

CITY CENTRE

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Things to do in Your Local Area

Information for people with a learning
disability



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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

Whilst every effort and care has been 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.

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Hello!

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

This book includes information about activities in:

- **Southampton City Centre**

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, or get someone you know to help you do this.

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!

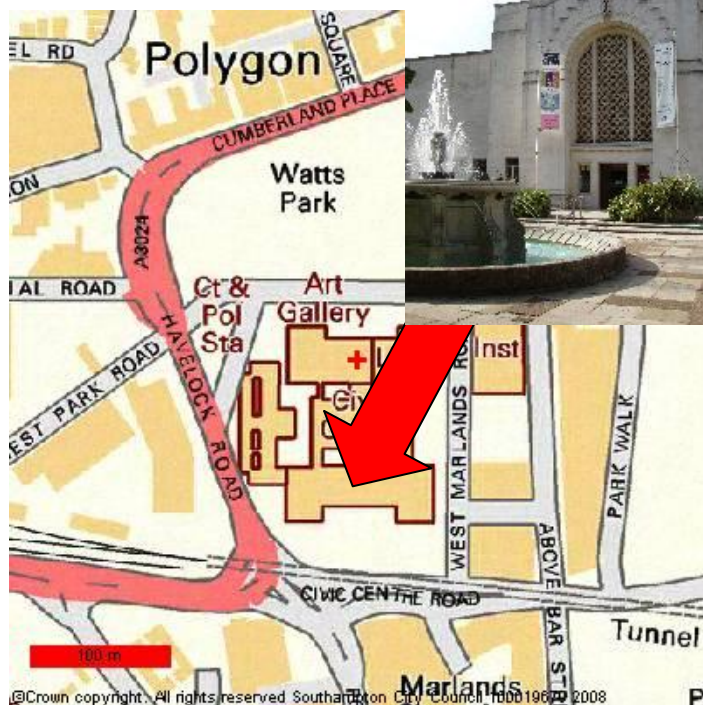
Central Library

Where?

Civic Centre, West Marlands 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	9.30am - 7.00pm
Wednesday	9.30am - 7.00pm
Thursday	9.30am - 7.00pm
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 Central Library



www.southampton.gov.uk/libraries

The GuildHall

Where?

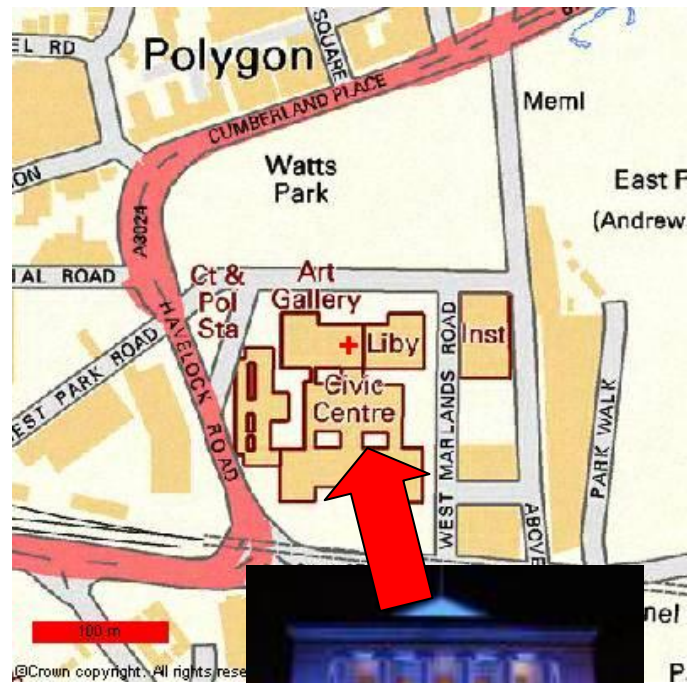
Civic Centre, West Marlands Road

What happens at the Guildhall?

- Music Concerts
- Comedy Shows

How do I buy a ticket to a show?

You can buy tickets over the phone or on the website, or you can go to the guildhall box office. The box office is through the main civic centre doors, near the library.



Box Office Opening Times

Monday – Friday

9am – 6pm

Saturday

9am – 5pm

Show Times

Most shows are in the evening. Call or look on the website for times.



Different shows cost different amounts. Call or look on the website for prices.



023 80632601



www.livenation.co.uk/southampton

Record and CD Fair

Where?

