Your look inside

IMPROVING LIVES

August – September 2026 Newsletter / Issue 1



Our Young Adult Carers on deck with Sailing Tectona during this year's annual sailing weekend.

IN THIS ISSUE

GETTING OUTDOORS

4 Our annual YAC sailing trip is complete!

8 A day at Wembury Beach

9 Dip and Dunk at Tinside Lido

14 Tuesday Trekkers walk from Jennycliff to Bovisand

MUSIC AND MAKING

6 Better Futures Summer Party!

12 A poem from a community member

16 Check out the Better Futures Band!

17 A Lush workshop for the Deaf community

GROUPS AND SUPPORT

15 A first for HMP Channings Wood

15 New group for carers of people with dementia

16 First Tinnitus Coffee Morning at The Treasury

FUNDRAISING

13 Plymouth Harriers: Charity of the Year

14 Newmedica: Charity of the Year

CASE STUDIES

18 Only having to tell his story once...

19 A phone, a meal and a ticket home

20 Six weeks, one phone call, a full refund

ALSO IN THIS ISSUE

21 Featured events

24 Important announcements

28 Support us

29 What's on

Our annual YAC sailing trip is complete!

Sailing with Sailing Tectona CIC



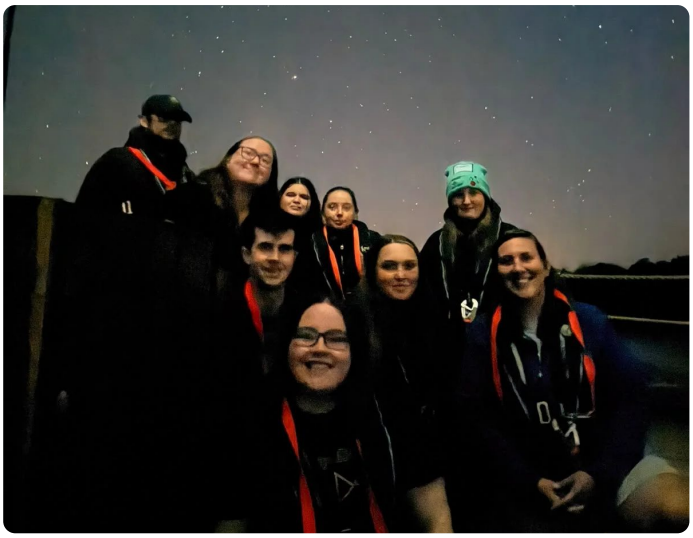
Passing under the Tamar bridges.

Our annual YAC sailing trip is complete!

This year we sailed for the weekend with Sailing Tectona, who were amazing with our young people. They all embraced the weekend, the waves and the challenges and had a truly amazing time.

We had dolphins swimming next to the boat on both Saturday and Sunday, we prepared food together, we ate together, we played games and generally had the best time. Our own Nicolle won the sea sickness certificate!







The YAC sailing weekend with Sailing Tectona CIC

“This has been the best weekend”

“The most amazing weekend of my life”

“Never thought I would love sailing and now I am thinking of doing a beginners course, I'd do it again in a heartbeat”

“I saw in the netting at the front when the dolphins swam underneath, best experience ever!”

Better Futures Summer Party!

Hosted by the Cattedown Social Club

Better Futures, our service for adults with learning disabilities, celebrated a fantastic summer party hosted by the Cattedown Social Club. Debbie and Vince from the Club deserve a huge thanks for making us all feel so welcome.

Performances from the Better Futures Band, amazing food, laughter, and SO MUCH DANCING! Thank you to the Cattedown for a spacious, friendly, and accessible destination. Vince even did a fantastic job DJ-ing and keeping everyone on the dance floor.

A massive thank you to Debbie and Vince for looking after us so well and creating an incredible atmosphere. We are looking forward to coming back in December!



Two awards on the night: the Summer Lovin' Challenge winners' certificate and a Heart of Gold Award.























Better Futures Summer Party at the Cattedown Social Club

A day at Wembury Beach

With Coral from the Wembury Marine Centre



Finishing the day with a toe dip in the sea at Wembury.

We visited Wembury Beach and worked with Coral from the Wembury Marine Centre, talking all things beach and sea.



Along the coast path past the kayaks.

We identified different sea animals from their bones, did some sweep netting alongside the path, saw the painted butterfly trail, watched dragonflies dance along the top of the water, made nature bookmarks, had our lunch together on picnic blankets by the beach and some finished their day with a toe dip in the sea.

Some of our attendees had never been to Wembury before. Not a bad day at the office!

