enable ability | Portsmouth Teenage Project

Supported by: Portsmouth City Council

MAY 2024



EVENTS SCHEDULE

INCLUDES DAY TRIPS TO LYMINGTON & THE MILESTONES LIVING HISTORY MUSEUM; PLUS VISITS TO HIGH SCORE FREE PLAY ARCADES, FUNFAIR RIDES, SOUTHSEA SKATE PARK, SINGING SHOWS AND CHOCOLATE MAKING WORKSHOPS.

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ABOUT US

Portsmouth Teenage Project is run by Enable Ability and is for young people aged 12-17 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 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.

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



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.



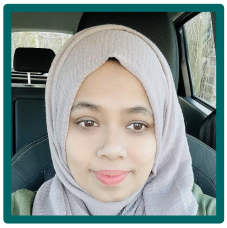
LAUREN - Hello! I joined Enable Ability as a Befriender in May 2021. Then I was appointed Deputy Project Leader for the Portsmouth and Hampshire Teenage Projects in October 2021. I absolutely love working and having fun with all the young people involved! I am a mum of three children and have also worked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



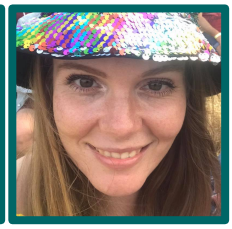
SCARLETT



ADAM



JENNIFER











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WHAT'S ON

Sunday 12th May:
High Score Free Play Arcades

Friday 17th May:
Southsea Skatepark - Learn how to skate coaching session

Sunday 26th May:
60's Sunday feat: Lauren & The Heatwaves

Tuesday 28th May - Friday 31st May:
Portsmouth Teenage Holiday Scheme









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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Sunday 12th May

High Score Free Play Arcades



We're super excited to invite you to two hours of unlimited arcade gaming action at High Score Free Play Arcades. The centre has a variety of arcade machines across two floors; 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.

Please bring a packed lunch & drink
Limited wheelchair accessibility

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Friday 17th May

Southsea Skatepark - Learn how to skate coaching session



Join us for a session of skating fun with Southsea Skatepark, teaching us how to skate with coaching lessons to suit whatever your skill level might be.

Coming into the skatepark can be a daunting prospect, and so the skatepark offers these coaching lessons to teach people of all ages how to use the skatepark correctly and safely. The session lasts for two hours, this consists of a one-hour coaching lesson followed by a one-hour free time. Get to work with experienced coaches working with the group. Free hire of a helmet (helmets are compulsory) and the hire of skates. You also gain a certificate upon passing each level.

This is a great way to socialise, enjoy the buzzing atmosphere of the Skatepark and get some good exercise all at the same time! Cafe available on site to purchase snacks and drinks. Music may be loud so ear defenders may be useful for some.

Please bring a drink
Limited wheelchair accessibility

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Sunday 26th May

60s Sunday Featuring: Lauren & The Heatwaves



By popular demand! You'll be joining us for an evening of entertainment watching our very own Deputy Project Leader Lauren in her amazing 60's band - Lauren & The Heatwaves.

Expect a Sunday Funday full of 60's classic hits, floor fillers, and forgotten gems!

There will also be a raffle drawn in aid of Enable Ability. Prize donations welcome!

The activity will end at 7.45pm but all young people have the option to stay and watch the second act Mojo Dollar, if accompanied by a paying parent/carer.

Discounted tickets will be available for adults wanting to attend at £10 per person. Please reserve your ticket when booking on your young person and pay on arrival.

Raffle tickets will be on sale during the event at £1 a strip, please bring cash. 60's vintage wear encouraged but optional.

Wheelchair accessible.

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



PORTSMOUTH TEENAGE PROJECT HOLIDAY SCHEME

Our May half term holiday programme is guaranteed to be a fun-filled adventure, full of exciting activities and new opportunities for a four day holiday period.

The cost is £20 per day so it works out to be only £80 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. Detailed descriptions for each day is listed over the next couple of pages.

