

enable | Portsmouth ability | Teenage Project

Supported by:  Portsmouth
CITY COUNCIL

Summer 2026

EVENTS SCHEDULE



INCLUDES Lymington Sea Inflatable Obstacle Course, On Your Bike Cycle Training, Southsea Fire Station, Sports Day Olympics, Isle of Wight Day Trip, Warhammer & High Score Arcades, Watercress Line Steam Railway, Southsea Castle, Arcades & Ice Cream, Karaoke Summer Party, Portsmouth Historic Dockyard Day Trip, Hilsea Lido, Titanic Museum, Ninja Warrior UK, RIB Ride, Royal Navy Submarine Museum & Cinema, Wakeboarding & BBQ.

ABOUT US

Portsmouth Teenage Project is run by Enable Ability and is for young people aged 11-15 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.

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 minibuss 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.

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



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 2021. 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!



JAMES - Hi, I'm James! I'm a qualified teacher with six years of experience working with children and young people in a variety of settings. My teaching career has taken me from the UK to China and Dubai, giving me the opportunity to experience different cultures, teaching styles and approaches to helping children thrive. I enjoy getting to know each child as an individual and creating positive, inclusive experiences where they feel confident, valued and able to have fun, whether through games, sport, creative activities or simply sharing a laugh. I'm really excited to be joining the Enable Ability team this summer and look forward to helping create memorable experiences for children and young people with disabilities. Outside of work, I'm a keen runner, enjoy travelling, and am always up for trying something new.



PATRICK - I'm Patrick, a Portsmouth local who recently moved back after spending a few years away. I'm currently studying Politics and International Relations at Cardiff University. I'm an avid rugby player and a passionate supporter of Ulster Rugby. I joined Enable Ability this year and am really looking forward to working with the team and supporting young people, particularly as I have a sibling with special educational needs (SEN), which has given me a personal understanding of the importance of the work we do. Outside of work and university, I enjoy reading, running, and fitting in a bit of gaming whenever I can find the time!



JIM (Volunteer) - Hi, my name is Jim and I have worked for Enable Ability in several support roles since joining in 2018, then took a step back by starting to volunteer for the Teenage Project in 2025. 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.

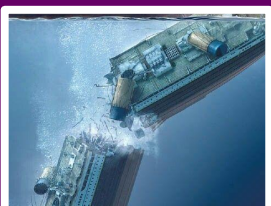
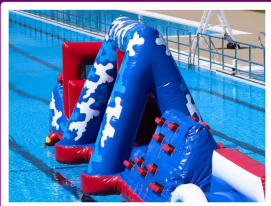


PATRICK (Volunteer) - I started volunteering with Enable Ability in November 2023 having returned to Portsmouth after a stint living in very-rural Wales. Previously, I have mentored students and helped with the end of year concert planning programme at Portsmouth College, which got me interested in volunteering 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!



LILY (Volunteer) - Hi! My name is Lily and I'm studying psychology at University here in Pompey. I joined Enable Ability in March of 2026 and since then I've already had so much fun with the young people involved. My hobbies are fencing, Dungeons & Dragons and playing video games! I'm incredibly passionate about helping young people and I intend to build a career around it after finishing my education. I've not lived here long but I'm proud to be giving something to this beautiful city and the community within it. I love getting out and about with the kids and it's a privilege to be a small part of their journey!

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Our summer holiday programme is guaranteed to be a fun-filled adventure, full of exciting activities and new opportunities for an action-packed 15-day itinerary.

A nutritious cold buffet breakfast is included each day.

