

MARINE ACADEMY PRIMARY NEWSLETTER March 2025



‘Where stars shine brighter’

...providing an outstanding education that ensures all pupils reach their greatest potential and live by life’s highest values.

Dear Parent/Carers of Marine Academy Primary pupils,

March has once again proven to be a vibrant and eventful month at Marine Academy Primary! This month, we have continued to celebrate some of our favourite events and experiences that make our Academy such a special place for learning and growth.

One of our annual highlights was World Book Day, where we embraced our love of reading for pleasure with staff transforming classrooms into different book worlds. The children's excitement as they journeyed through different literary worlds was truly magical! In addition to this, later in the month, some of our children had the wonderful opportunity to watch 'Mary Poppins' at Theatre Royal Plymouth, an experience that brought storytelling to life in a spectacular way.

We also proudly participated in the Step into the NHS Key Stage 2 competition, allowing our pupils to explore career opportunities in the healthcare sector.

Our fundraising efforts continued as we raised over £700 for Comic Relief - thank you to everyone who contributed, followed closely by our celebration for World Down Syndrome Day where children engaged in activities promoting awareness and inclusivity, whilst donning their colourful socks!

This month, we introduced our first Listening Week in collaboration with key stakeholders across St Budeaux. A huge thank you to all community members who shared their views - we will update you on the next steps in due course.

Finally, on to a whole host of curriculum enrichment that we have managed to fit into this month! Field trips have been in full swing, with Geography excursions to Calstock, Bellever Forest, Kings Tamerton Woods and Plym Valley Woods. Our Debate Club also built on their Cultural Capital with an exciting visit to the Houses of Parliament in London. Meanwhile, Reception pupils had an unforgettable experience visiting the National Marine Aquarium, bringing their learning to life, and Year 6 pupils had an enriching experience exploring different faiths in our local community, visiting Plymouth Synagogue and Piety Islamic Mosque to deepen their understanding of religious diversity in our community.

Throughout all of this, we continue to uphold our two core values at Marine Academy Primary:

1. Work Hard
2. Be Kind

These values underpin everything we do, ensuring that 'amazing things happen.' Thank you for your continued support, and we wish you all a wonderful Easter break when it arrives from 5th April. We look forward to welcoming children back to the Academy on Tuesday 22nd April.

Yours sincerely,

Mrs. Georgina Reid and Miss Stacey Mitchell

Headteacher and Head of School

DATES FOR YOUR *Diary*

Tuesday 1st April - Turtle Class Easter craft event 9-10:30am

Friday 4th April - Last day of Term 4. Families are invited to join us for some 'egg-citing' activities after school. More information will be sent out soon.

Monday 21st April - Bank Holiday: school closed

Tuesday 22nd April - First day of Term 5

Monday 28th April - Academy Parliament trip to the Council Chambers

Monday 28th April - Class RHR's Phonics in Action event for families 9-10:30am

Tuesday 29th April - Class RTG's Phonics in Action event for families 9-10:30am

Wednesday 30th April - Class 1OW's Phonics in Action event for families 9-10:30am

Thursday 1st May - Class 1SA's Phonics in Action event for families 9-10:30am

Monday 5th May - Bank Holiday: school closed

Thursday 8th May - Year 2 trip to The Box

Tuesday 13th May - 3CC Ancient Greece day

Friday 23rd May - Last day of Term 5

Tuesday 3rd June - First day of Term 6

Wednesday 4th June - Reception trip to Dartmoor Zoo

Wednesday 11th to Saturday 14th June - Residential Trip to Spain

Thursday 12th June - Classes RHR and RTG Father's Day events

Thursday 19th June - Dream Big Day: Children are invited to come to school dressed as a job role they would like to do when they're older.

Wednesday 25th - Friday 27th June - Forest and Beach Residential for Years 5 and 6.

Monday 7th July - Deadline for completed 38 Things booklets to be handed in.

Wednesday 9th July - Pre-School Graduation ceremony

Friday 11th July - Summer Fair 2-4pm

Monday 14th July - 1:45-2:45pm 38 Things Celebration Event for children who have completed their booklets.

Thursday 17th July - Last day of Term 6

YEAR GROUP NEWS

Exciting events and special school trips

Reception

Reception have been really busy this month! We have enjoyed our Marine Life topic and have loved learning about the different books related to this topic, such as 'Bright Stanley', 'The Whale Who Wanted More' and 'Little Turtle and the Sea'.

Reception have also celebrated Pancake Day where Miss Clarke cooked pancakes for the children. The children had a fun filled Science afternoon with exciting experiments,. Reception also had a Number Day where the children took part in a traffic survey and took part in different Maths activities.

Finally, we really enjoyed our fantastic trip to the Aquarium where we found out lots of interesting facts and loved watching the sharks and 'Friday', the turtle, exploring their huge tank! We can't wait to find out about our next topic after the holidays!



