

Young Carers Summer Activities 2023

- Pick **1 activity each week** and if you are interested in any **extra sessions**, please book them as **'reserves'** and **contact us** before the activity is due to take place to see if there are any free spaces. (Family sessions and weekly group sessions can be extra)




- **To book** please call/text **Becky's work mobile number (07534 922980)**. **Please remember to include the young carers name and age** and ensure you have received confirmation text for your booking. Bookings will be confirmed with you from Tuesday 25 July.

- If you are **unable to attend, please cancel any sessions** as soon as possible so the place can be offered to another young carer. When delivering activities, it may be difficult to respond immediately to calls or texts, however we will reply as soon as we can.



- There are large numbers of young carers attending the project so to make it fair we need to **share out popular activities** during the year, so these may need to be chosen as reserves. We also need young carers to be able to meet the **behaviour expectations** to ensure theirs and others safety, thank you.

- Please bring a **drink**  & wear or bring **sun-cream**  . You can also bring a **snack**  if you would like to.

- Please can parent/carers check we have an **up-to-date 'Consent' form** before attending activities with the service. We will have blank Consent forms for you to complete at activities, should you need to.




- Places at our Wednesday and Saturday groups continue to be offered to some young carers and currently have waiting lists. Please contact us if interested and we can discuss this more with you

- Please contact us if you have any questions or if there's anything stopping you from coming to an activity. Some age guidelines may be flexible please talk to us about these if you are interested.

- If there are any **unforeseen circumstances**, we may need to provide **alternative activities** or may have to **cancel sessions**.



- Enjoy the  We look forward to seeing you soon, The Young Carers Team.

Addresses for frequent activities

- Andrew Simpson Sailing Centre Portsmouth, PO3 5LY (off Eastern Rd)
- Carers Centre, 117 Orchard Rd, Southsea, PO4 0AD
- John Pounds Centre, 23 Queen Street, (access via Aylward Street), Portsea, PO1 3HN
- Mountbatten Leisure Centre, (main entrance by car park) Alex Way, Hilsea, Portsmouth PO2 9QA
- Northern Parade Family Hub, Hilsea, Portsmouth PO2 9NE
- Paulsgrove Family Hub, Cheltenham Rd, Portsmouth PO6 3PL
- Portsmouth Museum, Museum Rd, Portsmouth PO1 2LJ
- Somerstown Family Hub, Omega St, Southsea, Portsmouth, Southsea PO5 4LP 023 92821816
(this is in Omega street, **not** the hub across Winston Churchill Ave.)
- Southsea Skatepark, Clarence Esplanade, Southsea, PO5 3NZ












Adventure playgrounds (6 to 13 year olds) - If you would like to attend a playground session, please contact the site directly. If you need any support with this, please let us know.

- **Buckland adventure playground**, Malins Road, PO2 7BA, 023 9283 2611
- **Landport adventure playground**, Arundel Street, PO1 1PH 023 9282 4571
- **Paulsgrove adventure playground**, Marsden Road, PO6 4JB, 023 9222 1527
- **Portsea adventure playground**, Aylward Street, PO1 3PB, 023 9275 3237
- **Somerstown adventure playground**, Waterloo Street, PO5 4HS, 023 9287 3236
- **Stamshaw adventure playground**, Western Terrace, PO2 8JX, 023 9269 0241


















