

SUMMER HOLIDAY EDITION 2026

PLYMOUTH YOUNG
CARER SERVICE

NEWSLETTER

IN THIS UPDATE:

- What's going on for Young Carers in Plymouth ?

SUMMER 26 INFO EDITION

kooth

Sometimes it's hard to know what to do when something's bothering you. That's why Kooth is here. A place to get support, feel heard and find ways to feel better, whenever you need it.

WHAT CAN YOU DO ON KOOOTH?

- Get confidential support with anything on your mind.
- Share your experience with others and get advice.
- Use your private online journal and set personal goals.
- Access helpful articles, podcasts and videos on topics like anxiety, relationships and self-care.

WHEN YOU CAN CHAT WITH US?

The service is available 24/7; chats with professional mental health practitioners are open:

Weekdays:
Midday–10pm

Weekends:
6pm–10pm

**SCAN
TO VISIT
KOOOTH NOW!**

WHY CHOOSE KOOOTH?

- Free to use.
- No doctor's referral needed.
- Accredited by **BACP** (British Association for Counselling and Psychotherapy).

YOUNG DEVON | CHANGING THE ODDS IN
FAVOUR OF YOUNG PEOPLE
Young Devon is registered Charity. Charity No: 1057949.

My Way



Youth Adventures
Saturday 27th June
Football Session
12:15-14:30

Book your space now! www.friendsandfamilies.org.uk

FRIENDS & FAMILIES 01752 204369

📣 ACTIVITY SPACES AVAILABLE! 📣

Join our World Cup celebrations at our Youth Adventures football session at Manadon Sports Hub! After an hour's football session, we'll have a buffet lunch in the function room!

🟡: Youth Adventures (13+)

🕒: 12:15-14:30

📅: Saturday 27th June 2026

📍: Manadon Sports & Community Hub, 121 St Peters Rd, Plymouth PL5 3FD

🟡 Youth Adventures: disabled young people aged 13-25 who attend without a parent/carer.

📝 Book your space now at

www.friendsandfamilies.org.uk or call 01752 204369

📖 Looking for something to do this summer?

Why not pop along to **Estover Library** during the Summer Holidays!

☀️ Summer Reading Challenge – Children can sign up and enjoy reading throughout the holidays.

🎉 Free activities and events will also be taking place over the summer, so there's plenty to get involved in.

📅 Opening times:

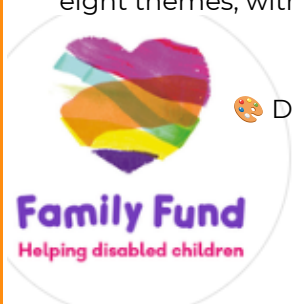
Tuesdays & Fridays

🕒 11:00am – 5:00pm

Drop in during opening hours to sign up for the Summer Reading Challenge, borrow some fantastic books, and join in with the fun offered by Plymouth Libraries!

Are you wondering what the summer holidays will look like for your family?

Family Fund's Discover Digital summer festival is returning with an exciting new programme of completely free online workshops, designed specifically for disabled and seriously ill children, and their families. We have eight themes, with content designed to help children and young people learn, create and connect from the comfort of home.



Come along and discover: ✨ Storybook Writing with AI
🎨 Digital Drawing with Sketchbook 🎬 Lego Animation 💻 Coding with Scratch
🎵 Song Building with Loops 🖨️ 3D Design 📺 Creating Short Videos
📖 Making Your Own 'Zine'

If you know someone who would love to explore digital creativity go ahead and secure a free space for them today!

👉 <https://www.familyfund.org.uk/.../disco.../digital-festival/>

Fit and Fed

Click on the link **Fit and Fed** | **PLYMOUTH.GOV.UK**



We receive funding from the Department for Education to coordinate a city-wide holiday activity and food programme during the Easter, summer and Christmas holidays to primarily support families with children who receive benefit related free school meals.

If your child is eligible for benefits-related Free School Meals you will need your child's unique code in order to access the activities for free. You can obtain your code by completing the form:

We get it, so let's chat about it...

A relaxed meet-up opportunity for parent carers of children and young people with SEND.

Third Wednesday of each month:
Weds 20th May, Weds 17th June, Weds 15th July, Weds 19th Aug, Weds 16th Sept 2026.

Drop in any time from 7:30 pm - 9:00 pm

Rees Family Centre and Wellbeing Hub, Plympton, PL7 2PS

Plymouth Parent Carer Voice SEND Help Plymouth

Find us on Facebook or call/text 07378 108723

FREE tea, coffee, biscuits and friendly faces!

FREE!

Friday 24th July
Wednesday 29th July
Wednesday 5th August

St Aidan's Ernesettle

Summer STAY & PLAY FUN DAYS!

