



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

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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...THIS MONTH...

Sunday 6th February:

High Score Free Play Arcades, Southampton

Tuesday 15th February:

InterActiv Job Coaching: Landscaping

Monday 21st February (half term):

Rock Up Climbing Centre

Friday 25th February (half term):

Centre VR, Bournemouth

HIGH SCORE FREE PLAY ARCADES, SOUTHAMPTON

Calling all fun-seekers! We're super excited to invite you to a fun-filled two hour experience at Southampton's newest entertainment venue. High Score is a free-play amusement centre, packed with over 60 games to either reminisce or play for the first time. From old school classics including Space Invaders and PAC-man to pinball, sports games and the newest arcade fun, there's something for everyone to enjoy.

Put the pedal to the metal and go head-to-head with your friends on the latest racing games or challenge them to see who can reach the highest spot on the High Score leaderboard. If you're looking for a fun-filled day with friends, High Score has got you covered!

Please bring a drink and packed lunch
Limited wheelchair accessibility



INTERACTIVE JOB COACHING: LANDSCAPING



Join us for our third InterActiv session where our hard work and efforts are really starting to show. This activity is 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 independence. The project comes with their own job and skills coaches, as well as a personal support programme which focuses on career advice, interview techniques and increasing the confidence of your young people 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, their families and staff of the care home can enjoy.

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

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



ROCK UP CLIMBING CENTRE

Rock Up's incredible climbing walls tower over 8 metres tall. Rock Up the Twister, climb the Stairway to Heaven, or set a new record on the Speed Climb, plus many more other challenges. This visit also includes the Vertical Drop Slide Challenge! Great for all ages and abilities. No experience or equipment needed..

Climbing is a fantastic way to burn off some energy while having mountains of fun. We believe everyone should have a chance to reach new heights and therefore during the centre's Autism and SEN friendly sessions, they will turn the music off and there will be fewer climbers in the arena to create a calmer and quieter environment.

Your awesome Rock Up experience lasts 90 mins.. This includes 30 minutes for check-in and an important safety briefing, then 55 minutes in the awesome climbing arena, finally 5 minutes at the end to remove your harness.

Please wear comfortable clothing and bring a drink



CENTRE VR, BOURNEMOUTH

Join us in Europe's largest virtual reality venue, with 30 stations of the very best VR headsets with all the top titles available to play multiplayer or solo. You will have an entire hour to play on whatever VR game you choose, with helpful staff from the venue to guide you through.

As an added bonus, if you would like to visit again, we will give you a Half Price Club Deal which entitles you to receive half price on every VR experience, from the date of our visit, for a whole month after (31 days).

Please wear comfortable clothing and bring your own packed dinner with a drink. Limited wheelchair accessibility.



Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL

Sunday 6th March -

Brewdog Beer Tasting Experience (alcohol-free),
Southampton

Tuesday 15th March -

InterActive Job Coaching - Landscaping

Sunday 20th March -

Ocean Paradise Adventure Golf, Chichester

Saturday 26th March -

Love To Doodle Arts and Crafts Workshop

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!

