

Other Services

Advocacy

Our Issue-Based Advocacy Service is free, confidential and provided by independent trained advocates to ensure a voice for disabled people together with the necessary support. Unique to the area in its approach to advocacy, individuals can be helped in making informed choices, dealing with family or work related problems, accessing legal services and tribunals.

Wheelchair Basketball

Based at a large gym this fun-packed team sport provides great opportunities for children and young people to engage in some friendly competition whilst developing fitness. Providing sessions for both beginners and more experienced players the project is focused on helping to develop the skills of individuals so that ultimately the more able participants can aspire to playing competitively at a regional or even national level.

Autism Support

Following the closure in March 2019 of a local charity for people with autism, Enable Ability has taken over the services previously provided. These offer social and sporting activities for various age groups including a football club, gym, a young adults social club and a youth hub.

Landport Community Centre

In June 2019 Enable Ability and Landport Community Centre Association entered into a partnership that saw Enable Ability become responsible for the operations of the centre. Whilst ensuring that 'community' is at the heart of its operational principles, Enable Ability also uses the facilities to deliver some of its services and in particular a number of the elements of the social enterprise detailed on the previous page.



For more information

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Visit **www.enableability.org.uk**

You can also find us on social media:

 **@enableability**

 **Enable Ability**

 **Enable Ability**

Other contacts:

Childrens Services:

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Adult Services:

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Advocacy:

advocacy@enableability.org.uk

Autism Support:

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Wheelchair Basketball:

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Landport Community Centre:

landport@enableability.org.uk

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Friendship, help and support for disabled people, their families and carers

A summary of our services

Visit us online

www.enableability.org.uk





Our Mission

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 inclusive, high quality, professional and confidential services, which are summarised in this informational leaflet.

Children's Services

We offer a range of services for children with mild, moderate, and high needs aged from 5 to 18 years.

Specialist and Inclusive Playschemes

The specialist playscheme is our flagship service for children aged 5 to 18 years requiring high levels of supervision owing to severe physical / learning difficulties and / or autism. Our inclusive playscheme provision comprises the employment of suitably trained staff at registered childcare settings across the city of Portsmouth to support children with moderate levels of disability within mainstream settings. Both specialist and inclusive playschemes take place during all school holiday periods to allow the children to participate in comprehensive daily programs of activities that include arts sessions, cooking, games, swimming, outings and festival days.

Saturday Club

This project, which runs throughout term-time, offers theme days that enable 5-16 year olds with severe disabilities to develop a range of skills to increase their confidence and self-esteem by participating in activities that would not otherwise be available to them.

Child Befriending

Is a respite scheme that provides one-to-one support for families that have a child with a moderate to severe disability. Support workers enable the children to access wide-ranging activities including outings, leisure and sporting pursuits, shopping trips and home-based support.

Junior Club

Supports children aged 5 to 12 years with physical and learning difficulties to enjoy a varied program of group activities in leisure, sport and recreation; friendship building and the achievement of greater independence whilst building confidence and self-esteem are central to the aims of this project

Portsmouth Teenage Project

Providing for young people aged 13-18 years with mild to moderate disabilities tremendous opportunities for personal development through group activities in partnership with local organisations – including drama at the New Theatre Royal and Sailing Skills at Ben Ainslie Racing. During term time and holidays too.

Adult Services

Our adult services generally provide for ages 18 to 25 years however our befriending service extends up to 65 years of age.

Youth Projects

We run two youth projects for young people based in Portsmouth or SE Hampshire. The Portsmouth project starts at 18 and the Hampshire one at age 13. Activities offered are designed to enable young people with disabilities to interact and socialise with other peers on a regular basis whilst being provided with opportunities to volunteer, gain work experience and seek employment.

Adult Befriending

In addition to providing continuity of service for young people once they reach 18 years of age, our Adult Befriending service is designed to provide a few hours support each week to individuals aged 18 to 65 years who are either socially isolated or severely restricted by virtue of their disability

Inter Activ - A Social Enterprise

Over the years Enable Ability has supported many young people up to 25 years of age only to see them unable to progress into meaningful employment and with little prospect for the future. In response to this need Enable Ability has invested in a scheme, in partnership with Game Over, to provide a range of real work experiences supported by personal skills coaches to give people the capability and confidence to secure permanent positions in work.

The work experiences offered include hospitality, food preparation and retail, customer service, IT repair and servicing, and rural skills. The enterprise, called Inter Activ, is currently based at Landport Community Centre. Our ambition is to see at least 20 young people with disabilities progress into secure employment each year.



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