

BITTERNE

BITTERNE PARK

HAREFIELD



Things to do in Your Local Area

Information for people with a learning
disability



BITTERNE

BITTERNE PARK

HAREFIELD

Disclaimer

Southampton Mencap and the Southampton Learning Disability Partnership Board have produced this booklet with the sole purpose of providing people with a learning disability accessible information about community activities. In including activities/ services in this brochure they are in no way indicating that activities are suitable or appropriate. Individuals who choose to access activities/ services as a result of seeing them advertised within do so at their own risk.

While every effort and care is taken in preparing the content of this brochure, Southampton Mencap and The Southampton Learning Disability Partnership Board can not guarantee that all information is correct. They shall not be responsible for any incidences that arise from the use of, or reliance on, the information in this booklet.

Contents Page

This tells you what is on each page of the book

	Page
Welcome Letter	3
Bitterne Library	4
Cobbett Road Library	5
Art Club	6
Needle Craft Group	7
Salsa Dancing	8
Belly Dancing	9
Judo Club	10
Yoga	11
Ladies Fitness Class	12
Weight Loss Group	13
Bitterne Leisure Centre	14
The Big Cheese Pub	15
Helpful Information about the Area	16
Stay Safe Tips	17

Hello!

In this book you will find information about things to do in your local area.

This book includes information about activities in:

- **Bitterne**
- **Bitterne Park**
- **Harefield**

If you would like to find out what is happening in other areas of Southampton you can download other books at **www.southampton-ld-partnership-board.co.uk**

Clubs and activities change all the time so some of the information in this book may be wrong. It is a good idea to call or look on activity websites before going to an activity to make sure it is still running.

There is a checklist at the back of this book that can help you to stay safe so it is a good idea to read this before you go out.

Have Fun!

Bitterne Library

Where?

Bitterne Road East

What can I do at the library?

- Look at books
- Use the computers
- Borrow books, CDs, and DVDs
- Listen to stories on tape and CD



Opening Times

Monday	9.30am - 7.00pm
Tuesday	9.30am - 5.00pm
Wednesday	10.00am - 7.00pm
Thursday	9.30am - 5.00pm
Friday	9.30am - 7.00pm
Saturday	9.30am - 4.00pm
Sunday	CLOSED



Going to the library is free. You can borrow books, CDs and DVDs at no cost as well.



For more information call **023 80832459** and ask for Bitterne Library



www.southampton.gov.uk/libraries

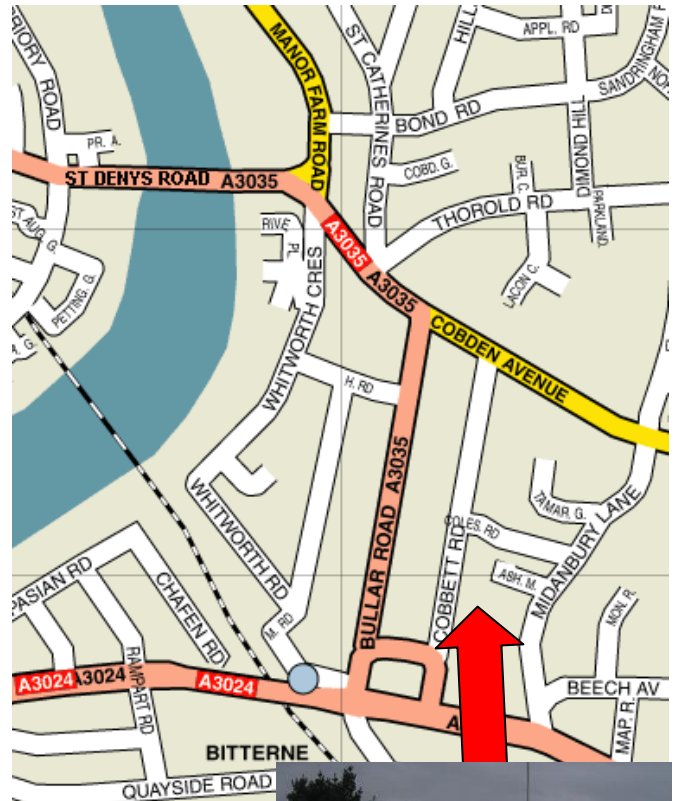
Cobbett Road Library

Where?

Cobbett Road

What can I do at the library?

