: 11am – 3pm Day 2: 1pm – 5pm Day 3: 11am – 3pm Day 4: 11am – 3pm
Dates	Day 1: Wednesday 20 December Day 2: Thursday 21 December Day 3: Friday 22 December Day 4: Saturday 23 December
How to book (please provide link to website if bookable online)	https://www.friendsandfamilies.org.uk/activities
Short Description of holiday club	Day 1: Adventure Club – providing activities <ul style="list-style-type: none"> • Open to any child/ young person with a disability or an additional need aged 4 - 16

- Needs to attend with Parent/carer

Day 2: Youth Adventure – providing a mix of activities and social events

- Aged 14-16 young people with a disability or an additional need
- Aim for them to attend independently – with support from high ratio of sessional staff

Day 3: Fun and Freedom – providing a mix of activities and social events

- School age. Need to be fully independent. (Able to toilet and change on their own)
- Have a sibling with additional needs
- Act as a young carer – can be other family members such as parents.

Day 4: Family– providing a mix of activities and social events

- For registered families to attend all together.

Club Name	Hamoaze House
Venue Name & Address	George Street, Mount Wise, Devonport PL1 4JQ
Age range	7 -12 years of age
Times	10 am to 3.00 pm
Dates	Monday 18 th December Tuesday 19 th December Wednesday 20 th December

	Thursday 21 st December
How to book (please provide link to website if bookable online)	Tel: 01752 566100 or email sdyer@hamoazehouse.org.uk
Short Description of holiday club	We will offer opportunities for creative learning, teamwork, fun sports activities, healthy eating and a visit to Santa's Grotto which includes a Christmas Gift

Club Name	High 5 Sports Camps – Ford Primary
Venue Name & Address	Ford Primary School, Cambridge Road, Plymouth PL2 1PU
Age range	5 – 11 year olds
Times	9.30am – 3.30pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.high5sportscamps.co.uk/about-us/
Short Description of holiday club	High 5 provided action packed days with coached sport sessions and an art activity themed to engage the children throughout the week.

Club Name	High 5 Sports Camps – Plymouth College
Venue Name & Address	Plymouth College, Ford Park Road, Plymouth PL4 6RN
Age Range	6 – 11 year olds
Times	9am – 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.high5sportscamps.co.uk/about-us/
Short Description of holiday club	High 5 provided action packed days with coached sport sessions and an art activity themed to complement the theme of the week at High 5 camps

Club Name	High 5 Sports Camps - Pomphlett
Venue Name & Address	Pomphlett Primary, Howard Rd, Plymstock, Plymouth PL9 7ES
Age Range	6 – 11 year olds
Times	9am – 3pm
Dates	Wednesday 20 th December Thursday 21 st December

	Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.high5sportscamps.co.uk/about-us/
Short Description of holiday club	High 5 provided action packed days with coached sport sessions and an art activity themed to complement the theme of the week at High 5 camps
Club Name	High 5 Sports Camps – Widey Court
Venue Name & Address	Widey Court Primary (off Trewithy Drive) Plymouth, PL6 5UB
Age Range	6 – 11 year olds
Times	9am – 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.high5sportscamps.co.uk/about-us/
Short Description of holiday club	High 5 provided action packed days with coached sport sessions and an art activity themed to complement the theme of the week at High 5 camps
Club Name	Hybrid Gym
Venue Name & Address	Hybrid Gym, Clare Place, Coxsides, PL40JW
Age range	5-12 years
Times	10am – 2pm
Dates	Thursday 21 st December Friday 22 nd December Thursday 28 th December Friday 29 th December
How to book (please provide link to website if bookable online)	Email: nico@hybridgym.co.uk or call 01752 265785
Short Description of holiday club	Hybrid Battle Camp! Nerf, Archery, Martial Arts, Aerial Yoga, Fun games & lots more!
Club Name	KIXX PLYMOUTH LTD
Venue Name & Address	St Peter's Church of England Primary School, Rendle Street, Plymouth, PL1 1TP
Age range	6 -11 year olds
Times	9am – 3.30pm
Dates	Wednesday 20 th December

	Thursday 21 st December Tuesday 2 nd January Wednesday 3 rd January
How to book (please provide link to website if bookable online)	Email neil@kixx.org.uk or call 07515994252 or Facebook @Kixx Plymouth
Short Description of holiday club	Multi sports camp at St Peters with hot food at lunch.

Club Name	Little Stars Coaching and Craft
Venue Name & Address	College Road Primary School, Plymouth, PL2 1NS
Age Range	5 – 12 year olds
Times	9am – 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	Facebook @LittleStarsCoachingandCraft or text 07805513884
Short Description of holiday club	We have a range of activities across sports and crafts. We give children freedom to choose their own activities and encourage them to be as active as they wish to through the day.