Week 1 -

Mon 27th July (10.30-16.45) - Lymington Inflatable Obstacle Course

Tues 28th July - On Your Bike Cycle Training

Weds 29th July - Southsea Fire Station

Thurs 30th July - Sports Day Olympics

Fri 31st July - Isle of Wight Day Trip

Week 2 -

Mon 10th August - Warhammer & High Score Arcades

Tues 11th August (09.30-16.00) - Watercress Line Steam Railway

Weds 12th August - Southsea Castle, Arcades & Ice Cream

Thurs 13th August - Karaoke Summer Party at Casemates

Fri 14th August - Portsmouth Historic Dockyard Day Trip

Week 3 -

Fri 21st August - Hilsea Lido

Mon 24th August - Titanic Museum, Southampton

Tues 25th August - Ninja Warrior UK

Weds 26th August - Rib Ride, Submarine Museum & Cinema

Thurs 27th August - Wakeboarding & BBQ

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Monday 27th July

Lymington Inflatable Obstacle Course

Challenge yourself on Lymington's giant inflatable sea obstacle course, featuring over 120 metres of swings, slides, ladders, balance beams, trampolines, climbing towers and giant blobs.

Participants will enjoy at least one hour on the water, with plenty of time to bounce, climb, jump and splash around under the supervision of qualified lifeguards.

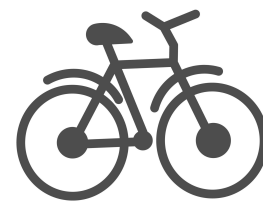
Buoyancy aids are provided and must be worn at all times. A full safety briefing will be given before the session. Participants must be able to swim 50 metres whilst wearing a buoyancy aid. Travelling by train from Cosham Station.

Breakfast included, please bring a packed lunch, refillable drinks bottle, swimwear, towel and a change of clothes.



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Tuesday 28th July

On Your Bike Cycle Training

With the help of On Your Bike, we'll take participants on a short journey around Portsmouth, using the local cycling infrastructure.

There will be a short practice ride around Victoria Park, followed by our instructor who will give participants a real-world experience of navigating the city by bike, preparing them for independent travel. Those who are not ready to cycle on the road will stay in the park with charity Support Workers.

Bikes and helmets will be provided.

Limited wheelchair accessibility.
Breakfast included, please bring a packed lunch and drink in a refillable bottle.



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Hampshire
& Isle of Wight
FIRE & RESCUE SERVICE

Wednesday 29th July
Southsea Fire Station

Join us for an exciting visit to Southsea Fire Station, where you'll get the chance to discover what it's really like to work as a firefighter.

We'll be taking part in a range of activities, including a tour of the station, having a go at using the fire hoses, learning about the Fire Cadet kit, exploring water safety and other important safety topics. Plus, dependent on the operational requirements on the day of our visit, we may have an opportunity to meet members of the crew to find out more about their role and ask questions.

Please note that this is an operational fire station, activities may be amended on the day if emergency incidents require the crew to respond. We appreciate your understanding and look forward to what promises to be a fun, interactive and memorable experience.

Wheelchair accessible. Breakfast included, please bring a packed lunch and drink in a refillable bottle.



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Thursday 30th July Sports Day Olympics

Join our friends Rishi and Raj for a fun-filled day of games and activities.

We'll begin with a one-hour session in Victoria Park, focusing on movement, fitness and having fun, with activities suitable for all abilities and no pressure to take part in everything.

After a lunch break, we'll return for an hour of classic sports day games, friendly competition and team challenges.

Whether you're aiming to win or just joining in for the fun, it's a great opportunity to get active, build confidence and enjoy the day with friends.

Wheelchair accessible. Breakfast included, please bring a packed lunch and a drink in a refillable bottle.



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Friday 31st July **Isle of Wight Day Trip** **on the hovercraft**

We have the ultimate day out planned for the group, starting with a trip across The Solent on the hovercraft to Ryde, where we will enjoy the ultimate seaside day out, which includes fish and chips on the sandy beach, followed by a swim in the shallow waters with lifeguard supervision.

Those who are more advanced swimmers can enjoy swimming in deeper waters.

Then we will be returning to Southsea on the hovercraft.

Involves hovercraft and bus journeys.
Wheelchair accessible. Breakfast & lunch included, please bring a drink in a refillable bottle.



