

## Your questions answered

- **Who is this service for?**

Young adults with a learning disability aged 18-30 resident in Southampton and surrounding areas

- **What does it cost?**

£59 per day

(Southampton Mencap can offer you information and options for taking on and managing a personal budget)

- **Where is it held?**

Mencap Centre in Portswood

- **When is it held?**

Mondays and Wednesdays  
9.30 am - 4.30 pm  
Week commencing 2nd September 2013



## Find us

### Southampton Mencap

187 Portswood Road  
Southampton  
SO17 2NF



## Contact us

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## Own2Feet



## The programme for 18-30s

**Southampton Mencap**  
Tel: 023 8058 4088



## Own2Feet 18-30s Course

A 3 year course for people with a learning disability, covering:

- Your rights and individual learning requirements
- Basic literacy, numeracy and IT
- The world in which we live
- Skills for employment
- Improving everyday skills in the home environment
- Leading a healthy lifestyle

*“At Own2Feet I have learned to work as a team, have patience, listen to friends and staff and have confidence in myself”*



## The Own2Feet Programme

aims to enable people with a learning disability to benefit from a growth in personal skills and development resulting in increased participation and involvement within the community in which they live.

### The 18-30's Course will:

- Offer structured, fun and engaging activities involving social interaction, team work and themed focus activities to develop a better understanding of the world in which you live
- Evaluate your abilities, goals and aspirations to reinforce existing skills and set new targets for you each year
- Help you develop your contribution within the community in ways that best suit your skills and abilities
- Include literacy, numeracy and IT skills development as an integral part of the course

The Own2Feet programme also offers

- The current 18-30's course on Tuesdays and Thursdays
- Home Kitchen - Healthy Living on Fridays

The programme will soon be providing a range of one day courses including:-

- Dance, Music and Fitness
- Speech, Drama and Communication
- Exploring Leisure and Art

*“I like Own2Feet because I have made lots of friends. Its nice to spend time with them and go out for lunch together.”*

