



How to find us: We are behind the main row of shops on Portswood Road, directly opposite the old 'Portswood Broadway' building (now the Victory Gospel Church) and in the lane between NatWest Bank and the Post office. Our **Carers in Southampton** service is the first building on the left as you come round the bend in the lane, behind the green railings. Our **Activities Centre** is on the next site along. It is the large building with the red brick roof and the gated entrance is on the left.

Parking: Both Meon House and the Activities Centre have ample free parking – please note that you can drive your car round the lane but there is a tight bend so please drive carefully. There is also additional parking on Westridge Road and behind Subway; parking charges may apply for these car parks.

Public Transport: There are regular buses from the City Centre into Portswood such as the 5, 7 (First Bus) the U1, U6 (Unilink), the 2 and the 16 (Blueline.) The nearest train station is St Denys, which is approximately a fifteen minute walk from Portswood.

Southampton Mencap: 187a Portswood Road, Southampton SO17 2NF, Tel: 02380 584088, email: admin@southamptonmencap.co.uk

Carers In Southampton: Meon House, 189 Portswood Road, Southampton, SO17 2NF, Tel: 02380 582387, email: enquiries@carersinsouthampton.co.uk