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Monday 10th August Warhammer & High Score Arcades

Our group will be split into two smaller groups, enabling plenty of support for those unfamiliar with Warhammer, ensuring this is open to everyone to enjoy.

We'll be heading to Southampton's Warhammer store & High Score arcades. Each group will take part in a session at both venues.

Warhammer is a relaxed, inclusive setting, you'll get the chance to build, paint and play using official Warhammer miniatures. A great opportunity to use your imagination and creative spark. All sessions are for people who have no or limited experience, just bring your ideas and we'll guide you from start to finish.

This day will also include a session at High Score with unlimited access to all the arcade games!

Involves a train journey.

Wheelchair accessible. Breakfast included, please bring a drink in a refillable bottle.



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Tuesday 11th August

Watercress Line Heritage Steam Train

Our minibus journey is being kindly donated to the charity by Pete's Airlink, taking the group straight to Alresford train station, where the trains here are very different to the trains in Portsmouth! From Alresford, we'll be jumping straight on a heritage steam train to Ropley train station, this is where the hub of the activity is.

Run off your own steam at the locomotive playground, cross the famous Kings Cross Bridge and walk in the footsteps of Harry Potter, get up close to some big steam locomotives and explore the engineering sheds, seeing preservation in action. We also have a visit planned to the Station House, which features a restored ticket office and a representation of a typical station master's parlour!

Breakfast included, please bring a packed lunch and drink in a refillable drinks bottle.



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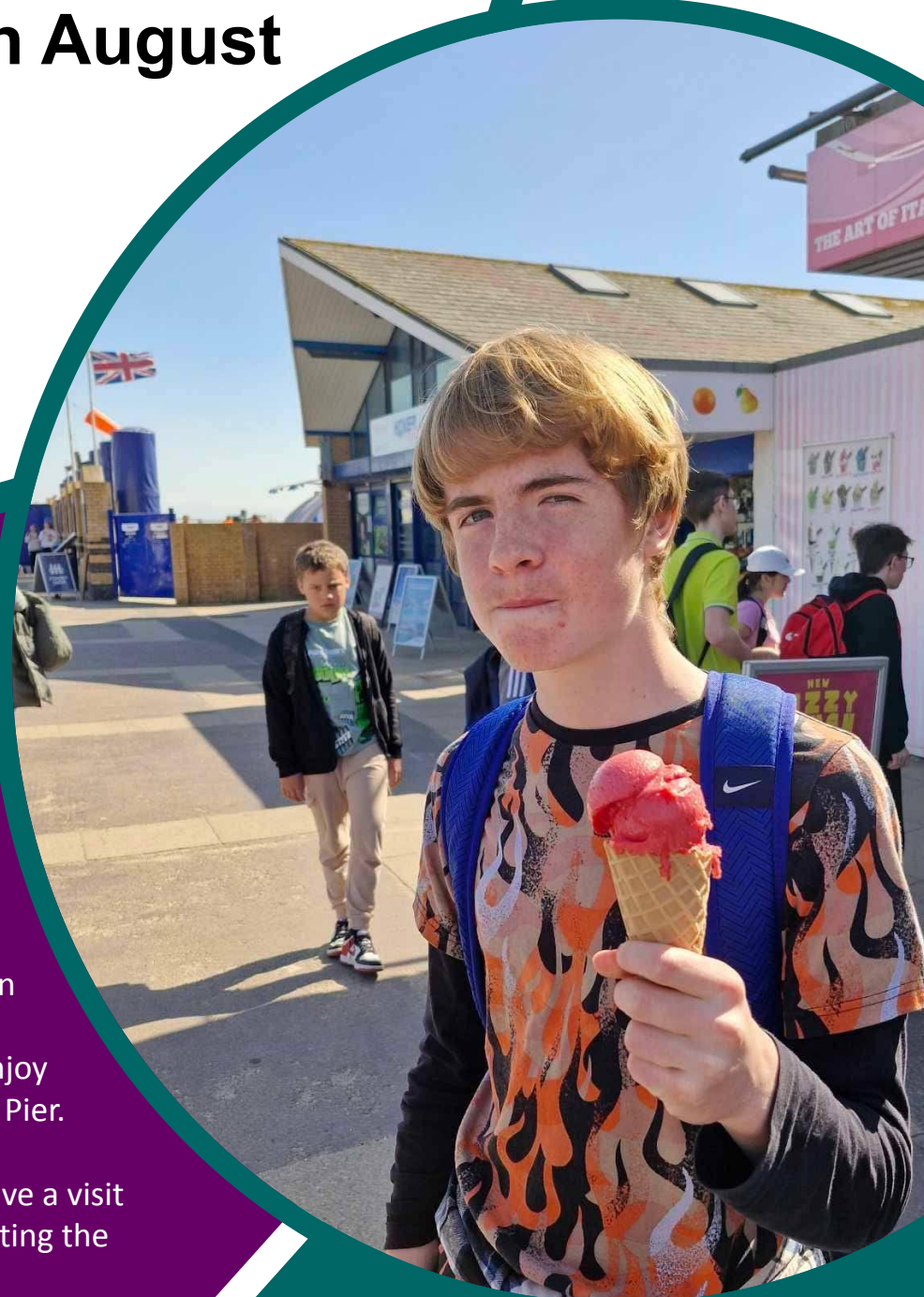
Wednesday 12th August Southsea Castle, Arcades & Ice Cream

