

enable | Portsmouth ability | Teenage Project

Supported by:  Portsmouth
CITY COUNCIL

FEBRUARY 2024



EVENTS SCHEDULE

INCLUDES CHARITY BINGO, CLIMBING,
SOFT PLAY, ROLLER DISCOS, SWIMMING,
CHOCOLATE-MAKING WORKSHOPS,
VR GAMING, CINEMA AND TWO DAY TRIPS
TO SOUTHAMPTON WATCHING A SHOW
AND VISITING THE TITANIC STORY!

ABOUT US

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.

We will make every effort to ensure this PDF is accessible in a range of different reading formats on request.

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 to museums, theatres and theme parks. A minibus service is provided to accommodate for these long distance trips.

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

There is no obligation to attend all activities; however parents/carers are able to book their young person onto as many activities as they please.

James Donougher
Project Leader



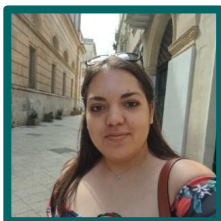
MEET THE TEAM



JAMES - Hello! I have been a Project Leader with Enable Ability since September 2017 and still loving every minute! I have always lived in Portsmouth (apart from one random year living in Brighton) and love exploring, trying new things and experiencing life to the full. I am committed and fully dedicated to what Enable Ability offers to young people, I get great satisfaction from seeing others enjoy life and contributing to their happiness. I have enjoyed performing as a hobby for many years now, performing in many shows and dressed in plenty of silly costumes, including the Lion from the Wizard of Oz and even dressed as a nutty professor to launch rockets (not real ones)! These days, any spare time is spent keeping active and exploring the delights of Portsmouth and the surrounding area with my family and friends. Since graduating in Leisure Management & Marketing in 2007, past jobs have included a really fun assortment of roles within marketing, promotion, events and youth work. Enable Ability runs the most exciting projects I have ever been involved in to date and I simply cannot wait to meet you on an activity.



LAUREN - Hello! I joined Enable Ability as a Befriender in May 2021. Then I was appointed Deputy Project Leader for the Portsmouth and Hampshire Teenage Projects in October 2021. I absolutely love working and having fun with all the young people involved! I am a mum of three children and have also worked as a professional singer since 2004. During my time as a singer, I have worked with children as a vocal tutor for a rock music school and put on my own children's entertainment events. I get to attend a lot of fun events and meet a lot of amazing people during my time as a singer, I feel the same about working with Enable Ability on their activities and school holiday schemes. My hobbies are singing (of course!), watching Netflix series, going to gigs, eating out and the cinema. I'm very passionate about working with young people and providing fun lifelong memories for them all. I look forward to meeting any new young people to join us on our adventures!



CAROL - Hi, I started working with Enable Ability in April 2021. I have been working with the Portsmouth and Hampshire projects, plus befriending. There is a great range of activities that we offer, we get to explore new places and new events at every project. I have graduated from International Business in 2020, being able to study abroad during my second year where I studied in Spain and France. I have graduated from my Masters degree in Project Management in 2022 and have completed other Project Management related courses. I love to travel and explore new places as well as meet new people. I'm originally from Brazil so I can speak Portuguese too! I learnt Spanish and French during my year abroad and love learning new languages. I would like to learn BSL next so I can communicate with non-verbal people. I can't wait to meet more young people on our projects.



DANIEL - Apart from doing various things with Enable Ability, I am an actor/role-player for the NHS. I play patients with different illnesses - so the Student Nurses have someone to practice on! I joined Enable Ability in the peak of the COVID-19 pandemic in 2020, and enjoys the many different adventures and projects the charity offers - for example: zooming along on a segway in the woods one day, then making bath-bombs the next - no two days are ever quite the same! What I like best about the charity though, is spending time with the wide variety of people who come to the activities (even the ones who pinch my hat on the mini-bus, or persuade me to jump off high platforms!) - I look forward to meeting the many new people who are joining us all the time!



SHEFALI - Hi, I'm married with four children. I am fluent in Bengali and Urdu. I am proud to say that I am a part of Enable Ability, I have worked with the charity since April 2021. As well as working with Enable Ability, I am also a Teaching Assistant in a special school. I enjoy travelling, meeting new people, cooking and reading. However, the times I enjoy the most is spending time with family and friends. I look forward to creating more experiences and memories with our young people. I can't wait!



ELYSE - Hiya, I began volunteering at Enable Ability in February 2023 as a part of my university degree. I worked on the Portsmouth Teenage Project and loved it so much that I decided to apply for a permanent role with the project! Every session is always full of laughs and I love supporting the young people whether that's learning how to travel independently or venturing on the high ropes course. I am currently studying Psychology at the University of Portsmouth with hopes of studying speech and language therapy at postgraduate level. I also coach Kickboxing and enjoy training regularly. When I'm not doing any of this, you can find me doing anything crafty, from crocheting to watercolours!

