



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

...THIS MONTH...

Saturday 6th November

Street Art at Winscombe Care Home
(continued)

Tuesday 16th November

InterActiv Job Coaching: Landscaping

Saturday 20th November

Christmas Shopping at Whiteley

Friday 26th November

Teamsport Go-Karting - Gosport

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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STREET ART AT WINSCOMBE CARE HOME

Saturday 6th November: If you are artistic and like making your mark, then this is right up your street. Providing a fun and safe environment, this is a unique hands-on experience where you'll be working alongside a Street Artist - Mandie Molyneux from Artscape. Artscape is an independent art-based charity that provides fun and socially inclusive art sessions for those who are likely to face isolation due to health, disabilities, circumstance or mental health.

You will come up with ideas to produce a spectacular piece of art on the white bricks that surround the flower beds that some of you have been planting in partnership with the South Downs National Park.

Not only will you be learning new techniques, you will be experimenting with your inner creativity with the use of specialised eco-friendly spray-paint equipment - choose from a wide range of vibrant colours to permanently make your mark on these huge flower beds. Your hard work will be displayed every day to brighten up the days of the residents who live at the care home; a splash of colour and a smile can go a long way. By the end of this session, you should come away feeling emotionally recharged to carry on with your day.

For those who have already contributed hours to their John Muir Family Award, this activity will count towards that. Therefore, we would encourage your family to attend this session too. Anyone can still take part in this award with no obligation to complete the award.

Please bring a drink and clothing you don't mind getting paint on.

Wheelchair accessible



**SOUTH DOWNS
NATIONAL PARK**
CELEBRATING 10 YEARS

INTERACTIV JOB COACHING: LANDSCAPING

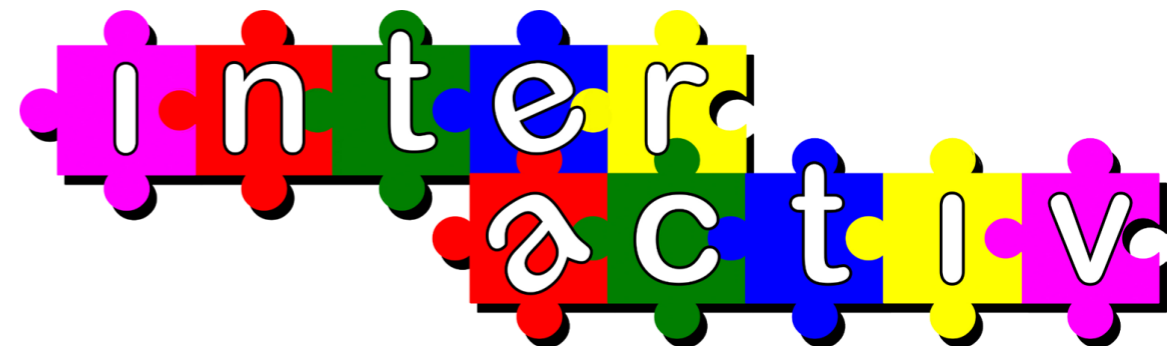
Tuesday 16th November: Join us for the first of our InterActiv taster sessions exclusively for those aged 17 years old and over.

InterActiv is a project run by Enable Ability which solely focuses on getting young people into employment and gaining their independence. The Project comes with their own job and skill coaches, as well as a personalised support programme which focuses on career advice, interview techniques and increasing the confidence of your young person to be successful at interviews.

We have been given a large plot of land at Winscombe Care Home to develop into a pleasant area where residents of the care home can enjoy.

For further information about our InterActiv programme, please visit www.interactiv.org.uk

Please bring a drink and your own gardening tools
Limited wheelchair accessibility



CHRISTMAS SHOPPING AT WHITELEY

Saturday 20th November: This is the perfect opportunity to purchase those all-important Christmas cards and presents, shopping for your nearest and dearest in a supported environment. Join us as we explore the 45 shops on offer at Whiteley Village, on the ultimate shopping experience to spend a limited set amount of £50. Alternatively, bring your own cash/payment card to purchase what you think your family and friends would like this Christmas before the Christmas rush.

Learn how to purchase Christmas presents independently and how to stick to a budget. Staff will always be supervising your young person in small groups and providing assistance when purchasing items.

If you choose the option for staff to manage your young person's budget of £50, staff will attempt to get your young person to spend at least £45, any leftover change will be automatically donated to the charity. Duplicate receipts will be printed for both your young person and the charity for a record of any transaction and return of any unwanted goods.

Please bring a drink
Wheelchair accessible



GO-KARTING EVENING

Friday 26th November: Come join us for not one, not two but **THREE** 15-minute races around the TeamSport Go-Karting track in Gosport.

Please bring a drink



Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL

Wednesday 1st December

Wheelchair Basketball



Sunday 12th December

Fundraising Special



Thursday 16th December

Christmas Karaoke and Pizza 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!