This will be the ultimate day trip in Southsea to enjoy!

We'll start the day by getting a bus to the seafront, then followed by a visit to the world-famous Southsea Castle for a guided tour. Stand in the exact same spot where King Henry VIII once stood where he witnessed his flagship Mary Rose sink to the bottom of The Solent. We'll then be stopping for lunch before taking a leisurely stroll along the seafront to enjoy the arcades and ice cream at Clarence Pier.

Please be aware, the day doesn't involve a visit to the fun fair, just arcades, before getting the bus back.

Involves a bus journey. Limited wheelchair accessibility. Breakfast included, please bring a packed lunch and drink in a refillable bottle.



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casemates
STUDIOS & CAFE

Thursday 13th August Summer Karaoke Party

Join us at the Casemates Studios for the ultimate Summer karaoke party! We will have a professional music system set-up with microphones, plus all the lyrics will be projected onto a big screen. This will be an inclusive party welcoming all singing abilities.

During the day, we will have pizzas and refreshments available for our young people.

Bright summer or tropical themed clothes encouraged!

Involves a bus journey. Limited wheelchair accessibility. Breakfast & lunch included, please bring a drink in a refillable bottle.



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Friday 14th August

Portsmouth Historic Dockyard

Spend the day exploring Portsmouth Historic Dockyard your way. With Enable Ability's all-inclusive Dockyard ticket, you'll have the freedom to choose which attractions you'd like to visit across both Portsmouth and Gosport. Whether you want to step aboard the historic Mary Rose, explore HMS Victory, discover the impressive HMS Warrior, or visit one of the many museums and exhibitions, the day is yours to enjoy.

You may even take the waterbus across Portsmouth Harbour to Gosport, where even more attractions await. With so much to see and do, this is a fantastic opportunity to explore at your own pace, discover something new and make the most of the greatest attractions in Portsmouth, where millions of people travel across the world to see.

Limited wheelchair accessibility.
Breakfast included, please bring a packed lunch and a drink in a refillable bottle.



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Friday 21st August

Hilsea Lido

Get ready for a day of fun as we head to Hilsea Lido for an action-packed summer adventure.

We'll travel together by bus before enjoying a general swim in one of the UK's oldest outdoor pools, giving everyone the chance to cool off, build confidence in the water and have fun with friends.

After our swim, we'll relax on the grass with our packed lunches, before the excitement really begins. The afternoon is all about the inflatable obstacle course, where you'll bounce, splash, climb and slide your way around the giant floating course. Whether you're racing your friends, testing your balance or simply trying to stay dry, it's guaranteed to be a session full of laughter, energy and unforgettable memories.

