



This Project has received a “Special Recognition” Award from HRH The Prince of Wales



...THIS MONTH...



Wednesday 1st December:
Wheelchair Basketball

Saturday 12th December:
Fundraising Fun Day with Free KFC Visit

Thursday 16th December:
Christmas Party - Sing-a-long and Pizza Night

WHO WE ARE?:

Hampshire Youth Project is run by Enable Ability and funded by various grant funders for young people aged 13-25 years living in South East Hampshire; areas include Emsworth, Havant, Hayling Island, Waterlooville, Fareham, Gosport, Eastleigh, Petersfield and surrounding districts. We only accept young people living in Portsmouth if they attend a Hampshire school or college.

The project aims to provide young people with physical and/or mild-moderate learning disability, or additional need, with the opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting. The under 18 year olds will be 'buddied' with the older young people of the group, as well as the older members having opportunities in volunteering and work experience, all of the above being supported by our fully-trained Support Workers.

The charity enables young people to interact and socialise with other peers on a weekly 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.

Hampshire Youth Project staff are trained 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, as well as the supported volunteering and work experience. We also arrange a variety of day trips outside of the local area for any museums, theatres or theme parks; made easy by being transported in our charity minibus.

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

All activities for the project take place on weekends, usually on Saturdays with the occasional Sunday and weekday evening.

There is no obligation to attend all activities; parents and carers are free to register their young person for as many activities as they would like.

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WHEELCHAIR BASKETBALL

Wednesday 1st December: Wheelchair basketball is fun, accessible and lightly competitive which builds confidence, skills and a great opportunity to meet new people. We get together for an action-packed session, we have wheelchairs available for everyone! We will start the session with focusing on some techniques and training in the sport, finishing with a short game that anyone of any ability can get involved with and have fun.

Wheelchairs will be provided.

Please wear comfortable sports clothes and bring a drink
Wheelchair accessible



FUNDRAISING FUN DAY WITH FREE KFC VISIT

Sunday 12th December: Help us raise some very important funds! Enable Ability thoroughly appreciate any fundraising made in aid of us and are very thankful for all efforts, no matter how big or small, to bring much needed funds to support the services we provide. Fundraising currently represents 3% of our total income stream, which is something we want to improve on through greater awareness in the local community and with YOUR help.

So join us for a fun afternoon of fundraising at Tesco Extra in Bursledon where we are likely to ask you to run a tombola stand, help customers with some bag packing and other fundraising activities.

As a well-deserved treat, join us for a half hour walk down the road where you will be treated to a burger of your choice at KFC.

Christmas jumpers/Christmas theme clothes will be very much encouraged!

Please wear comfortable shoes and bring a drink
Wheelchair accessible



CHRISTMAS PARTY: SING-A-LONG & PIZZA NIGHT

Thursday 16th December: Join us at the Casemates Studios for a mega Christmas Sing-a-long night. We will have a professional music system set up with microphones for your amazing vocals and all the lyrics will be projected onto a big screen.

Christmas jumpers/Christmas theme clothes will be very much encouraged! :)

Through the evening we will have pizzas and refreshments available. There are lots of pizza option to choose from including Pepperoni, Cheese, BBQ Meat Feast, Ham & Pineapple and also a Vegan salsa base pizza with sweetcorn, blackbean and red onion.

Get practising those Christmas songs!

Limited wheelchair accessibility



Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL

Tuesday 4th January

InterActiv Job Coaching - Landscaping

Sunday 16th January

Lush - Chichester

Sunday 23rd January

Injoy Centre Southampton

Friday 28th January

Air Rifle Shooting & Archery



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!