sportworks

Respect
Ambition
Loyalty
Honesty
Passion

PORTSMOUTH SHORT BREAKS

Teenage Project



Evening socials, activity days, music, gaming and more, for young people aged 11-17 with SEND or additional needs

Ages 11-17

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 the Teenage Project

I am delighted to introduce a new programme of Short Breaks delivered by SportWorks for young people aged 11-17 living in Portsmouth with SEND or additional needs.

The Portsmouth Teenage Project gives young people 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 young people 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 young person. The programme is designed for young people with low to moderate support needs who can take part in community activities with the appropriate level of support in place.

We are incredibly excited to launch the Teenage 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

Young people aged 11-17 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 young people 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.

First time? No problem.

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

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.



The BASE, Portsmouth Guildhall

WEEKEND AND HOLIDAY SESSIONS

The Guildhall Trust's creative youth space, with music production, creative technology and performance.

Where	*Portsmouth Guildhall, Guildhall Square, Portsmouth, PO1 2AB*
Access	Wheelchair accessible with accessible toilets.
Parking	Limited on-street parking is available nearby, check restrictions and return policies. A 10-minute drop-off/pick-up is possible outside the Guildhall's accessible entrance; please avoid obstructing the road.



Spark Community Space

EVENING SOCIALS

A relaxed, welcoming community space for crafts, board games, activities and time with friends.

Where	Unit 12, The Pompey Centre, Fratton Way, PO4 8SL
Access	Wheelchair accessible with accessible toilets.
Parking	Tesco Extra and Pompey Centre car parks nearby (check restrictions). A 10-minute drop-off is possible outside the north-facing accessible entrance; avoid the Ibis Hotel and resident-only parking.



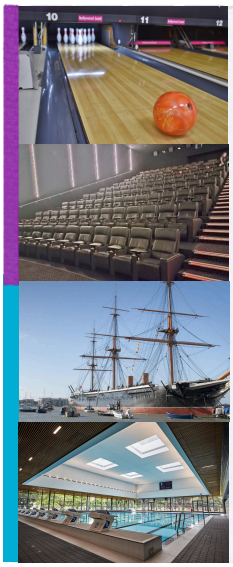
Electric Dreamz

EVENING SOCIALS

Retro gaming, classic consoles, board and tabletop games and LEGO.

Where	*Asda Portsmouth, The Bridge Shopping Centre, Somers Road North, Portsmouth, PO1 1SL*
Access	Wheelchair accessible with accessible toilets.
Parking	Parking at the nearby Asda Fratton car park. Drop-off and pick-up are to the left of the main entrance — drive to the end of the car park and your young person will be greeted at The Bridge Centre service doors. what3words: ///stray.format.bunny Step-free entrance.

What we do



Hollywood Bowl, Gunwharf Quays

Join us for not one, not two... but THREE games of bowling.

Vue Cinema, Gunwharf Quays

We'll be heading to the cinema to see the latest movie release.

Portsmouth Historic Dockyard, HM Naval Base

Choose from two attractions within the Portsmouth site (excludes Gosport).

Ravelin Sports Centre, Ravelin Park (Coming Soon)

Do you like swimming and indoor climbing, this is perfect for you!

Meet the team

The friendly faces you will see at Teenage 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.