- Look at books
- Use the computers
- Borrow books, CDs and DVDs
- Listen to stories on tape and CD



Opening Times

Monday	9.30am - 7.00pm
Tuesday	CLOSED
Wednesday	10.00am - 5.00pm
Thursday	CLOSED
Friday	9.30am - 7.00pm
Saturday	9.30am - 1.00pm
Sunday	CLOSED



Going to the library is free!! You can borrow books, CDs and DVDs at no cost as well!



For more information call **023 80225555** and ask for Cobbett Road Library



www.southampton.gov.uk/libraries

Art Club

Where?

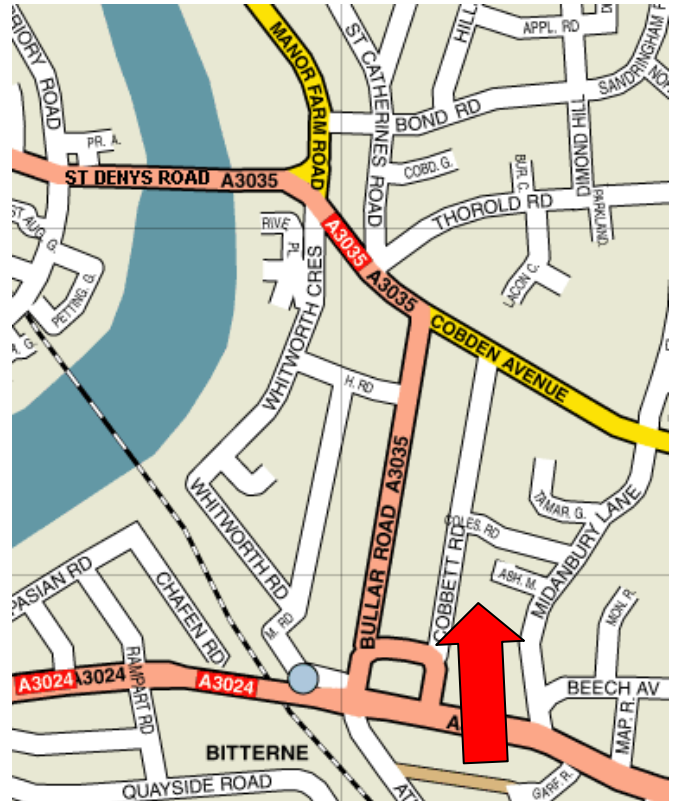
Cobbet Road Library

What happens at the Art club?

People meet up and paint or draw together. You can have a cup of tea or coffee and talk to other people about your work. Sometimes there is a guest speaker who talks about different types of art.

What should I take with me?

You have to take your own drawing or painting materials like pencils, brushes, paints and paper. You can buy these things from shops like WHSmith in the city centre.



Mondays and Wednesdays
1:30 – 4:30pm



It costs £12 a year to
become a member



023 80225555



Ladies Needle Craft Group

Where?

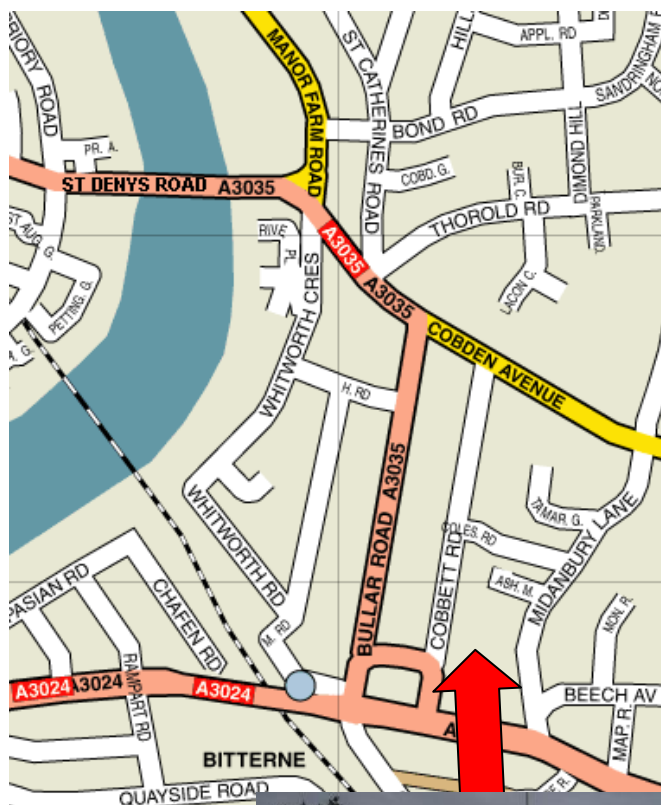
Cobbet Road Library

What is a Needle Craft group?

