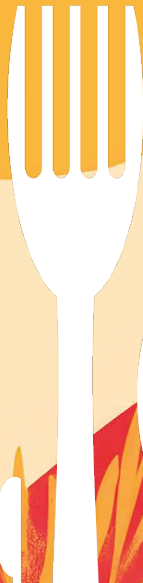
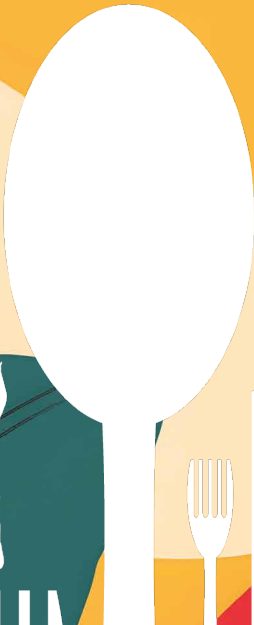


Fit and Fed

SUMMER ACTIVITIES

2026



Enjoy a happy healthy holiday with our **FREE** Fit & Fed holiday programme!

Plymouth's Fit & Fed programme, funded by the Department for Education, provides free holiday clubs and experiences for children and young people aged 4 to 16 years (reception to year 11), who receive benefit-related free school meals. Each child can access up to 16 days for free and can attend the same club or multiple clubs.

There are over 90 holiday clubs and experiences offering an amazing range of different activities, from snow sports and science workshops to water sports and dance.

All of the holiday clubs are delivered by experienced organisations who provide a safe and welcoming environment where children will have fun, make new friends and eat healthy food.

There really is something for everyone, so book today!

How to book

1. You will need your unique Fit and Fed code.
2. Look through the brochure and decide which club(s) and/or experiences you would like to book.
3. Holiday club bookings need to be made direct with the holiday club provider.
4. Teen Taster experiences and SEND activities can be requested via the form on the website.
5. Go to www.plymouth.gov.uk/fitandfed or scan the QR code for more information.

What's available?

Holiday Clubs (pages 4-10)

This brochure provides details on all the available holiday clubs running across the city from 20 July to 28 August including the provider, venue and relevant ages. More information and details on how to book can be found at www.plymouth.gov.uk/fitandfed.

SEND Holiday Clubs & Activities (page 12)

Scale the climbing wall at Plymouth Life Centre, or bounce, flip and jump your way through an action-packed session at Super Tramp Trampoline Park. There are also a number of SEND specific holiday clubs which may be more suitable for children with more complex needs.

www.plymouth.gov.uk/fitandfed-SEND

Teen Taster Experiences (page 16)

Discover exciting new experiences for 12–16 year olds in Plymouth. Brave the 5m diving platform at Plymouth Life Centre, or paddleboard across the Sound for a real adventure on the water. Challenge your friends to classic arcade games, or head to the basketball court to sharpen your layup skills.

www.plymouth.gov.uk/fitandfed-Teens

Ready to book? Scan the QR code:



plymouth.gov.uk/fitandfed



UK Government





Age 5 to 6
Wild Things Play Project
 Floor 3, Drake Circus
 PL1 1EA



Age 5 to 11
District Sports
 St Peters C of E Primary School
 PL1 1TP



Age 5 to 11
Plymouth Dance
 Oxford House Creative Hub
 PL1 1TW



Age 7 to 11
The Soapbox Children's Theatre
 Devonport Park
 PL1 4QH



Age 4 to 11
Premier Education
 Pilgrim Primary Academy
 PL1 5BQ



Age 7 to 12
ProActive
 Stuart Road Primary Academy
 PL1 5LL



Age 11 to 16
Plymouth Dance
 Oxford House Creative Hub
 PL1 1TW



Age 9 to 16
SouthWest SUP
 Royal William Yard
 PL1 3RP



Age 5 to 11
District Sports
 St Georges C of E Primary Academy
 PL1 3RX



Age 5 to 11
High 5
 Stoke Damerel Primary Academy
 PL1 5PA



Age 4 to 12
Little Stars Holiday Club
 College Road Primary School
 PL2 1NS



Age 5 to 11
Argyle Community Trust
 Keyham Barton Catholic Primary School
 PL2 2DE



Age 5 to 16
Pomeroy's Performing Arts Academies
 St Georges C of E Primary Academy
 PL1 3RX



