



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 and Home Kitchen. We are excited to add Handy Crafts to this expanding list and would love to talk to you about the opportunities it will present to our users.

Please contact us using the information on the back sheet.

How To Find Us



Our offices and Activities Centre can be found behind the shops on Portswood 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 Portswood is well served by public transport links.

Contact us

02380 584088

admin@southamptonmencap.co.uk

Charity No. 1103691. Company Limited by Guarantee No. 4990720.
Registered in England & Wales

Edition: March 2015



- HANDY - Crafts

Mondays ♦ 9.30am—4.30pm

A **fun**, **creative** and
practical Day Service
in Portswood, Southampton
*For crafty people aged 18+ with
a learning disability*



Find Inspiration
Everywhere

mencap
Southampton

A world of creativity awaits you...

Southampton Mencap embraces both the new and the traditional. We want to give adults with learning disabilities the opportunity to *make, do, create, mend, fix and repair*. We want to do this in a stimulating environment where everybody is given the support they need to craft beautiful and practical things for the home and learn essential and practical home skills.

What's the benefit?

Adult crafts have enjoyed a revival in recent years. No longer confined to messy kids' play, the recent trend for 'shabby chic' and hand-made products means that craft activities are more popular than ever. In addition to this, making regular craft activities and learning new skills which can be used in a practical way in the home environment can:

- ♦ **Reduce stress and anxiety**
- ♦ **Keep the mind occupied and stimulated**
- ♦ **Improve fine motor skills**
- ♦ **Teach transferrable practical skills**
- ♦ **Create a real sense of progress and achievement for all users**

What you need to know...

When?	Each Monday from September throughout the year with three 2 week breaks at Christmas, Easter and Summer
Cost?	£59 per day plus additional optional costs for some activities
Time?	9.30 am – 4.30 pm
Where?	Mencap Centre, 187a Portswood Road, SO17 2NF
Group size?	Maximum 20 places per day

Southampton Mencap is offering people with a learning disability [aged over 18] the chance to learn a range of handy and practical home craft activities such as:

Home decorating	Needlework & textiles
Jewellery making	Painting & designing
Card making	Picture framing
Beading	Baking & cake decorating
Fabric painting	Preserve making
Calligraphy	Project Work
Collage work	Gardening/DIY

Please note this is not an exhaustive list. Members will have the opportunity to try a mixture of these activities based on personal preference and choice.

About The Sessions

Handy Crafts is about providing timeless, practical skills. It has been developed because, as far as we are aware, there is nothing else like it in Southampton offering these traditional skills which people with a learning disability will enjoy and benefit from. The sessions will enable people to be creative, to make do and mend, to reduce waste and to discover the simple pleasures of life. There will also be a tangible end product which can be used in a practical way. In addition, people will be able to learn valuable new DIY skills around the home. Our staff team will be supported by volunteer 'domestic gods or goddesses' who can share their skills and experience with the group. There will also be plenty of opportunities to socialise and make new friends.

The cost will be £59 per day which will include materials, refreshments and, on some days, a locally sourced lunch as well.

Some activities may incur a small additional cost.

Members requiring 1:1 support are welcome to bring an additional support worker to the sessions.

A typical day at Handy Crafts

9.30: Arrive

10-12: A choice of one activity from the list opposite

12-2: Lunch, social time, physical exercise session

2-4: Another activity from the list opposite

4-4.30: Clear-up, wind-down session