Pre-School

What a busy and exciting term it has been in Pre-School! The children have absolutely loved diving into our new topic, What Can I Cook? They've been exploring stories like The Gingerbread Man, The Little Red Hen, and The Magic Porridge Pot, and have had so much fun in our new role play area - the Gingerbread Café!

Our little learners have blown us away with their phonics skills, especially with their fantastic initial sound recognition! In Maths, they've been having fun measuring their friends. We also had some wonderful Stay & Play sessions with the children who will be joining us after Easter. We can't wait to continue their learning journey at Marine Academy Primary!

A big thank you to all the parents who booked a Pupil Progress Meeting - it was great to discuss the progress and achievements of each child. Wishing you all a very Happy Easter! We look forward to seeing everyone back after the break!



Nursery

Over the last month, Turtle Class have begun their new topic 'Mary, Mary Quite Contrary' and the new topic book 'Alfie in the Garden'. The children have spent lots of time outside enjoying activities in the spring sunshine such as creating nature suncatchers and going on a jungle hunt through the willow trail to discover the hidden animals.

They have been very creative inside as well: they have been painting birds with feathers; exploring the berries in the playdough; using tongs to pick flowers out of the water tray; and printing with leaves. The children have also grown some cress seeds and were very excited when they grew. Some children have even been brave and tasted the cress that they grew.



Year 1

The children in Year 1 have enjoyed a busy, exciting month. On World Book Day, they enjoyed reading a range of books and undertook various activities across the KS1 classes. The children looked great in their red outfits for 'Red Nose Day', helping to raise money. Lots of fun was also had during 'TT Rock Star' day - everyone looked amazing in their outfits whilst practising their 2s, 5s and 10 times tables.

There have been lots of amazing learning opportunities throughout the month. The children enjoyed drawing maps of the United Kingdom as part of Geography learning. In Science, the children have been identifying the features of invertebrates and went on an invertebrate hunt around the playground. The children produced some amazing hand puppets as part of their Design Technology lessons in which they joined fabrics and decorated using various materials.

In English, the children have been reading the story, 'Stella and the Seagull' in which they have been exploring the issue of pollution. The children will be writing a letter to a local MP about an issue of their choice. As part of their Maths learning, the children have been measuring everyday objects using rulers. The children have persevered and produced amazing learning over the course of the term. We wish them and all of the families in Year 1 a great Easter break. We look forward to welcoming you back for a busy summer term!



Year 2

What a brilliant month Year 2 have had! The children have really enjoyed exploring 'Rainforests' in their Geography topic this term. They have learnt some great vocabulary which includes 'fauna', 'flora', 'humid' and 'global warming', which they have each used independently in their end of unit posters. The children had a great time exploring their local temperate rainforest on our trip to Kings Tamerton Woods too.

In English, we have explored the text, 'I Don't Like Snakes', where the children have learnt about a variety of snakes and spiders. In RE, we were very lucky to welcome a guest speaker who spoke about her religion, Judaism. The children were very respectful and asked lots of brilliant questions. We were also very excited to celebrate other events such as TTRockstars Day, Comic Relief and World Down Syndrome Day!



Year 3

This month has been packed with exciting experiences for Year 3! The children have had the chance to go on two fantastic school trips, perfectly complementing their Geography topic, 'Villages, Towns and Cities'. During their open-top bus ride through the city of Plymouth, they enjoyed spotting different landmarks and exploring the city from a whole new perspective. They were also outstanding representatives of the school on their trip to Calstock, where they had the opportunity to compare it with St Budeaux.

Alongside their topic work, Year 3 took part in Times Table Rock Stars Day and worked hard to raise money for Comic Relief, showing a fantastic sense of community spirit. They were also superb during their Bikeability sessions, gaining the skills to ride their bikes safely and confidently. We are incredibly proud of Year 3 for their enthusiasm, hard work and excellent behaviour this month!



Year 4

March has been another busy and productive month for Year 4! In Maths, the children have completed their fractions unit. In addition, we have continued to practise their times tables every day and we have seen super improvements in their recall with increasingly difficult times tables. In English, the children really enjoyed researching an endangered rainforest animal and subsequently created some excellent final writes which included a diary, status report and email imagining themselves to have been on an expedition.

Science, this month, has led to some exciting experiments building and testing electrical circuits. In DT, the children created some innovative torch housing, focusing on a particular purpose for a specific audience. They showed great resilience not to give up when things went wrong but to adapt and problem solve.

The highlight of this month was our Geography trip to the Plym Valley where the children tested how the depth of the water affected the speed of the river. They also drew and labelled the river to highlight the erosion and deposition they saw. This led to the children producing some excellent essays on how rivers shape landforms and their importance to people.