Dip and Dunk at Tinside Lido

In partnership with Plymouth Sound National Marine Park

Hosted by Plymouth Active Leisure (Tinside)

~30
people each week

13
weeks



Floating practice at Tinside Lido during one of the summer's Dip and Dunk sessions.

Our final session of Dip and Dunk, social swimming at Tinside Lido for community members who completed Swim Safe (the water safety course), has come to a close! We have been blessed with the best summer that has made our swims feel so special for the past 13 weeks. Our final session was a grey and misty one, but we played games and enjoyed one last dip.

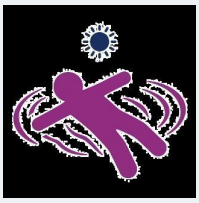
We've had around 30 people turning up every week (even back in June before the sun appeared) and asked some of the participants to write their thoughts about the sessions. Read their quotes below!

Funding for next year is now official, so keep an eye out for the chance to join future groups!



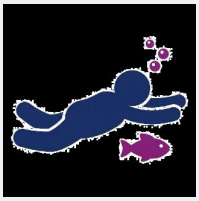
“My life has changed as a result.”

Thank you for everything; **it has been amazing**. My life has changed as a result. I can **cope more with life** as a consequence of this. Please do it again for more people!



“I really found a part of myself this summer.”

I found the sessions **so awakening**. Being able to feel so **connected to the water** is such a privilege, and to do it with such a welcoming group makes it even more special. I really found a part of myself this summer. I've never felt so **grounded and at peace**. As someone who struggles a lot with anxiety and depression, I really feel like it **saved me**. I will miss everyone this winter. Thank you to Anna, Jess, Lyla, and Saffron for everything.



“Now I'm like a little fish!”

I've had an amazing time. I **couldn't swim at the start of the year**, and now I'm like a little fish! Thank you for organizing these sessions. I have absolutely **loved them** and look forward to doing them next year!

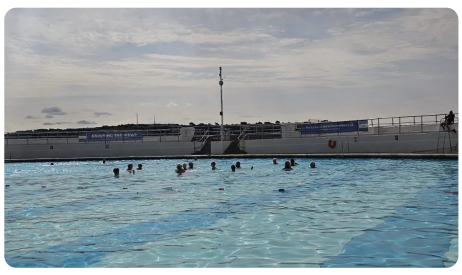


“Just a lovely, friendly community feeling.”

I have become a **better swimmer** and was able to use what I learned to get myself out of a difficult situation. I have loved meeting all the people on the course, and the **hot drinks and biscuits** have been most welcome. Just a lovely, friendly community feeling. Made some **great new friends**!







Our swimmers in Tinside Lido over the 13-week course

"I've conquered my fears and taken the plunge."

Growing up seeing Tinside Lido closed and derelict, and seeing old videos of crowds enjoying the pool, I've always wanted to go. I've never had the confidence, but with this group, I've **conquered my fears** and taken the plunge. I love the dynamic weather, and we have been blessed with the weather this year. The sun makes it perfect, but the **dull grey days hold just as much excitement**. The group chats and strokes are breathtaking.



"The perfect stress reliever."

I love being in the water as it is the **perfect stress reliever**. I also love being outdoors so I can take in the scenery. Most of all, I love being around the **friends I have made** over the years.



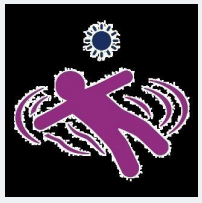
"A reason to get out of bed."

Thank you for these lovely swim sessions, both Swim Safe and Dip & Dunk. The group I've swum with has been super lovely and very welcoming. This experience has **helped my confidence** socially and with being in the water. I've loved having these Wednesday mornings as **part of my routine**, a reason to get out of bed. It has also really **helped my mobility**, easing the pain in my leg muscles and helping me be a little more active day-to-day. Thank you so much.



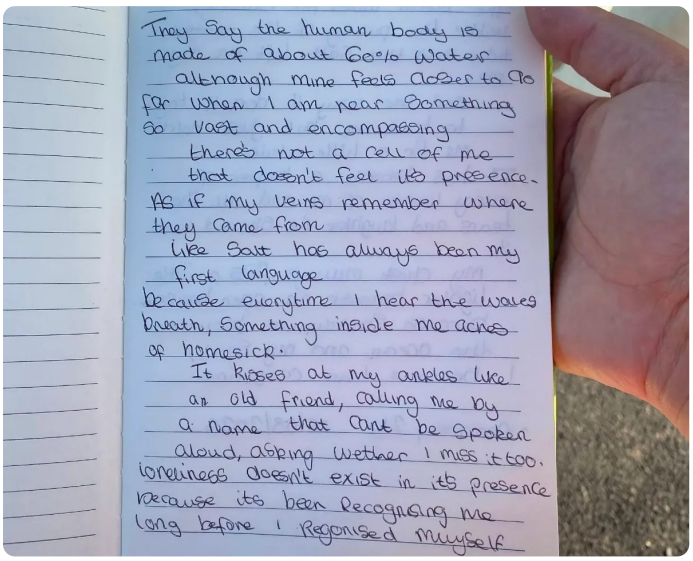
"Better than meditation."

