



# Devonport Park Activity Centre Newsletter November and December

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

01752 500 496

## November/December at Devonport Park

### Updates

All of us at Routeways had a busy old Summer, and we wouldn't want it any other way, the busier we are the more families are engaging with our projects!



Our young people have been rock climbing, treasure hunting, boat building, gorge walking and more!

They held a festival in a day, created planters and they've grown, harvested and

eaten tomatoes, beans, peas, raspberries, potatoes and apples galore.

The tiny baby pumpkins turned in to mammoth pumpkins, in a variety of colours and shapes, and were much in demand for Halloween! The surprise squashes which appeared amongst the pumpkins became Minions and penguins too!



### Can you help us?

We had some vandalism on the site, which has led to the creation of a fundraising campaign to replace the vandalised smaller poly tunnel with a purpose built safe sensory space for our young people. The fab sensory equipment donated by Sense Aware can be stored and used there, and it will be a great chill out space for all our groups.

### **Rooted groups are holding a cake stall** on the 1<sup>st</sup>

Saturday of every month from 1-3pm. Pop along and support them!



### **Sense-Aware have applied to the Aviva Community Fund for a grant.**

The applications with the most votes get through to the next stage. Please vote for them at

[avivacommunityfund.co.uk/voting/project/view/17-1208](http://avivacommunityfund.co.uk/voting/project/view/17-1208)

### **Donate through Just Giving**

Our page for the Sensory Space is now open at

[justgiving.com/campaigns/charity/routeways-centre/sensoryspace](http://justgiving.com/campaigns/charity/routeways-centre/sensoryspace)

Please spread the word far and wide, so that we can provide our young families with the help and facilities they deserve.

### **Co-op Local Cause - Choose**

Routeways Centre as your local cause! Go online [coop.co.uk/membership](http://coop.co.uk/membership).

### Project News

#### **In Other Words**

and

#### **Children's Minds ~ Families Matter**

CAMHS professionals and the Child Development Centre have really got behind these projects, and we are very grateful for their support, and for that of Plymouth Parent Carer Voice, our co-hosts for Children's Minds ~ Families Matter and the Amplified Project alongside Young Minds.

September's session was attended by CAMHS' Dr Lisa and by Ruth Houghton CAMHS' Community Team Leader.

James Cook from the CDC came along



with Ruth this month and December's session will be around coping with change, thinking of Christmas, and the additional stresses and strains this can put on us all but especially those with anxiety or depression issues.

Ruth, Lisa and James as well as PPCV are all hoping to be on hand to chat to families around that subject and look at coping mechanisms.





facebook.com/DevonportParkActivityCentre – devonportpark@routeways.org.uk – 01752 500 496

### 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 on [bookwhen.com/routeways](http://bookwhen.com/routeways), 01752 500496 or [devonportpark@routeways.org.uk](mailto: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, cake making, Christmas crafts and cooking, looking after wildlife, and more.

### Children's Minds ~ Families Matter

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

Fun activities, workshops and training opportunities.

Help shape the future of CAMHS.

**1<sup>st</sup> 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. Attended by CAMHS monthly.

### Please note change of day

**1<sup>st</sup> and 3<sup>rd</sup> Friday of every month 4–6pm.**

### 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.**

### Christmas Event

Save Santa's Sleigh

Monday 18<sup>th</sup> December 4.30-6.30pm



We will be lighting the garden up again for our Christmas Event on December 18th. Featuring this year's interactive story around the garden, Save Santa's Sleigh, Frosty the Snowman, Anna and Elsa in the Frozen Castle, face painting, Christmas activities, and seasonal refreshments, and of course a visit from Father Christmas himself!

We are joining up with the Friends of Devonport Park this year, so our event will end with a lantern procession through the park to the bandstand where we will join in with the carols (and we understand there may be mulled wine!) Pre-booking required through [bookwhen.com/routeways](http://bookwhen.com/routeways) (Santa's request), £2 per child, additional charges for refreshments on the night.

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


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

**November 2017**

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>		<b>Saturday</b>	
<b>Theme: Guy Fawkes</b>					
<b>30th</b>	<b>1st</b>	<b>3rd</b>		<b>4th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.	<b>In Other Words</b> 4-6 PM	<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	<b>Children's Minds ~ Families Matter</b> 3-5 PM  <b>Anger Management</b>
<b>Theme: Remembrance</b>					
<b>6th</b>	<b>8th</b>	<b>10th</b>		<b>11th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.		<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	
<b>Theme: Kindness Day</b>					
<b>13th</b>	<b>15th</b>	<b>17th</b>		<b>18th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.	<b>In Other Words</b> 4-6 PM	<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	
<b>Theme: Thanksgiving</b>					
<b>20th</b>	<b>22nd</b>	<b>24th</b>		<b>25th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.		<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	
<b>Theme: St Andrew</b>					
<b>27th</b>	<b>29th</b>	<b>1st</b>		<b>2nd</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.		<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	<b>Children's Minds ~ Families Matter</b> 3-5 PM  <b>Coping with Change- Christmas.</b>

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**December 2017**

<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>		<b>Saturday</b>	
<b>Theme: St Andrew</b>					
<b>27<sup>th</sup></b>	<b>29<sup>th</sup></b>	<b>1st</b>		<b>2<sup>nd</sup></b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.	<b>In Other Words</b> 4-6 PM	<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	<b>Children's Minds ~ Families Matter</b> 3-5 PM  <b>Coping with Change- Christmas</b>
<b>Theme: Getting the garden ready for winter</b>					
<b>4th</b>	<b>6th</b>	<b>8th</b>		<b>9th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.		<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	
<b>Theme: Christmas</b>					
<b>11th</b>	<b>13th</b>	<b>15th</b>		<b>16th</b>	
<b>Rooted</b> 4-6 PM 8-16 yrs £5 1st child £3 each additional sibling.	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family.	<b>In Other Words</b> 4-6 PM	<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling.	
<b>Theme: Christmas Events Week</b>					
<b>18th</b>	<b>20<sup>th</sup></b>	<b>22nd</b>		<b>23rd</b>	
CHRISTMAS EVENT (NO ROOTED)   <b>Save Santa's Sleigh</b> 4:30pm – 6:30pm  Devonport Park Activity Centre	<b>Volunteers</b> 10 AM – 1 PM Tea, coffee, biscuits provided.	<b>Little Seeds</b> 1-3 PM £2 per family. CHRISTMAS PARTY BRING AND SHARE		<b>Rooted</b> Under 12's 10-12:30 Over 12's 12:00 – 2:30 £5 1st child £3 each additional sibling. CHRISTMAS PARTY BRING AND SHARE	
<b>CLOSED FOR CHRISTMAS BREAK</b>					
<b>25<sup>th</sup></b>	<b>27th</b>	<b>29th</b>		<b>30th</b>	