Age 7 to 12
Hamoaze House
 Mount Wise
 PL1 4JQ



Age 5 to 12
Pembroke Youth Service
 Devonport
 PL1 4JT



Age 7 to 12
ProActive
 Mayflower Community Academy
 PL2 2NJ



Age 6 to 11
Plymouth Active Leisure
 Plymouth Life Centre
 PL2 3DG



Age 7 to 11
Character Creations
 City Business Park
 PL3 4BB



Age 8 to 16
Horizons Sailing
 Richmond Walk
 PL1 4LS



Age 8 to 16
Zebra
 Mount Wise Neighbourhood Centre
 PL1 4LQ



Age 5 to 11
Argyle Community Trust
 The Hub at Foulston Park
 PL1 4NE



Age 11 to 16
Character Creations
 City Business Park
 PL3 4BB



Age 5 to 15
WeDoFootball
 Stoke Damerel Community College
 PL3 4BD



Age 5 to 14
WeDoMultisports
 Stoke Damerel Community College
 PL3 4BD



Age 4 to 16
SJ Performing Arts
 Stoke Damerel Community
 College
 PL3 4BD



Age 5 to 11
District Sports
 Compton C of E Primary School
 PL3 5JB



Age 5 to 11
High 5 – Tennis
 Hill Lane Tennis Club
 PL3 5QU



Age 7 to 14
Plymouth Hope
 13 Beaumont Road
 PL4 9BA



Age 7 to 12
ProActive
 Riverside Community Primary
 School & Nursery
 PL5 1DD



Age 5 to 11
District Sports
 Victoria Road Primary
 & Nursery School
 PL5 1RH



Age 4 to 8
Bright Sparks
 Efford
 PL3 6HA



Age 5 to 11
Argyle Community Trust
 High View School
 PL3 6JQ



Age 5 to 12
Stronger Me CIC
 Hybrid Gym
 PL4 0JW



Age 6 to 10
**Marine Academy Plymouth
 Football Club**
 Marine Academy Plymouth,
 Sports Complex PL5 2AF



Age 5 to 9
Plymouth Ballet
 Marine Academy Plymouth
 PL5 2AF

Plymouth Science

Age 6 to 11
Plymouth Science
 St Budeaux C of E Primary
 Academy with Nursery
 PL5 2DW



Age 10 to 16
Sound Diving
 201 Cattedown Road
 PL4 0RW



Age 11 to 14
Play in a Week
 TR2, Neptune Park
 PL4 0SJ



Age 5 to 7
Imagined Communities
 TR2, Neptune Park
 PL4 0SJ



Age 4 to 11
Inspire Multi Academy Trust
 Ernesettle Community School
 PL5 2RB



Age 4 to 11
St Aidan's Church
 Ernesettle
 PL5 2SS



Age 5 to 11
Argyle Community Trust
 Manadon Sports & Community
 Hub
 PL5 3FD



Age 8 to 11
Imagined Communities
 TR2, Neptune Park
 PL4 0SJ



Age 4 to 6
**Bambinos Day Nurseries
 and Preschools**
 Houndiscombe Road
 PL4 6EU



Age 5 to 11
High 5
 Plymouth College
 PL4 6RN



Age 5 to 13
Aerial Allsorts Plymouth
 Burrington Business Park
 PL5 3FR



Age 7 to 16
The Climbing Hangar
 Burrington Business Park
 PL5 3LX



Age 8 to 14
Club 825
 YMCA Plymouth
 PL5 3NG



Age 8 to 16
Plymouth Young Carers
 Honicknowle
 PL5 3PX
 (For Young Carers only)



Age 4 to 11
Whiteleigh Playcare
 St Peter's RC Primary School
 (Star Unit)
 PL5 4HD



