

The poster features a vibrant background with diagonal stripes in shades of pink, orange, and grey, overlaid with a pattern of small white dots. In the upper right, a dark blue banner contains the text 'Fit and Fed' in white, with a small apple icon above the 'i'. Below this, the word 'Plymouth' is written in large, bold, dark blue letters. Underneath, 'Summer Activities 2021' is written in white. The lower half of the poster is filled with purple silhouettes of various kitchen utensils like spoons, forks, and knives, which serve as trees in a landscape. Small human figures are shown in various active poses: jumping, running, and climbing. On the right side, there are three pink chevron arrows pointing to the right.

Fit and Fed

Plymouth

Summer Activities 2021



Enjoy a happy and healthy holiday with our **FREE** Fit and Fed holiday clubs!

Our Fit and Fed holiday programme provides fun activities and healthy meals for children on free school meals in Plymouth during the summer holidays. This year it's being funded by the Department for Education.

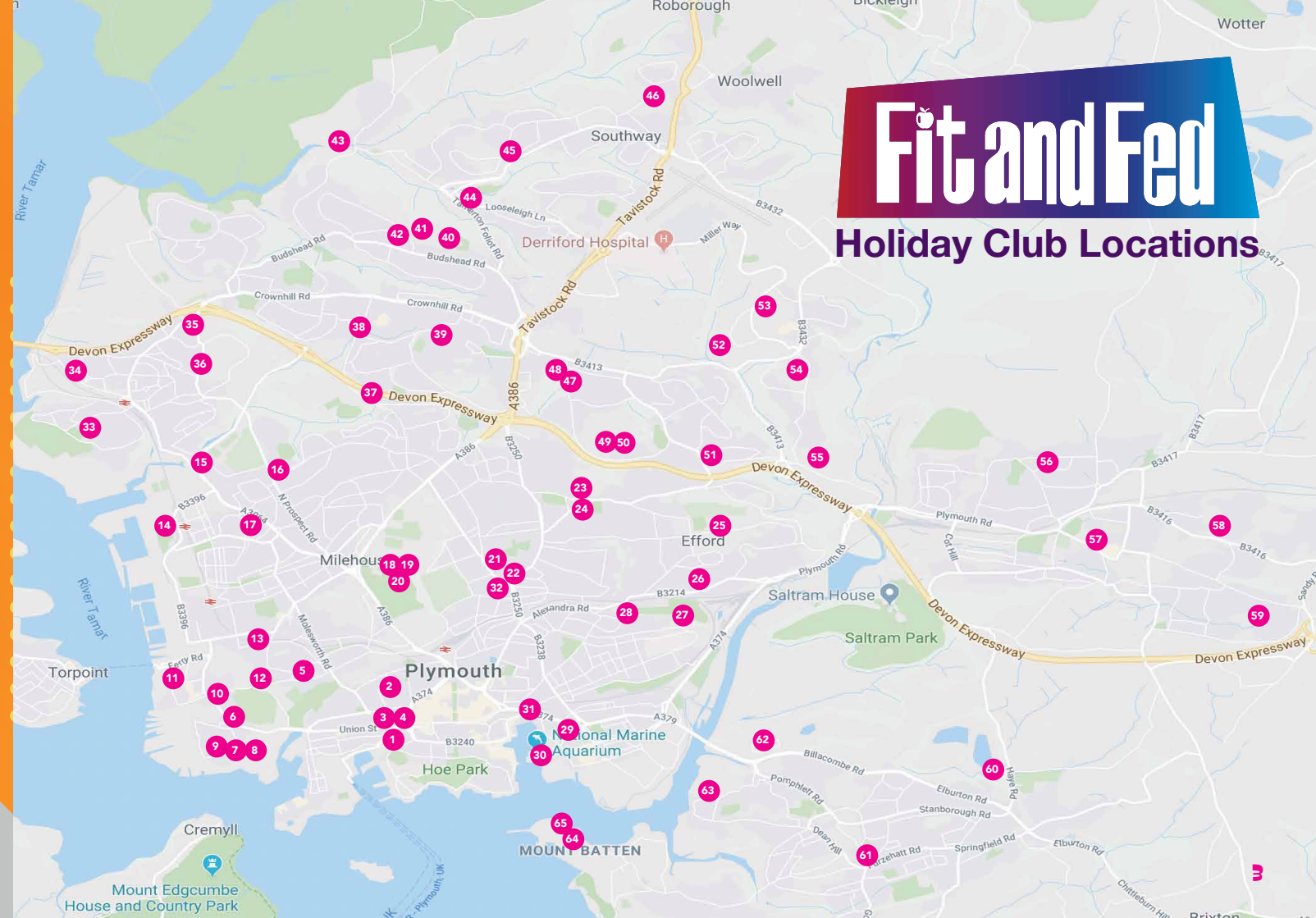
There are over 70 holiday clubs offering a range of different activities, from street dance to science workshops and water sports to forest skills. All of our clubs are run by experienced organisations who will provide a safe and welcoming environment where children will have fun, build confidence and make new friends.