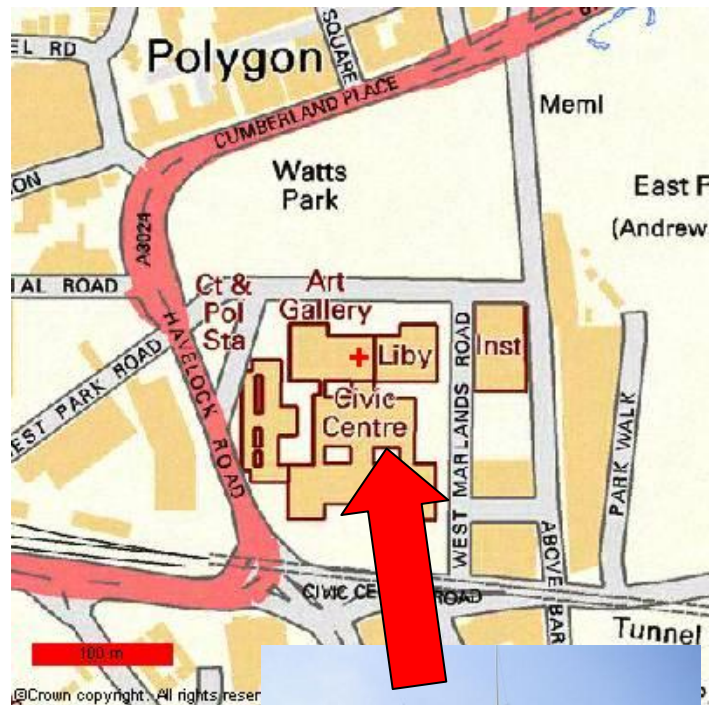
The Guildhall, Civic Centre,
West Marlands Road

What is a Record and CD fair?

There are lots of stalls selling CDs and Records. You can look around the stalls and buy CDs or records if you want to.

What CDs and records do they sell?

- Pop
- Rock
- Metal
- Reggae
- Indie
- Jazz
- R & B
- Soul
- Punk
- Dance



Last Saturday of every Month
10am – 4pm



£1.50
(Take extra money if you want to buy CDs or records)



023 80632601

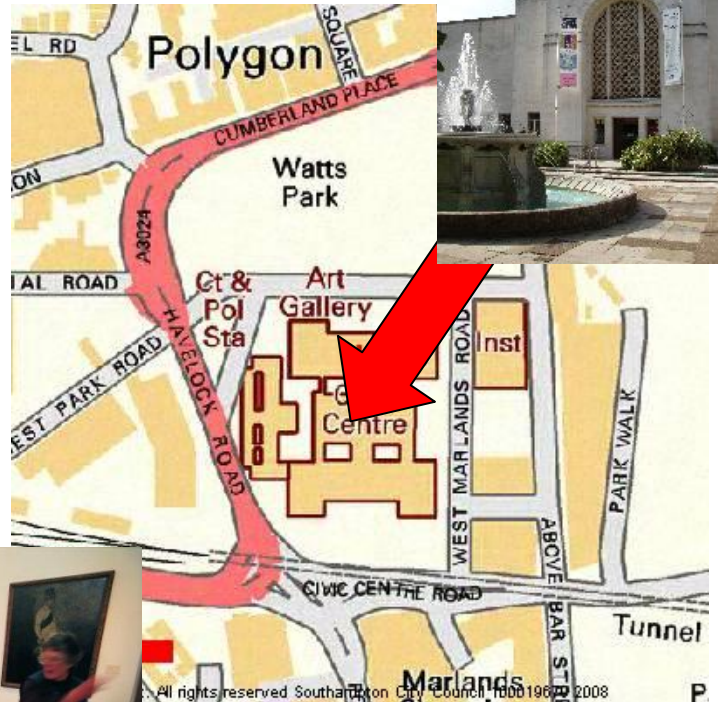
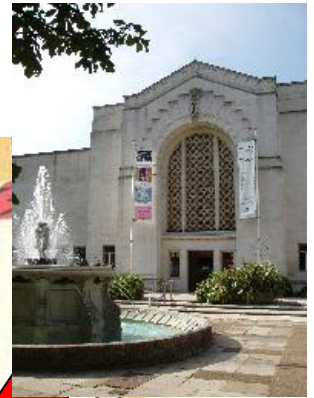
Southampton Art Gallery

Where?

Civic Centre, Commercial Road

What can I do at the Art Gallery?

