

...THIS MONTH...

Sunday 3rd October

Horrible Histories – Live on Stage!
Gorgeous Georgians and Vile Victorians!

Friday 8th October

Exploria Teen Session: Play and Bounce

Sunday 17th October

New Forest Segway Experience

Friday 22nd October

Teamsport Go-Karting

Monday 25th October – Friday 29th October

Portsmouth Teenage Holiday Scheme

WHO WE ARE:

Portsmouth Teenage Project is run by Enable Ability and is for young people aged 13-17 years old living in Portsmouth with a physical and/or mild-moderate learning disability, or additional special need.

The Project aims to provide young people with the opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting.

This enables young people to interact and socialise with other peers on a regular basis. Activities are designed to improve pivotal life skills for all young people; including building their confidence & self-esteem, independence, communications and multitasking skills, to name a few.

Portsmouth Teenage Project staff are trained and qualified to support young people and accommodate their needs during each activity, regardless of their level of ability, physical or otherwise.

Activities for the Project include social clubs, going out for meals, going to the cinema, ten pin bowling, art and crafts activities, baking/cooking, sports and general socialising. We also arrange a variety of day trips outside of the local area for any museums, theatres or theme parks.

Once a referral to the Project has been made – this can be by a parent, the young person themselves or a professional – we arrange a home visit to meet the family and have a chat about the Project and what we can offer.

A mini bus service is also provided to accommodate for **long distance trips**.

Most activities for the Project take place on a Friday evening.

There is no obligation to attend all activities; parents and carers are free to register their son/daughter for as many activities as they please.

Contact details: James Donougher, Project Leader, Portsmouth Teenage Project, Enable Ability, 311-313 Copnor Road, Portsmouth, PO3 5EG

Email: portsmouthtp@enableability.org.uk

Telephone - office: 023 9267 1846

Mobile: 07857 328390

Facebook Page: www.facebook.com/portsmouthteenageproject

Website: www.enableability.org.uk

Twitter: @portsmouthtp

Instagram: www.instagram.com/portsmouthteenageproject

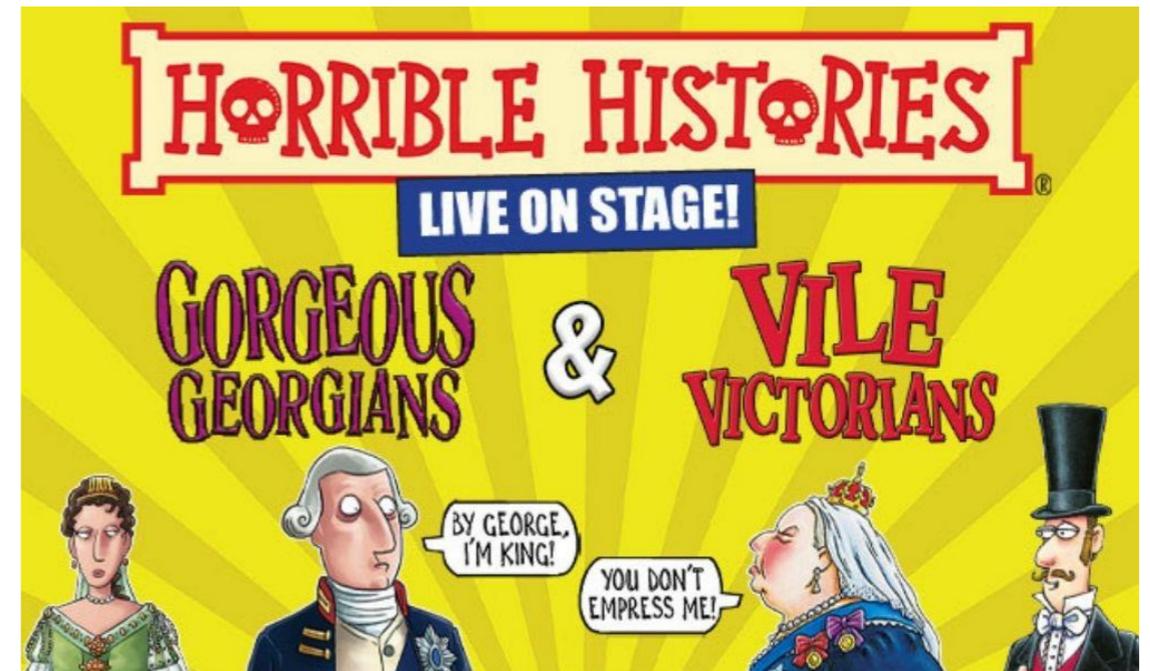


HORRIBLE HISTORIES – LIVE ON STAGE! GORGEOUS GEORGIANS AND VILE VICTORIANS!