How to book: Contact each holiday club directly to book a space. Inside this brochure you will find information about all the exciting clubs taking place. Each child can book up to four weeks for **FREE**. They can attend the same club or visit a different club each week, the choice is yours.

For more information visit our website or contact the Sports Development Unit:

W: plymouth.gov.uk/fitandfed

E: sportsdev@plymouth.gov.uk



Fit and Fed Holiday Club Locations

**1. TGS Coaching**

St Andrew's C of E Primary School,
PL1 3AY
5-12 years (St Andrew's pupils only)
9am to 3pm
●●●●
Facebook: TGS Coaching Holiday Club
07932 456660



Improving Lives
Through Dance

3. Exim Dance

Oxford House Creative Hub, PL1 1TW
11-16 years
9am to 1pm
●
classes@eximdance.org.uk
(ref: Fit and Fed)
07864 168663

**6. Fit for Sport**

Brickfields Sports Centre, PL1 4NE
5-13 years
10am to 2pm
●●●●●
www.fitforsport.co.uk
(code: SUMHAF2021)
02087 424990

**9. ProActive**

Mount Wise Primary School, PL1 4LA
6-11 years
9am to 3pm
●●●
Search proactive.class4kids.co.uk
proactiveplymouth@gmail.com

**2. EOLAS+**

The Cathedral School of St Mary,
PL1 5HW
5-12 years
9am to 3pm
●●●●●●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**4. Premier Education**

Plymouth College Prep School,
PL1 3JL
5-12 years
9am to 4pm
●●●●●
www.premier-education.com/parents/
camps

**7. Hamoaze House**

Mount Wise, PL1 4JQ
7-11 years
10am to 3pm
●●●●●
gym@hamoazehouse.org.uk
01752 566100

**10. EOLAS+**

Devonport
5-12 years
9am to 3pm
●●●●●●
www.eolasplus.co.uk
admin@eolasplus.co.uk



Improving Lives
Through Dance

3. Exim Dance

Oxford House Creative Hub, PL1 1TW
5-10 years
9am to 1pm
●
classes@eximdance.org.uk
(ref: Fit and Fed)
07864 168663

**5. KC's Kids Club**

Stoke Damerel Preschool, PL1 5QL
5-11 years
8am to 6pm
●●●●●
stokedamerelpreschool@gmail.com
01752 605390

**8. Pembroke Youth Service**





Mount Wise Neighbourhood Centre,
PL1 4LQ
5-11 years (Priority given to
Devonport residents)
10am to 2pm
●●●●●●
mandi.leaves@pembrokestreet.co.uk
01752 607277

**11. District Sports**

Marlborough Primary Academy,
PL1 4NJ
5-11 years
10am to 2pm
●●●●●
www.districtsportsplymouth.co.uk
07854 608965







12. Routeways

Devonport Park Activities Centre,
PL1 4BU
8-16 years (SEND only)
11am to 3pm
   
www.bookwhen.com/shortbreaks
01752 300700







15. Argyle Community Trust

Weston Mill Community Primary
Academy, PL2 2EL
5-11 years (Weston Mill pupils only)
9am to 3pm
   
