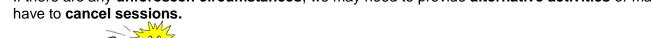


activity each week and if you are interested in any extra sessions, please book them as 'reserves' and contact us before the activity is due to take place to see if there are any free spaces (Family sessions and weekly group sessions can be extra)



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 able to meet the **behaviour expectations** to ensure theirs and others safety, thank you.
- & wear or bring sun-cream You can also bring a **snack** Please bring a **drink** 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 ma



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







		Week 1				
Monday	Morning & Afternoon			6pm – 8.30pm 13-18yrs		
24 July	No activities			Monday Group		
				Meet at:		
				Carers Centr	-	uthsea
				No need to b		
Tuesday	<u>Morning</u>					r group for less
25 July	No activities	8	Art + G		confide	ent or younger age
			Somers	stown		
					_	
				: Somerstow	n Fam	ily Hub
		1 40 00		A STREET		
Wednesday	9.30 - 11.30am	12.30pm to 3.30				<u>y evening</u>
26 July	Bowling - Hollywood Bowl	Afternoon to Ce				
	2 2	Family Hubs rel				d group
	1 1 4	For all families in attend - Public Ev		munity to	Pau	Isgrove
	32	allend - Public Ev	veni		Dica	oo contact us if vo
		Art transura hun	t ctoruto	Ilina 🏄		ise contact us if yo Interested
	Meet at: The side of Marks Art, treasure hunt, story facepainting (mobile per			J		re is a current
	& Spencer, Gunwharf	zoo at the Paulsgrove event)				ing list)
	Quays (vehicle drop-off			, iii)	waiti	ing list)
	point)	Families invited to	o bring	0 8		
	point)	their own picnics.				
		uion own piomoo	•			
		Paulsgrove Fam	nilv Hub			with P
		Cheltenham Roa		PL 0 9		
		Somerstown Fa	mily Hub			
		Omega Street, P	O5 4LP	11 11 11		
Thursday	9.40am - 12.00pm approx.			2pm - 4pm		Evening
27 July	Family Cooking - North End			Mini golf,		18-25yrs
	(1 parent/adult age18+ and 1 yo			museum, pi	cnic	Thursday Group
	Please let us know of any food a	allergies.		+ park		
160	Meet at: The Learning Place 6	Derby Road PO2	8НН			Contact Mandy
	Meet at: The Learning Place, 6 Derby Road, PO2 8HH (Entrance to the side of Derby Road Post Office)			Meet at		07464 529837
		ease bring some containers to take your cooking home		Cumberland		for details
		, ,		House Natur		
_	9.10am - 12pm	DOO MOVEE V		History Muse	eum	
	Film: THE SUPER MARIO B	KUS. MUVIE, Vue	9			
	Cinema, Gunwharf Quays,			%		(PLY P
(MT III)					1	



Saturday

29 July

Pounds

Centre, **Portsea**

John



10am - 12pm

Meet at Drop off point at the side of

Landport Adventure Playground, Arundel Street,

(Opposite Asda car park) **Meet at** ENTRANCE to playground.

Marks and Spencer, Gunwharf (vehicle drop-off point) 6 - 13yrs 1.30pm - 3.30pm

Art + Games Somerstown

Meet at: Somerstown Family Hub **OMEGA STREET**

Morning 8 - 14 years **Saturday Young Carers group**



Sat Mobile 07985 397970

For use on the morning.

Please email us if you are interested - there is currently a waiting list



Week 2

Week 2							
Monday	Morning and Afternoon					8.15pm 13-18yrs 2007	
31 July					Monda	y Group	
	No activities						
						t: Carers Centre, Soutnsea	
					No nee	ed to book	
Tuesday 1	0.40am 42.00nm a	nn av		2nm 4 20nn			
Tuesday 1 August	9.40am - 12.00pm a Family Cooking - Se			2pm - 4.30pm		y of any food allorgies and	
August	(1 parent/adult age18		caror	Cooking - let us know of any food allergies and dietary requirements.			
	8+ years)	o+ and i young	Carei	dietary requi	rements		
	Please let us know of any food allergies.		Meet at Care	rs Cantro			
	Meet at:	know of any lood allergies.		117 Orchard Road, Southsea			
	Carers Centre, Sou	thsea		PO4 0AD			
	Please bring some c		vour				
	cooking home		, you.	Please bring	an emp	ety container for your food.	
	10am - 12pm					, ,	
	Art + Games - North	nern Parade. Hil	lsea				
	(this will be a Small of						
	Meet at: Northern Pa		ıh				
Wednesday	9.10am - 12pm	2-4pm @	AD	<u>Early</u>	6.45pn	n - 9pm 12 - 17yrs	
2 August	Film: MAVKA:	Bug Hunt,		evening		one Teen Session	
	THE FOREST	Cumberland		8-18yrs			
	SONG (ENGLISH	Museum + Pla	ıv	Wed group	Me t a	t:	
	VERSION Vue	Park	•	Paulsgrove _c	Playzol	ne, Unit A4,	
	Cinema, Gunwharf	Eastern Parade,			Oakpark Industrial Estate, North Please Harbour Rd, Cosham, P06 3TJ		
	Quays,	(3).		Please			
	(Ukrainian			contact us if	Please	bring socks +	
	animated film)	Meet at		you are	cover a	arms & legs	
	Meet at Drop off	Cumberland He		interested			
	point at the side of	Natural History	•	(there is a			
	Marks and	Museum		current			
	Spencer, Gunwharf	<u>2pm - 4pm</u>		waiting list)			
	(vehicle drop-off	Art and Game	S				
	point)	Paulsgrove (
		NA 4 4 D 1					
		Meet at: Pauls	grove				
Thursday		Family Hub	£4 0 1110 0 0 0	<u> </u>		Francis 40 25 mg	
Thursday		Morning and Af No activit		<u>on</u>		Evening 18 - 25yrs	
3 August		NO activit	162			Thursday Group	
Friday	9.30am - 12.30pm 10+ years 2pm -			4pm		6 – 13yrs	
4 August		•		Quest and La	ndnort I	_	
	Paddle boarding / Kayak (need to be confident in the water)		_acct and La				
2		,	oggO)	site Asda car p	oark)		
	Please bring swim			at ENTRANCE		ground.	
	snacks, drinks and	coat.			- 178	, , , ,	
	Meet at: Andrew S						
	Sailing Centre Portsmouth,						
	PO3 5LY (off Easte	ern Rd)					

