

## Welcome to Enable Ability's July 2018 Newsletter!

In this edition, find out about the charities recent events, and current and upcoming fundraising activities!

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Enable Ability's projects have been very busy. We have lots of exciting Projects to tell you about:

**Portsmouth Teenage Project/Teenage Scheme** This is for young people with a mild to moderate learning or physical disability that live in Portsmouth and are aged between 14 – 18 years.

The project meets – mainly - on a Friday evening (term time), plus daytime for 3 weeks throughout the school summer holiday, plus the half-term and Easter Holidays.

There are lots of fun activities on offer including: Flip Out & Pizza, Beach BBQ's, Rock Climbing, Cinema as well as trips further afield. For one Friday each month, the project joins up with Portsmouth Autism Support Network (PASN) to run a LEGO Club.

To register your young person please contact the Project Leader, James Donougher on: 07857

328390 or email: [portsmouthtp@enableability.org.uk](mailto:portsmouthtp@enableability.org.uk)

F: <https://www.facebook.com/portsmouthteenageproject/>

Portsmouth Youth Project/Youth Scheme

This is for young people with a mild to moderate learning or physical disability that live or are educated in Portsmouth and are aged between 18 – 25 years.

The project meets – mainly - on a Saturday afternoon (term time), plus daytime for 3 weeks throughout the college summer holiday, plus the half-term and Easter Holidays.

There are lots of fun activities on offer including: Boat Trips, Swimming, Laser Quest, Rock Climbing, Cinema as well as trips further afield. The project also offers a variety of supported volunteering and work experience activities within Portsmouth and SE Hampshire called PYPE (Portsmouth Youth Project Enterprise).

To register your young person please contact the Project Leader, Chelsey Langdown on:

07519 924247 or email: [portsmouthyp@enableability.org.uk](mailto:portsmouthyp@enableability.org.uk)

F: <https://www.facebook.com/portsyouthproject/>

#### Hampshire Youth Project

This is for young people with a mild to moderate learning or physical disability that live or are educated in SE Hampshire and are aged between 16 – 25 years.

The project meets – mainly - on a Saturday afternoon throughout the year.

There are lots of fun activities on offer including: Crazy Golf, Meals Out, Laser Quest, Rock Climbing, Comic Cons as well as trips further afield. The project also offers a variety of supported volunteering and work experience activities within SE Hampshire and Portsmouth called HYPE (Hampshire Youth Project Enterprise).

To register your young person please contact the Project Leader, James Donougher on: 07857

328390 or email: [hampshiretp@enableability.org.uk](mailto:hampshiretp@enableability.org.uk)

F: <https://www.facebook.com/hampshireyp/>

#### **Volunteers needed for a new service.**

Enabling Buddies is designed to support adults with disabilities to volunteer in the community.

The service needs some "buddies" to give the adults additional help.

A buddy will receive free training, a free enhanced DBS check and out-of-pocket expenses.

Days and times are flexible.

Please get in touch with our Volunteer Coordinator, Sarah Powell on: 02392 671846 or email: [eavolunteers@enableability.org.uk](mailto:eavolunteers@enableability.org.uk) if you have some spare time and would like to volunteer to become a buddy.

**Click to see more about our website update**



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**We would we would like to give a very warm welcome, to Bill John...**

Hi, my name's Bill John, I am clocking on 62 years old and the newest Trustee on the Enable Ability board. I retired from IBM in 2010 and have a very active life enjoying golf, fishing, photography, cycling and a growing family, however I was very pleased to be asked to bring my personal skills for the benefit of Enable Ability and with a particular focus on marketing. As part of my initial review I made a series of recommendations about our online presence and having had experience of deploying a new website for Hayling Golf Club a few years back I was very pleased that the board accepted my proposal to invest in updating the current website. The work done so far looks great and you will be pleased to hear we should be going live with the new site in October; dates to be confirmed - which means you will hearing lots more from me as we move forward. At the same time we will be making some changes to the structure and spread of social media presence, in particular Facebook. I am really excited to be able to help such a great local charity and raise its profile from what I see as Portsmouth's best kept secret to something much more elevated, simply because the staff and our service users deserve it!

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## Previous events update...