Year 5

Year 5 have had a range of great experiences during March. During this term, the children enjoyed a visit to Bellever Forest to complete some Geography fieldwork and expand their knowledge on the temperate deciduous forest biome. In English, we studied the story 'The Ice Bear', where the children produced some innovative stories about animals in different biomes. They were able to use figurative language, short paragraphs and build suspense.

To support their Geography and English learning, the children have made a pop-up book, about a particular biome, in DT. In Maths, Year 5 have been making wonderful progress through their fractions topic, where they have been finding equivalent fractions, converting between improper and mixed formats, as well as adding and subtracting them.



Year 6

Year 6 have had an absolutely amazing and inspiring March! They celebrated World Book Day with enthusiasm and got creative fundraising for Red Nose Day. They went on a Faith Trail to learn about other religions. In Maths, they tackled converting Fractions, Decimals, and Percentages with confidence. Their English writing was full of suspense and excitement, keeping everyone on the edge of their seats!

In Science, they explored the urgent issue of global warming and learned how they can make a positive difference. Their DT skills shone as they designed their own pencil cases, while in Geography, they researched the importance of understanding global populations. Throughout all of this, Year 6 showed incredible resilience and determination during their mock SATs papers. We couldn't be prouder of their hard work and achievements. Fantastic job, Year 6!



In Other

NEWS

We are very proud of Isla, Ms Bell and Mr Porter who star in the 'Climate Legend' film put together by Plymouth City Council.

It showcases the work they do to care for our environment and the true difference they are making to our community.

You can watch the short film [here](#).



We loved celebrating reading during World Book Day week and it was wonderful to see so many families sharing stories at the Booknic. If you have any feedback on the event, please complete [this form](#) to help us to make it even better next time!

Congratulations!

THANK YOU TO EVERYONE WHO ATTENDED OUR SCHOLASTIC BOOK FAIR.

Together we have raised **£548.81**.....
for our school to spend on **FREE BOOKS**

SCHOLASTIC

What a wonderful experience our children had recently learning all about the importance of moss with Jenny and Chloe from the Art and Energy collective.

They enjoyed looking at various mosses under the microscope and then made some of their own synthetic moss to add to the mossy carpet.



Earlier in March, nine children from Year 3 and 4 represented the Academy in a football tournament at Marjon University.

The team went unbeaten in the group stage and semi-final, before going on to win the competition!

A huge well done to all the players for their hard work, teamwork and determination!



What an amazing Listening Week we were a part of! Thank you to everyone who shared stories, pictures and artwork. Your voices truly make St Budeaux a stronger, more connected community.

Stay tuned to find out how you can hear the results of the week and what happens next.

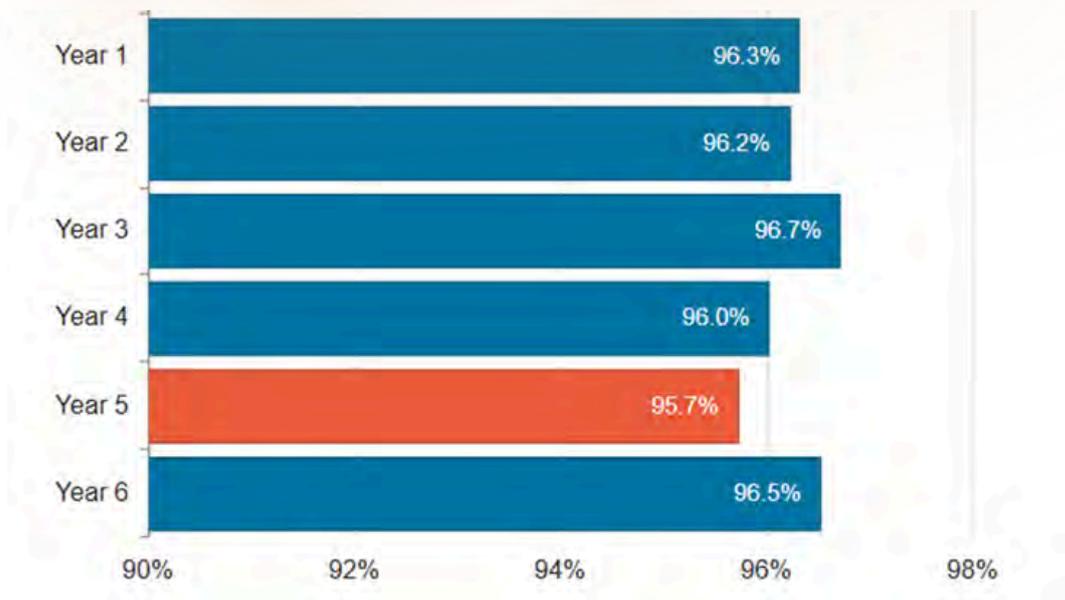


We had the most wonderful time at FaTMAP's (Friends and Teachers of Marine Academy Primary) Special Ladies events this month! Thank you so much to everyone who purchased a ticket, we hope you all enjoyed yourselves as much as we did.

