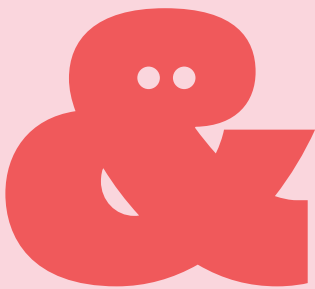


JUST GIVE IT A GO!

Accessible activities and hobbies

FRIENDS & FAMILIES



Friends and Families was established to support and empower families with disabled children. We offer practical advice, support, and fun activities to children with a special educational need or disability and their families in and around Plymouth. Our services include:

- Free and confidential information, advice, emotional support and advocacy for parents and carers.
- Social and leisure events for the whole family as well as specific groups aimed at children, young people, or their siblings.
- Educational workshops for parents and carers to develop knowledge and skills relevant to their child and their special educational need or disability.

Visit friendsandfamilies.org.uk for more information about us and what we do.

If you want to join us visit: friendsandfamilies.org.uk/register to access our range of activities and services.

This booklet has come about as a result of many conversations with our families keen to know about inclusive activities, groups or hobbies that may be of interest to their children. It has been created by our Peer Support Workers to help you and your children to explore the range of activities and groups that may be of interest.

They may have a hobby or an activity that they are already doing or interested in trying out for the first time; or they may not have a sense of what's possible or haven't given much thought to this before.

You may be new to the city and not sure about what's going on that may be fun, interesting, and potentially evolve into a lasting interest or hobby; as well as an opportunity to develop friendships and new skills.

We have tried to look at them through the varied lenses of disability. We hope this booklet will encourage others to think creatively how they could also make their activity or group more inclusive so that the range of options continue to grow!

Details of each provider were correct at the time of print. Please contact them directly for more information. All the listings are ones that we have come across and there could be many other groups that we have missed out. Please let us know and we will include when we update the booklet.

Performing & Creative arts

Creative and Performing Arts

Soapbox Children's theatre

The Soapbox Children's Theatre offers fun things to do with kids, activities and days out for children and families in Plymouth, Devon and Cornwall.
🌐 stiltskin.org.uk

Creative and Performing Arts

Far Flung Dance Theatre

Far Flung Dance Theatre is a professional integrated dance theatre company based in Plymouth. The company is a collective of disabled and non-disabled dancers, actors, musicians and performers.
🌐 farflungdancetheatre.co.uk

Creative and Performing Arts

Theatre Royal Plymouth

Wheelchair Access in the auditorium, accessible entrances and staff training, audio descriptions, touch tours, captioned, relaxed and chilled performances, and BSL interpreters make the Theatre Royal Plymouth a very accessible facility for all people. Assistance dogs are welcome.
🌐 theatreroyal.com

Creative and Performing Arts

Animate Theatre

Animate Theatre creates fun and accessible workshops that are inclusive for all adults with or without disabilities. (Age 18+)
🌐 animatetheatre.com

Creative and Performing Arts

Creative Curiosities SW

Currently offer group weekly adventurous activities, social and creative arts sessions and individual / group therapeutic and bespoke sessions. Working with neuro divergent children and young people and/ or those with a SEND diagnosis.
🌐 creativecuriositiessw.co.uk

Creative and Performing Arts

Moo Music Plymouth

A warm and judgement free music café with a soft play area. Music, movement and sensory groups for under 5's.
🌐 moomusicplymouth.co.uk

Creative and Performing Arts

Plymouth Improv Group

A neuro divergent friendly improv group. (18+)
🌐 kidhyena.com/kaboom

Creative and Performing Arts

Plymouth Music Zone

A community music charity that believes passionately in the power of music to reach out and bring people together. Music Making a Difference.
🌐 plymouthmusiczone.org.uk

Creative and Performing Arts

Omnium Radio art group

Disability inclusive art group run by Omnium Radio.
🌐 www.omniumradio.online

Creative and Performing Arts

Vue Cinema

Autism friendly screenings, Accessible toilets, level access, assistance dogs allowed.
🌐 myvue.com/cinema

Creative and Performing Arts

Cineworld

Autism friendly screenings, Accessible toilets, lift access, assistance dogs allowed.
🌐 cineworld.co.uk

Creative and Performing Arts

Plymouth Arts Cinema

There is one space for a wheelchair user in the cinema. Guide dogs and hearing dogs are welcome. There is a parking space reserved for blue badge holders outside. They also hold regular quiet screenings.
🌐 plymouthartscinema.org

Cinema

APPLY ONLINE

Apply for CEA Card (online)

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

🌐 www.ceacard.co.uk

Sports

Trampolining

Super Tramp
Inclusive SEND and support trampolining sessions available.

🌐 supertrampsparks.co.uk

Exercise

Movement for all
Inclusive free fun dance movement sessions for people who identify as disabled that are 18+. The sessions are open to those with some movement experience or nothing at all.

