



Southampton Mencap Day Service Programme

Established over 60 years ago, Southampton Mencap has grown from small, sturdy roots to an organisation keenly aware of the present and changing needs of local people with learning disabilities.

We are passionate about providing a wide and varied spectrum of services to our users and in recent years we have introduced our successful Day Services programme in the form of Own2Feet, Home Kitchen, Handy Crafts and Longdown Farm.

We would love to talk to you about the opportunities our Day Service programme can present to you.

Please contact us using the information on the back sheet to find out more.

How to find us



Our offices and Activities Centre can be found behind the shops on Portwood High Street. We are accessible via the lane between NatWest Bank and the Post Office, opposite the old Broadway Building (now the Victory Centre.)

The Mencap Centre has free on-site parking and Portwood is well served by public transport links.

Contact Us

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Southampton Mencap Day Services Longdown Farm



**This is for you if you enjoy the
outdoor life and working with
animals**

Learning about how to make healthy living choices through

Longdown Farm is all about providing an opportunity to increase independence, through worthwhile occupation which could lead to employment opportunities for people with a learning disability.

The programme will teach you how to...

- ◆ Become more active and so get fitter through work
- ◆ Develop specific work based skills
- ◆ Learn to work as a member of the team under Farmer Bryan's instructions
- ◆ Become resilient to factors out of your own control— like the weather!
- ◆ Be healthier and live longer



When? Each Tuesday throughout the year with three 2 week breaks at Christmas, Easter and Summer

Cost? £59 per day

Time? 9.30 am - 4.30 pm

Where? Longdown Activity Farm'
Deerleap Lane, Ashurst, Southampton.

Group Size? Up to 10 places available

TYPICAL FARM ACTIVITIES INCLUDE

- ◆ ***Cleaning out pig pens***
- ◆ ***Grooming ponies***
- ◆ ***Mixing animal feed***
- ◆ ***Sorting out farmyard buildings***
- ◆ ***Sweeping up the barns***
- ◆ ***Feeding the animals***
- ◆ ***Meeting 4 legged friends!***

More about the programme...

Longdown Dairy Farm is based in the New Forest. It is a fully functioning farm that is open to the public all year round.

The programme is all about 'living' the outdoor life and learning how a real farm works.

The day will also include some structured learning where you will have the opportunity to take a break from all the hard physical work. You will also have regular breaks for lunch and drinks and be able to socialise and make new friends.

The day will start and end at the Mencap Centre, when you will be taken to the Farm by minibus, which takes about 20 minutes and brought back again to be picked up from the Mencap Centre.



Further infor-

The cost will be £59 per day which will be inclusive of travel in the minibus.

Members requiring 1:1 support are welcome to bring an additional support worker to the sessions or we can arrange this for you at an extra cost.

Contact us for further information on how to access funding.