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OCTOBER 2023 EVENTS SCHEDULE







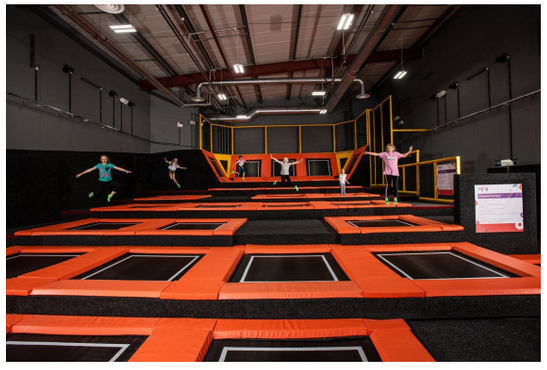


















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Portsmouth CITY COUNCIL

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

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Facebook Page: www.facebook.com/portsmouthteenageproject **Website:** www.enableability.org.uk

Twitter: @portsmouthtp **Instagram:** www.instagram.com/portsmouthteenageproject

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…THIS MONTH…

Sunday 1st October
Go Ape Treetop Adventure Plus (rescheduled)

Thursday 12th October
Six The Musical - Kings Theatre

Saturday 14th October/Sunday 15th October
Enable Ability Sponsored Great South Run &
Junior South Run

Friday 20th October
Game Over Retro Gaming & Pizza Night

Sunday 22nd October
Hayling Fun Fair (rescheduled)

Monday 23rd October - Friday 27th October
Portsmouth Teenage Holiday Scheme

Plus additional activities in Hampshire - details enclosed

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GO APE TREETOP ADVENTURE PLUS (RESCHEDULED)

The young people who were booked onto our previous trip (but was cancelled due to the thunderstorm) have priority when booking, anyone else will be added to our reserve list and we will endeavour to get any extras onto the trip for £30 per head (includes admission and transport). Young people who were booked onto the previous trip will be charged a reduced £15 per head.

The Treetop Adventure Plus course caters for those who want to advance to trickier challenges without leaving the novice adventurers behind. This one hour treetop activity includes full access to the 3 loops of our Adventure course. This is where they will find their feet and head for the heights before turning up the fun on the Adventure Plus extension. Higher platforms, higher crossings with extra wobble and an epic 120m zip wire ride back to the ground.

If you get last minute nerves, we have a Treetop Trail planned as part of our adventurous day to Moors Valley Country Park.

Please bring a packed lunch and a drink.





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SIX THE MUSICAL AT THE KINGS THEATRE



DIVORCED ★ BEHEADED ★ LIVE!

The crowning glory of Broadway, the West End and beyond, the international smash hit musical SIX makes its royal visit to The Kings Theatre, following its previous sell-out success on tour!

From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the microphone to tell their tales, remixing five hundred years of historical heartbreak into an 80-minute celebration of 21st century girl power. These Queens may have green sleeves but their lipstick is rebellious red.

Think you know the rhyme, think again… Divorced. Beheaded. LIVE!

Please note, the tickets we have purchased are in the upper circle, therefore this will mean climbing several flights of stairs to get to our seats, plus the views are slightly restricted from up high, however we would still strongly recommend joining us for the hit musical show!



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ENABLE ABILITY SPONSORED
GREAT SOUTH RUN & JUNIOR SOUTH RUN

All our young people and families have the option of the charity entering you in the following races:

- **The Great South Run 5k Entry for runners aged 14+**
  Saturday 14th October 10.30am
  £25 per applicant - does not include a free parent/carer
- **The Junior South Run 2.5k Entry for runners aged 12-15**
  Saturday 14th October 12.30pm
  £19 per applicant - this includes one free parent/carer to accompany
- **The Great South Run 10 mile entry for runners aged 16+**
  Sunday 15th October 10.35am
  £46 per applicant - does not include a free parent/carer



Enable Ability can provide you with sponsorship forms and/or you can create your own JustGiving page via our charity link: www.justgiving.com/enableability

Entry fees can be donated directly to the charity or be taken from what you have raised in sponsorships.

We can lend anyone who takes part our Enable Ability tshirts whilst running in the event, we just need to know your chest size in inches. If a young person person does not have a parent/carer running with them, the charity will organise a Support Worker to run with them at all times.

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GAME OVER RETRO GAMING AND PIZZA NIGHT



Our friends at Game Over will be allowing exclusive access for our young people to play on all the many games consoles in the basement of an Old Portsmouth property. There will also be plenty of opportunities to compete with staff and other young people, also plenty of staff to assist your young person with their retro gaming experiences. Each young person will have their own small Domino's pizza with the topping of their choice, a drink will also be included in the activity cost (alternative food choices are available).