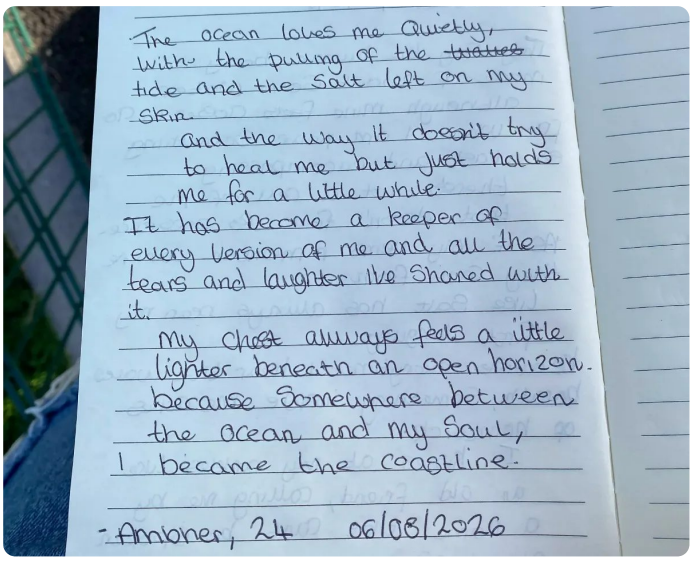
Thank you for a lovely, relaxing time. It really **made my summer** and got me back into swimming outdoors. **Floating on my back looking at the sky** is very calming, better than meditation. I've met so many lovely people and am even planning some **more adventurous sea swimming**. Hope to be back next year!



A poem from a community member

As a result of all the outdoor activities, water sports and swimming we have been facilitating this summer, thanks to funding from Sport England, one of our community members has written this poem, which we are lucky enough to share with you now.


They say the human body is
made of about 60% water
although mine feels closer to 90
for when I am near something
so vast and encompassing
there's not a cell of me
that doesn't feel its presence.
As if my veins remember where
they came from
like salt has always been my
first language
because everytime I hear the waves
breath, something inside me aches
of homesick.
It kisses at my ankles like
an old friend, calling me by
a name that can't be spoken
aloud, asking wether I miss it too.
loneliness doesn't exist in its presence
because its been Recognising me
long before I Regonised myself


The ocean loves me quietly,
With the pulling of the ~~water~~
tide and the salt left on my
skin.
And the way it doesn't try
to heal me but just holds
me for a little while.
It has become a keeper of
every version of me and all the
tears and laughter I've shared with
it.
My chest always feels a little
lighter beneath an open horizon.
Because somewhere between
the ocean and my soul,
I became the coastline.

- Ambher, 24 06/08/2026

The poem as Ambher wrote it, in her notebook.

They say the human body is
made of about 60% water
although mine feels closer to 90
for when I am near something
so vast and encompassing
there's not a cell of me
that doesn't feel its presence.
As if my veins remember where
they came from
like salt has always been my
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because every time I hear the waves
breathe, something inside me aches
of homesick.
It kisses at my ankles like
an old friend, calling me by
a name that can't be spoken
aloud, asking whether I miss it too.
Loneliness doesn't exist in its presence
because it's been recognising me
long before I recognised myself.

The ocean loves me quietly,
with the pulling of the
tide and the salt left on my
skin.
And the way it doesn't try
to heal me but just holds
me for a little while.
It has become a keeper of
every version of me and all the
tears and laughter I've shared with
it.
My chest always feels a little
lighter beneath an open horizon.
Because somewhere between
the ocean and my soul,
I became the coastline.

Ambher, 24 · 6 August 2026

Plymouth Harriers: Charity of the Year

Plymouth Harriers

£550
raised for Goalball



Plymouth Harriers present their Charity of the Year cheque for £550.

A huge thank you to everyone at Plymouth Harriers, who presented us with a cheque for £550 this week after choosing us as their Charity of the Year.



Goalball: players wear eyeshades and track the ball by sound. Photo: paralympic.org

The money is going into developing Goalball at Improving Lives: training staff and volunteers to run sessions and buying audible balls so more people with sight loss can get on the court and play.

