enable ability | Hampshire Teenage Project

Supported by: The Edward Gostling Foundation

MARCH 2024



EVENTS SCHEDULE

PROVIDING A RELAXED, SAFE AND ACCESSIBLE SPACE TO SOCIALISE WITH OTHERS OF A SIMILAR AGE

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ABOUT US

The Hampshire Teenage Project is run by Enable Ability and funded by various grant funders for young people aged 13-17 years living in South East Hampshire; areas include Portsmouth, Emsworth, Havant, Hayling Island, Waterlooville, Fareham, Gosport, Eastleigh, Petersfield and surrounding districts.

The project aims to provide young people with an opportunity to engage in a variety of planned recreational, social and sporting activities as part of a group setting.

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 and self-esteem, independence, communication and multitasking skills, to name a few.

Staff are trained to support young people and accommodate their needs during each activity, providing support at a safe ratio of one member of staff for every three young people. We can accommodate those considered to have a mild to moderate learning/physical disability. Regrettably, we are unable to support young people with behavioural issues or those who require personal care.

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 meeting at either Havant or Fareham Leisure Centres, having the choice to take part in an active session such as climbing, soft play or swimming.

If your young person chooses not to take part, this is absolutely fine, we have a range of more relaxed activities to choose from during each session, in a relaxed and more casual setting. We occasionally arrange a variety of day trips outside of the SE Hampshire region, at places chosen by the young people; made easy by being transported in our charity minibus. We may also have some activities taking place in Portsmouth that young people who live outside of the city can join us for.

Once a referral to our project has been made – this can be by a parent, carer or a professional – we arrange a home visit to meet the family and have a chat about our Project and what we can offer for your young person, ensuring we understand what support is needed for them.

Most activities for the project take place at weekends, with the occasional activity taking place on a weekday evening.

There is no obligation to attend all activities; parents and carers are able to register their young person for as many activities as they would like. The cost of each session is £15 for two hours, day trips may cost more but all staffing, administration and managerial costs are funded by the charity.



James Donougher
Project Leader

MEET THE TEAM

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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.



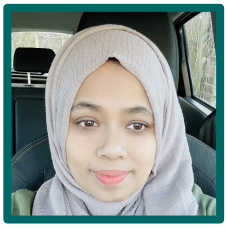
LAUREN - Hello! I joined Enable Ability as a Befriender in May 2021. Then I was appointed Deputy Project Leader for the Portsmouth and Hampshire Teenage Projects in October 2021. I absolutely love working and having fun with all the young people involved! I am a mum of three children and have also worked 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

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PATRICK - I started volunteering with Enable Ability in November 2023 having returned to Portsmouth after a stint living in very-rural Wales. Previously, I have mentored students and helped with the end of year concert planning programme at Portsmouth College, which got me interested in volunteering with teenagers. Young people have a great outlook and always have something to teach (jaded!) adults. I work in IT, so volunteering with this charity is a welcome digression for my regimented day job. I have 4 "children" - all now adults - and 1 granddaughter. I am a massive music and comedy fan, and I love camping... consequently, I spend as many weekends as possible at festivals reliving my un-misspent youth!



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.

MEL



PATRICK



JENNY



GEMMA



JIM



LIZZIE



KATIE



DEJA



SUE



DANNI



JESS



SCARLETT



ADAM



JENNIFER



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WHAT'S ON

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









Saturday 9th March
Havant Leisure Centre
Optional activity: Fun Splash Pool Party

Friday 15th March
Harbour Gate Business Park, Southampton Road, Portsmouth PO6 4BQ.
Activity: Flip Out Portsmouth - Flip & Feed

Sunday 24th March
Fareham Leisure Centre
Optional activity: Top Rock Climbing

Thursday 28th March
Meeting point: side of M&S Outlet Store, Gunwharf Quays, Portsmouth.
Activity: Eat, Drink & Bowl

All our standard sessions taking place at both Fareham and Havant Leisure Centres 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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FLIPOUT

Friday 15th March

Flip Out Portsmouth - Flip & Feed



Flip Out hosts the best flippin' parties around, the ultimate place to bounce and flip in style with your friends.

This Flip & Feed Party Package provides you with an hour of jumping time, followed by either a hot dog, chicken nuggets or pizza slices; all options come with a portion of wedges (vegetarian options are available upon request). Also, choose your flavour of slush, Fruit Shoot or bottle of water. Please bring your own Flip Out gripped socks or they can be purchased for an additional charge of £3.

Allergies/Intolerances: Flip Out cannot cater for those with a nut allergy.

Bring your own drink
Limited wheelchair accessibility

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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hollywood bowl

Thursday 28th March

Hollywood Bowl -
Eat, Drink & Bowl



Come join us at Hollywood Bowl in Gunwharf Quays for a game of bowling; we also get a burger or hot dog, a side option (such as fries) and a drink is included from the bar.

Please bring your own drink and extra money if you wish to play on the arcade machines within the venue.

Wheelchair accessible

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PROVISIONAL ACTIVITIES

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



Friday 19th April:

Game Over Retro Gaming & Domino's 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.

Sunday 28th April:

Jungle Paradise & Indoor 'Glow-in-the-Dark' Adventure Golf

Take a ride to Chichester to play adventure golf; Ocean Paradise 'glow-in-the-dark' (indoor) and Jungle Paradise (outdoor). Limited wheelchair accessibility.

Contact details: James Donougher, Project Leader, Hampshire Teenage Project, Enable Ability, 311-313 Copnor Road, Portsmouth, PO3 5EG.
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