Saturday 5 August	Morning 8 – 14 years Saturday Young Carers group	Sat Mobile 07985 397970
Portsea	Please email us if you are interested - there is currently a waiting	For use on the morning.





Week 3

Week 3							
Monday 7	<u>Morning</u>	2pm - 4pm				13-18yrs	
August		Art + Games		Monda	y Group)	J. C. C.
	No	Somerstown					
	activities			Meet at			S let
			erstown Family Hu		•	Southsea	
		OMEGA STR	EET	No nee	d to book		
Tuesday 8	<u>10am - 12pm</u>			1100			12+ years
August			Isgrove (Hillside)		Swimn	ning Floats +	Fun
*	(1 parent/adu	_					•
	1 or 2 young carer 5+ years) Mountbatten Leisure Ce						
	Most at Hillaids Youth Centre Chaltenbern Rd						
		Meet at: Hillside Youth Centre, Cheltenham Rd 10am - 12pm 6-13 years water - confident + able to					
20.	10am - 12pm	<u>.</u> dventure Play		-13 years		staff not in wa	
		ace, Stamshaw			Swiiii (s	staii fiot iii wa	lei)
	vvesterii ren	ace, Starrisriaw	, 1 02 007		Meet o	utside Mount	natten
	Meet at: Playo	round entrance.	(Let us know if arrivi	ng by car.	entrand		oattori
			lastings House, at er				
		off Twyford Ave))			<i>\Distance</i>	
Wednesday 9	TIME; TBC		1.30pm - 4pm			Early even	<u>ing</u>
August	Film: TBC		Scalextric, Vin	tage bus ric	de,	8-18yrs	
	Vue Cinema,	Gunwharf	Park + museur	n 🚄	100	Wed group	
	Mast at Duan	-#:-t -t				Paulsgrove	
	Meet at Drop off point at the side of Marks and				1-0	Diagon cont	e »"Z [e
W	Spencer Gunwharf Portsmouth Museum			seum, 🔭	Ī	Please cont	
	(vehicle drop-		Museum Rd, Po	01 2LJ 🏻 🐧		(current wa	
	(vernele drop	on point)			Ocasion	(carrein we	iitii ig iist <i>j</i>
- :	0.10			1400			_
Thursday 10		00pm approx.	4	1.30pm -		vening 18 - 2	•
August	_	ing - North En	u I young carer 8+	3.30pm Model villa		hursday Gro	up
	years)	it age for and i	i young cale of	magician +		ontact Mandy	
660		know of any for	w of any food allergies.			7464 529837 i	
	1 10000 101 00	Kilow of arry lo	ou anorgios.	park		-	ioi dotalio
	Meet at 'The	Learning Place		Meet at			
	6 Derby Road	_	,	Cumberland	d l		
	(Entrance to	he side of Derb	y Road Post	House Natu	ral		
	Office).			History Mus	eum		
	Please bring	containers for y	our cooking		_		
	<u>10.30am - 12</u>		10+Yrs				
	Pitch and Pu				<u> </u>		
The Tenth Hole Tea Room, E			Eastern Parade,				
	B4 1 - 1 1						
Friday			wear flat shoes		1	•	40
Friday 11 August	10.50am - 3			-1m- /0 f !			18years
August			nley Activity Cer				
			related Free Scho				
			y booking you will		OF DOOKII	ng details to b	e snared
			of any food allergies				
	Meet at: Peter Ashley Activity Centre						

Saturday 12	Morning 8 – 14 years	Sat Mobile	7
August	Saturday Young Carers group	07985 397970	
John Pounds	Please email us if you are interested - there is a		
Centre, Portsea	current waiting list.	For use on the morning.	