Young Carers Summer Activities 2022

Week 1

<p>Monday 24 July</p>	<p>Morning & Afternoon No activities</p>		<p>6pm – 8.30pm 13-18yrs Monday Group Meet at: Carers Centre, Southsea No need to book</p> 	
<p>Tuesday 25 July</p>	<p>Morning No activities</p>		<p>1.30pm - 3.30pm Smaller group for less confident or younger age Art + Games Somerstown Meet at: Somerstown Family Hub OMEGA STREET</p> 	
<p>Wednesday 26 July</p>	<p>9.30 - 11.30am Bowling - Hollywood Bowl</p>  <p>Meet at: The side of Marks & Spencer, Gunwharf Quays (vehicle drop-off point)</p>	<p>12.30pm to 3.30pm Free Family Fun Afternoon to Celebrate Portsmouth Family Hubs relaunch For all families in the community to attend - Public Event</p> <p>Art, treasure hunt, storytelling, facepainting (mobile petting zoo at the Paulsgrove event)</p> <p>Families invited to bring their own picnics.</p>  <p>Paulsgrove Family Hub Cheltenham Road PO6 3PL</p> <p>Somerstown Family Hub Omega Street, PO5 4LP</p> 	<p>Early evening 8-18yrs Wed group Paulsgrove</p> <p>Please contact us if you are interested (there is a current waiting list)</p> 	
<p>Thursday 27 July</p> 	<p>9.40am - 12.00pm approx. Family Cooking - North End (1 parent/adult age18+ and 1 young carer 8+ years) <i>Please let us know of any food allergies.</i></p> <p>Meet at: The Learning Place, 6 Derby Road, PO2 8HH (Entrance to the side of Derby Road Post Office) Please bring some containers to take your cooking home</p>		<p>2pm - 4pm Mini golf, museum, picnic + park</p> <p>Meet at Cumberland House Natural History Museum</p> 	<p>Evening 18-25yrs Thursday Group</p> <p>Contact Mandy 07464 529837 for details</p> 
<p>Friday 28 July</p> 	<p>10am - 12pm 6 – 13yrs Landport Adventure Playground, Arundel Street, (Opposite Asda car park) Meet at ENTRANCE to playground.</p>	<p>1.30pm - 3.30pm Art + Games Somerstown Meet at: Somerstown Family Hub OMEGA STREET</p> 		
<p>Saturday 29 July</p> <p>John Pounds Centre, Portsea</p>	<p>Morning 8 – 14 years Saturday Young Carers group</p>  <p>Please email us if you are interested - there is currently a waiting list</p>		<p>Sat Mobile 07985 397970</p> <p>For use on the morning.</p>	

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Week 2

<p>Monday 31 July</p>	<p align="center"><u>Morning and Afternoon</u></p> <p align="center">No activities</p>		<p>6pm – 8.15pm 13-18yrs Monday Group</p>  <p>Meet at: Carers Centre, Southsea No need to book</p>
<p>Tuesday 1 August</p> 	<p>9.40am - 12.00pm approx. Family Cooking - Southsea (1 parent/adult age18+ and 1 young carer 8+ years) Please let us know of any food allergies. Meet at: Carers Centre, Southsea Please bring some containers to take your cooking home</p>	<p>2pm - 4.30pm Cooking - let us know of any food allergies and dietary requirements.</p> <p>Meet at Carers Centre 117 Orchard Road, Southsea PO4 0AD</p>  <p>Please bring an empty container for your food.</p>	
	<p>10am - 12pm Art + Games - Northern Parade, Hillsea (this will be a Small group) Meet at: Northern Parade, Family Hub</p>		
<p>Wednesday 2 August</p> 	<p>9.10am - 12pm Film: MAVKA: THE FOREST SONG (ENGLISH VERSION) Vue Cinema, Gunwharf Quays, (Ukrainian animated film) Meet at Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point)</p>	<p>2-4pm Bug Hunt,  Cumberland Museum + Play Park Eastern Parade, Southsea  Meet at Cumberland House Natural History Museum 2pm - 4pm Art and Games  Paulsgrove Meet at: Paulsgrove Family Hub</p>	<p>Early evening 8-18yrs Wed group  Paulsgrove</p> <p>Please contact us if you are interested (there is a current waiting list)</p> <p>6.45pm - 9pm 12 - 17yrs Playzone Teen Session  Meet at: Playzone, Unit A4, Oakpark Industrial Estate, North Harbour Rd, Cosham, PO6 3TJ Please bring socks + cover arms & legs</p>
<p>Thursday 3 August</p>	<p align="center"><u>Morning and Afternoon</u></p> <p align="center">No activities</p>		<p>Evening 18 - 25yrs Thursday Group</p> 
<p>Friday 4 August</p> 	<p>9.30am - 12.30pm 10+ years Paddle boarding / Kayak (need to be confident in the water) Please bring swimwear, towel, snacks, drinks and coat. Meet at: Andrew Simpson Sailing Centre Portsmouth, PO3 5LY (off Eastern Rd)</p>	<p>2pm - 4pm Lazer Quest and Landport Playground  </p> <p>(Opposite Asda car park) Meet at ENTRANCE to playground.</p>	
<p>Saturday 5 August</p> <p>Portsea</p>	<p>Morning 8 – 14 years Saturday Young Carers group</p>  <p>Please email us if you are interested - there is currently a waiting list.</p>		<p>Sat Mobile 07985 397970</p> <p>For use on the morning.</p>
