MEET THE TEAM



PATRICK - Hi I'm Patrick, I have been with Enable Ability since November 2021 and I have loved every minute. I feel an enormous sense of privilege that we at Enable Ability are able to support young people and allow them to create positive memories. Outside Enable Ability, I also work with children in schools as a Mental Health Practitioner, I coach football, cricket and volunteer for the Samaritans. So for me, it's all about helping and inspiring others, this is something I am really passionate about and I love the work that Enable Ability does. I am a sport fanatic, so in my spare time you will see me running around a sports pitch, keeping fit or going for a walk in the outdoors. I am a big kid at heart and absolutely love to laugh and play, so I can't wait to meet you on an activity!



SARAH - I started working with Enable Ability in March 2022. I am also a professional hairdresser and have been a professional singer/ dancer since 2015. I have worked away with Warner Leisure as a lead vocalist/dancer, I was also a Vocal Coach for 3 years with Giselles Academy of Performing Arts, helping all children under the age of 18. I helped them put on their shows at the Kings Theatre and trained them to be ready for auditioning at stage schools in London. I have been performing on the Kings Theatre stage since I was four years old, taking part as a dancer in the pantos for 11 years running. I am a mother to a beautiful baby girl and the youngest sibling of 5 girls, I also have many nephews and nieces. My hobbies are watching other bands, going for dinner with my fiancé and having family time. I look forward to taking part in many more activities with the projects and meeting everyone.



HANNAH - Hi, I'm Hannah, I joined the teenage project in April 2023. Term time, I am a speech and language assistant and I wanted something fun and worthwhile to do in the holidays. Safe to say, I found the right place, it's not just the children who enjoy their trips out with the project, we all have so much fun together and I absolutely love getting to know all the wonderful teenagers we meet. Watching them build friendships and grow as young adults is a real privilege.



JULIE - My name is Julie. I have worked at Enable Ability since 2003, first as Children Services Manager and since May 2017, I have been Deputy Manager of Enable Ability. I have worked with children and young people all my adult life. My previous jobs range from nursery work, afterschool clubs, Playschemes and a Youth Worker for Youth Services. I have three children and three stepchildren who are all in their thirties. I have nine grandchildren ranging from teens to toddlers. Working with young people and helping them achieve has always been my passion. Every day I look forward to getting to work and supporting people. I also help out at a local Beaver Scout Group. I am also a member of Rotary Club (Portsmouth and Southsea), I also take part in charity fundraising races, usually the messy ones. In my spare time I enjoy music, listening rather than participating, especially hearing live music. I also enjoy reading.



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WHAT'S ON

Thursday 1st February

Enable Ability - Charity Bingo Night

Friday 9th February

Pitt Street Roller Disco

**Tuesday 13th - Saturday 17th
February**

Portsmouth Teenage Holiday
Scheme

Sunday 25th February

Taro Leisure Pool (with waterslides)

**Plus additional activities in Hampshire -
details enclosed**



To arrange a home visit to register with our charity, please contact us
using the details at the back of this booklet.

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Thursday 1st February
Enable Ability -
Charity Bingo Night

Dabbers at the ready!!

Come and have a fun evening with 6 rounds of BINGO! Our popular Bingo nights offer a more relaxed evening of playing Bingo to anywhere else, with fantastic prizes on offer for the winners!

There will also be a raffle and Starbucks will be serving some delicious treats and drinks to purchase separately, therefore additional cash will be needed for this but is optional.

All proceeds will go to Enable Ability.

Wheelchair accessible

To arrange a home visit to register with our charity, please contact us using the details at the back of this booklet.



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PITT ST
SKATEPARK
AN UNDERCOVER SKATEPARK PROJECT

Friday 9th February
Pitt Street Roller Disco

The Undercover Skatepark Project have taken over the old Sainsbury's site to open Pitt Street Skate Park!

The Undercover Skatepark Project is the idea of local skateboarder Jacob Skinner who, along with many others, has a dream of taking his hobby to a new level by teaching youngsters, creating a safe user-friendly grassroots skatepark for all to come and use.

With the weather being so temperamental and the nearest indoor skatepark being over an hour's drive away, this is a fantastic opportunity for the city. While there are a handful of small skateparks around, none of them can be used in wet weather.

Every Friday evening, the skatepark transforms into a retro roller disco with a live DJ and you're invited!

Please make sure you bring plenty to drink!



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PORTSMOUTH TEENAGE PROJECT HOLIDAY SCHEME

Our February 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 (Tuesday to Saturday due to staffing issues). 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. To arrange a home visit to register with our charity, please contact us using the details at the back of this booklet.

Tuesday 13th February - THE CRAFTY CHOCOLATIER

I love you to the moon & back! Join us for our space-themed Valentines chocolate-making workshop with The Crafty Chocolatier in her chocolate snug. Kerry, who will be leading the workshop is very well experienced with delivering her incredible hands-on sessions with our young people, teaching her chocolate-making skills in a step-by-step, easy and fun way, plus using lots of imagination! All young people who attend will proudly take home all of their chocolate creations made from the session. **Please bring a packed lunch and a drink in a refillable bottle.**

Wednesday 14th February - SEACITY MUSEUM, SOUTHAMPTON'S TITANIC STORY

Departing by National Express coach from The Hard Interchange, we will be travelling to Southampton's leading interactive attraction and the home of Southampton's Titanic story.