Sunday 3rd October: We all want to meet people from history! The trouble is everyone is dead!

So it's time to prepare for Horrible Histories live on stage with the acclaimed production of Gorgeous Georgians and Vile Victorians! Are you ready to swing with a Georgian king? Can you see eye to eye with Admiral Nelson? Does the Duke the Wellington get the boot? Dare you dance the Tyburn gig? Will you be saved by Florence Nightingale? Find out what a baby farmer did and move to the groove with party Queen Victoria! Don't miss this horrible history of Britain with the nasty bits left in!

Please bring a drink



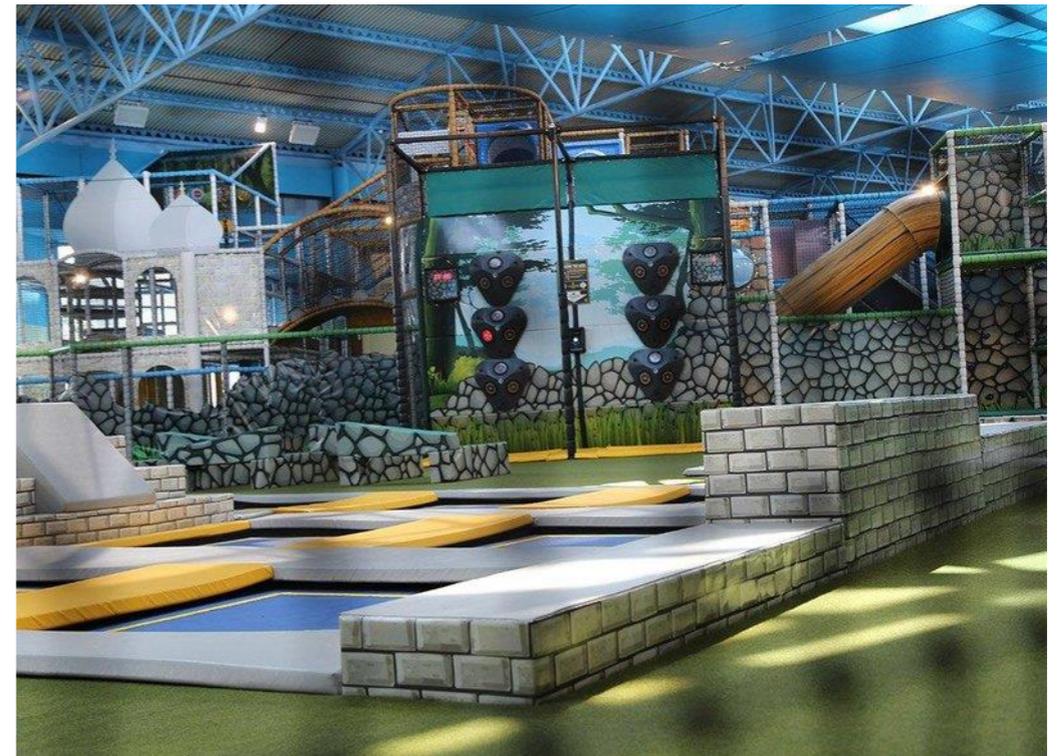
EXPLORIA TEEN SESSION: PLAY AND BOUNCE

Friday 8th October: Exploria is a new soft play park in the old Pyramids Centre, the new play park creates a fantasy world of fun and physical activity to keep all young people engaged and entertained for hours, particularly teenagers thrive in this environment. Active play is known to build strong physical, social, mental and emotional skills.

The play park creates an exciting and stimulating environment where teenagers can push their bodies to safe limits and freely practice balancing, jumping and climbing, without risk of injuring themselves or others.

The moment you enter the wonderful world of Exploria, you know you're in for the ride of your life!

Please bring a drink



NEW FOREST SEGWAY EXPERIENCE



Sunday 17th October: Head out into the forest on some heavy-duty all-terrain Segways. This is the perfect experience to add a whole new dimension to your adventures in the New Forest. Once you have understood the training and off-road Segway introductions, you can explore the beauty of the New Forest for the next hour from the spectacular off-road trails - there's twists, turns and straight open paths to put your new found skills to the test.