🌐 eximdance.org.uk

Gymnastics

Gym bubbas
Gym Bubbas offer gymnastic classes for ages 4 months to 10 years olds... including Saturday classes from 4-5pm for those with special educational needs and disabilities.

🌐 gymbubbas.co.uk

Football

Plymouth Argyle Powerchair Football Club
Inclusive football sessions for all ages from children aged 5+ with a variety of disabilities. Children and adults do not have to be a wheelchair user to access this provision. Powerchairs are supplied on site to those that attend.

🌐 officialsoccerschools.co.uk

Tennis

Devon Disability Tennis
Devon Disability Tennis Gives people with a disability the opportunity to experience the game of tennis, including wheelchair tennis, visually impaired tennis and tennis for people with learning disabilities.

🌐 lubspark.lta.org.uk/DevonLTA/Disability

Football

Junior Ability Counts
Football for young people with a disability. Play and train in an inclusive and fun environment for children aged 5-16 (term time only). Open to all abilities.

🌐 manadonsportshub.co.uk

Swimming

Plymouth piscis swimming club
They provide regular private swimming lessons for people of all ages with any type of disability.

🌐 piscisclub.wordpress.com

Swimming

Plymouth Active Swimming Pools
They have four swimming pools each with different accessibility options such as level access, available hoists with trained staff to assist and ramps. See their website for more details.

🌐 plymouthactive.co.uk

Sailing

Horizons Children's Sailing Charity
Horizons is a registered children's sailing charity aimed to help disadvantaged and disabled children from the inner city communities. Providing learning and educational opportunities that increase self-confidence and improve social and practical skills, through water-based activities.

🌐 horizonsplymouth.org

Sports

Active

Active for All

Active for All is a service which supports and promotes physical activity for adults (18+) with disabilities and long-term health conditions.

The main service user groups we work with are adults with mental health support needs and/ or learning disabilities

🌐 improvinglivesplymouth.org.uk/our-services/active-for-all

Mixed sports

SOPD - Special Olympics Plymouth and District

Special Olympics Plymouth & District (SOPD) is a Branch of Special Olympics Great Britain (SOGB) and provides sports opportunities to accommodate people with an Intellectual (Learning) Disability.

🌐 www.sopd.org.uk

Cricket

The Plymouth Super 1's club Super 1s gives young people with a disability aged 12-25 the chance to play regular, competitive cricket.

🌐 devoncricket.co.uk/super1s

Climbing

Clip N Climb Plymouth

Inclusive sessions and disability aware staff.

🌐 plymouth.clipnclimb.co.uk

Watersports

Mount Batten watersports and activities centre

The Mount Batten

Watersports and Activities

Centre is open all year

round and we welcome

families, friends, individuals,

businesses, and schools to

participate in our water and

land-based activities.

🌐 mount-batten-centre.com

Indoor soft play

Bounce Playzone

Indoor soft play centre

featuring a 2 level soft play

area, with a dedicated area

for toddlers, a sensory room

for SEN users, alongside an

array of inflatables.

🌐 bounceplayzone ltd.com

Bouldering

The Climbing Hangar

Inclusive sessions and

disability aware staff.

🌐 theclimbinghangar.com

Outdoors

Walking

Downloadable App

Interactive Plymouth Trails App

Download the FREE

interactive Plymouth trails app and explore the city's fascinating past. The Plymouth trails app features self-guided walking trails throughout Plymouth and gives visitors and locals alike the chance to explore the city through new eyes and discover more about its complex history.

🌐 visitplymouth.co.uk/things-to-do/activities/trails/plymouth-trails-app

Walking

Burrator, Devon

Explore miles of open moorland, including an easy access 1.5km wildlife trail in the Arboretum suitable for wheelchairs and pushchairs.

🌐 swlakestrust.org.uk/burrator

Walking

South West Coast Path

Walk hundreds of miles of superb coastline through Somerset, Devon, Cornwall and Dorset on England's longest National Trail

🌐 nationaltrail.co.uk/en_GB/trails/south-west-coast-path/

Walking

Downloadable App

Love Exploring

Have you ever visited a place and wished there was more to do? Love exploring includes free games, trails and detailed maps to help you discover more about a place and have fun. Explore together with the free Love Exploring app which includes the Dinosaur Safari trail at Central Park.

🌐 loveexploring.co.uk

Horse riding

Wembury, Devon

Family run Livery yard offering horse riding lessons, events and training for beginners to advanced. Staff are disability confident, and sessions can be adapted to suit different levels of need. Accessibility varies throughout the year.