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Week 3

<p>Monday 7 August</p>	<p><u>Morning</u> No activities</p>	<p><u>2pm - 4pm</u> Art + Games Somerstown</p>  <p>Meet at: Somerstown Family Hub OMEGA STREET</p>	<p><u>6pm – 8.15pm</u> 13-18yrs Monday Group</p>  <p>Meet at: Carers Centre, Southsea No need to book</p>	
<p>Tuesday 8 August</p> 	<p><u>10am - 12pm</u> Family Craft Session - Paulsgrove (Hillside) (1 parent/adult age 18+ & 1 or 2 young carer 5+ years)</p>  <p>Meet at: Hillside Youth Centre, Cheltenham Rd</p>		<p><u>12.40pm - 2.15pm</u> 12+ years Swimming Floats + Fun</p> <p>Mountbatten Leisure Centre By attending this you are agreeing young carers are water - confident + able to swim (staff not in water)</p> <p>Meet outside Mountbatten entrance</p> 	
	<p><u>10am - 12pm</u> 6-13 years Stamshaw Adventure Playground Western Terrace, Stamshaw, PO2 8JX</p> <p>Meet at: Playground entrance. (Let us know if arriving by car, and we can meet you outside Hastings House, at end of Gruneisen Rd, off Twyford Ave)</p>		<p><u>Early evening</u> 8-18yrs Wed group Paulsgrove</p>  <p>Please contact us if you are interested (current waiting list)</p>	
<p>Wednesday 9 August</p> 	<p><u>TIME; TBC</u> <u>Film: TBC</u> Vue Cinema, Gunwharf</p> <p>Meet at Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point)</p>	<p><u>1.30pm - 4pm</u> Scalextric, Vintage bus ride, Park + museum</p>  <p>Meet at Portsmouth Museum, Museum Rd, PO1 2LJ</p>	<p><u>Early evening</u> 8-18yrs Wed group Paulsgrove</p>  <p>Please contact us if you are interested (current waiting list)</p>	
<p>Thursday 10 August</p> 	<p><u>9.40am - 12.00pm approx.</u> Family Cooking - North End (1 parent/adult age 18+ and 1 young carer 8+ years) Please let us know of any food allergies.</p> <p>Meet at 'The Learning Place, 6 Derby Road, PO2 8HH (Entrance to the side of Derby Road Post Office). Please bring containers for your cooking</p>	<p><u>1.30pm - 3.30pm</u> Model village, magician + park</p> <p>Meet at Cumberland House Natural History Museum</p> 	<p>Evening 18 - 25yrs Thursday Group</p> <p>Contact Mandy 07464 529837 for details</p> 	
	<p><u>10.30am - 12.30pm</u> 10+Yrs Pitch and Putt The Tenth Hole Tea Room, Eastern Parade,</p> <p>Meet at tearoom entrance + wear flat shoes</p>			
<p>Friday 11 August</p> 	<p><u>10.50am - 3pm</u> 8 - 18years Activities Day- Peter Ashley Activity Centre (& free lunch) (Paid by HAF funding - for those entitled to Benefits related Free School Meals or meet HAF requirements, staffed by Young Carers Workers) by booking you will be agreeing for booking details to be shared with HAF) Please let us know of any food allergies Meet at: Peter Ashley Activity Centre Peter Ashley Lane, Portsdown Hill Road, PO6 1BJ</p>			
<p>Saturday 12 August John Pounds Centre, Portsea</p>	<p><u>Morning</u> 8 – 14 years Saturday Young Carers group Please email us if you are interested - there is a current waiting list.</p>		<p>Sat Mobile 07985 397970</p>  <p>For use on the morning.</p>	