Peter Ashley Lane, Portsdown Hill Road, PO6 1BJ



		Weel	k 4			
Monday 14 August	No activities b	.30pm - 4.30pm Paddle boarding / Kay e confident in the wa Please bring swimwe	ater) ar, towel,	6pm – 8.15pm 13 - 18yrs Monday Group Meet at: Carers Centre, Southsea		
		nacks, drinks and co leet at: Andrew Sim		No need to		
	C	Centre Portsmouth, F Eastern Rd)				
Tuesday 15 August	Please let us know of a	thsea and 1 young carer 8+ ye	ears)	2pm - 4.30pm Cooking - let us know of any food allergies and dietary requirements		
		tainers to take your cook	king home		Carers Centre nard Road, Southsea	
	Paulsgrove Playgro			Please b	oring an empty container food.	
M/ada a aday	Paulsgrove PO6 4J					
Wednesday 16 August	8.45am - 12pm Exploria - indoor cli ball pits (& free lund (Paid by HAF funding to Benefits related Fr meet HAF requireme	ch) g - for those entitled ree School Meals or	1.30pm - 4p Model Railw vintage bus park + muse	vays, ride,	Early evening 8-18yrs Wed group Paulsgrove	
	Young Carers Worke will be agreeing for be shared with HAF) Ple food allergies. Meet at: Pyramids C Esplanade, Southsea	ers - by booking you ooking details to be ease let us know of any Centre, Clarence	Meet at: Portsmouth	Museum	Please contact us if you are interested, (there is a current waiting list)	
Thursday 17 August	TIME; TBC Film: TBC Vue Cinema,	3 - 5pm Southsea Skate Come and learn h			Levening 18-25yrs Thursday Group	
	Gunwharf Quays,	skateboard or use All equipment will bring your own bil helmets - please	e bikes on the robe be provided. (`ke, skates, boa	You can rd +		
41	Meet at Drop off poir at the side of Marks and Spencer, Gunwharf (vehicle	detailed information	Contact Mandy 07464 52983 for details			
Friday 18 August	drop-off point)		ark entrance ng and afterno No activites	oon		
Saturday 19 August	Morning Saturday Young C	8 – 14 years Carers group	Sat Mobile 07985 3979	70		
John Pounds	Please email us if y	For use on	the mornin	ıg.		



there is a current waiting list.

Portsea



Week 5

Monday 21 August



10.50am - 3pm

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

6pm-8.15pm 13-18yrs Monday Group



Meet at:

Carers Centre, Southsea No need to book

Tuesday 22 August **Morning**

No activities

2pm - 4pm Family Craft Session (1 parent/adult age 18+ & 1 or 2 young carer 5+ years)

8 - 18 years



Wednesday 23 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) 2pm - 4pm Meccano, park + museun

Meet at:
Portsmo
Museum,
2pm - 4pm
Art and Games

Paulsgrove

Meet at: Paulsgrove Family Hub

Meet at: Carers Centre, Southsea

Early evening
8-18yrs
Wed group
Paulsgrove

Meet at: Carers Centre, Southsea

6.45
12 Play
Ses

Please contact us if you are interested, (there is a current waiting list) 6.45pm - 9pm 12 - 17yrs Playzone Teen Session

Meet at:

Playzone, Unit A4, Oakpark Industrial Estate, North Harbour Rd, Cosham, P06 3TJ Please bring socks + cover arms & legs

Thursday 24 August



10am - 12pm 6 - 13yrs Buckland Playground

Meet at playground entrance Malins Road

12.40pm - 2.15pm 12+ years Swimming Floats + Fun

Mountbatten Leisure Centre
By attending this you are
agreeing young carers are
water - confident + able to swim
(staff not in water)

Meet outside

Mountbatten entrance

Evening 18-25yrs Thursday Group



Contact Mandy 07464 529837 for details

Friday 25 August

Morning and Afternoon No Activities

CLOSED Saturday 26 August 2022 Portsea Young Carers group 8 – 14 years

CLOSED





Week 6

Week 6						
Monday 28 August			ND Afternoon ctivities		Closed Monday C	13-18yrs Group
Tuesday 29 August		Morning No activites		2pm - 4pm Art + Games Somerstown Meet at: Some OMEGA STRE	rstown Family	Hub
Wednesday 30 August	Quays, Meet at I side of Marks an		Afternoon T Film: TBC Vue Cinema, Quays, Meet at CINE ENTRANCE Gunwharf	BC 12+ yr Gunwharf	Early evening Wed group I Please containterested,	
Thursday 31 August	Meet at: Spencer,	The side of Marks & Gunwharf Quays drop-off point)	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) Contact Modern 1974 (1974)			Evening 18-25yrs Thursday Group Contact Mandy 07464 529837 for details
Friday 1 September		inside space				

Saturday 2 September	Morning 8 – 14 years Saturday Young Carers group	Sat Mobile 07985 397970
John Pounds Centre, Portsea	Please email us if you are interested - there is a current waiting list.	For use on the morning.