A huge thank you goes to FaTMAP for all of their hard work in organising, preparing and running the events! It could not have been possible without them.



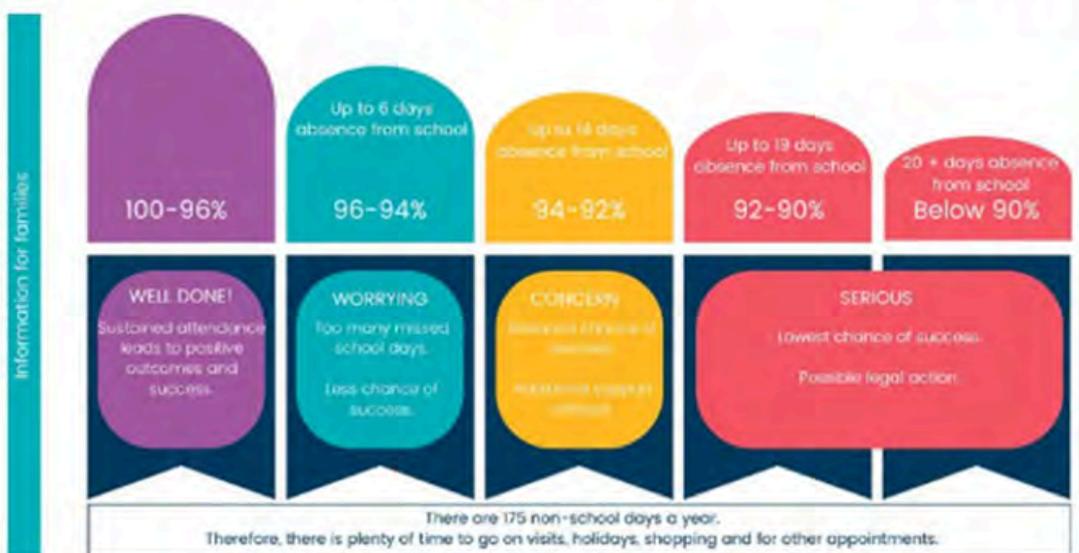
Attendance



Well done to Year 3 for the highest attendance again this month!

Don't forget to contact the Primary every day your child is absent.

Days off school can impact on your success





MARINE ACADEMY CAMPUS



FOOD CO-OP



FOOD TOO EXPENSIVE?
JOIN A FOOD CO-OP AT MARINE
ACADEMY

HOW TO JOIN?

A food co-op is a neighbourhood buying group where members get quality groceries at very affordable prices.

Co-ops buy food and household products in bulk and in addition get free supermarket surplus.

Co-op members save up to 40% off their weekly food costs by organising with friends, family and neighbours.

Food co-ops are managed by members who together decide what to buy and how to run the project. No bosses, no managers.

Contact: Kelly Fritsche on
07943101834
or Rachel Earley on
rachel.earley@asap.org.uk to
express interest and they will be in
touch.

WHAT IS NEEDED?

We need 20 member working
together.
All paying an equal amount of £3.
All Sharing the food equally.
All owned and run by the members





ONLINE SAFETY

With the Easter holiday likely to lead to increased online activity, we are conscious of keeping you updated about the latest risks being reported online so that your child can have a safe and enjoyable experience that is free from harm.

If you have any further questions or concerns about e-safety, please contact our Computing leader, Mr Druce, by emailing: primary@marineacademy.org.uk FAO: Mr Druce.

ARTIFICIAL INTELLIGENCE (A.I.)

What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Examples include: virtual assistants like Alexa and Siri, as well as chatbots such as ChatGPT and My AI from Snapchat.

What are the potential Risks of AI?

- Chat apps - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- Image manipulation – There are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- Deepfakes – There are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

How can I protect my child?

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
 - Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.



ROBLOX SAFEGUARDING UPDATE

We have been made aware of an online horror character called 'Slender Man' that is inappropriate for children to encounter or discuss. Slender Man was created in 2009 by artist Eric Knudsen as a challenge to create a paranormal image. It then became part of a 'creepypasta', a widely shared internet horror story. Slender Man is depicted as a supernaturally thin, tall, faceless man wearing a black suit. The reoccurring narrative is that Slender Man haunts abandoned places (such as buildings, playgrounds, and forests) and abducts unsuspecting humans – especially children.



Lego Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends.