In case you haven't seen it before, Goalball is a fun, athletic, thrilling sport built specifically for people with vision impairment. If you're interested in playing, let us know; otherwise, check back soon to see our progress and Plymouth Harriers' donation at work.



Newmedica and Improving Lives Plymouth.

Newmedica: Charity of the Year

With Newmedica, Plymouth

We're delighted to announce our partnership with Newmedica, who have recently made our sight and hearing team at Improving Lives Plymouth their focus charity for the year!

Newmedica are a leading eye health clinic and surgical centre based in Plymouth offering expert eye care, including cataract surgery, dedicated to truly making a difference to the lives of their patients through outstanding experiences.

> **"We look forward to strengthening our relationship and engaging with the wider community"**
>
> **Shannon Page, Newmedica**



The sculpture above the beach at Bovisand.

Tuesday Trekkers walk from Jennycliff to Bovisand

20 minutes walking in a green or blue space can work wonders for your health. The Tuesday Trekkers group experienced the best of both worlds this month by walking from Jennycliff to Bovisand! Plenty of trees and plants alive with butterflies and bees, and when we reached our destination, we sat and had lunch looking out to sea.

The mist rolled in during our walk back (which was fascinating to watch), and we were treated to a downpour of rain, but it was so warm we dried very quickly.



Our stand at HMP Channings Wood's first Young Adult Event.

A first for HMP Channings Wood

We had the privilege of attending HMP Channings Wood for their first Young Adult Event. It was a great opportunity not only to network with the different organisations in the room, but also to raise our profile with inmates who had never heard of or come across us before.

We had so many rich and interesting conversations. A great day was had. The prison are hoping to do other events in the future which we are on the list for. Exciting times!



The first Together Time session at Ernest English House.

New group for carers of people with dementia

Together Time, a new place for those supporting someone with dementia to come together, ran its first session. Well done to Sandra, who organised and ran the group and ensured both carers and the people they care for were supported. The sessions are relaxed, with friendly faces, tea and conversation, activities, and time to simply enjoy each other's company, with lots of smiles throughout. Thank you to Dee and Lisa for their support on the day.

Together Time meets on the second Wednesday of every month, 10:00–12:00, at Ernest English House, Buckwell Street, Plymouth PL1 2DA. It costs £3.00 per session, which includes refreshments.

To book a space, contact Sandra on 07361 249874 or call 01752 201766. You can also find the event on our calendar at improvinglives.org.uk/activities/



The Treasury, where the group met.

First Tinnitus Coffee Morning at The Treasury

Eight members of the Tinnitus Support Group met for a social and catch up, with more mornings and a mushroom walk to follow.

We had our first Tinnitus Coffee Morning at The Treasury on Tuesday the 22nd of September. It was a great opportunity for those from the Tinnitus Support Group to come together for a social and catch up. We had 8 people in total and plan to hold more in the future, as well as mushroom walks on 15th of October for people with tinnitus specifically!

2 OCT **Support group** 10:30–12:30

15 OCT **Mushroom walk**



The Better Futures Band outside Charlton House.

Check out the Better Futures Band!

A lively Wednesday music group at Mannamead Wellbeing Hub that recently performed at Charlton House care home.

Come join a lively music group based at the annex at Mannamead Wellbeing Hub on Wednesdays, from 12:45 to 15:15. We sing, dance, share songs and have a really lovely time!

Earlier this month, we visited Charlton House care home, where we spent time with the residents. There were many smiles to be had.

Armed Forces Community Team

Our VALOUR-recognised network of veterans' support services is taking shape. The aim is not more services working in isolation, but to connect what already exists, find the gaps, intervene earlier and build a coordinated offer across Devon and Cornwall. Check back for updates.

IMPROVING LIVES
ARMED FORCES COMMUNITY TEAM



A butterfly bath bomb takes shape.

A Lush workshop for the Deaf community

Bath bombs, lip scrubs and massage bars with a BSL interpreter, hosted by our sight and hearing team.

Our sight and hearing team recently hosted a fun and interactive workshop with Lush for members of the local Deaf community, supported by a British Sign Language (BSL) interpreter. We were delighted to welcome two families, who attended with their hearing children!

Participants enjoyed making their own bath bombs, sampling a variety of lip scrub flavours and learning how to give and receive a relaxing wrist and arm massage using scented massage bars. As you might expect from a Lush event, the room smelled absolutely wonderful throughout the session!

Only having to tell his story once...

A family facing financial trouble and food insecurity. Here's how we helped.

