

# RNRMW INFORMATION SUPPORT

## Community Activities

Plymouth

Jan 18



Royal Navy Royal Marines Welfare assists in providing activities within the following settings. Further details and updates can be found on [www.royalnavy.mod.uk](http://www.royalnavy.mod.uk). Activities also require the support of volunteers to facilitate groups on an individual session basis. If you would like to volunteer please email [navypers-welfarewest@mod.uk](mailto:navypers-welfarewest@mod.uk)

### WIDEWELL COMMUNITY CENTRE - 3 Tiverton Close, Widewell, Plymouth PL6 7EN

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Gardening Club – Slug and Pallet (ARK)		1000-1200					
Sewing Group with crèche – (ARK)		1300-1500					
Craft Day Drop In – (ARK)			0900-1500				
Toddler Group – (ARK)				0900-1100			
Down Memory Lane – not every Thursday (ARK)				1300-1500			

### STONEHOUSE CHAPLAINCY - Stonehouse RM Barracks, Durnford Street, Plymouth PL1 3QS

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Coffee Morning – Fortnightly		1000-1200					

### RADFORD COMMUNITY CENTRE - Stokingway Close, Plymstock, Plymouth PL9 9JL

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Stay and Play		0930-1100					
SJ Dance	1600-1800		1600-1900				
P&D Art - Fortnightly			1930-2130				
Junior Youth Group (6-12yrs)				1730-1900			



Senior Youth Group (13-19yrs)				1930-2100			
Coffee Morning with a Twist					0930-1130		

**TREVORDER COMMUNITY CENTRE** – Trevorder Close, Torpoint, Cornwall PL11 2NS

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Coffee Morning with a Twist			1000-1200				

**CROWNHILL COMMUNITY CENTRE** - Fort Road, Crownhill, Plymouth PL6 5BX

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Highbury	0900-1500			0900-1500			
Slimming World	0900-1100			1730-2130			
Baby Clinic	1300-1430						
House of Dance	1730-1830	1730-1830					
TAI CHI	1915-2015						
Bingo and Raffle	1930-2100						
Jo Jingles		1230-1430					
Memory Café - Fortnightly		1400-1600					
T/Dance – once a month		1400-1600					
Parents and Tots (Plymtots)			0945-1145				
Clarks – every 2 <sup>nd</sup> and 4 <sup>th</sup> week of each month			1200-1500				
Sling Library – alternate each week			1230-1430		1000-1200		
Junior Youth Group (6-12yrs)			1730-1900				
Coffee Morning with a Twist				0930-1130			

Bumps and Babies					1000-1130		
Devonshire Reg – 1 <sup>st</sup> Friday of each month					1000-1130		
Karate					1900-2000		
Messy Church – 2 <sup>nd</sup> Sunday of every month							0930-1230
Calvary Chapel							0930-1230

## ADDITIONAL INFORMATION

The RNRMW Forces Families Event project provides support and information to the family and friends of those deployed, non-deployed or away from duty station. The project regularly engages family and friends in social and recreational activities, to promote physical and emotional well-being. For further information and to book please telephone: 01752 555041 or visit [www.royalnavy.mod.uk](http://www.royalnavy.mod.uk)

School Holiday Play Schemes, Christmas Parties and Panto are also held within the Centres and will be advertised within the Welfare Information Support forum which is located on the Royal Navy Website – [www.royalnavy.mod.uk/forums](http://www.royalnavy.mod.uk/forums)