



Devonport Park Activity Centre Newsletter July and August 2017

[facebook.com/DevonportParkActivityCentre](https://www.facebook.com/DevonportParkActivityCentre)

July/August at Devonport Park

May/June Update

The last couple of months have flown by down at Devonport Park Activity Centre.

We had a generous donation of topsoil from Julie Thomson-Hill, which had to be moved from the park gates to our site by spade and wheelbarrow. On this occasion, the heavens opened and added to the joy! We'd never have moved it without the help from our **volunteers**, and our fabulous Routeways team. Many thanks to you all! Our raised beds are now looking much happier, with a variety of produce, including baby pumpkins, ready for the Autumn, growing away.



We were really happy to host a Big Lunch for the Cornwall team of the Big Walk here at the Centre. It was great to have all our different groups and projects represented, and we had a lovely sunny day too!

The guys from the Eden project really enjoyed looking around the gardens, and we are hoping to take some of our **Rooted** young people to volunteer at Eden in the future.

It's been lovely to welcome so many young people and families to the **Rooted** groups. We've now reached the stage where we can split the group into Youngers and Olders, enabling us to offer age appropriate activities more easily.



We've recently looked at the Celebration of Eid-al-fitr in all our groups, decorating lanterns, making Happy Eid posters, and cooking delicious curries, naan bread and date sweets. Little Seeds especially enjoyed making the sweets.

Our spaceship is coming along nicely too, although **Rooted** did have a bit of difficulty with our printer robot, who is currently awaiting some TLC...



In Other Words and **Children's Minds ~ Families Matter** are continuing to grow. We are excited to have been selected as a 2017 **Amplified Participation Trailblazer!** Amplified is a Young Minds project commissioned and funded by NHS England's Children and Young People's Mental Health Programme.

Our project is to improve professionals understanding of the difficulties young people with autism experience when they have mental health issues in addition to autism. We will support young people and their families to create toolkits that can help mental health services be more appropriate and autism friendly. If you are interested in being a part of this project, then please let us know!

Short Breaks

Short Breaks is running again over the Summer, take a look at the sessions in our calendar or book at bookwhen.com/routeways.

Sense Aware

Sense Aware is a new voluntary project which has been set up by Rachel and Jade, two 1st year Occupational Therapy Students.

They are raising funds to provide us with sensory items and using their time and skills to set up a safe space within groups in which the young people can regulate, their behaviour and emotions and engage in sensory activities. We are very grateful for their enthusiasm and commitment to this project.

They have already managed to raise sufficient funds to buy all this equipment.

Please spread the word, and help them to achieve their goals.

Email: sense-aware@outlook.com

twitter: @senseaware_sw

Contribute at gofundme.com/plymouth-childrens-sensory-group



[facebook.com/DevonportParkActivityCentre](https://www.facebook.com/DevonportParkActivityCentre)

July/August at Devonport Park

Rooted Club

Rooted is an inclusive group, full of exciting outdoor learning activities and social opportunities, focused on the needs of disabled children aged 8 – 16. Led by a qualified and experienced teacher, the sessions which are jointly planned with the young people attending incorporate cooking, gardening, crafts and other social activities.

Siblings are very welcome.

Every Monday 4pm – 6pm (term time).

Every Saturday (all year unless notified).

Younger Group 10am – 12:30pm.

Older Group (12+) 12:00 am – 2:30pm.

Fees are **£5** for first or only child and **£3** for each additional sibling, paid on attendance.

All places must be pre-booked by phone 01752 500496 or email

devonportpark@routeways.org.uk

Little Seeds

Drop in toddler/pre-school group for children of all abilities with their parent/carer.

Garden based play activities, be prepared to get messy!

Friday afternoon 1pm – 3pm (all year, unless notified). Fees are **£2** per family.

Upcoming sessions for all groups at appropriate levels include seasonal sowing and planting, cooking outdoors, cake making, go carts, First Aid, making and filling a picnic basket and a Teddy Bears Picnic.

Children's Minds ~ Families Matter

Free participation, activity and support group for families of young people with an experience of CAMHS.

Fun activities, workshops and training opportunities.

Help shape the future of CAMHS.

1st Saturday of every month 3pm – 5pm.

In Other Words

Aged between 8 and 18? Looking for support with mental health issues?

'In Other Words' is a supportive non-judgemental group of young people. We offer regular cooking activities, games, training and workshops. Get your voice heard by CAMHS, and influence how young people's mental health services are run. You can also gain an AQA in Participation to add to your CV.