Chill out zone	Sensory play
Free meal	Craft
Messy play	Games
Role play	Bouncy Castle

Each play day runs from 2pm-6pm

VISIT - FACEBOOK.COM/LOVESTAIDANS
EMAIL - INFO@SEACHURCH.CO.UK

IN ASSOCIATION WITH
PLYMOUTH CITY COUNCIL
Fit and Fed
St Aidan's Ernesettle
WWW.PLYMOUTH.GOV.UK/FTANDFED

PLYMOUTH LIBRARIES

GO ALL IN

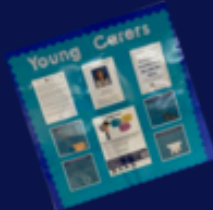
READ BEAT

Musical Crafts
Fridays in August | From 1pm

Friday 7 August – Superstar glasses and air guitars
Friday 14 August – Windchimes from recycled materials
Friday 21 August – Percussion instruments
Friday 28 August – Yogurt pot telephones

These activities are suitable for children and their families.

The Children's Society



YOUNG CARERS AND SERVICE FAMILIES HUB MEETING

TEA, COFFEE, BISCUITS AND BEST PRACTICE



TUESDAY, 29 SEPTEMBER, 2026

1:00 PM

The Burrington Community Hub, All Saints
Academy Plymouth, Honicknowle Lane, Plymouth
PL5 3NE

If you would like to share your good practice
at the Hub meeting please email

TCSplymouth@childrenssociety.org.uk

**FOUNDATION**
Improving homes and communities



Grants of up to **£10,000** will soon be available to UK registered charities for projects that improve homes and accommodation, or provide home-starter kits, for people in need.

FUNDING

to Improve Homes

for People in Need

(UK)





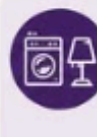
The funding is provided by the **B&Q Foundation** to help individuals and families facing homelessness, domestic abuse, disability, illness, or financial hardship feel safer, more settled, and better supported in their homes.



HOME IMPROVEMENT FUND

Can support a range of improvement works, including essential repairs, decorating, the installation of fixtures, safety features, and other indoor and outdoor improvements.





HOME-STARTER KITS FUND

Provides grants of up to £10,000, with a maximum of £500 per kit, to help charities purchase and distribute essential household items to individuals setting up a home. This includes white goods, small electrical goods, curtains, lighting, soft furnishings, basic repair materials, and gift cards to cover immediate needs.





Only charity-managed properties qualify for home and accommodation improvements.



APPLICATIONS OPEN ON
20 JULY 2026

AND CLOSE ON
14 AUGUST 2026

Together, we can help create safer, warmer, happier homes.

Funding to Improve Homes for People in Need (UK)

Grants of up to £10,000 will soon be available to UK registered charities for projects that improve homes and accommodation, or provide home-starter kits, for people in need.

The funding is provided by the B&Q Foundation to help individuals and families facing homelessness, domestic abuse, disability, illness, or financial hardship feel safer, more settled, and better supported in their homes.

The Home Improvement Fund can support a range of improvement works, including essential repairs, decorating, the installation of fixtures, safety features, and other indoor and outdoor improvements.

The Home-Starter Kits Fund provides grants of up to £10,000, with a maximum of £500 per kit, to help charities purchase and distribute essential household items to individuals setting up a home. This includes white goods, small electrical goods, curtains, lighting, soft furnishings, basic repair materials, and gift cards to cover immediate needs.

Only charity-managed properties qualify for home and accommodation improvements.

Applications open on 20th July 2026 and close on 14th August 2026.

Summer 2026 Careers Support



**Aged 16-19 (up to 25 with an EHCP)
and don't know what to do next?**

Careers Plymouth are here to support you! We offer:

- ◆ One-to-one support tailored to you
- ◆ Advice on education, training or employment options
- ◆ Guidance to explore what suits you best

Our team provide a non-judgmental, supportive space to help you make your own decisions

**Appointments available every week
from July - September 2026**

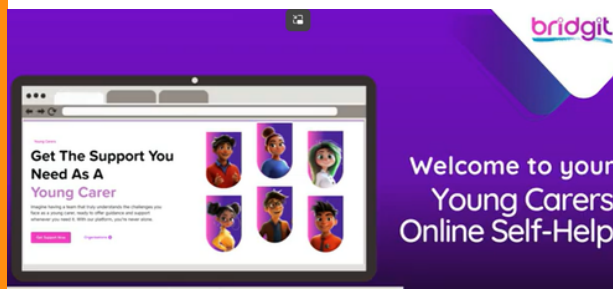
Email us to book your appointment!
CareersPlymouth@plymouth.gov.uk



Self-help resources
from Skills Launchpad
Plymouth



Learn more
about Careers
Plymouth



Click on the link - **Plymouth Bridgit Care Young Carers Promotional Video**

More than 24,000 unpaid carers in Plymouth will now have easier access to advice, support and local services thanks to the launch of a new digital platform designed to help people caring for loved ones.

Bridgit Care, now available free to Plymouth residents, provides personalised guidance, emotional support and practical tools to help carers manage the challenges of supporting someone close to them, whether that's a partner, parent, child, friend or neighbour. The platform has been introduced through a partnership between Plymouth City Council and Improving Lives Plymouth, the city's dedicated carers support charity. Their expertise and insight have helped shape a service designed around the real, everyday needs of local carers.