Age 7 to 12
ClipNClimb
 The Ship Building
 PL6 5AA



Age 7 to 13
Poole Farm
 Leigham
 PL6 8NF



Age 4 to 11
Premier Education
 Thonbury Primary School
 PL6 8UL



Age 5 to 11
High 5
 Plympton St Mary's C of E Infant
 School
 PL7 1QW



Age 5 to 12
Jump
 Christian Mill Business Park
 PL6 5DS



Age 5 to 11
High 5
 Widey Court Primary School
 PL6 5JS



Age 4 to 6
**Bambinos Day Nurseries
 and Preschools**
 Frogmore Avenue
 PL6 5RT



Age 5 to 11
Bright Stars
 Yealmpstone Farm Primary
 School
 PL7 1XQ



Age 4 to 11
EM-Magination
 Rees Centre Family & Wellbeing
 Hub
 PL7 2PS



Age 4 to 11
Premier Education
 Boringdon Primary School
 PL7 4HJ



Age 5 to 12
WeDoFootball
 St Matthews C of E Primary and
 Nursery Academy
 PL6 5XP



Age 5 to 12
WeDoMultisports
 St Matthews C of E Primary and
 Nursery Academy
 PL6 5XP



Age 4 to 11
Southway Playcare
 Southway Family & Wellbeing
 Hub
 PL6 6TB



Age 4 to 11
Willow Childcare Centre
 Plympton
 PL7 4RR



Age 8 to 16
Plymouth Bike Hire
 Coypool Park & Ride
 PL7 4TB



Age 4 to 11
Liv4Dance
 Chantry Mill
 PL7 1YB



Age 5 to 13
Procoaching
 Widewell Primary School
 PL6 7ER



Age 5 to 12
Sporty Stars
 Plymouth Marjon University
 PL6 8BH



Age 8 to 15
Plymouth Snowsports Centre
 Leigham
 PL6 8LW



Age 5 to 11
Argyle Community Trust
 Morley Meadow Primary School
 PL9 7GN



Age 5 to 15
WeDoFootball
 Morley Meadow Primary School
 PL9 7GN



Age 5 to 11
High 5
 Elburton Primary School
 PL9 8HJ



Age 4 to 6
Bambinos Day Nurseries and Preschools
 Plymstock
 PL9 9AY



Age 5 to 12
WeDoFootball
 Hooe Primary Academy
 PL9 9RG



Age 5 to 12
WeDoMultisports
 Hooe Primary Academy
 PL9 9RG



Age 7 to 12
Stephanie Boast School of Dance
 Hooe and Turnchapel
 Community Centre
 PL9 9SE



Age 8 to 13
Mount Batten Watersports & Activities Centre
 PL9 9SJ



Age 11 to 16
Mount Batten Watersports & Activities Centre
 PL9 9SJ



Age 11 to 16
Plymouth Youth Sailing
 Mount Batten
 PL9 9SJ



Age 8 to 16
The Bounty Project
 Mount Batten
 PL9 9SJ

Ready to book? Scan the QR code:
plymouth.gov.uk/fitandfed



Information correct at time of printing.

Fit and Fed

Join us this **Summer**

ON TOUR

Join us this summer as we take Fit and Fed into the community with **FREE** activities for all the family. We will be at the following parks between 10am and 2pm. **Come and join us!**

Tuesday 04 August	Victoria Park, PL1 5NQ
Tuesday 11 August	Ernesettle Green, PL5 2SY
Tuesday 18 August	Tothill Park, PL4 9HF
Tuesday 25 August	Central Park, PL2 3DG

Food supplied by **Tamar Fresh**



Arts & Crafts



Inflatable Fun



Healthy Lunch

SEND Holiday Clubs & Activities

While all our holiday clubs aim to be as inclusive as possible, we understand that some children may have more complex needs. To support these children, we offer a number of clubs and experiences that may be better suited to their needs. To help us ensure the best experience for your child, please share any relevant information about your child's needs with the provider in advance.

This allows them to work with you to make any necessary adaptations and, where possible, arrange additional support to ensure your child can enjoy their time.



Age 7 to 12
Lighthouse Tuition SW
 Plymouth Albion Rugby Club
 PL1 4NE



Age 11 to 16
Imagine Communities Create
 TR2, Neptune Park
 PL4 0SJ



Age 4 to 11
Mill Ford School
 PL5 2PY
 For Mill Ford pupils only



Age 4 to 6
Bambinos Day Nurseries and Preschools
 Houndiscombe Road
 PL4 6EU



Age 4 to 11
Cann Bridge School
 PL6 8EE
 For Cann Bridge pupils only



Age 5 to 16
Bowls
 03, 10, 17, 24 August
 4pm – 5pm
 Plymouth Life Centre
 PL2 3DG



Age 5 to 16
Climbing
 05, 12, 19, 26 August
 12.15pm – 1.15pm
 Plymouth Life Centre
 PL2 3DG



Age 5 to 16
Super Tramp
 04, 11, 18, 25 August
 1pm – 2pm
 3 Breakwater Road
 PL9 7HJ

Teen Taster Experiences

These sessions are a cool way for **12 to 16 year olds** to enjoy a range of exciting activities over the summer. Due to the limited number of spaces available, eligible children will only be allowed to attend one session per activity. This is to ensure that as many children as possible can experience these activities.