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Week 4

<p>Monday 14 August</p>	<p>Morning No activities</p> 	<p>1.30pm - 4.30pm 10+ years Paddle boarding / Kayak (need to be confident in the water) Please bring swimwear, towel, snacks, drinks and coat. Meet at: Andrew Simpson Sailing Centre Portsmouth, PO3 5LY (off Eastern Rd)</p>	<p>6pm – 8.15pm 13 - 18yrs Monday Group</p>  <p>Meet at: Carers Centre, Southsea No need to book</p>
<p>Tuesday 15 August</p> 	<p>9.40am - 12.00pm approx. Family Cooking - Southsea (1 parent/adult age 18+ and 1 young carer 8+ years) Please let us know of any food allergies. Meet at: Carers Centre, Southsea Please bring some containers to take your cooking home</p>	<p>2pm - 4.30pm Cooking - let us know of any food allergies and dietary requirements</p> <p>Meet at Carers Centre 117 Orchard Road, Southsea PO4 0AD</p> 	
	<p>10am - 12pm 6 – 13yrs Paulsgrove Playground</p> <p>Meet at playground entrance Marsden Road, Paulsgrove PO6 4JB</p> 	<p>Please bring an empty container for your food.</p>	
<p>Wednesday 16 August</p> 	<p>8.45am - 12pm 8 - 18 years Exploria - indoor climbing, slides + ball pits (& free lunch) (Paid by HAF funding - for those entitled to Benefits related Free School Meals or meet HAF requirements, staffed by Young Carers Workers - by booking you will be agreeing for booking details to be shared with HAF) Please let us know of any food allergies. Meet at: Pyramids Centre, Clarence Esplanade, Southsea PO5 3ST</p>	<p>1.30pm - 4pm Model Railways, vintage bus ride, park + museum</p>  <p>Meet at: Portsmouth Museum</p>	<p>Early evening 8-18yrs Wed group Paulsgrove</p>  <p>Please contact us if you are interested, (there is a current waiting list)</p>
<p>Thursday 17 August</p> 	<p>TIME: TBC Film: TBC Vue Cinema, Gunwharf Quays, Meet at Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point)</p>	<p>3 - 5pm 10+ years Southsea Skate Park Come and learn how to skate, skateboard or use bikes on the ramps. All equipment will be provided. (You can bring your own bike, skates, board + helmets - please look at their website for detailed information)</p>   <p>Meet at: Skate park entrance</p>	<p>Evening 18-25yrs Thursday Group</p>  <p>Contact Mandy 07464 52983 for details</p>
<p>Friday 18 August</p>	<p>Morning and afternoon No activities</p>		
<p>Saturday 19 August</p> <p>John Pounds Portsea</p>	<p>Morning 8 – 14 years Saturday Young Carers group</p> <p>Please email us if you are interested - there is a current waiting list.</p>	<p>Sat Mobile 07985 397970</p> <p>For use on the morning.</p> 	