Club Name	MAP Football & Multi-sports Camp
Venue Name & Address	Marine Academy Plymouth, Trevithick Road, St Budeaux, PL5 2AF
Age Range	6 -13 years old
Times	Doors open 9am (first session 9.30am) -2.30pm
Dates	Monday 18 th December Tuesday 19 th December Wednesday 20 th December Thursday 21 st December
How to book (please provide link to website if bookable online)	Book through email Mapfc@outlook.com
Short Description of holiday club	We are offering a fun-filled Holiday club featuring a football specific course with option of Multi-sports . The scheme is age specific with indoor /outdoor sessions for ages 6-9 and outside on our new 3G football facility for ages 10-13. Please wear appropriate footwear and clothing for indoor and outdoor sessions.

Club Name	Argyle Community Trust – High View
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Venue Name & Address	High View Primary School, 2 Torridge Way, Plymouth PL3 6JQ
Age range	5 - 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Wednesday 27 th December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html
Short Description of holiday club	Fun sports activities with a hot lunch and additional learning.

Club Name	Argyle Community Trust - Keyham
Venue Name & Address	Keyham Barton Primary School, Renown Street, Keyham, Plymouth, PL2 2DE
Age range	5 - 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Wednesday 27 th December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html
Short Description of holiday club	Fun sports activities with a hot lunch and additional learning.

Club Name	Argyle Community Trust - Mountwise
Venue Name & Address	Mountwise Primary School, James Street, Devonport, Plymouth, PL1 4LA
Age range	5 – 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Wednesday 27 th December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html
Short Description of holiday club	Fun sports activities with a hot lunch and additional learning.

Club Name	Argyle Community Trust – Prince Rock
Venue Name & Address	Prince Rock Primary School, Embankment Rd, Plymouth, PL4 9JF
Age range	5 – 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Wednesday 27 th December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html
Short Description of holiday club	Fun sports activities with a hot lunch and additional learning.

Club Name	Argyle Community Trust – Weston Mill
Venue Name & Address	Prince Rock Primary School, Ferndale Road, Plymouth, PL2 2EL
Age range	5 – 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Wednesday 27 th December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html
Short Description of holiday club	Fun sports activities with a hot lunch and additional learning.

Club Name	Argyle Community Trust - Courtlands
Venue Name & Address	Courtlands SEND Primary School, Widey Lane, Plymouth PL6 5JS
Age range	5 – 16 year olds
Times	10am - 2pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://officialsoccerschools.co.uk/argyle/courses/plymouth-holiday.html

Short Description of holiday club	Fun sports activities specifically aimed at children with special educational needs with a hot lunch.
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Club Name	Plymouth Hope
Venue Name & Address	Plymouth Hope Youth Connect Hub, 13 Beaumont Road PL4 9BA
Age range	7 - 14 year olds
Times	11am – 4pm
Dates	Tuesday 19 th December Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	Call Millie on 07857 801278 Email: millie@plymouthhope.org.uk or Drop into the Youth Centre: 13 Beaumont Road, PL4 9BA Monday to Friday 10am-4pm
Short Description of holiday club	Providing children a safe space, with a fun learning environment

Club Name	Plymouth Science Camps
Venue Name & Address	St Peters RC Primary School, Brentford Avenue, Whiteleigh, PL5 4HD
Age Range	5 – 11 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December Thursday 28 th December
How to book (please provide link to website if bookable online)	Via our website www.plymouthsciencecic.co.uk
Short Description of holiday club	We provide a range of activities which are science based, this includes forest schools, experiments, physical activity and science in food workshops. Each day is themed and our daily programmes can be found on our website.

Club Name	Premier Education Holiday Club - Boringdon
Venue Name & Address	Boringdon Primary School, Courtland Crescent, PL7 4HJ
Age Range	5 – 12 year olds
Times	9am – 3.30pm
Dates	Wednesday 20 th December Thursday 21 st December

	Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.premier-education.com/holiday-camps/
Short Description of holiday club	Premier Education have a range of at least 10 different activities children will take part in, categorised in areas of focus: teamwork, communication, leadership and creativity. Premier Education activities will include nutrition, wellbeing & life-skills as part of their daily programme. Our activities include (but are not limited to): Archery, Nerf, Football, Basketball, Dance, Drama, Frisbee, Fencing, Dodgeball, Boccia, Hockey and Athletics
Club Name	Premier Education Holiday Club – Morley Meadow
Venue Name & Address	Morley Meadow Primary School, 51 Encombe Street, Plymouth, PL9 7GN
Age Range	5 – 12 year olds
Times	9am – 3.30pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.premier-education.com/holiday-camps/
Short Description of holiday club	Premier Education have a range of at least 10 different activities children will take part in, categorised in areas of focus: teamwork, communication, leadership and creativity. Premier Education activities will include nutrition, wellbeing & life-skills as part of their daily programme. Our activities include (but are not limited to): Archery, Nerf, Football, Basketball, Dance, Drama, Frisbee, Fencing, Dodgeball, Boccia, Hockey and Athletics
Club Name	Premier Education Holiday Club – Widewell
Venue Name & Address	Widewell Primary School, Lulworth Drive, Plymouth, PL6 7ER
Age Range	5 – 12 year olds
Times	9am – 3.30pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.premier-education.com/holiday-camps/
Short Description of holiday club	Premier Education have a range of at least 10 different activities children will take part in, categorised in areas of focus: teamwork,

