sportworks

Respect
Ambition
Loyalty
Honesty
Passion

PORTSMOUTH SHORT BREAKS

Junior Project

Evening socials, activitydays, music, gaming and more for young people aged 5-10 with SEND or additional needs

Ages 5-10

Free for eligible families

After school, weekends and holidays

Funded by Portsmouth City Council

Short Breaks for children and young people with SEND

Portsmouth CITY COUNCIL

Welcome to Junior Project

I am delighted to introduce a new programme of Short Breaks delivered by SportWorks for children aged 5-10 living in Portsmouth with SEND or additional needs.

The Portsmouth Junior Project gives children regular opportunities to get active, build confidence, develop independence, make new friends and enjoy new experiences in their local community, through after-school sessions, weekends, school holidays, trips and family events.

Activities are shaped around what children are into, from music and gaming to sport, wellbeing and social time, and are run by a team of experienced practitioners with support tailored to each child. The programme is designed for children with low to moderate support needs who can take part in community activities with this level of support.

We are incredibly excited to launch the Junior Project and can't wait to help young people connect, try new things and reach their potential.



James Donougher

Programme Lead - South

Who it is for

Children aged 5-10 who live in Portsmouth (PO1-PO6) and have SEND or additional needs. Places are for families open to the Children with Disabilities Family Help Team.

What it costs

Nothing. Sessions are free for eligible families, funded by Portsmouth City Council.

A typical session

Every session follows the same simple shape, so children always know what to expect.

1. ***Arrive and catch up***
   Drop in, say hello and see what is on.
2. ***Choose your thing***
   Music, gaming,crafts,board games or a group challenge.
3. ***Team up***
   Group activities that build friendships and confidence.
4. ***Downtime***
   A drink, a chat and space to relax.
5. ***Your say***
   Share ideas for what we do next time.
6. ***Home time***
   Every young person is handed back to a named adult.

Support at every session

- ***Visual timetables***
  Now-and-next boardsso everyone knows what is coming.
- ***Ear defenders and quiet space***
  Somewhere calm to go whenever it is needed.
- ***A familiar team***
  The same faces each time, so young people feel at home.
- ***All About Me profile***
  You tell us what works for your young person and we plan around it.
- ***Safe and vetted staff***
  Enhanced DBS, references and safeguarding training before anyone works with us.
- ***Parents and carers welcome***
  Stay and join in at weekend and holiday sessions if you would like to.

Get active. Make friends. Try something new. Be yourself.

Where we meet

Every venue is visited, checked for accessibility and risk assessed before we use it. Full details also come with your booking confirmation.

Mayfield School

AFTER SCHOOL CLUBS

Sport, arts and crafts and team games in a familiar school setting.

Where Mayfield School, Mayfield Road, Portsmouth, PO2 0RH

Trafalgar School, Hilsea

WEEKEND AND HOLIDAY SESSIONS

A spacious sports hall for active games, adapted sport and multi-skills, with room for calmer activities too.

Where *Trafalgar School, London Road, Hilsea, Portsmouth, PO2 9RJ*

What we get up to

Sport and active games

Fun, inclusive games that get everyone moving and building confidence.

Arts and crafts

Creative activities to explore ideas, develop skills and make something unique.

Team challenges

Working together to solve problems, share ideas and celebrate achievements.

Sensory play

Hands-on, sensory experiences to explore, relax and have fun in your own way.

Music and movement

Songs, dancing and rhythm activities to express yourself and enjoy being active.

Calm time

Quiet activities and downtime to reset, relax and feel comfortable.

First time? No problem.

Not sure if the Junior Project is right for your young person? Give us a call on 0191 5800 120 and we will happily talk it through with you.

Meet the team

The friendly faces you will see at Junior Project.



James

PROGRAMME LEAD

I've been leading sessions since 2017 and still love every minute. I'm Portsmouth through and through, and a keen performer who has dressed up as everything from the Lion in The Wizard of Oz to a nutty professor launching (pretend) rockets. I can't wait to meet You.



Hannah

GROUP LEADER

I started working with young people in 2024. I'm studying Psychology at university, volunteer with the mental health charity Shout, and I'm a huge bookworm. I love helping everyone build confidence and have fun in a safe, inclusive space.



James

GROUP LEADER

I'm a qualified teacher with six years' experience in the UK, China and Dubai. I love getting to know everyone as an individual, whether through games, sport, creative activities or simply sharing a laugh. Outside work I'm a keen runner and traveller.



Ivan

GROUP LEADER

I am a Sport Management student at the University of Portsmouth with a strong passion for sport, fitness, and coaching. With experience as an assistant football coach, I enjoy helping others develop their skills, working as part of a team, and continuously learning to improve both personally and professionally.



Subash

SUPPORT WORKER

I have been working in sports coaching and supporting groups since 2023, gaining experience in Nepal and Dubai. I enjoy helping young people build confidence, develop teamwork and take part in fun activities. I'm passionate about creating a safe, inclusive and welcoming environment where everyone feels supported.



Katie

SUPPORT WORKER

I began working with people with disabilities in 2025. I'm studying Musical Theatre at university with my sights set on the West End, and I love dancing and reading. I'm all about creating a space where everyone can be themselves.