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Week 5

<p>Monday 21 August</p> 	<p>10.50am - 3pm 8 - 18 years Activities Day- Peter Ashley Activity Centre (& free lunch) (Paid by HAF funding - for those entitled to Benefits related Free School Meals or meet HAF requirements, staffed by Young Carers Workers) by booking you will be agreeing for booking details to be shared with HAF) Please let us know of any food allergies Meet at: Peter Ashley Activity Centre Peter Ashley Lane, Portsdown Hill Road, PO6 1BJ</p>		<p>6pm-8.15pm 13-18yrs Monday Group</p>  <p>Meet at: Carers Centre, Southsea No need to book</p>	
<p>Tuesday 22 August</p>	<p>Morning No activities</p>	<p>2pm - 4pm Family Craft Session (1 parent/adult age 18+ & 1 or 2 young carer 5+ years)</p>   <p>Meet at: Carers Centre, Southsea</p>		
<p>Wednesday 23 August</p> 	<p>TIME: TBC Film: TBC Vue Cinema, Gunwharf Quays, Meet at Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point)</p>	<p>2pm - 4pm Meccano, park + museum</p>  <p>Meet at: Portsmo Museum,</p> <p>2pm - 4pm Art and Games Paulsgrove</p>  <p>Meet at: Paulsgrove Family Hub</p>	<p>Early evening 8-18yrs Wed group Paulsgrove</p>  <p>Please contact us if you are interested, (there is a current waiting list)</p>	<p>6.45pm - 9pm 12 - 17yrs Playzone Teen Session</p>  <p>Meet at: Playzone, Unit A4, Oakpark Industrial Estate, North Harbour Rd, Cosham, PO6 3TJ Please bring socks + cover arms & legs</p>
<p>Thursday 24 August</p> 	<p>10am - 12pm 6 - 13yrs Buckland Playground</p> <p>Meet at playground entrance Malins Road</p>	<p>12.40pm - 2.15pm 12+ years Swimming Floats + Fun</p> <p>Mountbatten Leisure Centre By attending this you are agreeing young carers are water - confident + able to swim (staff not in water)</p>  <p>Meet outside Mountbatten entrance</p>	<p>Evening 18-25yrs Thursday Group</p>  <p>Contact Mandy 07464 529837 for details</p>	
<p>Friday 25 August</p>	<p>Morning and Afternoon No Activities</p>			
<p>CLOSED Saturday 26 August 2022</p>	<p>Portsea Young Carers group 8 - 14 years CLOSED</p> 			

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Week 6

Monday 28 August	Morning AND Afternoon No Activities		Closed 13-18yrs Monday Group Closed 
Tuesday 29 August	Morning No activities	2pm - 4pm Art + Games Somerstown Meet at: Somerstown Family Hub OMEGA STREET	
Wednesday 30 August 	TIME; TBC Film: TBC Vue Cinema, Gunwharf Quays, Meet at Drop off point at the side of Marks and Spencer, Gunwharf (vehicle drop-off point)	Afternoon TBC 12+ yr Film: TBC Vue Cinema, Gunwharf Quays, Meet at CINEMA ENTRANCE Gunwharf 	Early evening 8-18yrs Wed group Paulsgrove Please contact us if you are interested, (There is a current waiting list) 
Thursday 31 August	9.30 - 11.30am Bowling - Hollywood Bowl  Meet at: The side of Marks & Spencer, Gunwharf Quays (vehicle drop-off point)	1.15pm - 3.15pm Family Picnic - Buckland Family Hub For young carers to attend with an adult and other family members. (Older young carers can book to attend on their own)  Meet at Buckland Family Hub Bring picnic (If weather is bad there is inside space available)	Evening 18-25yrs Thursday Group  Contact Mandy 07464 529837 for details
Friday 1 September	<u>Morning and Afternoon</u> No Activities		
Saturday 2 September John Pounds Centre, Portsea	Morning Saturday Young Carers group  Please email us if you are interested - there is a current waiting list.	Sat Mobile 07985 397970 For use on the morning.	

