

We are working with Farmer Bryan to help you become a Farmer each Tuesday at Longdown Activity Farm



This **Southampton Mencap Day Service** is for you if you enjoy the outdoor life and working with animals. You will become part of a group of up to 10 people who will help around the Farm each Tuesday under the watchful eyes of the Mencap staff. The day will start and end at the Mencap Centre where you will travel by mini-bus to Longdown Activity Farm in Ashurst and which takes just 20 minutes from Portswood.

You will enjoy a good day's work which will involve cleaning out the pig sties, grooming ponies, mixing animal feed, sorting out the farmyard buildings and much, much more. In fact, you will do whatever a real farmer has to do come rain or shine! The day will also involve some structured learning where you will have the opportunity to take a break from all the hard work!

If the outdoor life is for you then let us know quickly so that we can enrol you on this busy but enjoyable day which will start in September so that you can help Farmer Bryan's team with their daily schedule of activities.

For further information

E Mail: admin@southamptonmencap.co.uk

Tel: **023 8058 4088**

Call in: Mencap Centre, 187a Portswood Road, SO17 2NF
[lane between NatWest Bank and Post Office]