www.argylecommunitytrust.co.uk
01752 562561



18. Youth Services

Meet outside Plymouth Life Centre,
PL2 3DG
11-16 years
10am to 2pm
   
Search 'Fit & Fed' on Eventbrite (set
location to Plymouth)
01752 305207



21. We Do Football

Stoke Damerel Community College,
PL3 4BD
5-14 years
10am to 3pm
   
wedofootball1@gmail.com
07795 804127






13. Theatre and Circus Summer Camp

Soapbox Theatre, Devonport Park,
PL1 4QH
8-12 years
10am to 3pm
   
www.stiltskin.org.uk



16. ProActive

Mayflower Community Academy,
PL2 2NJ
8-11 years
9am to 3pm
  
Search proactive.class4kids.co.uk
proactiveplymouth@gmail.com



19. Fit for Sport

Plymouth Life Centre, PL2 3DG
5-13 years
9am to 3pm
    
www.fitforsport.co.uk
(code: SUMHAF2021)
02087 424990



22. Explorers Den

Hyde Park Junior School, PL3 4RH
5-11 years
7.30am to 6pm
     
bookingsden@gmail.com
07543 434268




14. EOLAS+

Keyham Barton Catholic Primary
School, PL2 2DE
5-12 years
9am to 3pm
     
www.eolasplus.co.uk
admin@eolasplus.co.uk







17. Whiz Kidz Camp

Unit 34 Scott Business Park, PL2 2PB
5-13 years
10am to 4.30pm
     
www.wkuk.org/fitandfit
01752 560360



20. Argyle Community Trust

Central Park Community Sports Hub,
PL2 3DG
6-15 years
9am to 3pm
   
www.argylecommunitytrust.co.uk
01752 562561



23. District Sports

Compton C of E Primary School,
PL3 5JB
5-11 years
9am to 3.30pm
   
www.districtsportsplymouth.co.uk
07854 608965



24. Top Bounce Tennis Camp
Mannamead Lawn Tennis Club,
PL3 5JR
5-12 years
9am to 1pm

www.high5sportscamps.co.uk



26. Argyle Community Trust
Laira Green Primary School, PL3 6BP
5-11years (Laira Green pupils only)
9am to 3pm

www.argylecommunitytrust.co.uk
01752 562561



24. Top Bounce Tennis Camp
Mannamead Lawn Tennis Club,
PL3 5JR
5-12 years
12pm to 4pm

www.high5sportscamps.co.uk



27. Plymouth Parkour
Lipson Co-operative Academy,
PL4 7PG
10-15 years
10am to 2pm

www.plymouthparkour.uk/fitnfd
07840 229311



25. Youth Services
Efford Youth Centre, PL3 6HU
10-16 years
10am to 2pm

Search 'Fit & Fed' on Eventbrite
(set location to Plymouth)
01752 312503



28. Argyle Community Trust
Lipson Vale Primary School, PL4 7HW
5-11 years (Lipson Vale pupils only)
9am to 3pm

www.argylecommunitytrust.co.uk
01752 562561



Ed's AWESOME LUNCHTIME MENU											
WEEK BEGINNING 19TH APRIL • 19TH MAY • 27TH JUNE • 28TH JUNE 19TH JULY • 4TH SEPTEMBER • 22ND SEPTEMBER • 18TH OCTOBER				WEEK BEGINNING 24TH APRIL • 19TH MAY • 27TH JUNE 19TH JULY • 12TH SEPTEMBER • 4TH OCTOBER				WEEK BEGINNING 27TH MAY • 24TH JUNE • 27TH JUNE 12TH JULY • 12TH SEPTEMBER • 11TH OCTOBER			
CHOOSE 1 MONDAY Crispy coated chicken strips with seasoned wedges TUESDAY Homemade pizza, cheese and tomato, pineapple WEDNESDAY Beef lasagne and garlic bread THURSDAY Roast chicken, stuffing, roast potatoes and gravy FRIDAY Breaded fish, fish with chips or pasta SATURDAY Chicken and vegetable casserole with rice and peas SUNDAY Roast beef and Yorkshire pudding with roast potatoes and gravy				CHOOSE 1 MONDAY Homemade meatballs in tomato sauce with seasoned wedges TUESDAY BBQ chicken with saucy rice WEDNESDAY Curry and rice THURSDAY Roast beef and Yorkshire pudding with roast potatoes and gravy FRIDAY Fish fingers with chips or pasta SATURDAY Chicken and vegetable casserole with rice and peas SUNDAY Roast beef and Yorkshire pudding with roast potatoes and gravy				CHOOSE 2 MONDAY Beef burger with potato wedges TUESDAY Cheese wheels with waffles WEDNESDAY Fruit segments or yogurt THURSDAY French bread pizza FRIDAY Chicken and cauliflower curry with rice and naan bread SATURDAY Chocolate brownie and ice cream SUNDAY Roast gammon with roast potatoes and gravy MONDAY Crispy coated fish with chips or pasta TUESDAY Roast gammon with roast potatoes and gravy WEDNESDAY Chicken and vegetable casserole with rice and peas THURSDAY Roast gammon with roast potatoes and gravy FRIDAY Crispy coated fish with chips or pasta SATURDAY Roast gammon with roast potatoes and gravy SUNDAY Roast gammon with roast potatoes and gravy			
CHOOSE 2 MONDAY Veggie chili with rice and lentils TUESDAY Veggie balls in tomato sauce with pasta WEDNESDAY Veggie nuggets served with seasoned wedges THURSDAY Veggie roast with potatoes and peas FRIDAY Veggie pasta with tomato sauce and cheese SATURDAY Veggie burger with potato wedges SUNDAY Veggie chili with rice and lentils				CHOOSE 2 MONDAY Veggie burger with potato wedges TUESDAY Tomato lentil bake WEDNESDAY Curry and rice THURSDAY All day veggie FRIDAY All day veggie SATURDAY All day veggie SUNDAY All day veggie				CHOOSE 2 MONDAY Veggie hotdog with potato wedges TUESDAY Veggie hotdog with potato wedges WEDNESDAY Veggie hotdog with potato wedges THURSDAY Veggie hotdog with potato wedges FRIDAY Veggie hotdog with potato wedges SATURDAY Veggie hotdog with potato wedges SUNDAY Veggie hotdog with potato wedges			

