

NOVEMBER 2022 EVENTS SCHEDULE



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.

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...THIS MONTH...

Friday 4th November

A Night of Fireworks at IBM Hursley

Sunday 13th November

Romsey Rapids

Friday 18th November

Masterchef Special

Sunday 27th November

Dice Board Games Lounge Social

A NIGHT OF FIREWORKS AT IBM HURSLEY

Fun for everyone with music, food, drinks and a massive firework display to light up the dark sky!

Additional cash advised for food and drink to be purchased at the event.

Please bring a drink
Wheelchair accessible



ROMSEY RAPIDS FUN POOL

Come along for a trip to Romsey Rapids and join us for an hour of fun in the pool. Take a pirate wash under the tipping bucket, climb up to the crows' nest and whizz down the long slide, enjoy the rapids and relax in the jacuzzi.

We ask that you please arrive swim-ready for your session, with your costume on underneath your clothes. Changing rooms will be available for you to get changed before and after the session, Lockers will be available for your belongings, these do require a £1 coin. Hair dryers will be available free of charge.

Costa Coffee will be open for takeaways, show proof of your Family Fun booking when making a purchase at Costa Coffee and receive 10% discount on your order.

Please bring a packed lunch for the journey home and a drink.



MASTERCHEF SPECIAL

Friday 12th November: We have a really special Masterchef for you guys, we have Karen from the Landport Community Centre. Karen has years of experience cooking healthy meals in group sessions; she will teach you everything she knows from using safe knife skills to cut carrots to how to produce a really tasty meal which you can taste at the end of the session and takeaway with you for the rest of your family to enjoy at home, please remember to bring a spill-proof container.

Not only is the food the highlight, join us at the newly-built Mayfield School, in their all-new food technology department where we will be using their new kitchens with state-of-the-art cooking facilities.

Please bring a drink, apron and take-away container.
Wheelchair accessible



DICE BOARD GAMES LOUNGE SOCIAL

Sunday 27th November: Join us for a relaxed session where you can enjoy the Dice café with its large selection of food and drinks to purchase, whilst enjoying the thousands of different board games on offer.

Dice provides a unique experience where everyone is welcome, and everyone can have fun with friends and staff from the project and the venue.

Staff who work at Dice are all gamers that are passionate about board games and are always happy to help with your gaming selections. If you just need a little help understanding the rules, please just ask.

Dice is a truly inclusive business and cater for board game amateurs and experts alike, so come and join us!

Wheelchair accessible



Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL

Thursday 1st December
Christmas Karaoke Party Night

Thursday 8th December
Christmas Panto

MERRY CHRISTMAS!

We'll be taking a break and we will be seeing everyone again in the New Year!

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!



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