

enable | Portsmouth ability | Teenage Project

Supported by:  Portsmouth
CITY COUNCIL

JANUARY 2026

EVENTS SCHEDULE



INCLUDES FUN COSMETIC, ARTS,
CRAFTS & COOKERY WORKSHOPS &
A ROLLER DISCO AT THE INDOOR
SKATEPARK!

ABOUT US

Portsmouth Teenage Project is run by Enable Ability and is for young people aged 11-16 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 and 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 going out for meals, going to the cinema, ten pin bowling, arts and crafts, cookery workshops, sports and other general social activities. We also arrange a variety of day trips outside of the local area to fun pools, 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 visit to meet the family and have a chat about the Project and what we can offer.

Parents/carers are able to book their young person's preferred activities, there is no obligation to attend all activities.

Sadly, we are unable to accommodate those who require one-to-one support, display challenging behaviour or require personal care.

James Donougher
Project Leader



MEET THE TEAM



JAMES (Project Leader) - 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 (Portsmouth Teenage Project Deputy Project Leader) - 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!



ALICE (Portsmouth Teenage Holiday Scheme Deputy Project Leader) - Hi! I joined the Teenage Project team in February 2025 and can't wait to get stuck in, meeting the young people who attend and taking part in all the fun activities we'll do together. I am originally from Shropshire, where I grew up in the countryside (no corner shops for miles!) before moving to Portsmouth to complete my Psychology undergraduate degree in 2014. I've been here ever since! I am now studying for my Doctorate in Educational Psychology and plan to work in Portsmouth as an Educational Psychologist once my training is complete. My hobbies include going for long walks along the beach, playing with my two dogs, spending time with family, and anything crafty. I also love trying new things and pushing myself out of my comfort zone, whether it's canoeing, climbing, or something completely different! I have been working with young people since 2015 and always enjoy meeting new faces and watching them build friendships. I can't wait to meet the young people joining Enable Ability!



HANNAH R (Deputy Leader) - I started working with Enable Ability in December 2024, I first applied for the role due to being very passionate about supporting young people to build confidence and have fun in a safe and inclusive environment. I am currently studying Psychology at University, with a keen interest in neuropsychology. Outside of my studies and work, I volunteer with Shout who provide support to people struggling with their mental health, I'm also a huge bookworm! Really excited to work with all the young people at Enable Ability; creating fun, memorable experiences and learning from everyone I meet!



GEMMA (Deputy Leader) - Hi, I'm originally from west Wales but I've lived in Portsmouth since 2007. I've been working with children since 1997. I started out in Early Years and, from around 2015 onwards, moved into working with older children. I've been part of Enable Ability since 2022. I first worked at the Stacey Centre playscheme before joining Junior Club, the Teenage Project and befriending. In 2025 I was promoted to Project Leader at Junior Club. Working for Enable Ability is fun, varied and genuinely rewarding, I really love my job. I'm also a SEN parent, and I bring that experience and perspective into my work. Since early 2024 I've been focusing on a healthier lifestyle and have taken up running. I go to parkrun every Saturday. A personal goal of mine is to complete the Great South Run, and maybe even a half marathon. I started by running from lamppost to lamppost and can now run 5k, so I know I'll get there in time. Working for Enable Ability has taught me that anything is possible with consistency and resilience.

MEET THE TEAM



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!



KATIE - I began working with Enable Ability in Easter 2025, driven by a passion for supporting young people and creating an environment where everyone can express themselves freely. I'm studying Musical Theatre at University with the end goal to make it to the West End! In my spare time I enjoy dancing and reading. I'm loving being part of an amazing team, creating a positive experience for young people!



JIM (Volunteer) - Hi, my name is Jim and I have worked for Enable Ability in several support roles since joining in 2018. Before working for Enable Ability I was an Accountant for 38 years working for Compassion in World Farming and then Portsmouth Association for the Blind. My hobbies are watching football, reading and Playing Dungeons and Dragons and I am currently Project Leader for Enable Ability Dungeons and Dragons Club.



PATRICK (Volunteer) - 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!

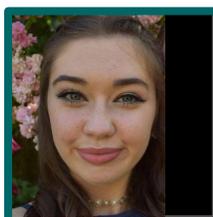


JULIE (Operations Manager) - My name is Julie. I have worked at Enable Ability since 2003, first as Children Services Manager and since May 2017, I have been Deputy Manager of Enable Ability, recently retitled Operations Manager. I have worked with children and young people all my adult life. My previous 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.

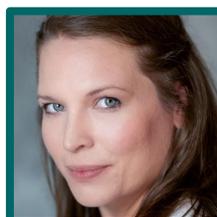
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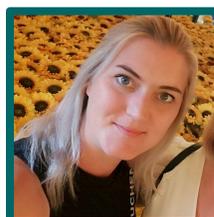
IZZY



LIZ



HANNAH P



WHAT'S ON



Thursday 8th January
LUSH Workshop



Friday 16th January
Aspex Gallery Art Workshop



Thursday 22nd January
Bake Off



Friday 30th January
Pitt Street Roller Disco

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

Thursday 8th January Lush Workshop

We are very excited to invite you to an exclusive party for a hands-on workshop.

The 90 minute workshop will be held in the beautiful LUSH shop in the Cascades Shopping Centre where the session is a relaxed workshop, involving the brand's cosmetics and an opportunity to make your own LUSH products from scratch, with some incredible smelling products too!

The workshop includes a party bag for each person, filled with LUSH products and your own handmade products made during the activity.

Please bring a drink in a refillable bottle

Limited wheelchair accessibility



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Friday 16th January
Aspex Art Gallery -
Lego Lino Printing

We will be returning to the Aspex Art Gallery in Gunwharf Quays for Lego lino printing.

This is where street art meets creativity - you'll design, ink and print your own bold artwork using Lego blocks as custom stamps.

The session encourages free expression, creativity and teamwork; with the support of Aspex's resident artists Karl Bailey and Gracie Brown. Young people attending will be able to take home their masterpieces.

A selection of Morrisons platters will be provided, including a mix of sandwiches, cookies, crisps and drinks to enjoy during the session.

Wheelchair accessible

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Thursday 22nd January Bake Off

Join us for a British themed bake off evening, where we will be making some special mini Victoria Sponge cupcakes with guidance from our Deputy Leader, Lauren. We'll also be practising the art of making a good 'cuppa' tea.

No need to bring tupperware, we will have some display boxes to take the cakes home. However you can test the cupcakes whilst making them - no judgement here!

Please bring a drink in a refillable bottle.

Wheelchair accessible.



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Friday 30th January Pitt Street Roller Disco

Get your skates ready at our popular Roller Disco event! Enjoy your favourite party tunes while skating the night away.

With delicious food and drink available, it's the perfect way to kick off the weekend.

So join us for a fun and energetic evening of skating, music and great vibes!

Don't have your own Skates? No worries, skate and helmet hire is included in the activity cost.

Please make sure you bring plenty to drink!



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PROVISIONAL ACTIVITIES

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

Thursday 5th February
Charity Bingo Night

Friday 13th February
Aspex Art Gallery
Workshop

**Monday 16th February -
Friday 20th February**
Portsmouth Teenage Holiday
Scheme



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

Instagram: www.instagram.com/portsmouthteenageproject/