*Please let us know of any food allergies in advance.



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HAYLING FUN FAIR (RESCHEDULED)



The young people who were booked onto our previous trip (but was cancelled due to the flooding) have priority when booking, anyone else will be added to our reserve list and we will endeavour to get any extras onto the trip.

The trip to Hayling Island includes an unlimited two hours of rides with unlimited ride wristbands. Might be worth bringing some extra cash for those who would like to play in the arcades. Transport will be provided.



Please bring a drink
Limited wheelchair accessibility

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Portsmouth Teenage Holiday Scheme

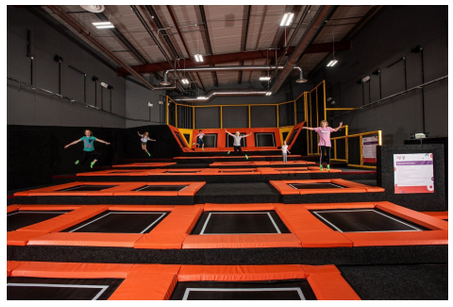
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Our October half term holiday programme is guaranteed to be a fun-filled adventure, full of exciting activities and new opportunities for the five day holiday period. The cost is £20 per day so it works out to be only £100 for the full programme. Single day bookings are accepted but there are extremely limited spaces on some days where priority will be given to 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.



Monday 23rd October: LASERQUEST PIZZA PARTY & DOCKYARD VISIT - We will be getting a bus to the dockyard, the visit will includes 2x 15 minute sessions of Laserquest, unlimited blackcurrant or orange squash, pizza, scorecard and a party bag to leave with for everyone. The visit includes exclusive use of the party area for one hour after the games. Pizza choices are as follows: Margherita (vegetarian), Mushroom, mixed peppers, red onion and tomato (vegetarian), Pepperoni, Ham and Pineapple & Ham and Mushroom. Limited wheelchair accessibility. **Lunch included, please bring a refillable drinks bottle.**



Tuesday 24th October: PUMPKIN PICKING, CARVING AND PUMPKIN SOUP MAKING - We are starting the day with a visit to a local farm to pick our own selection of pumpkins, then we will facilitate a workshop session to carve the pumpkins we picked earlier in the day and take them home with us to use this Halloween. We will also be facilitating a pumpkin soup making workshop which you will also be able to take home with you and heat up to enjoy with your family. **Please bring packed lunch & a refillable drinks bottle.**



Wednesday 25th October (9am-3pm): INJOY SOUTHAMPTON - Catch the train with us to Southampton to 'injoy' one hour of climbing and one hour of trampolining. Simples! Limited wheelchair accessibility, involves walking (30-45 minutes). **Please bring packed lunch & a refillable drinks bottle.**



Thursday 26th October (12-6pm): 'WHEELS FOR ALL' ACCESSIBLE CYCLING & INDOOR TENNIS COACHING - Join us for an active day of sport as we combine tennis and cycling, first getting a bus to Alexandra Park for a picnic in the park, followed by a session with our good friends at 'Wheels for All' where there'll be a number of bikes to choose from to ride freely around the park on, the bikes are for both the experienced cyclists and for those who appreciate more wheels than just two. This will then be followed by two hours of tennis coaching (with breaks). Wheelchair accessible. **Please bring packed lunch & a refillable drinks bottle.**

Friday 27th October: HIGH SCORE FREE PLAY ARCADES SOUTHAMPTON - Catch the train to Southampton for a second time in the week! We're super excited to invite you to High Score again, 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. Limited wheelchair accessibility, involves walking (20-30 minutes). **Please bring packed lunch & a refillable drinks bottle.**

HAVANT LEISURE CENTRE

Optional activity: Oceans of Play Soft Play
When: Thursday 5th October

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FAREHAM LEISURE CENTRE

Optional activity: Top Rock Climbing
When: Sunday 15th October





HAVANT LEISURE CENTRE

Optional activity: Fun Pool Party
When: Sunday 22nd October



FAREHAM LEISURE CENTRE

Optional activity: Inflatable Pool Party
When: Saturday 28th October

All the activities on this page are fully accessible and have a relaxed space open to the young people throughout the session where they can play on games consoles, lego, board games and arts & craft activities.

Upcoming Events

ALL ACTIVITIES BELOW ARE PROVISIONAL



Friday 3rd November
The Best Fireworks Party in the South, Ageas Bowl

Sunday 12th November
Romsey Rapids



Friday 17th November
Fat Clay Pottery Workshop

Friday 24th November
Dice Board Games Lounge Social





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