



# Own2Feet



187a Portswood Road, SO17 2NF

# Own2Feet - 18-30's Programme



The Own2Feet Programme is a learning Programme for young people with a learning disability

A screenshot of the BBC Schools website. At the top, there are links for Home, Search, and Explore the BBC. Below that, a navigation bar includes Home, Schools, and Learning resources for home and school. The main content area is divided into three main sections: Primary, Secondary, and Pre-School. Each section has its own sub-sections and links to various educational resources. For example, the Primary section includes 'Off By Heart' and 'Primary subjects - Ages 4 - 11' (Art, English, History, Languages, Maths, Music, Science, Other Subjects). The Secondary section includes 'GCSE Bitesize' and 'Secondary subjects - Ages 11 - 16' (Art, Business Studies, Citizenship, Design & Technology, English, Geography, History, IT, Languages, Maths, Music, PE, PSHCE, Science, Study Skills, Other Subjects). The Pre-School section includes 'A range of games and activities for young children from Cleverkids programmes'.

Held at the Mencap Centre  
every Tuesday and  
Thursday for young adults  
aged over 18



# Own2Feet Programme



A programme for people with a learning disability which, through a variety of courses will:-



**Enable the development of more independent lifestyles**



**Increase awareness and understanding of the world in which they live**



**Reinforce and build on existing skills and abilities**



**Open doors to new opportunities**



# Aims



## Own2Feet - 18-30's Programme

A unique combination of daytime activities and learning through a blend of structured, fun and engaging activities

**Enabling people to develop their independence in order to lead meaningful and fulfilled lives**



**Laying firm foundations for the future**

**Identifying individual's key strengths over the life of the programme in order to open doors to new opportunities**

**Adopting healthier lifestyles**

**Increased confidence through newly acquired skills and knowledge**

**Increased participation and involvement in the world and the community in which they live**



# Own2Feet Programme Modules



## Module One – Understanding the Programme and your Rights

- All about me
- Getting on with each other
- Having your say

# Own2Feet Programme Modules



## Module Two – Developing Everyday Skills for the Home

- Re-cycling and managing waste
- Dealing with problems in the home
  - Kitchen Hygiene

# Own2Feet Programme Modules



## Module Three - Understanding how to lead a Healthy Lifestyle

- **Preparing healthy foods**
- **Keeping fit through exercise**
- **How to use local health services**

# Student Comments



"I have learned to get on with other people and work as a team"

"I have learned to work, have patience and make compromises"

"I listen to my friends and staff and now have confidence in "myself"

"I enjoy computers and circle games"

"I enjoy laughing with my new friends"



"I like going out to the library"

"I enjoy lunch-times in the kitchen"



# Own2Feet



Runs each Tuesday  
and Thursday

At the Mencap Centre in Portswood



From 9.30 am to 4.30 pm

Cost £59 per day



Book on one or both days

# How to make a referral to Own2Foot

E Mail [admin@southamptonmencap.co.uk](mailto:admin@southamptonmencap.co.uk)



Complete the Expression of Interest Form on our Website:  
[www.southamptonmencap.org](http://www.southamptonmencap.org)



**023 8058 4088**



**Southampton Mencap  
187a Portswood Road  
SO17 2NF**



**Call in and speak to us**