- Look at works of art like paintings and sculptures.
- Have something to eat or drink at Fountains Café.



Opening Times

Monday - Friday

10am – 6pm

Saturday & Sunday

11pm – 6pm



FREE



023 80832153

Bargate Art Gallery

Where?

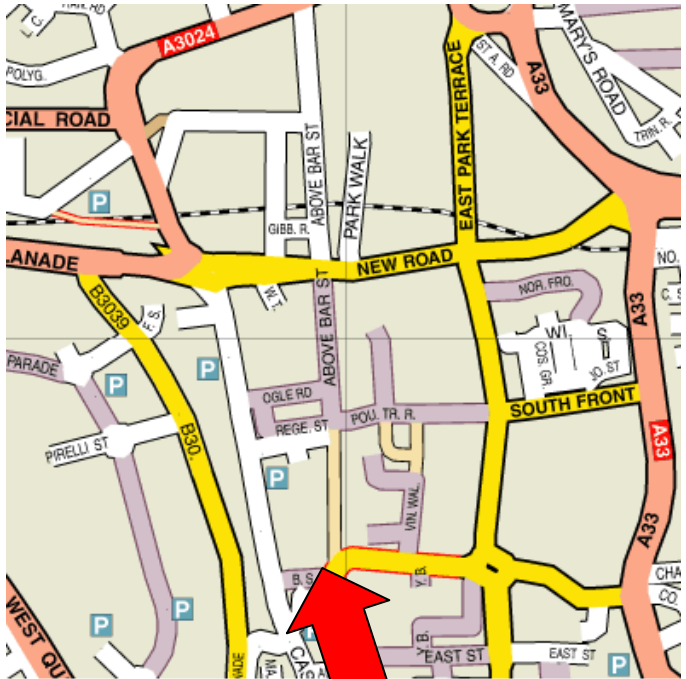
Inside Bargate, High Street

What can I do at the Bargate Gallery?

You can look at artwork by local artists. They have paintings, sculptures and sometimes short films. The artwork changes every few weeks.

IMPORTANT!!

The gallery is closed when they are setting up new art shows. Call before you go to make sure it is open.



Opening Times

Wednesday – Friday
Saturday & Sunday

11am - 6pm
12am – 5pm



FREE



023 80338778

The Art House Café

Where?

178 Above Bar Street, City Centre

What can I do at the Art House Café?

- Meet Friends
- Eat and Drink
- Play Board Games
- Look at Art work
- Buy local crafts



Opening Times

Tuesday & Thursday

11am – 5pm

Wednesday & Friday

11am – 8pm

Saturday & Sunday

12noon – 5pm



023 80238582



You can find information about special events at
www.thearthousesouthampton.co.uk

Knitter Natter

Where?

The Art House Gallery Café,
178 Above Bar Street

What is Knitter Natter?

It is a club for people that like to knit, sew or crochet, whilst chatting with friends.

Do I have to bring anything with me?

Bring your knitting, sewing or crocheting



Thursdays
11am – 1pm



It is free to join, but everyone gives a small amount of money each time they go to keep the club running.



Call **023 80260107** and ask for **Lissie**



www.thehousesouthampton.co.uk

Southampton Story Club

Where?

The Art House Gallery
Café, 178 Above Bar
Street

What is Southampton Story Club?

It is a club for people
that like to listen to
stories. You can hear all
different kinds of stories
and poems. You can
also tell your own
stories.



First Thursday of every month
8pm – 10pm



It is free to join, but everyone gives a small amount of
money each time they go to keep the club running.



You can call the Art House Café on **023 80238582**



www.storyclub.org.uk/

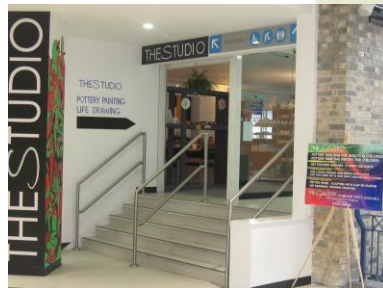
Pottery Painting

Where?

The Studio, 1st Floor Marlands Mall (by Costa Coffee), Civic Centre Road

What can I do at the Studio?

You can paint and decorate things like plates, mugs and vases to take home.