Case study

1 The call

A father between jobs called us. While waiting for a start date for new work, he had been caring for his wife after an operation and supporting their two teenage daughters. The family had exhausted the financial support available to them, including Universal Credit, and were struggling to buy food.

2 A hard summer

He told our advisor how the situation had affected his family over the long summer. Food vouchers were harder to come by than in previous years, and he found it especially hard not being able to provide for his daughters as he wanted.

3 The next morning

The same advisor arranged to meet him at Ernest English House the following morning, where he shared more detail about his finances and debts.

4 Food, straight away

Following an assessment, we provided £100 in food vouchers through the Crisis Resilience Fund. As these take time to process, we also arranged a food bank voucher so he could get emergency food immediately.

5 The next step, in his hands

We explored further support and offered a referral to Citizens Advice for debt and financial guidance. He took the information home to discuss with his wife and felt confident about making a self-referral himself.

> **"This case felt particularly positive as it enabled continuity of support at a time of significant stress and uncertainty. By meeting him the following morning, I made sure he did not have to recount difficult circumstances to different people. Building on what he had already shared allowed the conversation to focus on solutions and support."**
>
> Becki Hall – Wellbeing Advisor

A phone, a meal and a ticket home

Homeless in Plymouth, with no phone and no money, a client came to our Friday drop-in. Here's how we helped.

Case study

Friday morning. A client attended our drop-in service on a Friday morning and informed us that he had been homeless in Plymouth since the beginning of that week, following a relationship breakdown.

Sent back to Cornwall. He had approached Plymouth City Council for support and was advised to return to his home town in Cornwall and seek assistance from Cornwall, as this was the area where he had been living prior to becoming homeless.

No phone, no money. The client had no access to a phone and had no money to purchase food or a ticket to return home. We supported him to contact Cornwall Council for housing advice and to explore support through the Crisis Resilience Fund (CRF).

Funding, the same day. We were able to assist the client in accessing CRF funding. This enabled him to purchase a phone, with the remaining funds used towards food and a ticket home.

Somewhere safe. The client also has several serious health conditions, which made his situation particularly concerning given his homelessness, lack of access to food, and limited means of communication. Cornwall Council subsequently identified emergency accommodation for the client, providing him with somewhere safe to stay while further support was arranged.

1
CRF support accessed

2
Phone and food supplied

3
Ticket home supplied

Six weeks, one phone call, a full refund

A pensioner struggling with his Council Tax bill came to our drop-in. Here's how we helped.

Case study

The problem

July. A client attended our drop-in service in July 2026 seeking advice and support regarding his Council Tax. The client is a pensioner in receipt of Guaranteed Pension Credit and was experiencing difficulty paying his full Council Tax bill.

What we did

We called the Council. We contacted the Council in question on the client's behalf and explained that we were supporting him to apply for Council Tax Support. As the client had received a final reminder regarding his outstanding Council Tax, we also requested that the account be placed on hold while his application was being processed.

On hold. The Council agreed to place the account on hold. Following approximately six weeks of communication and follow-up regarding the application, the client attended our service again on Tuesday 22 September 2026.

The result

Full support awarded. He informed us that he had been awarded full Council Tax Support and had received a letter from the Council advising him that he was entitled to claim a refund for Council Tax payments he had made since April 2026.

The refund. We assisted the client with completing the application for his Council Tax refund. The client was extremely pleased with the outcome and expressed his appreciation for the support and assistance provided.

Featured events



CHEEKY REAPER PRESENTS

The Barbican Boys

FRIDAY 20 November

A 1920s gangster-themed murder mystery evening in support of Improving Lives Plymouth

Plymouth, 1929. An era defined by gangs and impending chaos.

Brothers Arthur and Edward Stone have clawed their way from humble origins to command the docks and control the city's criminal underbelly.

But at the Stone House club, their illicit haven of deals and secrets, a murder reveals a new game. One where they are no longer the masters of the board, and the only winning move is betrayal.

Can you solve the mystery and uncover the killer before it's too late?

Dress in your finest 1920s attire, for an evening of mystery, intrigue and murder.

All funds go to support Improving Lives Plymouth, supporting the most vulnerable members of our community.

When 7pm until late

Where The Copthorne Hotel, Plymouth

Tickets £55, three-course dinner and show included. Table of 10, £500

improvinglives.org.uk/mysterynight
or call 07361 249904

Featured events



MOOR VISION PRESENTS

VisionZone South West

THURSDAY
29
October

Families, children, students and professionals: services, assistive technology and talks for people with visual impairment

Discover a wide range of exhibitors from across the country showcasing services and resources for visually impaired children, young adults, families, and education. Explore the latest assistive technology with hands-on demonstrations, browse stalls in the Main Hall, and enjoy informative talks from exhibitors throughout the day in the Norman Room.

