



Own2Feet

Foundations for positive futures

A three year programme for people with learning disabilities



Registered Charity Number 103691



Southampton Mencap has been supporting people with learning disabilities and their carers for 50 years. **Own2Feet** is an exciting new service designed to offer a unique combination of daytime activities and learning which will lay firm foundations for the future while giving people increased confidence through newly acquired skills and knowledge. People will benefit from a growth in personal abilities resulting in their increased participation and involvement in the world and the community in which they live.

A blend of structured, fun and engaging activities will be offered aiming to:-

- Enable people to develop their independence in order to lead meaningful and fulfilled lives
- Move them forward in their understanding of the world in which they live
- Reinforce existing skills and knowledge and building on these
- Identify individual's key strengths in order to open doors to new opportunities

The programme will include a 2 day a week course over 3 years for the 18-30's alongside a range of 'Themed Days' covering:-

- Cooking, Nutrition and Health Lifestyles
- Speech, Drama and Communication
- Music and Movement
- Getting Around and Exploring our City



Contact

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