Opening Times

Monday	CLOSED
Tuesday	10am-6pm
Wednesday	10am-6pm
Thursday	10am-6pm
Friday	10am-6pm
Saturday	10am-6pm
Sunday	11am-4pm



£2 plus the cost of the item you choose to paint (items cost between £5 and £12)
(10% off with this book)



078 30298809



www.thestudioonline.co.uk

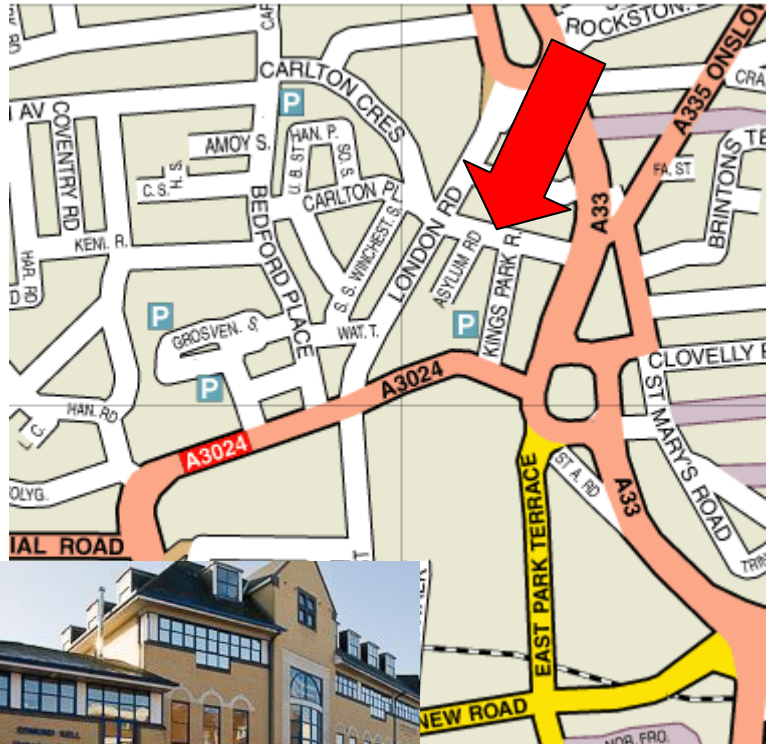
Drumming Circle

Where?

Edmund Kell Unitarian Church,
Bellevue Road

What happens at a Drumming Circle?

People get together and make
music.



The drumming circle meets once a month for a 3 hour session. Look on the website or call to find out when the next one is.



£8 per session



Call Richard on **023 80554445** or **077 69901615**



www.activeartists.org.uk

Blue Sky Choir

Where?

African Caribbean Centre, St Mary's Road

What is a Choir?

A choir is a group of people that sing together.

What songs do they sing?

- Pop
- World Music
- Folk
- Gospel



Thursdays
7:30pm



£65 per term
(Or £4 per session for concessions)



023 80558704

Jive Dancing

Where?

The Mo Club,
West Quay Road Industrial
Estate

What is Mo'Jive?

It is a fun dance class
followed by a disco.



Opening Times

Tuesday	7:45pm – 11pm
Wednesday	7:45pm – 11pm
Thursday	7:45pm – 11pm



£7 each time you go



023 80226439



www.themoclub.com

Roller Disco

Where?

The Mo Club,
West Quay Road
Industrial Estate

What is a Roller Disco?

It is like a normal disco
with music and
dancing but
everyone is on
roller skates.



Skating Lessons

Mondays

7:30pm – 10:30pm

Roller Discos

Saturday and Sunday

12:30pm – 2:30pm and

3:30pm – 5:30pm

Saturday Night

8pm – Midnight



Day Price £7

Night Price £10



023 80226439



www.themoclub.com

Social Swimming Club

Where?

The Quays Swimming Pool, Harbour Parade

What is a social swimming club?

It is a club for people that would like to go swimming with other people. You can have a swim and get to know new people.



First Tuesday of each month
3pm



£3.60 (or £2 if you have a leisure card)



Call **023 80685282** or **07919692759** and ask to speak to Lynda

Sailing

Where?

Southampton Water Activity Centre, Floating Bridge Road
(This is the small road at the City Centre end of the Itchen Bridge)



What is sailing?

You sit in a boat with an instructor and learn how to move across the water and change direction. It is lots of fun!!!



What should I bring with me?

- A towel
- Shoes that you don't mind getting wet
- A spare change of clothes
- A warm coat



Mondays (starting on 10th May)
6:30pm – 7:30pm **or** 7:45pm – 8:45pm



£5



Call **Sim** on **023 80915743** to book a place



www.swac.co.uk

The Quayside Pub

Where?