Where The Kenn Centre, 3 Exeter Road, Kennford, Exeter, EX6 7UE

When 10am to 2pm

Cost Free to attend; free parking, refreshments

For further information call 0800 145 6115

Talks on support, funding, education and services

Featured events



DEVON MENTAL HEALTH ALLIANCE, IMPROVING LIVES PLYMOUTH AND LIVEWELL SOUTHWEST

Mental Health and Wellbeing Day 2026

THURSDAY 12 November

Everyone is welcome to our free event. Find out what's going on in Plymouth to support your mental health and wellbeing.

Co-produced by our Experts by Experience, the Open Day celebrates co-creation by having those with lived experience involved in every aspect of the day, including our poster, created by one of our Experts.

When	11:30am to 4pm
Where	Central Hall Methodist Church, Eastlake Street, Plymouth PL1 1BA
Quiet time	Sensory-friendly quiet half hour, 11:30 to 12pm
Cost	Free, no booking needed

Important announcements

NHS

Carers: your flu vaccine is free this winter



Flu can be serious, leading to thousands of hospitalisations and deaths each year in England. The flu vaccine is offered to help provide direct protection to those most at risk from the effects of flu.

Carers and those with a variety of long-term health conditions, including chronic heart, kidney or respiratory disease, diabetes, and weakened immune systems due to a health condition or treatment, are eligible to receive a free flu vaccine on the NHS.

Protect yourself and those around you from flu this winter by getting vaccinated.

- **Who:** Carers, and people with long-term health conditions
- **Cost:** Free on the NHS
- **Full list:** nhs.uk, search 'flu vaccine'

Speak to your GP surgery to find out how to get your free flu vaccine

Scan for plymouth.gov.uk/vaccinations, or visit www.nhs.uk

PLYMOUTH CITY COUNCIL · HEALTH INNOVATION NETWORK · IMPROVING LIVES PLYMOUTH

Carers: help shape Plymouth's carers strategy



Improving Lives Plymouth, Plymouth City Council and the Health Innovation Network would like to share an opportunity for adult carers to help evaluate the Plymouth All Age Unpaid Carers Strategy.

We are focusing on financial support and information, carers' voice and partnership working and involvement in decision-making processes.

We are inviting adults to a conversation online or in person (venue to be confirmed). It will take around an hour.

- **When:** September 2026
- **Where:** Online or in person (venue to be confirmed)
- **Time:** Around an hour
- **Thanks:** £15 gift voucher for your time. Reimbursement of travel expenses and/or support costs may also be possible.

Email PHDRC@plymouth.gov.uk or phone 01752 241066
Contact Rachel and reference 'Carer'.

UK GOVERNMENT

Armed Forces Covenant duty to be extended



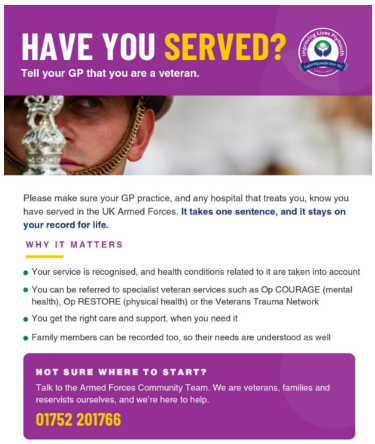
The Government has announced plans to extend the Armed Forces Covenant Legal Duty, marking a significant step towards placing the Covenant fully into law and strengthening support for serving personnel, veterans, families, and the bereaved.

The aim is to ensure that the Armed Forces community is considered from the outset when policies are developed and decisions are made.

- **Now:** Councils, NHS and state schools: housing, healthcare, education
- **Proposed:** All UK Government departments and devolved governments
- **Adds:** Social care, childcare, employment, benefits, pensions, transport, immigration, criminal justice, compensation

ARMED FORCES COMMUNITY TEAM

Have you served? Tell your GP.



Please make sure your GP practice, and any hospital that treats you, know you have served in the UK Armed Forces. It takes one sentence, and it stays on your record for life.

Your service is recognised and related health conditions are taken into account; you can be referred to specialist veteran services such as Op COURAGE, Op RESTORE or the Veterans Trauma Network; and family members can be recorded too.

Not sure if you are already coded? Ring your GP practice and ask: "Can you confirm that Military Veteran SNOMED code 753651000000107 is recorded on my NHS record?"