Activity	Dates	Time	Venue
Retro Gaming	Voucher valid until 01 September	Children can attend any day until 7pm	Continue Arcade 4/6 Royal Parade, PL1 1DS
Stand Up Paddleboarding	Wednesdays 05, 12, 19 & 26 August	3pm to 5pm	South West SUP Royal William Yard, PL1 3RP
Basketball	Thursdays 06, 13, 20 & 27 August	6.30pm to 7.30pm	Plymouth Life Centre 40 Mayflower Drive, PL2 3DG
Diving	Wednesdays 05 & 19 August	2pm to 3pm & 3pm to 4pm	Plymouth Life Centre 40 Mayflower Drive, PL2 3DG
Footgolf/ Frisbee Golf	Voucher valid until 01 September	Any time subject to availability	Central Park Golf Mayflower Drive, PL2 3DG
Ten Pin Bowling	Voucher valid until 01 September	Any time subject to availability	Ten Pin Bowling Barbican Leisure Park, PL4 0LG
Golfing Experience	Fridays 07, 14, 21 & 28 August	10.30am to 12.00pm	Boringdon Golf Range, Plymbridge Lane, PL7 4QG
Karate	Tuesdays 04, 11, 18 & 25 August	6pm to 7pm	Plymouth Life Centre 40 Mayflower Drive, PL2 3DG

Book a space via www.plymouth.gov.uk/fitandfed-Teens

PLAY IN THE PARK SUMMER EVENTS

FREE FAMILY FUN 10am-2pm, ALL AGES WELCOME

Lots of activities including bouncy castles, face painting, and so much more!

Date – Wednesday 29th July

Venue – : Devonport Park, Devonport, Plymouth PL1 4BT

Date – Wednesday 5th August

Venue – Freedom Play Park PL4 8RH ,

Date – Wednesday 12th August

Venue – Yeo Park– Blandford Road PL3 6RA

Date – Wednesday 19th August

**Venue – Southway Family hub, Youth and Community
Centre Southway, PL6 6TB**

Date – Wednesday 26th August

Venue – Knowle Battery Playing fields PL5 3QG

Date – Wednesday 2nd September

Venue – Cookworthy Park PL2 2LG

Plymouth Family Hubs working in partnership with...



Explore
More!

FAMILY HUB SUMMER ACTIVITIES

Baby Activities

A group for pre-walkers. 8 different themes on a rolling programme to join in and explore with your babies.

Baby Crafts at FourWoods Family Hub

04/08/26, 10-11.30am

Baby Treasure Baskets at D.E.L.L. Family Hub

28/07/26, 10-11.30am

Baby Messy and Sensory Play at Elm
Community Centre, 13/08/26, 1-2.30pm

Family Board Games @ Whiteleigh Family Hub

21/07/26, 10-11.30am

Come along and enjoy a relaxed session of family fun! Play classic board games like Snakes and Ladders and UNO, or work together on some puzzles. This event is aimed at families and offers a great opportunity to spend time together, have fun, and even learn some new skills.
Please note: no food or drinks will be provided.

Summer Step-by-Step @ North Prospect Family Hub

28/07/26, 18/08/26, 25/08/26, 01/09/26
9.30-10.30am

To support children and families where there may be additional need/s, offering advice, strategies, signposting, and the opportunity to network with other families who may be sharing the same experiences.

Other activities coming soon:

Please contact Barnardos Family Hubs for more information:

VR Gaming Sessions
Grandparents 'Quiet Activity' Sessions
SEN Sessions (Lights, Physical and Messy Sessions)

Party in the Park @ Adelaide Street Playpark

13/08/2026
10:00 - 11:00

Come and join us for fun in the park, crafts, messy play and more!!
FUN for families with children of all ages!