1st and 3rd Wednesday of every month 4pm – 6pm

Volunteers

If you are 18 or over you could be a volunteer. Coming from a wide range of backgrounds and abilities, our volunteers help with many jobs around the gardens and buildings. Tea, coffee and biscuits provided

Wednesdays 10am – 1pm term time.

Mondays 10am – 1pm during school holidays.

Party Bookings



Are you looking for somewhere different to hold your children's party?

We can now offer pizza parties, using our pizza oven. Our friendly, welcoming staff will be on hand to guide your children through the pizza making process, and deliver outside activities tailored to their needs.

Prices start from £10 per head, with a minimum of 6 children.



Educational Sessions

Nursery/school groups can be booked in for a personalised Educational session to suit your needs and meet learning objectives. We can also offer outreach sessions at your own location.

Competitive rates available, fully qualified teacher and outdoor education specialist.

Please call or email us if you have queries about any of our groups or activities on offer.

01752 500496
devonportpark@routeways.org.uk

**Devonport Park Activity Centre, Fore Street, Devonport, Plymouth PL1 4BT.
Find us behind the cottage.**

July 2017

Monday	Wednesday	Friday	Saturday
26th June	28th June	30th June	1st
Rooted 4-6 PM £5 1st child £3 each additional sibling.	Volunteers 10 AM – 1 PM	Little Seeds 1-3 PM	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.
			Children's Minds ~ Families Matter 3-5 PM
3rd	5th	7th	8st
Rooted 4-6 PM £5 1st child £3 each additional sibling.	Volunteers 10 AM – 1 PM	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.
Theme: Wheeled Vehicles			
10th	12th	14th	15st
Rooted 4-6 PM £5 1st child £3 each additional sibling.	Volunteers 10 AM – 1 PM	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.
Theme: First Aid			
17th	19th	21th	22nd
Rooted 4-6 PM £5 1st child £3 each additional sibling.	Volunteers 10 AM – 1 PM	Little Seeds 1-3 PM £2 per family. First aid theme, including Epi Pen demo.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling. Red Cross, First Aid Training.
Theme: Picnics			
24th	26th	28th	29th
Rooted 4-6 PM £5 1st child £3 each additional sibling.	Volunteers 10 AM – 1 PM	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.

**Devonport Park Activity Centre, Fore Street, Devonport, Plymouth PL1 4BT.
Find us behind the cottage.**

August 2017

Monday	Tuesday	Wednesday	Friday	Saturday		
Theme: Seaside Explorations and Adventures						
31 st July	1 st	2 nd	4 th	5 th		
No Rooted Volunteers 10 AM – 1 PM	Short Breaks 10 AM – 4 PM Outdoor Based 8-16 yrs, £10 per child. Canoeing.	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Bridges, Boats & Plane.	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	Children's Minds ~ Families Matter 3-5 PM	
Theme: Bringing Books to Life: Teddy Bear stories						
7 th	8 th	9 th	11 th	12 th		
No Rooted Volunteers 10 AM – 1 PM	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Survival Day.	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Allotment in a Planter.	Little Seeds 1-3 PM £2 per family. Teddy Bears Picnic. Dress as your favourite bear character from a book. Make picnic food, bring your bear along, get ready for a beary good day!	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling. Parents/Carers invited too Picnic lunch with us at lunch time.		
Theme: Bringing Books to Life: Castles and Dragons						
14 th	15 th	16 th	18 th	19 th		
No Rooted Volunteers 10 AM – 1 PM	Short Breaks 10 AM – 4 PM Outdoor Based 8-16 yrs, £10 per child. Rock Climb/Scramble.	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Wildlife Detective: Birds, Bugs & Butterflies.	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.		
Theme: Outdoor Adventures						
21 st	22 nd	23 rd	25 th	26 th		
No Rooted Volunteers 10 AM – 1 PM	Short Breaks 10 AM – 4 PM Outdoor Based 8-16 yrs, £10 per child. Gorge Walking.	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Survival Day.	NO LITTLE SEEDS	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.		
Theme: Searching for Treasure						
28 th	29 th	30 th	1 st September	2 nd September		
No Rooted Volunteers 10 AM – 1 PM	Short Breaks 10 AM – 4 PM Outdoor Based 8-16 yrs, £10 per child. Den Building.	Short Breaks 10 AM – 4 PM Indoor Based 8-16 yrs, £10 per child. Treasure Hunt.	Little Seeds 1-3 PM £2 per family.	ROOTED Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.		