It is a club for people that like knitting or sewing. The group meet and knit or sew together whilst having a chat and a drink.

What should I take with me?

You should take your knitting, sewing or crocheting materials.



Wednesdays
10am – 12noon



FREE
Take some money if you
would like to buy a drink



023 80225555



Salsa Dancing

Where?

Woodlands College,
Minstead Avenue,
Harefield

What is Salsa?

Salsa is a dance that you do in pairs. It is very active with lots of twists and turns. It is a great way to get fit and have fun at the same time!



Wednesdays
7:45pm - 11pm.



£7



Call **078 89288368** or **075 25044445** and ask for
Tracie.



www.tracieslatinclub.co.uk

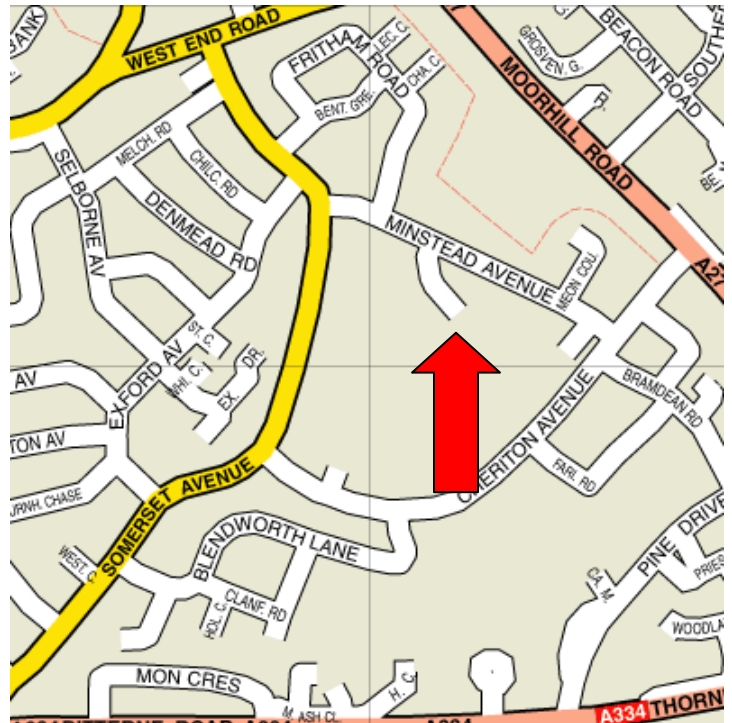
Belly Dancing

Where?

Woodlands College,
Minstead Avenue,
Harefield

What is Belly Dancing?

It is a type of dance usually done by women. You have to wiggle your hips a lot and make shapes with your arms. Belly dancers usually wear belts that jingle when they dance.



Mondays
7pm – 8pm



£4 each week



Call **078 83065241** and ask for **Theresa**

Judo

Where?

Woodlands College,
Minstead Avenue,
Harefield

What is Judo?

Judo is a martial art. You learn movements that can help you defend yourself. It keeps you fit and is great fun too!



Thursdays
7pm – 9pm



£5 each week

You also have to pay a small amount for insurance each year. Call or look on the website for more information