- **Veteran code:** 753651000000107
- **Who:** Anyone who has served at least one day in HM Armed Forces, Regular or Reservist

Not sure where to start? Talk to the Armed Forces Community Team on 01752 201766
vfhub@improvinglivesplymouth.org.uk

THE FORCER PROTOCOL

Learn about the Forcer Protocol



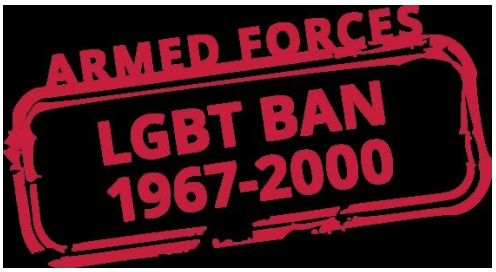
Named in honour of Alan Forcer, a veteran who tragically took his own life, the protocol was created to ensure that no one who has served our country is left without rapid, compassionate intervention during moments of acute mental distress.

The Forcer Protocol is a life-saving preventative measure for UK veterans and serving personnel, including reservists. Pre-share vital details, including health conditions, triggers and safe places, and if you're ever reported missing, this can help speed up the search and help you access the right support. Born from lived experience and built with UK forces and veterans in mind, the Forcer Protocol is rolling out nationwide.

Find out more and register at forcerprotocol.org
If you need to talk to someone now, call Samaritans free on 116 123, any time.

MINISTRY OF DEFENCE

Were you affected by the Armed Forces LGBT Ban?



If you were affected by the Armed Forces LGBT Ban between 1967 and 2000, you can apply for the Financial Recognition Scheme and other forms of recognition. Whether you were dismissed, discharged or affected in other ways, it's worth checking what's available!

The Ministry of Defence announced that veterans discharged or impacted by the ban on LGBT personnel in the armed forces have 100 days left from 3 September 2026, meaning the deadline closes on 12 December 2026.

- **Deadline:** 12 December 2026

Check what's available at affectedbytheban.campaign.gov.uk

Support us

Be a part of supporting thousands across our community to live happy, healthy and fulfilling lives.

Becoming a part of Improving Lives means joining a community at the heart of our local services. Get involved by **volunteering**, **fundraising**, **partnering** or more!



OUR IMPACT · 2024 – 2026, ONGOING

20,000+
individuals supported through challenges or crisis

37,000
attendances at our activities and support groups

5,500
carers connected with support

£14.5M
secured in benefit payments for locals

Want to support us?

Donate, give monthly, leave a gift in your Will, volunteer, fundraise or partner with us. Every way to get involved is on one page.

Scan the code or visit
improvinglives.org.uk/support-us

Prefer to talk? **01752 201766** ·
ilp@improvinglivesplymouth.org.uk

What's on

Sunday 1 November to Thursday 31 December 2026

Community activities and groups run by Improving Lives Plymouth from 1 November to 31 December 2026. Regular activities run every week unless stated. Dates and times can change: check improvinglives.org.uk/activities before you travel.

Every week

Monday

10:00–12:00	**Dee's Crochet group** Book online	£1
13:30–14:30	**Monday Gentle Seated Yoga** Book online	£4
14:00–15:00	**Monday Barbican Walk** Book online	Free

Tuesday

09:30–10:30	**Beginners Tai Chi** Book online	£4
11:00–12:00	**Gentle Tai Chi** Book online	£4

Wednesday

13:30–14:30	**Gentle Seated Yoga 2** Book online	£4
14:30–16:30	**Heart & Sole Walking Group** Just turn up	Free

Thursday

10:00–12:00	**Compassionate Cafe** Just turn up	Free
11:00–12:00	**Inclusive Football** Book online	£3.50
11:15–12:15	**Miranda's Movers** Book online	£5
12:50–14:30	**Central Park Walk for Carers** Book online	Free
13:00–15:00	**Board Games** Book online	Free
13:30–14:30	**Gentle Seated Yoga** Book online	£4
18:00–19:30	**Ladies Only Evening Wellbeing Walk** Just turn up	Free

Friday

10:00–12:00	**Brew and Banter (Veterans of Armed Forces)** Book online	£3.50
10:00–12:00	**Adults Social Boccia** Book online	Free
10:15–12:15	**Community Crafters** Book online	Free
11:15–12:30	**Friday Morning Brisk Walk around the Barbican and Hoe** Just turn up	Free
13:20–14:00	**Friday Afternoon Gentle Walk around Sutton Harbour & the Barbican** Just turn up	Free