Tuesday 28th May (9.30am-4.30pm) - LYMINGTON MARSHES & STRAWBERRY PICKING
****date may be swapped with Wednesday's activity depending on the weather, we will confirm this closer to the time****

We will be meeting at Cosham Train Station at the slightly earlier time for a full day out in Lymington which is the perfect day out to explore the New Forest. We'll be starting with a visit to the Goodall's Strawberry Farm where we can pick our own strawberries before enjoying them with our packed lunches by the Lymington River. This will then be followed by a 6km circular route where we will be exploring the coastal marshes of the Lymington-Keyhaven Nature Reserve. The pace will be leisurely with plenty of stops, taking us around 3 hours. The strawberries are included in the activity cost but if you would like to bring extra money, we suggest visiting one of the many pasty shops on the high street before catching the train back to Portsmouth. We would also recommend a 50p 'baby cone' from a popular ice cream takeaway spot at the bottom of the cobbled street towards the quayside. **Involves a train journey, involves excessive walking at a slow pace with breaks. Please bring a packed lunch and a drink in a refillable bottle. Extra money may be required if your young person wishes to purchase food/drink from the high street.**



PORTSMOUTH TEENAGE PROJECT HOLIDAY SCHEME

Wednesday 29th May - 1940's EVENT AT THE MILESTONES MUSEUM:
We will be meeting again at Cosham Train Station for this fun-filled day! Despite spending four hours of the day using public transport to and from Basingstoke, we will still enjoy a solid two hours of life-sized cobbled streets at the Milestones Museum; with plenty of old teddy bears, vintage vehicles, an old-fashioned pub, sweet shop and much more; there is so much for everyone to see, do and enjoy at Milestones! Recreate Victorian times through to the 1930s and 1940s in the life-sized buildings, shops and vehicles recreated and restored as they would have been in olden times. Explore Hampshire's pivotal role in World War II, including the area's significant contribution to D-Day in its 80th anniversary year. Experience captivating demonstrations throughout your visit, from Make Do and Mend, Ministry of Food to Air Raid Precautions, and even live war re-enactments. From the trenches to tanks, complete an evacuee trail, join us for an unforgettable journey through history. **Wheelchair accessible. Involves a train and bus journey. Please bring a packed lunch and a drink in a refillable bottle. Extra money may be required if your young person wishes to purchase a gift from the souvenir shop.**

Thursday 30th May - CLARENCE PIER FUNFAIR & ARCADES: Further to our previous visit here in the Easter holidays, we will be back again for unlimited ride wristbands, hopefully without the interference of a storm with gale force winds. If you still have the complimentary voucher, could we ask for you to bring this with you but please don't worry if you don't have this or have already used it. You will still be provided with three hours of unlimited ride action using our wristbands. **Limited wheelchair accessibility. Involves a bus journey. Please bring a packed lunch and a drink in a refillable bottle. Extra money may be required if your young person wishes to play on the arcade games.**

Friday 31st May - THE CRAFTY CHOCOLATIER: We will be getting a bus to Waterlooville to see our lovely chocolate-making expert Kerry who will be welcoming us again to her chocolate snug! Get ready to travel back in time and create delicious prehistoric treats. Make dino-shaped chocolates, fossil pops, shimmering dinosaur scales and even recreate prehistoric footprints in chocolate! Everyone will leave with a decorated fossil filled box with Prehistoric inspired chocolate treats created all by themselves. The workshop will be fun, creative, hands-on and suitable for all abilities. **Limited wheelchair accessibility. Involves a bus journey. Please bring a packed lunch and a drink in a refillable bottle.**

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PROVISIONAL ACTIVITIES

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



Saturday 8th June -
Crabbing Competition

Saturday 15th June -
Tennis Coaching &
Ice Cream





Tuesday 18th June -
Donutting & Skiing

Saturday 29th June -
Wakeboarding & BBQ



Contact details: James Donougher, Project Leader,
Portsmouth Teenage Project, Enable Ability, 311-313 Copnor Road,
Portsmouth, PO3 5EG.
Website: www.enableability.org.uk
Telephone - office: 023 9267 1874 Mobile: 07857 328390
Facebook Page: www.facebook.com/portsmouthteenageproject/
Instagram: www.instagram.com/portsmouthteenageproject/