



Please see information booklet for further details.

All activities are free of charge and can be booked by calling us on 01752 340550, unless otherwise stated

Midwife appointments run 9am-4pm M-F Please call 01752 340550 selecting option 2 for Midwife enquiries

Monday	9am-12pm 9am-12pm 10am-12pm 1pm-3pm 1pm-3pm 5pm-7pm  6pm-7.30pm 6pm-6.45pm 7pm-8pm	PLUS Moo Music Baby and Me Latch on Toddler Time / Chatterbox Emotional Logic  Equal Minds Jacqui's Dance Carl's Boxing Stable	Long term employment and training support. Call Pete: 07741729968 Chargeable. Booking through Moo Music 01752 657844 Baby Massage and Yoga. Chargeable. Booking through Sam: 07772851612 Breastfeeding support Run by Barnardo's Children's Centre. Chatterbox will include baby weigh-in, return date tbc Sessions to increase understanding of emotional wellbeing in children and young people. Booking through Dave Wood: 07792922678 Peer support for people caring for someone with mental ill health, 3 <sup>rd</sup> Monday of the month £4 per session. Concessions available. Ages 7-11. Call Jacqui to book: 07753108382 £3 children, £4 adults. Call Carl to book: 07958398355
Tuesday	9am-4pm 9am-12pm 9am-12pm 10am-11.30am 10am-4pm 2pm-4pm & 5.30-7.30pm 12.30pm-2.30 12.30pm-2.30 1pm-2.45pm 4pm-5.30pm 4.30pm-9pm 7pm-9pm  7pm-9pm	Plympton Hub Counselling Moo Music Community Advice Outreach Baby Group DWP Great Expectations  Connect 5 Family First Aid Soul Singers Yoga Warriors Character Creations Awareness workshops  Crafty Pals	Offered free of charge for PL7 Residents. Referral through Plympton Hub: 07533747794 As above. Our Community Advisor is available to attend local groups and home visits. Run by Barnardo's Children's Centre. Suitable for pre-mobile babies. Alternate weeks. Work, Money and benefits advice and support. Antenatal (21/09-12/10) Booking through Eventbrite. (23/11-14/12) Mental Health and wellbeing course run in partnership with the Coop. 19 <sup>th</sup> October. Free creche Mums and children singing group. Email MJ to book: MJ@soulsingerscic.com Mindfulness based yoga for absolute beginners. Chargeable with concessions available. Table-top games inc Dungeons and Dragons. Call Chris: 07711900123 A range of workshops and seminars on a variety of subjects including Alcoholism, Diabetes, Gambling, Building self-confidence, Dyslexia, Weight management, Mental health etc. Dates to be confirmed Local crafts and friendship group. Call Trudy: 07870897510.

Wednesday	<p>10am-11.30am 10am-12pm 10am-12pm 10am and 2pm 1pm-4.30pm 2pm-4pm</p> <p>2pm-7.30pm 4.30pm-5.30pm 5.30pm-7.30pm 5.30pm-7.30pm</p> <p>6pm-8pm</p>	<p>Twins Group Befriending group Community craft workshops Citizen's Advice My Health, My Way Community Drop in cafe</p> <p>Parenting support sessions Young Devon Wellbeing Café Young Devon Counselling Youth Snack Stop</p> <p>Carl's Boxing Stable</p>	<p>Stay and play session for twins (0-5yrs) and their carers. 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month Opportunity to meet others and try new activities in a supportive environment Led by OnCourse SW. Glass painting, Tile painting, Christmas card making. Appointments via phone or videocall Course run by Improving Lives Plymouth for those living with a long-term health condition Drop in café to meet others and access support and advice on parenting and any other matters affecting your wellbeing. Start date tbc Parenting advice and support sessions. By appointment. Tbc Wellbeing Conversations and counselling for young people 14-25. Referral via Young Devon Café serving affordable refreshments for under 18s. LGBTQ+ night 1<sup>st</sup> Wed of the month. Drop in wellbeing and sexual health support with our youth volunteers As above</p>
Thursday	<p>9am-4pm 9am-12.30pm 9.30am-11.30 10am-12pm 1pm-2pm</p> <p>3pm-5pm 6pm-12am 7pm-11pm</p>	<p>Plympton Hub Counselling Incredible Years Family First Aid Community Garden Carer's Peer 2 Peer support</p> <p>Elder Tree Active Men Headspace and Headcount Character Creations</p>	<p>Offered free of charge for PL7 Residents. Referral through Plympton Hub: 07533747794 Parenting Course run by Barnardo's 3<sup>rd</sup> December. Free creche Meet with others to work on our community garden space. Start date tbc. 1<sup>st</sup> and 3<sup>rd</sup> Thurs of the month – Peer support for parents and carers of children with additional needs and disabilities 2<sup>nd</sup> and 4<sup>th</sup> Thurs of the month – Peer support for carers of adults with dementia Supportive activity group for men aged 50+. Call Adrian: 227427 Mental health drop in – a safe, calm space where you can find support Adults Role playing table top gaming. Booking through Chris 07711900123</p>
Friday	<p>9am-12pm 10am-2pm 10am-12.30pm 1pm-2.30pm</p> <p>6pm-8pm</p>	<p>Introducing family foods AGE UK Computer Access AGE UK Perinatal mental health</p> <p>Carl's Boxing Stable</p>	<p>17<sup>th</sup> September. Weaning workshop. Booking through Barnardo's. 1-2-1 support for the over 50s with using computers, mobile devices and getting online Peer support for those needing extra support after childbirth. Contact Jen: Jen.scarborough@nhs.net As above</p>
Saturday	<p>10am-12pm 10am-9pm</p>	<p>St Luke's Compassionate Cafe Community Table-top games</p>	<p>2<sup>nd</sup> Saturday of the month. Drop in café for those living with, or supporting someone with, a terminal illness, or who have been bereaved. 2<sup>nd</sup> Saturday of the month. Free activities run by Character Creations, inc. Dads and Dragons sessions for Dads and male carers with their children. All ages welcome.</p>