You must be at least 7 stone to ride a Segway.

Please bring a drink



GO-KARTING EVENING

Friday 22nd October: Come join us for not one, not two but **THREE** 15-minute races around the TeamSport Go-Karting track in Eastleigh.



Portsmouth Teenage Scheme

Our October half term holiday programme is guaranteed to be a fun-filled adventure, full of exciting activities and new opportunities for the 5 day period. The cost is £15 per day so it works out to be only £75 for the full programme. Single day bookings are accepted but please consider limited spaces on some of the days will be prioritised for those who attend the majority or all days through the duration of the programme. Details are stated below with a brief description of the main activity for each day.



Monday 25th October: STAUNTON COUNTRY PARK FARM RANGERS EXPERIENCE – Join us as we get on public transport to Havant and get closer to the animals with animal feed and take part in some animal encounters. Our young people will be taking part in some practical tasks to help the farm rangers, tasks such as cleaning out an animal paddock if they wish! **Lunch not included. Wheelchair accessible.**



Tuesday 26th October: MARY ROSE MUSEUM EXPERIENCE 1545 – Re-live the final moments on board Henry VIII's favourite ship Mary Rose as it sinks during the Battle of the Solent on 19th July 1545. 'Experience 1545' is a new experience for this year, we get to step back in time to hear from King Henry VIII and the crew of Britain's most famous shipwreck, as well as walking around the ship hall after its £35 million redevelopment. **Lunch not included. Wheelchair accessible.**



Wednesday 27th October: BASKETBALL TRAINING SESSION – We join Craig Hughes again, a qualified Level 2 basketball coach who will be facilitating a two hour basketball session for us. We return to the completed 'Orchard Park Regeneration Project' which successfully raised the £30,000 target as part of an urban regeneration initiative which aims to positively impact the park through art and a new colourful basketball court. **Lunch not included. Wheelchair accessible.**



Thursday 28th October: SHAKE YOUR GLASS WORKSHOP – Fused glass is a unique, colourful and creative medium to work with. Learn how to make a coaster or a spooky-themed glass hanging by cutting and assembling glass to create an original art piece. We will use coloured sheet glass, crushed glass and rods to create colourful designs. The finished pieces will then be fired in the kiln to melt together and collected at a later date. Wearing eye protection, gloves and closed-toe shoes is a requirement for this workshop. Gloves and goggles provided. **Lunch not included. Wheelchair accessible.**



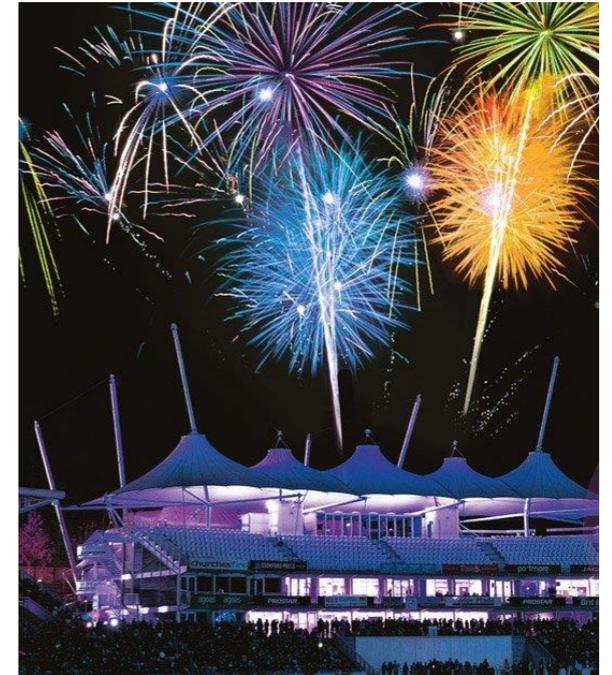
Friday 29th October: PAINT CHILL CO PAINTING WORKSHOP – Guided by your expert teacher, this class is taught through a series of easy to follow steps. Learn to paint in a chilled atmosphere. No experience is required so don't worry if it's been a while since you last picked up a paintbrush. **Lunch not included. Wheelchair accessible.**

Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL

Friday 5th November

Fireworks Evening



Friday 12th November

Masterchef Special



Friday 19th November

Air Rifle Shooting and Archery



Friday 26th November

Cinema Night

We are always looking for new activities that our young people will enjoy. If you have any suggestions, we would love to hear from you!