

**enable
ability**
Unlocking the Potential

Portsmouth
Community Adventures
Explorers

**OCTOBER
2026**

**EVENTS
SCHEDULE**



**INDEPENDENT TRAVEL
TRAINING SPECIAL**

ABOUT US

The all-new *Explorers* is run by Enable Ability for young people aged 11-17 living in Portsmouth with a physical and/or mild-moderate learning disability, or additional special need.

Formerly known as the Portsmouth Teenage Project, this newly-branded project will attempt to continue delivering after-school and weekend activities, plus day trips in the school holidays with the limited funding the charity has access to.

Until the end of October, activities will focus on Independent Travel Training, with an equal spread across the north and south of Portsmouth. Young people taking part will be met by a member of charity staff on a bus at an arranged time and location en route to the activity.

For those participating in travel training, all costs are covered, including the bus fare and activity cost. Priority will be given to those living furthest from the activity venue to maximise the effectiveness of the training.

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

Parents/carers will still be responsible for collecting their young person from the activity venue at the end of the session.

Those not participating in the travel training, due to the location of their home address, will meet the group at the venue and will be charged for the activity, as the current funding only covers those taking part in the travel training.

Parents/carers are able to book their young person's preferred activities by using a new booking system called Zeffy. Spaces will be awarded on a first-come first served basis, a system we used previously which reduces significant administration time.

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

James Donougher
Project Leader



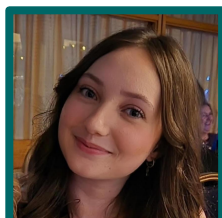
MEET THE TEAM



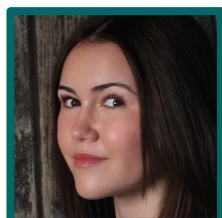
JAMES (Project Leader) - Hello! I have been a Project Leader with Enable Ability since September 2017 and still loving every minute! I have always lived in Portsmouth (apart from one random year living in Brighton) and love exploring, trying new things and experiencing life to the full. I am committed 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 (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!



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!



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!



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!

MEET THE TEAM



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!



ALICE (Volunteer) - 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!



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!

WHAT'S ON



Saturday 3rd October

Kayaking & Stand-up Paddleboarding



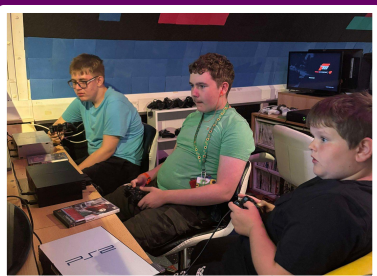
Thursday 8th October

Cinema & Burger King



Friday 23rd October

Game Over Pizza Night



Monday 26th October -

Friday 30th October

The *Explorers* Holiday Scheme

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

Saturday 3rd October

Kayaking & stand-up paddleboarding

Join us on the water for a 1-hour paddlesports session at Andrew Simpson Centres Portsmouth, where young people will have the opportunity to try both kayaking and stand-up paddleboarding during a mixed activity session.

All specialist equipment is provided, including wetsuits, buoyancy aids and helmets if required by the instructor.

Please bring swimwear, towel, spare shoes that can get wet, refillable bottle and suncream.



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

Thursday 8th October

Cinema & Burger King

We'll start the evening with a visit to Burger King, where your young person can choose a meal of their choice, which is included in the cost of the activity. Pre-orders required.

We'll then head to the cinema to watch the return of the classic Halloween comedy, *Hocus Pocus* (1993).

A curious youngster moves to Salem, where he accidentally awakens a trio of diabolical witch sisters who were executed 300 years ago. With the witches back and causing chaos on Halloween night, it's up to three young people and an immortal cat to stop them once and for all.

Rated PG - General viewing, but some scenes may be unsuitable for younger children. Parental guidance suggested.

Please bring a drink in a refillable bottle. Wheelchair accessible



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Thursday 15th October

Masterchef Cookery Session

This will be a cookery workshop delivered by Barnardo's as part of their Co-op Partnership programme.