Discover the story of RMS Titanic and how the tragedy affected the city and people of Southampton. The museum features an interactive model of the Titanic, recorded messages of its passengers from the fateful night, original objects from onboard the world-famous ship and much more. Wheelchair accessible, involves walking (15-20 minutes each way). **Please bring a packed lunch and a drink in a refillable bottle.**



PORTSMOUTH TEENAGE PROJECT HOLIDAY SCHEME

Thursday 15th February - CIRQUE: THE GREATEST SHOW

Departing by National Express coach from The Hard Interchange, we will be travelling to the Mayflower Theatre in Southampton for a fantastic show where the stars of the West End share the stage with incredible circus performers to perform the biggest hits from the greatest musicals of all time. Your young person may recognise songs from The Greatest Showman to Moulin Rouge, Hairspray to Rocketman – all these songs are brought to the stage in a unique and spellbinding performance. Prepare to be amazed by an all-star cast, the very best of musical theatre, mesmerising aerialists and circus stars, a charming tale with an astonishing twist – enter the extraordinary world of Cirque. **Please bring a packed lunch/dinner and a drink in a refillable bottle.**

Friday 16th February - PLAYER READY VR GAMING EXPERIENCE

Virtual Reality can take you anywhere! Visit Player Ready for our exclusive venue hire for 2.5hrs of unlimited gaming fun, where you can immerse yourselves in a different world with their VR headsets. There's something for everyone at Player Ready where you can discover a whole new world of gaming. Staff will help you learn the controls and choose the perfect gaming experience for you, with the option to even try out the racing simulators! At Player Ready Portsmouth, you can enjoy all this and more – an amazing experience for casual VR fans and serious gamers alike! Limited wheelchair accessibility. Involves walking (10-20 minutes each way). **Please bring a packed lunch and a drink in a refillable bottle.**

Saturday 17th February - CINEMA & BURGER KING DAY

Madame Web tells the standalone origin story of one of Marvel publishing's most enigmatic heroines. The suspense-driven thriller stars Dakota Johnson as Cassandra Webb, a paramedic in Manhattan who may have clairvoyant abilities. Forced to confront revelations about her past, she forges a relationship with three young women destined for powerful futures...if they can all survive a deadly present. We would advise all parents/carers to view the trailer before booking their young person onto this activity. At the time of writing this programme, the film has not yet been age rated, however we have based our suitability of the film on its predicted rating and being a Marvel film. Wheelchair accessible, involves walking (20-30 minutes each way). **Lunch included. Please bring a drink in a refillable bottle.**

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everyone
ACTIVE

Sunday 25th February
Taro Leisure Pool
(with waterslides)

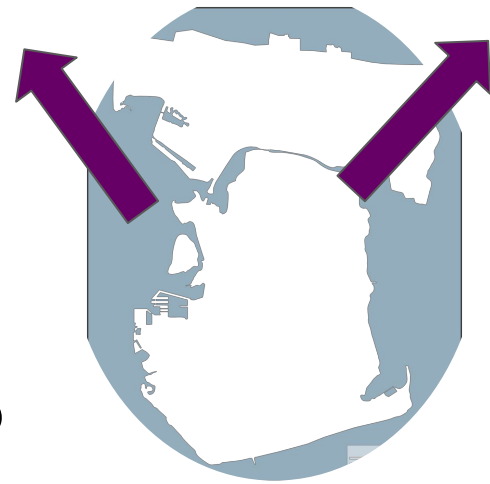
This session is for everyone, bring along with you your own inflatable fun toys for your entertainment and the centre's amazing water slides will be open for use.

Taro Leisure Centre is a great all weather location, fancy a splash-about or a swim? No problem, the centre has a 25m main pool, a 9m teaching pool, a 9m leisure pool, plus a hot tub! There are several fun swim sessions every week, with a number of activities all the group can enjoy in the pool, including a dedicated Slide and Vortex session when we visit the venue!

Please bring a drink



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ADDITIONAL ACTIVITIES



Sunday 18th February
Fareham Leisure Centre
Optional activity: Top Rock Climbing
Time: 4.15-6.15pm
Cost: £15

Thursday 29th February
Havant Leisure Centre
Optional activity:
Oceans of Play Soft Play
Time: 5.30-7.30pm
Cost: £15

All sessions on this page are accessible and have a relaxed space where they can play on games consoles, lego, board games and arts & craft activities.



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PROVISIONAL ACTIVITIES

The following sessions CANNOT be booked until the next events schedule is released

Friday 1st March:
Teamsport Go-Karting,
Southampton

Thursday 7th March:
iFLY Indoor Skydiving

Friday 15th March:
St Patrick's Day Bake Off

Friday 22nd March:
Flip Out Party Night

Thursday 28th March:
Hollywood Bowl - Eat, Drink & Bowl



Contact details: James Donougher, Project Leader,
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Facebook Page: www.facebook.com/portsmouthteenageproject/

Instagram: www.instagram.com/portsmouthteenageproject/