



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 and Home Kitchen, with Handy Crafts set to follow in 2015. We would love to talk to you about the opportunities our Day Service programme will present to our users.

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

023 8058 4088

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Day Services

Own2Feet



Helping Young Adults to Develop and Learn





What is Own2Feet?

The Own2Feet Day Service programme offers a range of supported activities held onsite at the Mencap Centre and within the local community. Activities include a mixture of work, leisure and educational skills and are available for anyone with a learning disability over the age of 18 who needs support during the day.

The 5 core features of the programme covers:

- Self, rights and responsibilities
- Everyday skills in the home environment
- Keeping fit and healthy
- Engaging with the world around them
- Developing skills for the workplace

"At Own2Feet I have learned to work as a team, have patience, listen to friends and staff and have confidence in myself."

A typical day at Own2Feet

9.30 am Arrive, share news, plan and prepare for the day

10 am - 12 pm Structured Learning Session

1 pm - 2 pm Lunch and social time

2 pm - 3.30 pm Project Work, exercise, art & craft, group activity

3.30 pm - 3.45 pm Break

3.45 pm - 4.30 pm Evaluating the day and choice of activity

What is the aim of Own2Feet?

To enable people with a learning disability to benefit from a growth in personal skills and development resulting in increased participation and involvement within the community in which they live.



The Programme:

Offers a structured approach to learning through a range of fun and engaging activities which involve social interaction, team work and themed focus activities to help participants develop a better understanding of the world in which they live.

It will:-

- Enable participants to contribute to the community in a way that best suits their skills and abilities.
- Help them to achieve their aspirations to the best of their ability
- Include literacy, numeracy and IT skills development as an integral part of the course

Meet the Own2Feet Team

Stewart Taylor – Programme Leader

Stewart is a qualified teacher and has specialist skills in Drama and Literacy. He has worked for Mencap since 2010.

Marc Kibler – Programme Assistant

Marc is a qualified Adult Further Education teacher, and has specialist skills in design/technology. He has worked for Mencap since 2007.

Liz Curtis – Programme Assistant

Liz has extensive experience in learning support on Post 16 Foundation courses and her specialist skills are in arts and craft, and milestone learning. She has worked for Mencap since 1996.

Stewart, Marc and Liz have all been involved in the Own2Feet course since it first began in September 2012.

"I like Own2Feet because I have made lots of friends. Its nice to spend time with them and go out for lunch"