Link: <https://kids.lego.com/en-gb/arcade>



Stars Messenger App



The Stars Messenger App is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app:
<https://swgfl.org.uk/magazine/a-guide-to-staying-safe-with-the-stars-messaging-app/>

INCEL EMOJI

DO YOU KNOW WHAT IT MEANS

GENERAL

- Mocking women
- 80/20: Top 20% of men get 80% of women
- Depression, hopelessness
- Chaos, overwhelm, mental distress
- Radicalised Incel
- Far-right nationalism
- Alt-right meme symbol
- Simps begging women

PILLS

- RedPill: Misogynistic "truth"
- BluePill: Blind to dating truth
- BlackPill: Unattractive men are doomed
- PinkPill: Unattractive women

DRUGS

- Ketamine
- Cocaine
- Getting high
- Drug deal

HEARTS

- Love
- Horny
- Something is cute or friendship
- I'm interested, are you?
- Alternative for red in love
- You're Going to be Fine
- I'm interested, but not in sex
- Jealousy or envy
- Cold love, emptiness, or fake purity
- Numbness, no love

INCEL SLANG

DO YOU KNOW WHAT IT MEANS

GENERAL

- Halo Effect:** Bias where attractive people are seen as better or more innocent.
- Becky:** Average-looking woman with lower status than a Stacy
- Stacy:** Attractive, high-status woman who dates Chads; often resented by incels
- Chad:** Attractive, dominant man idealised for looks
- Catfishing:** Pretending to be someone else online
- Alpha:** A confident, dominant man seen as a leader socially or with women
- AWALT:** All Women Are Like That
- PinkPill:** Belief some women are hopelessly unattractive and unlovable
- Bone Smash Theory:** Hitting the face to reshape bones for looks
- Wagecuck:** Man who works in a society seen as anti-male
- Landwhale:** Incel term for an overweight woman
- The Wall:** Point (age 25) when a woman's value starts to decline, per incels
- Game:** PUA tactics to manipulate women into sex
- Manlet:** A short or small-framed man
- Ragefuel:** Acts, events, or information that make incels angry
- Omega:** Socially lowest-ranking man; no chance with women
- NPC:** Conformist thinker; blindly follows mainstream beliefs
- Femcels:** Female incel, often rejected by the incel community
- Manosphere:** Online community for men with anti-feminist and misogynistic views

INCEL TYPES

- Clowncel:** Jockerel Irony
- Fakecel:** Pretends to be incel
- Femcel:** Claimed female incel
- Acnecel:** Incel due to acne
- Oldcel:** Incel due to age
- Wizardcel:** Virgin past age 30
- Baldcel:** Incel due to baldness
- Gymcel:** Exercises to cope
- Heightcel:** Incel from height
- Mentacel:** Incel mentally ill
- Truecel:** Zero opposite-sex contact
- Poorcel:** Incel due to poor finance



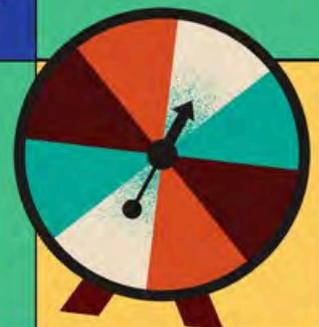
BOARD GAME buffet

Free board game
rental for families

Every Friday

Outside the MULA
Returns: 8:30-8:55am
Loans: 2:55-3:30pm

START



Solihull Antenatal

FREE 5 WEEK COURSE

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



Understanding your pregnancy, labour, birth and your baby.

Topics covered in this course are:

- What is the Solihull Approach.
- Helping you and your baby through pregnancy and birth.
- Getting to know your baby in the womb.
- Signs and stages of labour and birth.
- Meeting your Health Visitor.
- Feeding your new born.
- A practical session looking at bathing a baby, holding a baby, safe sleep and so much more.

Please contact your local Family Hub to book onto these courses, the ideal time to attend this course is from 28 weeks pregnant.

BARNARD'S Changing childhoods.
Changing lives.

Come along to a Peep Play group



Peep is a fun and friendly group for parents and carers with children from birth to five.

We share songs, stories, ideas and activities that support your child's talking and development through play and everyday life.



Get to know other families, while finding out how the things you do at home boost your child's confidence and brain development!

Peep Groups this term:

Thursday

- Plymstock Library 1:30-2:30pm (Charlotte & Poppy)
- Southway Youth & Community Hub 1:45-2:45 (Georgia & Angel)

Friday

- Nomony Family Hub 10am-11am (Georgia & Abbie)
- Rees Wellbeing & Family Hub 1:30-2:30pm (Outdoor Peep for Dads/Male carers)

Please contact a member of our Peep Team if you have any questions: Georgia 07596890307, Abbie 07548846729, Charlotte 07754047466



Scan QR code to go to our Peep Padlet!