077 11123837



www.ssjc.co.uk

Yoga

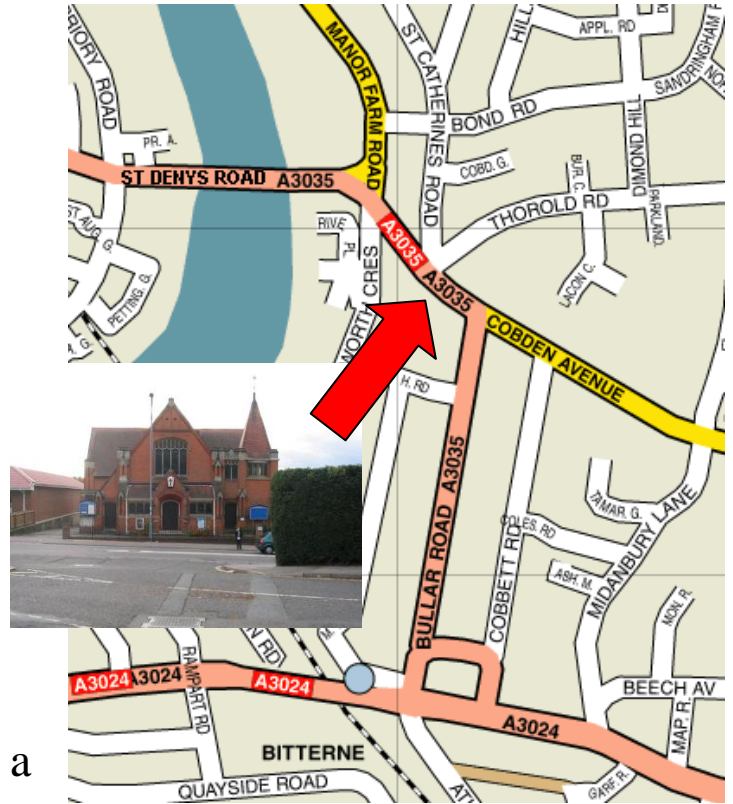
Where?

Bitterne Park United Reformed Church Hall, Cobden Avenue



What is Yoga?

Yoga is a type of exercise for your body and mind. It helps you to relax and get fit at the same time.



What should I take with me?

- Clothes you feel comfortable moving in (jogging bottoms and a t-shirt will be fine)
- A drink
- A towel or Yoga mat

Important Information!

You have to fill in a form before you go along. If you need help with this ask a support worker, carer or friend.



Thursday
11:00am -12:30pm



£4

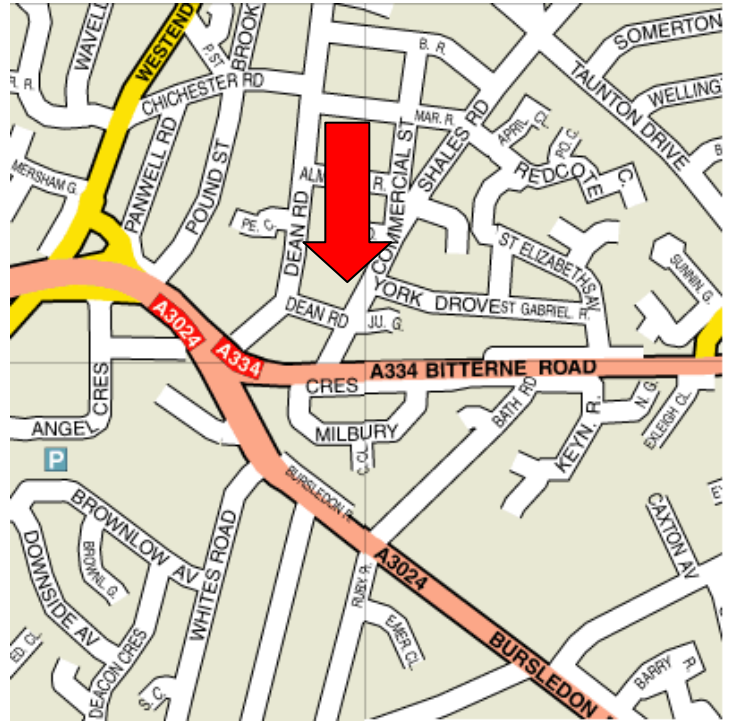


Call **078 49158850** and ask **Geni** for a form

Weight Loss Group

Where?

Catholic Church Hall
(Opposite medical centre),
Commercial Street, Bitterne



What is a weight loss group?

It is a club for people that would like to lose weight.

They meet once a week and learn how to lose weight and be healthy.



Tuesdays 5:30pm
Tuesdays 7:15pm
Thursdays 9:30am



From £3.75 a week
(When you buy a 12-week course)



