

About our staff

All staff are friendly, enthusiastic, well trained and qualified to support young people with disabilities and all have an enhanced Disclosure and Barring Service check (DBS).



For more information

If you would like to know more about joining Portsmouth Teenage Project please get in touch. We look forward to hearing from you!

Portsmouth Teenage Project
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Portsmouth Teenage Project Leader:

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Visit www.enableability.org.uk

You can also find us on social media:

 [/portsmouthteenageproject](https://www.facebook.com/portsmouthteenageproject)

 [@portsmouthtp](https://twitter.com/portsmouthtp)

 [portsmouthteenageproject](https://www.instagram.com/portsmouthteenageproject)

Portsmouth Teenage Project is funded by Portsmouth Short Breaks. We always appreciate fundraising carried out on our behalf and any donations.



Part funded by:
Portsmouth City Council

Charity Registration: 276422
Company No: 1405937

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ability | **Teenage Project**

Activities for young people
with disabilities aged 13 - 17
years old living in Portsmouth

Visit us online

www.enableability.org.uk

“ This group is fantastic for us as teenagers. It gives a break for our families and carers, but also gives us independence. ”

“ A few years ago I wouldn't have been able to interact with people, this club has helped me realise my potential. ”



What do we do at Portsmouth Teenage Project?

We offer a varied programme of inclusive group activities in leisure, sport and recreation to young people with disabilities or SEN.

Our activities are designed to allow young people to interact with their peers on a regular basis. A focus is on improving life skills for all young people; including building confidence and independence, friendships and developing communication skills.

Teenage Project is for young people aged 13-17 years, with physical and/or mild-moderate learning difficulties or special educational needs (SEN) in the Portsmouth area. Each member is supported in their own way to access each activity so no matter what support they require from staff. Before attending Teenage Project for the first time a home visit will need to take place to assess suitability.

Activities

We run a social club, predominantly in two centres in Portsmouth; the Frank Sorrell Centre in Southsea and the Landport Community Centre in town. Here our young people are given the chance to socialise with each other, and to take part in a range of activities such as arts and crafts, cooking, movie nights, theme nights or just relaxing and playing computer games.

Other activities taking place throughout the month will include bowling and pool, cinema trips, and attending mixed sports sessions. Some of our longer trips have included days out in London, Beaulieu Motor Museum, LaserTag, and each summer we enjoy a day out at Thorpe Park.

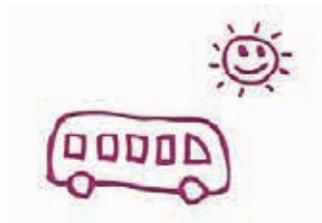
All of Teenage Project's activities are chosen by the young people themselves, and we are always very happy to receive suggestions for future trips.

We also run a holiday programme which runs 10am-4pm daily at the Charles Dickens Activity Centre.

When and where

Activities take place throughout the year on a weekly basis, usually on Friday nights, in Portsmouth and the surrounding area.

Enable Ability provides a minibus service for some of the trips that are outside the Portsmouth area. However most of our sessions will usually take place in Portsmouth, and if you are unable to find transport to and from the activities then speak to a member of staff. We may possibly be able to help with transport in exceptional circumstances



www.enableability.org.uk

If you are looking to have fun and make friends, where your disability or SEN won't make you stand out then Portsmouth Teenage Project could be for you!