Leisure World, West Quay Road

What can I do at the Quayside?

- Meet Friends
- Have dinner
- Have a drink
- Play Pool
- Karaoke
- Quiz



Opening Times

Sunday – Wednesday

12noon – 11pm

Thursday – Saturday

12noon – 12midnight



Prices

Pints from £2.85

Glass of wine from £3.10

Special Offer!!

2 Cocktails for £6.95



023 80237988

The Mayflower Theatre

Where?

Commercial Road



What is a theatre?

It is a bit like a cinema, but there is a stage instead of a screen. People stand on the stage and act out a story or 'Play'.



What types of play can you see at the Mayflower?

- Funny Plays
- Serious Plays
- Musical Plays
- Pantomimes
- Ballet



You can look on the website or call to find out what's on now!!



Different plays cost different amounts. Call or look on the website for prices. Carers can get a ½ price ticket if they join the Assisted Access Scheme. Call or look on the website for more information on the Assisted Access Scheme.



023 80711811



www.mayflower.org.uk

Odeon Cinema

Where?

Leisure World, West Quay Road
Road

What films can I see at the Odeon?

You can see all the latest films and 3D films. If you go and see a 3D film you will be given special glasses which make the film pop-out of the screen.



Call or look on the website for showing times.



Normal films	£7.80
3D Films	£10.05



087 12244007



www.odeon.co.uk/fanatic/film_times/s127/

Cineworld Cinema

Where?

4 Ocean Way, Ocean Village

What films can I see at Cineworld?

You can see all of the latest films.



Call or look on the website for showing times.



£7.60

Special Offers

£6.50 before 5pm

£4.90 all day Tuesday

£4.30 before 12noon on Saturdays



087 12208000



www.cineworld.co.uk/cinemas/58

Harbour Lights Cinema

Where?

Ocean Village

What films can I see at Harbour lights?

You can see some of the latest films and films from other countries.

Autism Friendly Showings

At Harbour lights they have special Autism friendly showings. The lights can be left on, the volume is turned down, and people are free to get up and move around if they want to. Look on the website or call to find out when the next Autism Friendly showing is.



Call or look on the website for showing times.



£7.50

Special Offers

£6.50 all day Monday

£6.50 before 5pm on Tuesday – Friday



087 17042060



www.picturehouses.co.uk/harboursights

Maritime Museum

Where?

Wool House Maritime Museum, Town Quay

What can I do at the Maritime Museum?

You can look at lots of things to do with sailing and ships. You can also learn about the history of the titanic. The Titanic was a famous ship that set sail from Southampton and sank because it hit a big iceberg.



Opening Times

Monday – Friday
Saturday and Sunday

10am – 6pm
11am – 6pm



£2.50



023 80223941



Medieval Merchants House

Where?