Call **023 80364708** or **077 33235039** and ask for **Jo**



www.slimmingworld.com

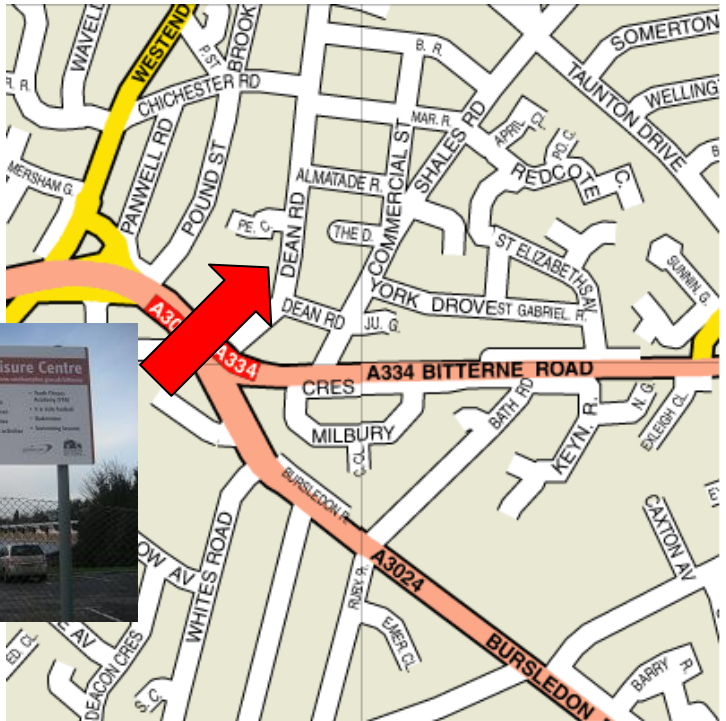
Bitterne Leisure Centre

Where?

Dean Road

What can I do at the Leisure centre?

- Swimming
- Badminton
- Table tennis
- Gym



Opening Times

Monday – Thursday

7:15am – 10pm

Friday

7.15am – 8:30pm

Saturday and Sunday

8:30am – 6pm



Prices

	Peak	Off-Peak (Mon–Fri: 7.30-4pm)
Swimming	£3.50	£2.75
Badminton	£7.25	£6.05
Table Tennis	£7.25	£6.05
Gym	£6.35	£5.20

People with a Leisure or Smartcities card can pay less.
Visit Gateway at the Civic Centre to find out more.



023 80437647



www.southampton.gov.uk/s-leisure/sportleisurecentres/bitterne/

The Big Cheese Pub

Where?

128-130 West End Road

What can I do at the Big Cheese?

- Meet friends
- Eat
- Drink
- Play Pool
- Watch Live Sports on the TV



Opening Times

Monday - Saturday
Sunday

11am – 11pm

11am – 10.30pm



Drinks

Beers from £2.40
Soft Drinks from £1.69

Food

Sandwiches from £2.59
Meals from £3.99

Special Offers!

Burger and a pint for £4.99 (Monday – Friday)
Curry and a pint for £4.99 (Wednesday)
2 Meals for £8 (Monday – Friday)



023 80462896

Helpful Information

Shopping

The main shopping area is the Bitterne Precinct on West End Road. There are clothes shops, charity shops, supermarkets and all of the major banks. There is also a Post Office nearby on West End Road.



Buses

These buses go to Bitterne:

- First buses 8/8A, 9/ 9A, 11C and 12C
- Bluestar number 3, 18 or 14

These buses go to Bitterne Park:

- First number 3

These buses go to Harefield:

- First number 9A



You can find information about bus times on the Traveline website:

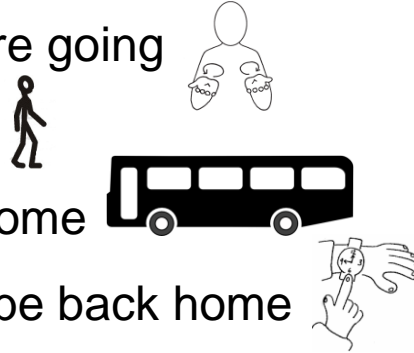
www.travelinesw.com

Or you can call Traveline on **0871 200 22 33**

STAY SAFE TIPS

Always tell someone:

- **when** and **where** you are going
- **how** you will get there
- **how** you will get back home
- **what time** you hope to be back home



Remember to take:



Keys



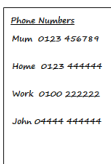
Bus pass



Extra Money - in case you need to make a **call** or get a **taxi** home



Phone - Make sure it is **charged** and has enough **credit** on it in case you need to make a call



Phone numbers of people you can call in an emergency – These may be for a **relative**, **friend** or **support worker**.



Keep everything in a safe place!!!

BITTERNE

BITTERNE PARK

HAREFIELD



Produced by

**SOUTHAMPTON
MENCAP**

Understanding learning disability

In Partnership with



May 2010



BITTERNE

BITTERNE PARK

HAREFIELD