🌐 wemburybayridingschool.co.uk

Horse riding

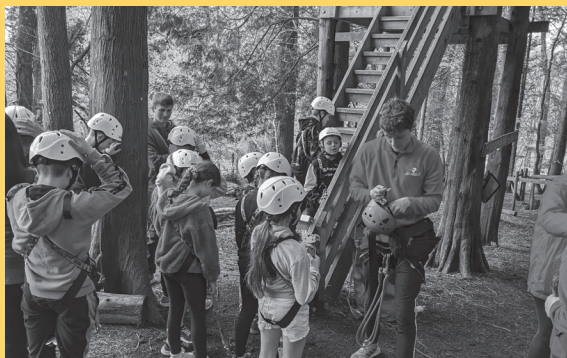
Ugborough, Devon

Erme Valley Riding for the Disabled Group is a unique equestrian facility in Devon that strives to give disabled people of all ages opportunities to enjoy the therapeutic benefits of horse riding and equestrian association. With highly trained disability confident staff in an accessible safe and structured environment.

🌐 ridingatthebrook.co.uk








Social action/leadership

Social action

Ambitious about Autism

Ambitious about Autism has a rapidly growing online Ambitious Youth Network to enable more autistic young people to have their voices heard. Through the network, autistic young people between the ages of 16 to 25 can share experiences, connect with others, have their say on Ambitious about Autism's projects as well as access a range of opportunities to advocate and improve services for autistic young people.

 ambitiousaboutautism.org.uk

Social Group

No Limits Youth Club

No Limits Youth Club is open for Young People aged 11-24 who identify as having an additional need.

Make enquiry/contact before going.

 nolimits@plymouth.gov.uk

Social Group

Boundless


For young people with Autism at Efford and Honicknowle youth centres

 plymouth.gov.uk/4-me-and-my-friends

Social group

Routeways

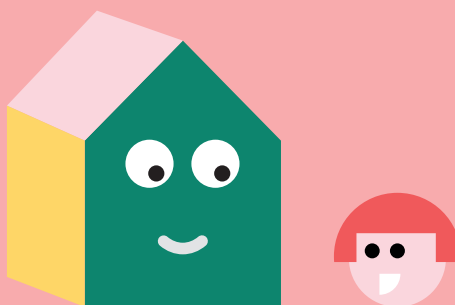
Routeways deliver a range of fun, challenging activities for disabled children and young people, offering access to a natural environment in the heart of the city.

 plymouthonlinedirectory.com/article/1562/Devonport-Activity-Centre-Routeways

Social Group

Youth Ascends Plymouth's SEND (Special Education Needs and Disabilities) youth forum is a method of sharing ideas and talking about an issue or problem. Age 9-25.

 YForum@plymouth.gov.uk



Online Education

Online Education

MindED

MindEd is a free educational resource on children and young people's mental health for all adults working with them. It is run by NHS England.

 minded.org.uk

Online Educational/support

Health for Teens

Confidential health advice and support - with free helpline

 healthforteens.co.uk

Online Educational

LLTF

Free online courses covering low mood, stress and resilience.

 lltf.com

Online Educational/support

Health for Kids

A fun and interactive resource for learning about health

 healthforkids.co.uk

Online Educational/activities

Virtual Keen

Free, online, inclusive activities.

 keenuk.org/virtualkeen

Online mental health resource

Kooth


Online mental wellbeing community for 11-25 year olds.

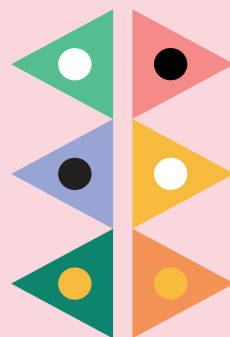
 kooth.com

Online mental health resource

Papyrus

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

 papyrus-uk.org



Local culture

Local culture

Mayflower Museum

An exhibition exploring the local history and culture.

2 lifts for disabled access across 3 floors. Carers go free. Wide spaces on each floor for access.

Public disabled toilets available across the street.

 mayflowermuseum.co.uk

Local culture

The Box Plymouth

Accessibility was at the forefront of creating The Box, and it provides a range of features to ensure that visitors with disabilities can fully enjoy the exhibitions and facilities.

 theboxplymouth.com

Local culture

Mount Edgcumbe House and Country Park


The gardens and parkland at Mount Edgcumbe House and Country Park are designed to be accessible to visitors with disabilities. There is a varied range of access throughout the park. See their website for more details.

 mountedgcumbe.gov.uk

Local culture

Saltram House and Grounds

Accessible and disabled parking available. There are level paths in the gardens suitable for wheelchairs. All-terrain tramper available to book, please email saltram@nationaltrust.org.uk to book. Audio induction loops are in place in the cafe and the Welcome centre. There are adapted toilet/baby changing at the Stables and a disabled toilet in the Park cafe.

 nationaltrust.org.uk/visit/devon/saltram

Local culture

National Marine Aquarium


The aquarium's accessibility features include level access throughout the building, with wide corridors and spacious lifts providing easy access to all levels. The exhibits are designed to be viewed from a wheelchair-friendly height, and there are wheelchair accessible viewing areas and interactive touch pools at various points throughout the aquarium.