Regularly

Monday

12:00–13:00	**Inclusive Cycling** Just turn up · 2 Nov and 7 Dec	Free
13:00–15:00	**Free Digital Support (City Centre)** Book online · 9 Nov and 23 Nov and 7 Dec and 21 Dec	Free
14:00–16:00	**Parkinsons Carers Support Group** Book online · 2 Nov and 7 Dec	Free
17:00–20:00	**Young Adult Carers Drop In** Book online · 9 Nov and 14 Dec	Free
17:30–18:30	**ILP Monthly Book Club** Book online · 30 Nov and 28 Dec	£1.50

Tuesday

10:00–12:00	**Learning Disability and Autism Carers Support Group** Book online · 3 Nov and 1 Dec	Free
10:00–12:00	**Free Digital Support (Mount Gould 2)** Book online · 3 Nov and 17 Nov and 1 Dec and 15 Dec and 29 Dec	Free
11:00–14:00	**Tuesday Trekkers Walking Group** Book online · 3 Nov and 1 Dec	Free
13:00–15:00	**Beginners Hand Embroidery Group** Book online · 3 Nov and 1 Dec	£5

Wednesday

10:00–12:00	**Free IT & Digital Support (Southway)** Book online · 4 Nov and 18 Nov and 2 Dec and 16 Dec and 30 Dec	Free
10:00–12:00	**Time Together – Carers** Book online · 11 Nov and 9 Dec	£3
12:30–13:30	**Trauma Informed Plymouth Network Lunch and Learn** Just turn up · 4 Nov and 2 Dec	Free
14:00–16:00	**Free Digital Support (Mannamead)** Book online · 11 Nov and 25 Nov and 9 Dec and 23 Dec	Free

Thursday

10:00–11:30	**Dementia Carers Support Group** Book online · 5 Nov and 3 Dec	Free
10:00–11:30	**Plympton Carers Support Group** Book online · 12 Nov and 10 Dec	Free
10:00–12:00	**Free Digital Support (Plymstock)** Book online · 12 Nov and 26 Nov and 10 Dec and 24 Dec	Free
10:00–12:00	**Mental Health Carers Support Group** Book online · 19 Nov and 17 Dec	Free
11:00–13:00	**Wellbeing Walk along the Southwest Coastpath** Book online · 12 Nov and 26 Nov and 10 Dec and 24 Dec	Free
13:30–15:30	**Veteran Carers Support Group** Book online · 5 Nov and 3 Dec	Free
14:00–16:00	**Monthly Museum Mooch** Book online · 26 Nov and 31 Dec	Free
17:00–20:00	**Young Adult Carers Drop In** Book online · 26 Nov and 24 Dec	Free

Friday

10:00–11:30	**Plymstock Carers Support Group** Book online · 6 Nov and 4 Dec	Free
10:00–12:00	**Free Digital Support (Devonport)** Book online · 13 Nov and 27 Nov and 11 Dec	Free
11:00–12:30	**Green Connectors – Central Park Activity, Gardening & Conservation Sessions** Book online · 6 Nov and 20 Nov and 4 Dec and 18 Dec	Free
13:30–15:00	**Free Digital Support (Mount Gould 1)** Book online · 6 Nov and 20 Nov and 4 Dec and 18 Dec	Free

Dates to note

Fri 6 Nov	10:30–12:00	**Creative Writing** Just turn up	Free
Tue 10 Nov	13:00–16:30	**My Health, My Way – November & December** Book online	Free

Tue 17 Nov	12:30–14:00	**Trauma Informed Plymouth Network Families Branch Gathering** Just turn up	Free
Thu 19 Nov	11:00–15:00	**Carers Rights Day 2026** Just turn up	Free
Thu 19 Nov	12:30–14:00	**Trauma Informed Plymouth Network Workforce Development Branch Gathering** Just turn up	Free
Thu 19 Nov	18:30–19:30	**Trauma Informed Plymouth Network Healthcare Branch Meeting** Just turn up	Free
Fri 20 Nov	19:00	**The Barbican Boys: murder mystery evening** Book online	£55
Tue 24 Nov	13:00–14:00	**Indoor Kurling** Book online	Paid
Tue 24 Nov	16:00–17:30	**Trauma Informed Plymouth Network Education Branch Gathering** Just turn up	Free
Thu 26 Nov	14:00–15:00	**Esme's Friends Support Group** Just turn up	Free
Mon 30 Nov	13:00–15:00	**Crafternoon** Book online	£4
Fri 4 Dec	10:30–12:30	**Tinnitus Peer Support Group** Book online	Paid
Mon 14 Dec	13:00–14:30	**Trauma Informed Plymouth Network Workforce Development Branch Gathering** Just turn up	Free

To book any activity, go to improvinglives.org.uk/activities, email ilp@improvinglivesplymouth.org.uk, or call 01752 201766. Activities marked "just turn up" need no booking.