At CATERed, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome!

Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.

For more information about school food in Plymouth please visit our pages at www.catered.org.uk or call us on **01752 977166**.

Did you know, all children in Reception, Year 1 and Year 2 are entitled to receive a school meal every day? This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

For older children, information about free school meals can be found by following the link to Free School Meals within the CATERed webpages or by calling the FSM team on **01752 307410**.

IF YOU ARE BUYING A MEAL, ONE OF ED'S SUPER FANTASTIC TWO COURSE MEALS INCLUDING A DRINK CURRENTLY COSTS £2.20.



Science Workshop

Lunchtime!

CATERed Limited will be providing a selection of free hot and cold healthy lunches



CATERed
FEEDING AMBITIONS - MAKING A DIFFERENCE
EVERY CHILD, EVERY TIME

Fit and Fed

ON TOUR

This year we are taking 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 27 July	Devonport Park, PL1 4BT
Thursday 29 July	Ernesettle Green, PL5 2SY
Tuesday 3 August	Tothill Park, PL4 9HF
Thursday 5 August	Peacock Meadow, PL7 4JL
Tuesday 10 August	Victoria Park, PL1 5NQ
Thursday 12 August	Moonies Park Field, PL6 6RZ
Tuesday 17 August	Bernice Terrace Field, PL4 7HZ
Thursday 19 August	King George V Playing Fields, PL9 8AR
Tuesday 24 August	Central Park, PL2 3DG
Thursday 26 August	Knowle Battery Playing Pitches, PL5 3RX



Inflatable Fun



Mini Golf

Cookery Clinics

Every Tuesday Food is Fun will be giving families a helping hand with food-related advice.

- money-saving tips
- cookery advice
- recipe ideas
- how to be a savvy shopper
- being **SUGAR SMART**
- how to access additional support

SUGAR SMART

Food is Fun
org.uk



Archery

Outdoor Family Fun!

Join the Green Minds team for outdoor family fun! Get stuck in with nature themed activities in greenspaces across Plymouth:

- make your own moths & minibeasts
- wildlife walks
- nature based games
- discover how you can help wildlife at home

#GreenMindsPlymouth



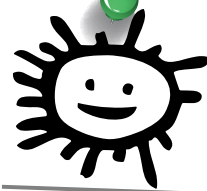
Arts & Crafts

Creative Play

Children will be able to let their imagination run wild with the Plymouth Scrapstore and have fun using a variety of items to create their own masterpieces.

- make artistic creations
- build amazing junk models
- make pictures, games, castles
- get outdoors and meet your friends

#summerofplay



Calling all Wild World Heroes!

The Summer Reading Challenge is back in all Plymouth Libraries!

Summer Reading Challenge 2021

WILD WORLD Heroes

Presented by The Reading Agency.
Delivered in partnership with libraries.

Help the young heroes from Wilderville and their trusted animal companions take action to save the natural world! Read books and earn stickers to fix the environmental problems and make a better home for everyone.

Head to any Plymouth Library to collect your special Wild World Heroes pack. There's a medal for every child that completes the challenge!