 national-aquarium.co.uk

Local Culture

Central Park

The park is situated on relatively flat terrain, with wide and level paths throughout, making it easy to navigate for wheelchair users. There are accessible toilets located in the park, as well as designated parking spaces for disabled visitors located near the park entrance. In addition, the park features a range of accessible amenities and facilities, including a fully-accessible children's play area, sensory garden, and sports facilities. The park also hosts a range of events and activities throughout the year, many of which are designed to be inclusive and accessible for all.

 plymouth.gov.uk/central-park

Local culture

Local Culture

Drake Circus Shopping Centre


It has been designed to provide accessibility for people with disabilities. The mall has wheelchair accessible entrances, elevators, and ramps throughout the building, as well as accessible toilets and parking spaces. There are also dedicated assistance points where staff members are available to help wheelchair users navigate the mall and provide assistance with any questions or concerns. So, if you are a wheelchair user, you can enjoy a hassle-free shopping experience at Drake Circus in Plymouth.

 drakecircus.com

Local Culture

Discovery Cafe & Methodist church


Accessible cafe in church - ramps, multiple disabled bathrooms and supportive staff on hand to assist. Soft play centre within the church. They regularly run weekly youth and family groups.

 pmch.org.uk/the-discovery-cafe

Local culture

Plymouth Music Zone

We are a community music charity that believes passionately in the power of music to reach out and bring people together. Music Making a Difference. Hold events and have sessions with us to provide a space for people to try out musical instruments.

 plymouthmusiczone.org.uk

Local culture

Omnium Radio

This may not be suitable for children

Community Radio station situated in stonehouse built around supporting people with disabilities.

 omniumradio.online

Local culture

Leadworks

This may not be suitable for children

Community action centre based in stonehouse.

 leadworksprojects.com

Local culture

Moments Cafe

This may not be suitable for children

Accessible cafe in town, primarily built around supporting older people typically with autoimmune diseases that cause memory issues i.e. Alzheimer's.

 moments-cafe.com

Local culture

Moo Music Plymouth

Child Friendly cafe in Mutley with its own soft play area.

 moomusicplymouth.co.uk

Local Culture/Faith

Discovery Cafe / Methodist Church

Accessible cafe in church - ramps, multiple disabled bathrooms etc. Soft play centre within the church regularly run weekly youth and family groups.

Games/Gaming and quizzes

Gaming/social

Famallama Minecraft Server (online)

Famallama is a Minecraft server for those with varying degrees of Autism, ADHD or other Special Educational Needs (SEN).

🌐 famallama.co.uk

📘 Famallama
Minecraft Server

Gaming/social

Character Creation Roleplaying Club

Runs weekly activities on Saturdays and holidays based around encouraging growth of mental and social skills through playing Dungeons and Dragons, building Lego, and playing Pokemon TCG.

🌐 charactercreationrpg.co.uk/

Gaming/social

Twist board game café

Board game café created with inclusive core values in mind. Level access and plenty of space downstairs. Not accessible for wheelchair users upstairs. Accessible toilet on premises.

🌐 twistbgc.co.uk

Gaming/Social

Neutral ground Plymouth

Hobby and tabletop gaming centre in Stonehouse. regularly hosts inclusive groups most evenings for different games. Decent accessibility, with wheelchair ramps.

🌐 <https://neutral-ground-plymouth.mybigcommerce.com/blog/>

Axe throwing

Celtic Tossers

Axe Throwing centre with level access, disability aware staff who are confident across a range of disabilities.

🌐 theceltictossers.co.uk

Escape Room

Escapism Plymouth

Escape rooms with disability confident staff. 2 wheelchair accessible rooms. Reasonable adjustments to lighting and sound can be requested.

🌐 escapsimplymouth.co.uk

VR

Player Ready VR gaming

Accessible VR and entertainment venue that has experience with children and adults with disabilities.

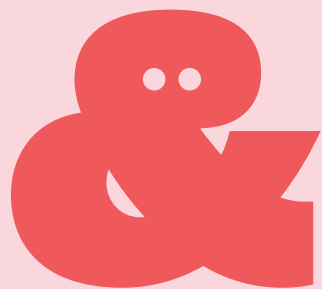
🌐 player-ready.co.uk/plymouth

Bowling

Ten Pin Bowling

Reasonable accessibility including level access and accessible toilets. Music plays throughout the venue and can be over stimulating. Staff do receive disability awareness / equality training.

🌐 tenpin.co.uk



Virginia House Centre
Peacock Lane
Plymouth
PL4 0DQ

Design and brand by
51studio.co.uk



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Registered Charity No. 1140826

**FRIENDS &
FAMILIES**