Find more things to do at home:



@PeepCentre

peep supporting parents and children to learn together
www.peep.org.uk/parents-area



BARNARD'S



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Latch on Rees - 1 - 2.30pm</p> <p>Chatterbox with baby weigh Southway Church of the Holy Spirit, Clitford Rd, PL6 6EJ 10-11.30am</p> <p>Perinatal Mental Health Support Group (Invite only) Nomony 10-11.30am</p> <p>Chatterbox with baby weigh Rees 1-2.30pm</p> <p>Step by Step The Barn 10 - 11.15am</p> <p>PEEP (Talk Boost) FourWoods 1.30-2.30pm</p>	<p>Latch on High View - 10.00 - 11.30 Plymstock - 10-11.30</p> <p>Chatterbox with baby weigh & latch on support, from 11th March Elberton Methodist Church, Plymstock - 10 - 11.30am</p> <p>Step by Step Nomony 10 - 11.15am</p> <p>Bump, Baby and Me (Baby group for pre walkers) FourWoods - 10 - 11.30am</p> <p>Free Soft Play with Family Hub Support Plymouth Methodist Central Hall, Eastlake St, PL1 1BA 1.15 - 2.30pm</p> <p>Free Soft Play sessions for Dads and little ones at JUMP 1st Tuesday of every month 3.30-6pm</p> <p>Open Youth Space Ages 11-14 The Barn 5-6.30pm</p> <p>Y.I.P.P.E.E (Young Independent Proud Parents Encouraging Each other) FOOD is Fun Workshops Various Locations (check Facebook) • Wednesday 12.30-2.30 12th February Fourwoods Family Hub • Wednesday 12.30-2.30 26th February Plymbridge Children's Centre • Wednesday 12.30-2.30 12th March - venue TBC • Wednesday 12.30-2.30 26th March - venue TBC</p>	<p>Latch on Nomony - 1 - 2.30pm Phoenix Centre - 1-2.30pm</p> <p>Café Connect The Barn 10-2pm</p> <p>Step by Step High View 1.30-2.45pm</p> <p>Twins Group 2nd & 4th Wednesday every month Rees, 10-11.30am</p> <p>Chatterbox with baby weigh St Francis of Assisi 1 - 2.30pm Compton Church 1 - 2.30pm</p> <p>Bump, Baby and Me (Baby group for pre walkers) Nomony - 1 - 2.30pm</p>	<p>Latch On Drop In The Barn - 10-1130 (Runs alongside Chatterbox) Plymbridge - 1 - 2.30pm</p> <p>Multicultural Group for 0-5 years old Onward House 9.30 - 11am</p> <p>Chatterbox with baby weigh The Barn 10-11.30am High View - 9.30 - 11am</p> <p>Baby & Toddler Mainstone 9.30-11am</p> <p>Bump, Baby & Me (Baby group for pre walkers) Plymbridge - 1 - 2.30pm</p> <p>Y.I.P.P.E.E (Young Independent Proud Parents Encouraging Each other) Various Locations (check Facebook) 1.15-2.45pm</p> <p>PEEP Plymstock Library 1.30-2.30pm</p> <p>Step by Step Whitleigh 10 - 11.15am</p> <p>Service Family Group Plymstock - St Marys Church Hall 1 - 2.30pm - Term time only</p> <p>PEEP Henwell Centre, Southway 1.45-2.45pm</p> <p>Dads and Ninkies YMCA 0-7 Years 1.30-3pm Bookable on the YMCA website</p>	<p>Latch On Fourwoods - 10-11.30am</p> <p>Chatterbox with baby weigh Tothill Community Centre: 10 - 11.30am Fourgreens, Whitleigh: 10-11.30am</p> <p>PEEP Nomony 10-11am</p> <p>PEEP Dads Outdoor Sessions Rees 1.30-2.30</p> <p>Open Youth Space Ages 7-10 The Barn 3.30-5pm</p>



For more information about any of the events on our timetable, scan the QR code above...



Our Centres & Other Venues

The Barn Family Hub,
Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ
01752 362320
Opening times:
Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4
plymouthccwest@barnardos.org.uk

Fourwoods Family Hub,
415 Crownhill Rd, West Park, Plymouth, PL5 2LN
01752 366795
Opening times:
Mon-Thurs 8.30-4.30 & Fri 8.30-4pm
plymouthccwest@barnardos.org.uk

Nomony Family Hub,
27 St John's Rd, Cattedown, Plymouth, PL4 0PA
01752 261844
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4
plymouthccest@barnardos.org.uk

High View Children's Centre,
High View Primary School, Efford, PL3 6JQ
plymouthcccentral@barnardos.org.uk

Rees Well-Being & Family Hub,
Mudge Way, Plympton, Plymouth PL7 2RS
01752 340550
Opening times: Mon-Thurs 8.30-4.30 & Fri 8.30-4
plymouthccest@barnardos.org.uk