Available 24 hours a day Bridgit helps Carers quickly find the information and support that's right for them. After answering a few simple questions, Carers receive a personalised plan linking them to local services, events, financial advice, wellbeing support and guidance on managing caring responsibilities.

For many people, caring responsibilities can begin gradually and unexpectedly, often leaving individuals unsure where to turn for help.

Summer 2026 Careers Support

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Wednesdays - July to September 2026

aged 16-19 (up to 25 with an EHCP) and don't know what to do next?

Careers Plymouth can support you and offer:

- ◆ One-to-one support tailored to you
- ◆ Advice on education, training or employment opportunities
- ◆ Guidance to explore what suits you best.

Careers Plymouth are offering careers support duty days for young people across Plymouth every Wednesday over the summer at Cobourg House from July to September 2026.

Young people must be:

Aged 16-19 (up to 25 if EHCP)

- ◆ Not in full time education, training or work or
- ◆ Have no offer of education for September 2026 or
- ◆ be Home Educated Year 11 or Year 12.

To access this service, young people must:

Live in Plymouth

Want and are ready to get into some form of education, training or work

Not be claiming Universal Credit.

Email Careers Plymouth to book your appointment!

✉ CareersPlymouth@plymouth.gov.uk

Please include your name, date of birth, best contact method and any dates/times when not available.

**Self-help resources from Skills Launchpad Plymouth at:
<https://www.skillslaunchpadplym.co.uk/youth-hub-resource...>**

**Learn more about Careers Plymouth at:
<https://www.plymouth.gov.uk/careers-plymouth>**



SUMMER ACTIVITIES AVAILABLE!

Our first wave of summer activities are available to book now!

Adventure Club: River Dart // Plymouth Music Zone // Immersive Dome // Mount Batten Watersports

Family: Cineworld: Toy Story 5 // Adrenalin Exclusive Hire

Fun & Freedom: Rocksteady Music Workshop // Adventure Golf & Crafts // Mount Batten Watersports

Making Sense: Alpacas // Plymouth Music Zone // Wetwheels // Immersive Dome

Youth Adventures: Clayart & Arcade // Rocksteady Music Workshop // Escape Room & Crafts // Mount Batten Watersports

We have many more summer activities which will be added soon too, including a family swim session at Ivybridge!

To book, please visit www.friendsandfamilies.org.uk and click on Upcoming Activities before selecting the relevant activity group!

Adventure Club: disabled children aged 0-25 who attend with a parent/carer.

Family: all members of the family.

Fun & Freedom: siblings & young carers without a disability aged 6-18 who attend without a parent/carer.

Making Sense: children with profound & multiple disabilities aged 0-25 who attend with a parent/carer.

Youth Adventures: disabled young people aged 13-25 who attend without a parent/carer

SUMMER HOLIDAY DAYTIME 2026
23/07/2026 - 04/09/2026
SIX WEEK DISCOUNTED MEMBERSHIP ONLY £25.00
FOR A FAMILY, LIVING AT THE SAME ADDRESS
TO BOOK COURTS WEEKDAYS BETWEEN 9 AM TO 5 PM DURING THE SCHOOL SUMMER HOLIDAYS.
ONE ADULT SHOULD JOIN, MEMBERSHIP WILL LAST FROM 23RD JULY UNTIL 4TH SEPTEMBER 2026.
ELIGIBILITY: ONE MEMBER OF A FAMILY LIVING AT THE SAME ADDRESS WHO WOULD LIKE TO BOOK THE COURTS DURING THE SCHOOL SUMMER HOLIDAYS, WEEKDAYS AND DAYTIME ONLY.

Café and Kellogg's Free Breakfast Clubs

Morrisons and Kellogg's have announced the return of their school holiday 'Breakfast Clubs', offering free meals to families across the UK to help ease the financial pressure over the summer holidays.

Families visiting their local Morrisons Café throughout the summer holidays can enjoy a free 'Kellogg's Breakfast', which includes a bowl of cereal and a portion of fruit. The best part, it's not just for kids, adults get to eat completely free too. Both kids and adults can choose from much-loved favourites Corn Flakes or Rice Krispies, topped with their choice of dairy or non-dairy milk and a free apple or banana.

The summer holiday offer will be available from 29th June to 6th September across all Morrisons Cafes nation-wide*

TOTS SUMMER ACTIVITY DAY
MAKING MEMORIES TOGETHER - PARENTS STAY ONSITE
£27.00 BOOK NOW
4 - 7 YEAR OLDS
10am - 2.30pm
Activities
✓ Skiing
✓ Toboggan
✓ Sno-tubing
✓ Lunch
DATES AVAILABLE
31/07, 07/08, 14/08, 21/08 & 27/08

KIDS SUMMER ACTIVITY DAY
THE ULTIMATE SUMMER ADVENTURE STARTS HERE
DATES AVAILABLE BETWEEN 27/07 & 27/08
8 YEAR OLD +
9am - 4pm
£44.50
Activities
✓ Skiing Or Snowboarding
✓ Toboggan
✓ Sno-tubing
✓ Viper Drop
✓ Lunch
Fit and Fed Plymouth
Fit and Fed spaces available. Please phone to check availability of Fit and Fed.