



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

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Home Kitchen, Healthy Living



A delicious day service with a fresh, healthy approach to cooking

Working to improve eating habits and exercise opportunities for adults with a learning disability

Home Kitchen is all about providing a gateway to increased independence, worthwhile occupation, perhaps leading to employment for people with a learning disability.

The programme will teach you how to...

- ◆ Control your weight by eating the right things and exercising regularly
- ◆ Be healthier and live longer
- ◆ Cook safely
- ◆ Save money
- ◆ Overcome ingrained habits
- ◆ Develop domestic skills to support your independence

You will cover ...

- ◆ Food safety
- ◆ Health and Safety in catering
- ◆ Recognising healthier foods
- ◆ Menu planning and costs
- ◆ Preparing and cooking different foods



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

Cost? £59 per day plus small additional costs for some activities

Time? 9.30 am - 4.30 pm

Where? Mencap Centre, 187a Portswood Road, SO17 2NF

Group Size? 16 places per day divided into small groups of 4-8 people

Southampton Mencap is offering adults with a learning disability [aged over 18], the chance to learn a range of home cooking skills which will help them to live a healthier lifestyle.

A typical day at Home Kitchen...

9.30 am-10 am	Arrival and preparation time
10am-12.30 pm	Activities including shopping, preparing and cooking meal
12.30 pm-2pm	Lunch, social time, physical exercise session
2pm-4pm	Structured learning session and planning for the next week
4pm- 4.30 pm	Healthy Living Corner

More about the programme...

Home Kitchen is all about helping you to take a practical approach and helping you to understand how to make healthy eating choices.

You will be helped to develop the skills to plan and budget for meals by shopping at local stores for fresh, seasonal produce.

You will learn how to prepare food and cook in a modern kitchen while considering the health and safety aspects involved in food preparation.



You will work as part of a team to cater for a range of events

Further information...

The cost will be £59 per day which will be inclusive of a home cooked snack or lunch. Some activities may incur a small additional cost.

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

Contact us for further information on how to access funding.