Summer Trail in the Park @ the Sensory Garden, Devonport Park

27/08/2026
10:00 - 11:30

Join us in the sensory garden for a Summer trail!! Messy play, arts and crafts and more!
FUN for families with children of all ages!



Plymouth Family Hubs working in partnership with...





WHAT IS A BEST START FAMILY HUB?

They are friendly places where families with children and young people can get support and advice. It's a one-stop shop for services like health, education, and community support, all in one convenient location.

Who is it for?

Best Start Family Hubs are for all families with children and young people aged 0-19 (or up to 25 for those with special educational needs and disabilities). Whether you're looking for parenting tips, help with your child's development, or mental health support, Best Start Family Hubs are here for you.

What do they offer?

- **Health Services:** Help with breastfeeding, health check-ups, and mental health resources.
- **Education and Development:** Parenting classes, playgroups, and getting kids ready for school.
- **Social Support:** Advice on housing, domestic abuse, and money management.
- **Community Activities:** Events, workshops, and groups to meet other families and build connections.
- **Specialist Help:** Support for families with children who have special needs, including life skills and transition support.

VIRTUAL OFFER

We understand it's not always easy to visit a Best Start Family Hub. That's why we offer online resources, like parenting workshops, advice sessions, and virtual meetings with professionals. Our virtual services give you the flexibility to access support from wherever you are.

SATELLITE HUBS

Plymouth are also developing a network of Satellite Hubs which are smaller hubs that bring Best Start Family Hub services closer to your community.

What They Offer:

Satellite hubs provide specific services

Why They Matter:

They make it easier for families to get the help they need, especially if traveling to a main hub is difficult.

SCHOOLS AND FAMILY HUBS

Best Start Family Hubs work hand-in-hand with schools, especially primary schools, to support children and families. Here's how:

- Providing early help and services directly through schools.
- Hosting parenting classes and resources at school locations.
- Helping school staff connect families with the support they need.

Green Ark Family Hub

Fore Street PL1 4DW
01752 686750

Morice Town Family Hub

Charlotte Street PL2 1RJ
01752 208660

North Prospect Family Hub

91-93 North Prospect Road PL2 2NA
01752 313293

Rees Family Hub

Mudge Way, Plympton PL7 2PS
01752 340550

Nomony Family Hub

27 St Johns Road, PL4 0PA
01752 261844

The Barn Family Hub

Kit Hill Crescent PL5 1EJ
01752 362320

Southway Family Hub

Hendwell Close PL6 6TB
01752 875933

Manor Street Family Hub

25 Manor Street PL1 1TL
01752 686750

Four Woods Family Hub

415 Crownhill Road PL5 2LN
01752 366795

Whitleigh Family Hub

Four Greens Community Centre, Whitleigh Green PL5 4DD
01752 875933

DELL Family Hub

High View School, Efford, PL3 6JQ
01752 261844

Find out more...



THE
READING
AGENCY

UNIVERSAL
UNIVERSAL MUSIC GROUP
UNITED KINGDOM

READ to the BEAT

Summer Reading
Challenge 2026

Join **FREE** at your
local library!



Sign up to the Summer Reading Challenge
from 4 July at any Plymouth Library



National
Year of
Reading
2026



Supporting public funding by
ARTS COUNCIL
ENGLAND

Delivered in partnership with libraries
summerreadingchallenge.org.uk

PLYMOUTH ACTIVE

Book
Today

Diving Party

Climbing Party

Inflatable &
Soft Play Party

Inflatable
Pool Party

Birthday Parties

With friendly staff and lots of fun
activities, we'll help you plan a
party the whole playground will
be talking about!

- **FREE** Slushy for the Birthday Child*
- **FREE** Dedicated Party Host
- **FREE** Party Invitations
- **DISCOUNT** on Swimming Lessons
for you and all your guests
- **DISCOUNT** on Future Bookings
- **FOOD PACKAGES***



Contact us at getactive@plymouthactive.co.uk
or call Plymouth Life Centre today on 01752 606900

*Only available at Plymouth Life Centre



For more information please contact
the Fit and Fed Team:

E: getactive@plymouthactive.co.uk

W: Plymouth.gov.uk/fitandfed

 [@plymouthactive](https://www.facebook.com/plymouthactive)