Whitleigh Family Hub
Four Greens Community Hub, 15 Whitleigh Green, Plymouth PL5 4DD
01752 875933
Opening times: Monday-Thurs 8.30-4.30 & Fri 8.30-4
plymouthccnorth@barnardos.org.uk

Sweetpeas Children's centre
Compton Church Hall, 2 Revel Road, Compton PL3 5LF
07808 200207
plymouthcccentral@barnardos.org.uk

Plymbridge Children's centre
C/O Plymbridge Nursery, Miller Way, Plymouth PL6 8UN
01752 875933
plymouthccnorth@barnardos.org.uk

Tothill Community Centre
119 Knighton Road PL4 9DA

Plymstock, St Marys Church Hall, Church Rd PL9 9BP

Onward House
55 Greenbank Road, PL4 8PE

St Francis of Assisi, Honicknowle, 57 Little Dock Lane, Plymouth, Devon, PL5 2LP

Mainstone
Mainstone Social Club, Pattinson Drive, Plymouth PL6 8RU

Southway Youth & Community Centre
Hendwell Centre, Hendwell Close, Plymouth PL6 6TB

Church of the Holy Spirit
Clitford Rd, Southway PL6 6EJ

Phoenix Centre
64 Little Dock Lane, Plymouth, PL5 3PX



Term Time Timetable
Jan - March 2025



FREE EASTER WELLBEING SESSIONS

THURSDAY
10/4/25 & 17/4/25
10-12pm

ADULT & KIDS ARTS & CRAFTS,
GAMES, LEGO, TABLE TENNIS AND MORE.
FREE TEA AND COFFEE AND SQUASH.

To find out more call Jo:
07890 257 649
wellbeinghub@colebrooksw.org
St Budeaux and Barne Barton wellbeing hub

ST BUDEAUX AND BARNE BARTON
WELLBEING HUB
6 SHELLY WAY
ST BUDEAUX
PL5 1QF

Your wellbeing matters

Tuesdays & Thursdays 10am to 1pm
St Budeaux and Barne Barton wellbeing hub
6 Shelly Way, St Budeaux, PL5 1QF

The GREAT ESCAPE

Mens activities group

Did you know that gardening can lead to a longer life, increased happiness and improved wellbeing. Feel connected, meet new people, and learn new skills.

To find out more call Jo:
07890 257 649
wellbeinghub@colebrooksw.org
Stbudeaux and Barne Barton wellbeing hub.



Wellbeing Drop in sessions

St Budeaux Wellbeing Hub

William Sutton Hall
6 Shelley Way
St Budeaux
PL5 1QF

Thursday 10am-12pm

- 3/4/25** Community Builders **Community information and advice**
Bringing People Together
- 10/4/25** healthwatch Plymouth **Childrens listening project**
- 17/4/25** South West Water **Utilities advice & information**
- 24/4/25** on course Ofsted Good Provider **Volunteer passport**
CHANGING FUTURES PLYMOUTH **Digital skills support**

07890 257 649
wellbeinghub@colebrooksw.org

Your wellbeing matters

BARNARD'S TIMID TO TIGER

PARENT TRAINING FOR ANXIOUS CHILDREN

TIMID TO TIGER IS A CBT-BASED PARENTING TRAINING FOR MANAGING ANXIETY-BASED BEHAVIOURS IN CHILDREN (AVAILABLE TO PARENTS OF CHILDREN AGED 8-11).

Thursday 1st May
9:30-11:30am
Running for 12 Weeks

YMCA
Honicknowle Lane, PL5 3NG

TO BOOK A PLACE OR FOR MORE INFORMATION CONTACT THE BARN OR FOURWOODS FAMILY HUB ON (01752) 362320 OR 366795

PLYMOUTH FAMILY HUBS



BARNARDOS

YMCA

Here for young people
Here for communities
Here for you



YMCA PLYMOUTH FAMILY HUB FUN DAY!

**FREE
ENTRY**



Join us for a fun-filled day as we celebrate becoming an official Family Hub satellite site! Enjoy activities, exhibits, and family resources!

Saturday 5th April

1pm-4pm



Easter Egg Hunt • Bouncy Castles • Games • Food & Drinks • Arts & Crafts • Soft Play

📍 **YMCA Plymouth, Honicknowle Ln, Plymouth PL5 3NG**

📧 info@ymcaplymouth.org.uk

📧 info@ymcaplymouth.org.uk

☎ **01752 201918**

BARNARDOS

'Jump' with Dad

FREE

SOFT PLAY SESSION

at

Jump Plymouth

The 1st Tuesday of every month, 3.30-6pm
Starting from 7th January



**BARNARDOS INFANT
FEEDING TEAM PADLET**

BARNARDOS



SCAN HERE



🌐 <https://padlet.com/plymouthcccentral/infant-feeding-h19um06hs7as0dqz>

Healthy Families Group Programme

Give your child a great start in life.
Free programme.