	<p>communication, leadership and creativity. Premier Education activities will include nutrition, wellbeing & life-skills as part of their daily programme. Our activities include (but are not limited to): Archery, Nerf, Football, Basketball, Dance, Drama, Frisbee, Fencing, Dodgeball, Boccia, Hockey and Athletics</p>
Club Name	ProActive CIC - Mayflower
Venue Name & Address	Mayflower Academy, Ham Drive PL2 2NJ
Age range	7 - 12 year olds
Times	9am - 3pm
Dates	<p>Wednesday 20th December Thursday 21st December Friday 22nd December</p>
How to book (please provide link to website if bookable online)	https://ProActive.classforkids.io
Short Description of holiday club	ProActive offer a fun filled holiday club with a good mix of fun games, arts and crafts and external providers to keep your child happy and healthy.
Club Name	ProActive CIC – Stuart Road
Venue Name & Address	Stuart Road Primary School, Palmerston Street PL1 5LL
Age range	7 - 12 year olds
Times	9am - 3pm
Dates	<p>Wednesday 20th December Thursday 21st December Friday 22nd December</p>
How to book (please provide link to website if bookable online)	https://ProActive.classforkids.io
Short Description of holiday club	ProActive offer a fun filled holiday club with a good mix of fun games, arts and crafts and external providers to keep your child happy and healthy.
Club Name	Let's Play at Beechwood
Venue Name & Address	Beechwood Primary Academy, 31 Rockfield Avenue, Plymouth, PL6 6DX
Age range	5-13 years
Times	9am – 3pm
Dates	Wednesday 20 th December

	Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	www.pro-coaching.co.uk and use discount code XMASHAF23
Short Description of holiday club	<p>Our Multi-Sports and Arts Courses for all offers the opportunity to enjoy and develop skills in all of the sports, activities and games. Whether you are an avid sports player or just want to have fun and meet friends, this camp is for you.</p> <p>The course will be led by our specialist coaches and is suitable for all abilities.</p> <p>You will need:</p> <ul style="list-style-type: none"> • Trainers, leisure wear or shorts, sun cream, t-shirt and a cap if the weather is warm • Equipment is provided • Please bring a drink • Lunch is provided
Club Name	Plymouth Snowsports Centre
Venue Name & Address	Plymouth Snowsports Centre, Alpine Park, Marsh Mills, Plymouth, PL6 8LW
Age Range	8 – 15 year olds
Times	9am – 1pm & 12pm – 4pm
Dates	Wednesday 20 th December Thursday 21 st December Wednesday 27 th December Thursday 28 th December
How to book (please provide link to website if bookable online)	Call 01752 600220
Short Description of holiday club	Children can enjoy ski or snowboard lessons alongside sno-tubing, drop slide and also a hot meal
Club Name	Southway Playcare
Venue Name & Address	Southway Community Centre, Hendwell Close PL6 6TB
Age Range	4 -11 year olds
Times	10am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December

	Friday 22 nd December
How to book (please provide link to website if bookable online)	Email southway-playcare@hotmail.co.uk , Facebook OR call on 01752 703581
Short Description of holiday club	We provide creative, physical activities. Providing stimulating play.
Club Name	Stoke Damerel Preschool
Venue Name & Address	Paradise Road, PL1 5QL
Age Range	4-11 year olds
Times	9am – 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	Call 01752 605390
Short Description of holiday club	Lots of fun making friends enjoying craft activities
Club Name	TGS Coaching Holiday Club
Venue Name & Address	High Street Primary Academy School High Street, Stonehouse, Plymouth, PL1 3SJ
Age Range	6 - 12 year olds
Times	9am - 3pm
Dates	Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://forms.gle/YgSs7BbS24qFLcEUA
Short Description of holiday club	Sport and Creative Arts Holiday Club
Club Name	We Do Football
Venue Name & Address	Stoke Damerel Community College, Somerset Place PL3 4BD
Age Range	5 – 15 year olds
Times	10am - 3pm
Dates	Friday 22 nd December Wednesday 27 th December Thursday 28 th December Friday 29 th December
How to book (please provide link to website if bookable online)	Email wedofootball1@gmail.com 077958041274

Short Description of holiday club	Fun football coaching with no pressure with qualified coaches
Club Name	YMCA Plymouth Holiday Club
Venue Name & Address	Honicknowle Lane, Plymouth PL5 3NG
Age Range	8 – 14 year olds
Times	9.30am - 3.30pm
Dates	Tuesday 19 th December Wednesday 20 th December Thursday 21 st December Friday 22 nd December
How to book (please provide link to website if bookable online)	https://www.ymcaplymouth.org.uk/holidayclub
Short Description of holiday club	Our club is for children aged 8-14 and include all kinds of activities such as street surfing, arts & crafts, climbing and sports.