The Summer Reading Challenge is aimed at children aged 4 to 12. Those under 4 can take part in the Mini Challenge.

Sign up for the challenge at any
Plymouth Library from Thursday 1 July.
www.plymouth.gov.uk/summerreadingchallenge



WORKING TOGETHER TO
INSPIRE YOUNG
READERS TO STAND UP
FOR OUR PLANET

THE
READING
AGENCY



29. Plymouth Sports Charity
Hybrid Gym, PL4 0JW
5-11 years
9am to 1pm
● ● ● ● ● ●
info@pscharity.org.uk
07807 274617



30. Ocean Squad
National Marine Aquarium, PL4 0LF
11-15 years
10am to 3pm
● ● ● ● ● ●
oceansquad@oceanconservationtrust.org
01752 275217



31. Premier Education
Holy Cross Primary School, PL4 9BE
5-12 years
9am to 4pm
● ● ● ● ● ●
www.premier-education.com/parents/camps



32. High 5
Plymouth College, PL4 6RN
5-15 years
8.30am to 4.30pm
● ● ● ● ● ●
www.high5sportsamps.co.uk



33. Fit for Sport
Riverside Community Primary School, PL5 1DD
5-12 years
8am to 4pm
● ● ● ● ● ●
www.fitforsport.co.uk
(code: SUMHAF2021)
02087 424990



34. EOLAS+
St Paul's Roman Catholic Primary School, PL5 1NE
5-12 years
9am to 3pm
● ● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**35. District Sports**

Plaistow Hill Infant and Nursery School, PL5 2DT
5-8 years
10am to 2pm
● ● ● ●
www.districtsportsplymouth.co.uk
07854 608965

**38. Shakespeare Summer Fun**

Shakespeare Primary School, PL5 3JU
5-10 years (Shakespeare pupils only)
10am to 2pm
● ● ● ●
www.shakespeare.plymouth.sch.uk
07557 783350

**41. EOLAS+**

Whitleigh Community Primary School, PL5 4AA
5-12 years
9am to 3pm
● ● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**44. EOLAS+**

Woodlands Special School, PL6 5ES
5-16 years (SEND only)
10am to 3pm
● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**36. MAP Multi-sports Camp**

Marine Academy Plymouth, PL5 2AF
6-11 years
10am to 2pm
● ● ● ●
samantha.drewery@marineacademy.org.uk
01752 213951

**39. Argyle Community Trust**

Manadon Sports and Community Hub, PL5 3FD
6-15 years
9am to 3pm
● ● ● ●
www.argylecommunitytrust.co.uk
01752 562561

**42. Barefoot**

St Chad's Church, PL5 4DE
10-16 years
10am to 2pm
● ● ● ●
richard@barefoot.org.uk
07981 426521

**45. Southway Playcare**

Southway Youth and Community Centre, PL6 6TB
5-11 years
8am to 6pm
● ● ● ●
Facebook: southwayplaycare
01752 703581

**37. YMCA Plymouth**

Honicknowle Lane, PL5 3NG
8-15 years
9.30am to 3.30pm
● ● ● ● ●
www.ymcaplymouth.org.uk/holidayclub
01752 201918

**40. Argyle Community Trust**

Sir John Hunt Community Sports College, PL5 4AA
8-16 years
10am to 3pm
● ● ● ●
www.argylecommunitytrust.co.uk
01752 562561

**43. EOLAS+**

Mary Dean's C of E Primary School, PL5 4LS
5-12 years
9am to 3pm
● ● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**46. Premier Education**

Widewell Primary School, PL6 7ER
5-12 years
9am to 4pm
● ● ● ● ●
www.premier-education.com/parents/camps



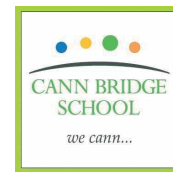
47. Great Escapes

Courtlands Special School Academy,
PL6 5JS
5-12 years (Courtlands pupils only)
9am to 3pm
● ●
courtlands.school@
transformingfutures.org.uk
01752 776848



50. Mr David's Holiday Club

Eggbuckland Community College,
PL6 5YB
5-11 years
9am to 4pm
● ● ● ● ● ●
07393 229768



53. Cann Bridge Summer Activities

Cann Bridge School, PL6 8UN
5-16 years (Cann Bridge pupils only)
9am to 3.30pm
● ● ● ● ●
nburrage@torbridge.net
01752 207909