**Join
us!**

Creche Spaces
Available!
(Limited)



HENRY is an evidence-based programme which supports families with children (aged 0-5) to give them a great start in life and develop a healthier lifestyle for the whole family!

Course Information: (8-week programme week commencing 5th May)

Tuesday (AM) - Four Greens Family Hub

Wednesday (AM) - Four Woods Family Hub

Friday (AM) - The Barn Family Hub

To book your place, please contact:

Email: plymouthchildrenscentres@barnardos.org.uk

or Phone: 01752 366795

BARNARDOS

Changing children,
Changing lives.



St Budeaux Wellbeing Hub

William Sutton Hall
6 Shelley Way
St Budeaux
PL5 1QF



Tuesdays 10:30-12:30pm

Wellbeing Space

Community activities



1/4/25
Tofu curry



15/4/25
Red lentil dahl



8/4/25
Sausage rolls



22/4/25
Lemon & Poppy seed Muffins

To book a place & receive a list of ingredients please contact:

07890 257 649

wellbeinghub@colebrooksw.org

St Budeaux and Barne Barton wellbeing hub

St Budeaux and Barne Barton Wellbeing Hub



Your wellbeing matters

Children, Young People, and Families' Neurodiversity Wellbeing Team

Behavioural Toolkit Parent/Carer Workshop

An interactive workshop for parents and carers of children with neurodiversity related behavioural difficulties



Including topics such as, but not limited to:

- Understanding Behaviour as Communication
- Practical Proactive Strategies for Behaviour Management
- Fostering Family Support and Management

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

**Children, Young People, and Families’
Neurodiversity Wellbeing Team**

**Understanding Autism Parent/Carer
Workshop**

An interactive workshop for parents and carers of children with diagnosed ASC or on a diagnosis pathway



Including topics such as, but not limited to:

- Understanding Autistic Traits
- Communication and Language Interpretation
- Sensory Experiences and Self Regulation
- Practical Positive Strategies and Tips

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

**Children, Young Person, and Families’
Neurodiversity Wellbeing Team**

**Understanding ADHD Parent/Carer
Workshop**

An interactive workshop for parents and carers of children and young people with a diagnosis of ADHD, or on the diagnosis pathway



Including topics such as, but not limited to

- Explaining Common Symptoms
- Support Strategies
- Understanding Behaviours
- Awesome Qualities of ADHD

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

**Children, Young People, and Families’
Neurodiversity Wellbeing Team**

**Navigating the Journey Parent/Carer
Workshop**

An interactive workshop for parents and carers of children on a neurodiversity waiting list



Including topics such as, but not limited to:

- Gaining a Clear Understanding of the Process
- Guidance for both CAMHS and CDC Pathways
- Empowerment and Support

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

**Children, Young People, and Families’
Neurodiversity Wellbeing Team**

Sound Asleep Parent/Carer Workshop

An interactive workshop for parents and carers of children with neurodiversity related sleep troubles



Including topics such as, but not limited to:

- Promote Healthy Sleep Habits
- Provide Neurodiversity-Aware Sleep Solutions
- Create a Relaxing and Safe Sleep Environment
- Foster Family Support and Communication
- Teach Mindfulness and Relaxation Techniques

To book a place, give us a call on 01752 435404 or email livewell.neurowellbeing.enquiries@nhs.net

We support people to lead independent, healthy lives

Our Groups

DID YOU KNOW??

All of our Latch On Groups are drop in sessions!

No need to book, just pop along when you can

Most offer a Stay and Play option so you can come along to socialize as well as get support

You can pop along antenatally and get some great information before your little one arrives!

We are here to help, wherever you are on your Breastfeeding Journey



Visit plymouth-latchon.org.uk for our current timetable or, find us on Facebook



YOUTH SPACE

VOLUNTEERS NEEDED!

Could you help to make a difference to young people's lives in Plymouth?

We are seeking volunteers to support our three open youth sessions running in term time in Barne Barton and Plympton:

Tuesdays 5pm-6.30pm ages 11-14yrs @The Barn

Wednesdays 5pm-6.30pm ages 11-14yrs @The Rees Centre

OR Fridays 3.30pm-5pm ages 7-10yrs @The Barn

Please contact Kathryn.Hussey@Barnardos.org.uk to register your interest

Roles are subject to an enhanced DBS and training which is provided. As a Barnardo's volunteer, you must be aged 18+ and will be expected to work within Barnardo's ethos and values. A minimum of a 6 month commitment is requested for this role (where possible)



Changing childhoods.
Changing lives.



Plymouth Wellbeing
Hub Network