Limited wheelchair accessibility.
Breakfast included, please bring a packed lunch and a drink in a refillable bottle.



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SEACITY
MUSEUM
THE LIVES. THE TIMES

Monday 24th August

Titanic Museum,
Southampton

We will be travelling by train 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.

Includes a train journey.

Wheelchair accessible. Breakfast included, please bring a packed lunch and a drink in a refillable bottle.



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Tuesday 25th August Ninja Warrior UK

Get ready to unleash your inner ninja as we head to Southampton for an action-packed day at the Ninja Warrior Adventure Park. Thanks to the generous support of Pete's Airlink, we'll be travelling together by minibus to and from the venue.

We'll kick things off with an exciting one-hour session, where you can climb, balance, jump and swing your way across a variety of obstacles while putting your strength, agility and determination to the test. Think you've got what it takes to conquer the famous Warped Wall?

After working up an appetite, we'll take a well-earned break to enjoy some pizza, before heading back for a second one-hour session.

Limited wheelchair accessibility. Involves a minibus journey. Breakfast & lunch included, please bring a drink in a refillable bottle.



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Onboard
RIBs

Wednesday 26th August

High-Adrenaline Rib Ride, Submarine Museum and Cinema

We'll be splitting the group into two to ensure everyone has the opportunity to experience an exhilarating 30-minute RIB ride.

Departing from Gunwharf Quays, you'll speed around The Solent before arriving at the Royal Navy Submarine Museum. After exploring a full-sized submarine used in World War II, you'll return to Gunwharf Quays.

All safety equipment, including a compulsory buoyancy aid, will be provided.

While one group is out on the water, the other will head to Vue Cinema to watch the new release David. The film follows a young shepherd boy on an extraordinary journey, discovering that true power lies not in kingship, but in faith, courage and freedom.

The groups will then swap over, ensuring everyone enjoys both experiences during the day.

Limited wheelchair accessibility. Breakfast included, please bring a packed lunch and a drink in a refillable bottle.



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southcoast
WAKE PARK

Thursday 27th August Wakeboarding and BBQ

Get ready for an action-packed afternoon as our friends at South Coast Wake Park welcome us to their incredible watersports centre. Whether you're trying wakeboarding for the first time or simply looking to have fun on the water, there's something for everyone.

Your two-hour session includes a full safety briefing before taking to the water. Every participant is guaranteed a dedicated 10-minute one-to-one session with an instructor to learn the basics of cable wakeboarding. If wakeboarding feels a little too challenging, don't worry. You'll also have the chance to enjoy body drags, paddleboarding and kneeboarding, giving everyone plenty of opportunities to get involved and build confidence on the water.

When it's not your turn, you can relax with friends, enjoy the BBQ or spend more time in the water cheering everyone on. All equipment is provided at no extra cost, including wetsuits and helmets, and wearing a wetsuit is strongly recommended.

Limited wheelchair accessibility. Breakfast & lunch included. Please bring a drink in a refillable bottle.



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PROVISIONAL ACTIVITIES

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

All the activities below forms part of the Travel Training grant we have received, where independent travel needs to be included in the day's activities.

Saturday 5th September -

Kayaking - Andrew Simpson Watersports Centre

Thursday 10th September -

Masterchef Cookery Session

Friday 18th September -

Eat, Drink & Bowl - Hollywood Bowl

Saturday 26th September -

Flip Out Party Session



Contact details: James Donougher, Project Leader,
Portsmouth Teenage Project, Enable Ability, Landport Community Centre, Portsmouth, PO1 1JD.
Website: www.enableability.org.uk
Telephone - office: 023 9267 1874 Mobile: 07857 328390
Facebook Page: www.facebook.com/portsmouthteenageproject/
Instagram: www.instagram.com/portsmouthteenageproject/