### South Downs walk...

The Portsmouth Youth Project and Hampshire Youth Project joined forces to fundraise for our less affluent projects, this was achieved by walking an impressive 10km walk on Saturday 12<sup>th</sup> May, across the South Downs National Park on a circular walk around Goodwood Racecourse. This was not easy for our young people who overcame their own personal challenges in life to bravely conquer the steep country paths with the support and encouragement of the staff on both projects. We had cuts, bruises, anxiety, blood, sweat and tears; not even the rain or stepping in smelly cow pats would stop our young people. Enable Ability would like to take this opportunity to thank all the young people who took part in the fundraising activity, raising an impressive (check with Joe for the amount raised for HYP – not PALS). Without your support, we would not be able to successfully run our projects and continue providing such fun activities for our young people! We raised £705!

### Harley Salter Abseil and Penny Mourdant Visit!

Penny Mourdant kindly came into the office to meet the wonderful Harley salter, to thank him for his fundraising efforts and receive a cheque for his amazing fundraising efforts. Big thanks to Harley and Vanessa Salter.



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### **Cake Sale!**

A non uniform day and cake sale was kindly held at Admiral Lord Nelson School on Tuesday 17th July in support of Disability Day for us. With kind support from our trustees and their families, as well as folks from the office. We would also like to very much thank Chester's Carvery and Steakhouse who especially baked 2 very large and delicious chocolate cakes for us. We were assisted by Monique, Louise Teal, Richard, Vanessa and Harley Salter.

### **DRAGONBOAT RACE 2018!**

Once again Enable Ability fielded a team for the annual Dragon Boat Race that is run by The Rotary Clubs of Portsmouth & Southsea and Southsea Castle. As always, it proved to be a considerable challenge to sign up sufficient rowers and we are indebted to Starbucks, Bivol Trust and Asda for enabling us to compete. On the day we comfortably won the wooden spoon (despite support from Local Authority colleagues in our final race) – coming an impressive 28<sup>th</sup> out of 28!! However, we did also run a very successful stall that offered 'Glitter Tattoos' and featured a number of fun games. The weather was lovely and altogether it was a great day – even if we did only just about break even overall!

### **Future event. Something fun to look forward to.**

Quiz night and raffle @ Starbucks, Burrfields Road, PO3 5NA 16.08.2018 From 19.30. Prize for the winning team

£2 per person. Maximum team members = 8.

**Keep up to date with all our events on our website**

**Investors in People**



Thank you to those who took part in the Investors in People Assessment. You'll be pleased to know that we have been reaccredited for a further 3 years!

## Enable Ability's Supporters



Fundraising co-Ordinator Mary with Luc  
Semmens, Semmens of Southsea



Mary with GT Hewett & Son Ltd  
Copnor Road, Southsea

A few comments from our supporters:

"It's nice to give something back to our community, and Enable Ability is a local, Portsmouth charity. I have been very lucky in life and I want to share some of that luck with those who are less fortunate in life."

From Luc Semmens, owner of Semmens of Southsea, 2 Furness Road, Southsea, PO5 2JL, a MOT, tyres & exhausts, servicing garage, (no website, but you could use this instead: <http://good-garage-guide.honestjohn.co.uk/garages/s/semmens-of-southsea-southsea/>)

"As a long-standing family business based in Copnor, we are keen to support local charities. We were particularly attracted to Enable Ability because of the wonderful work they do to improve the lives of disabled children and their families in our own community."

From GT Hewett & Son Ltd. who own a car salesroom in Copnor Road and a full repair motor workshop facility in Copythorne Road, Portsmouth: <http://www.gthewettselectcars.co.uk/>

### GIFT IN YOUR WILL

Have you considered leaving a legacy for the future? Leaving something in your Will to Enable Ability would be the very best way to help this charity continue its charitable works and there are often tax advantages for you at such a time. Why not speak to the charities Treasurer who will be very happy to give you any details. Thank you.

To find out more, contact our Treasurer here: [joharo@nilworld.com](mailto:joharo@nilworld.com)

"We are established as an independent charity for care, welfare and advancement of disabled people in Portsmouth and the surrounding area. We work in partnership with disabled children and adults, their families and carers, to provide a range of high quality, professional and confidential services"