56. Premier Education

Boringdon Primary School, PL7 4HJ
5-12 years
9am to 4pm
● ● ● ● ●
www.premier-education.com/parents/
camps



48. High 5

Widey Court Primary School, PL6 5JS
5-15 years
8.30am to 4.30pm
● ● ● ● ●
www.high5sportscamps.co.uk



51. EOLAS+

Austin Farm Academy, PL6 5XQ
5-12 years
9am to 3pm
● ● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk



54. Phoenix Holiday Club

Leigham Primary School, PL6 8RF
5-11 years (Leigham pupils only)
10am to 4pm
● ● ● ● ●
01752 790990



57. Dungeons & Dragons Summer Academy

Rees Centre, PL7 2PS
12-16 years
8.30am to 6pm
● ● ● ● ●
www.charactercreationrpg.co.uk/
summer-campaign
chrisotnicholls@gmail.com



49. First Touch Football Camp

Eggbuckland Community College,
PL6 5YB
6-13 years
9am to 4pm
● ● ● ● ●
www.high5sportscamps.co.uk



52. Flint and Steel Forest School

Poole Farm, PL6 8NF
5-13 years
9am to 4pm
● ● ● ● ● ●
www.flintandsteelforestschoo.co.uk/
holidays-club
07527 617299



55. Plymouth Snowsports Centre

Alpine Park, PL6 8LW
8-15 years
9am to 4pm
● ● ● ● ● ●
www.jnplymouth.co.uk
01752 600220



58. EOLAS+

Chaddlewood Primary School,
PL7 2EU
5-12 years
9am to 3pm
● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**59. Bright Stars**

Yealmpstone Farm Primary School,
PL7 1XQ
5-11 years (Yealmpstone Farm
pupils only)
10am to 4pm
● ● ● ● ● ●

01752 343411

**62. High 5**

Pomphlett Primary School, PL9 7ES
5-15 years
8.30am to 4.30pm
● ● ● ● ●
www.high5sportscamps.co.uk

**63. Lighthouse Club**

Oreston Community Academy,
PL9 7JY
5-11 years (Oreston pupils only)
8am-5.30pm
● ● ● ● ● ● ●
01752 402050

**60. EOLAS+**

King George V Playing Fields,
PL9 8AR
5-12 years
9am to 3pm
● ● ● ● ● ● ●
www.eolasplus.co.uk
admin@eolasplus.co.uk

**61. The Gosling Trust**

Goosewell Primary Academy, PL9 9HD
5-11 years
7.30am to 5.45pm
● ● ● ● ●
thegoslingtrust@goosewell.plymouth.sch.uk
01752 484360

**64. Mount Batten Watersports & Activities Centre**

Lawrence Rd, PL9 9SJ
8-11 years & 11-15 years
9am to 12pm
● ● ● ● ●
www.mount-batten-centre.com/fit-and-fed-2021
01752 404567

**64. Mount Batten Watersports & Activities Centre**

Lawrence Rd, PL9 9SJ
8-11 years & 11-15 years
1pm to 4pm
● ● ● ● ●
www.mount-batten-centre.com/fit-and-fed-2021
01752 404567

**65. Bounty Sailing Adventures**

Mount Batten Watersports Centre,
PL9 9SJ
12-16 years
2pm to 6pm
● ● ● ● ●
www.bountyproject.co.uk/fitandfed
Facebook: thebountyproject

**Plymouth Science**

Multiple venues
7-14 years
9am to 3pm
● ● ● ● ● ● ●
Search.plymouthsciencehub.co.uk
plymouthscienceteam@gmail.com

**Transforming Plymouth Together**

Transforming Plymouth Together are supporting churches from across the city to host a series of 'Feast of Fun' summer events to provide a safe space with fun activities, healthy meals and a welcoming place for parents. Below are some of the churches that will be involved:

- Plymstock United Church, PL9 7PB
- St Pancras Church, PL2 3QX
- Derriford Church, PL6 6AB
- St Budeaux Parish Church, PL5 2HN
- St Aubyn's Church, PL1 4GJ
- St Peter's Church, PL1 5EG

More to be added soon, the full list can be found at
www.transformingplymouthtogether.org.uk/resources/feast-of-fun-2021

dawn@transformingplymouthtogether.org.uk

07498 543945

All information is correct at time of printing but may be subject to change.



For more information please contact the
Sports Development Unit:

E: sportsdev@plymouth.gov.uk

W: plymouth.gov.uk/fitandfed

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