You will have the opportunity to take part in a hands-on cooking activity where you'll prepare and make a gorgeous sausage casserole together in a relaxed and supportive environment.

All ingredients and equipment will be provided and the session will be led by experienced Barnardo's staff.

*Please let us know of any food allergies or dietary requirements in advance.

Please bring a drink in a refillable bottle. Wheelchair accessible.



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Friday 23rd October

Game Over

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 their new accessible venue located in the Bridge Centre.

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 a selection of pizza slices to choose from, a drink will also be included in the activity cost (no alternative food choices will be available).

*Please let us know of any food allergies or dietary requirements in advance.

Please bring a drink in a refillable bottle.
Wheelchair accessible.



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THE *EXPLORERS* HOLIDAY SCHEME

Our October half term programme is guaranteed to be a fun-filled adventure, full of exciting activities and new opportunities for the five day holiday period. Detailed descriptions for each day is listed over the next couple of pages. Any free time for each day will be spent in Landport Community Centre.

This week does NOT form part of the independent travel training programme.

TIME: All days 10am until 4pm

Monday 26th October: PUMPKIN PICKING AND PUMPKIN SOUP MAKING - We are starting the day with a visit to a local farm to pick our own selection of pumpkins, then we will facilitate a workshop session to make pumpkin soup from the pumpkins picked which you will be able to take home with you and heat up to enjoy with your family. Includes travelling by public transport on the buses. **Please bring packed lunch & a drink in a refillable bottle. Limited wheelchair accessibility.**

Tuesday 27th October: CINEMA DAY TRIP & BURGER KING - We will be watching the new film *Forgotten Island*, made by the creators of *Puss In Boots*. *Forgotten Island* follows two inseparable friends who are transported to the mythical island of Nakali, where their memories begin to fade and they must find a way home before they forget each other entirely. Rich with Filipino culture and mythology, the film blends diverse animation styles into a visually striking world. Critics praise its heartfelt story, imaginative worldbuilding, and strong voice cast, calling it one of DreamWorks' standout animated features. Includes 25 minutes of walking each way with breaks. **Lunch included, please bring a drink in a refillable bottle. Wheelchair accessible.**



THE *EXPLORERS* HOLIDAY SCHEME

Wednesday 28th October: EXPLORIA & MINI INDOOR ADVENTURE GOLF - Exploria and indoor adventure golf are both fun and physical activities to keep all young people engaged and entertained for hours, particularly teenagers thrive in these environments. We first visit Exploria, travelling by bus, then after our two hour session at Exploria, we walk to Clarence Pier to enjoy the indoor adventure golf. Includes travelling by public transport on the buses and 30 minutes of walking with breaks. **Please bring packed lunch & a drink in a refillable bottle. Limited wheelchair accessibility.**

Thursday 29th October: LASER QUEST & DOCKYARD VISIT - A lively indoor activity where children can team up, dodge opponents and enjoy fast-paced laser battles. After our laser session. 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. **Please bring a packed lunch & a drink in a refillable bottle. Wheelchair accessible.**

Friday 30th October: HIGH SCORE FREE PLAY ARCADES SOUTHAMPTON - Catch the train to Southampton for 60 minutes on the many free-play arcade machines followed by grabbing the world-famous takeaway shakes from Ed's Easy Diner in West Quay for the train journey home (vegan and gluten-free shakes available); the perfect way to celebrate the end of the week's holiday scheme. The arcades are 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. Includes travelling by public transport on the trains and 30 minutes of walking with breaks. The day may include some independent travel training on the trains, however this is yet to be confirmed. **Please bring a packed lunch & a drink in a refillable bottle. Wheelchair accessible.**

PROVISIONAL ACTIVITIES

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

Friday 6th November

The South's #1 Fireworks Party - Utilita Bowl

Sunday 15th November

Romsey Rapids

Friday 20th November

Dice Board Games
Lounge Social

Sunday 29th November

Portsmouth Ice Skating



Contact details: James Donougher, Project Leader,
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