



# Own2Feet



187a Portswood Road, SO17 2NF

# Own2Feet Programme

Own2Feet is a learning programme for people with a learning disability



Held at the Mencap Centre  
every Tuesday and  
Thursday for 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

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"*





**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 Own2Feet

**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**