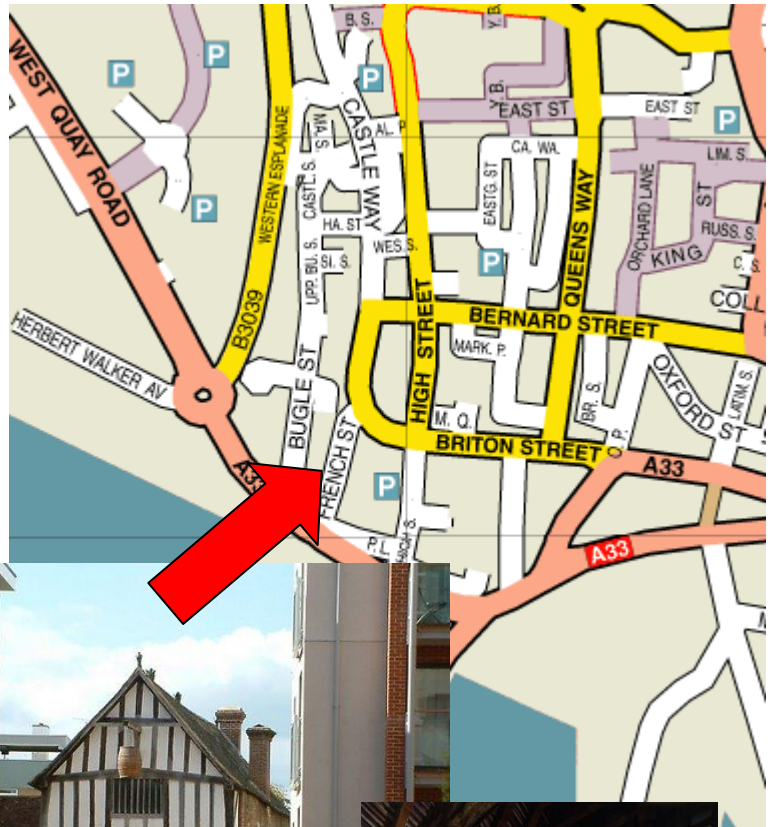
58 French Street

What is the Medieval Merchant's House?

It is a house that was built over 700 years ago.

What can I do at the Medieval Merchant's House?

You can look around and see how people used to live all those years ago.



Opening Times

Sunday 12noon – 5pm



£4



023 80221503

Museum of Archaeology

Where?

God's House Tower, Winkle Street

What is the Museum of Archaeology?

It is a museum full of very old things that have been found in the ground around Southampton.

What can I do at the Museum of Archaeology?

You can look around at all of the things that have been found and learn about how people used to live years and years ago.



Opening Times

Monday – Wednesday

CLOSED

Thursday

10am – 6pm

Friday

10am – 6pm

Saturday

11am – 6pm

Sunday

11am – 6pm



£2.50



023 80635904

Solent Sky

Where?

Albert Road South

What is Solent Sky?

It is a museum full of planes and things to do with flying.

What can I do at Solent Sky?

You can look around at the different planes and even sit in some of them.



Opening Times

Monday

Tuesday – Saturday

Sunday

CLOSED

10am – 5pm

12noon – 5pm



£6



023 80635830



www.spitfireonline.co.uk

Central Parks

Where?

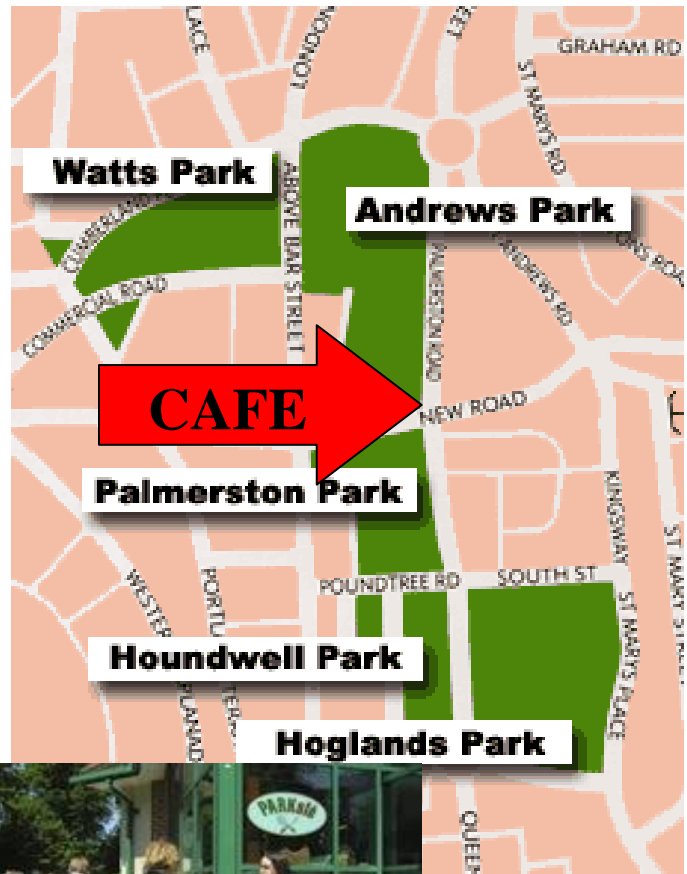
East Park Terrace

What can I do in the Parks?

- Have a picnic
- Go for a walk
- Play Tennis
- Play Basketball
- Have something to eat or drink at the Parkafe.

What is the Parkafe?

It is a café that sells food and drink. You can also rent tennis rackets and basketballs.



Opening Times

8am – 6pm everyday



You can rent sports equipment and use the courts for £5 an hour.



You can call the Café on **023 80230062**

Helpful Information

Shopping

There are lots of shops in Southampton City Centre. There is a large shopping centre called West Quay which has lots of clothes shops, shoe shops and places to eat and drink. There are also lots of shops on the high street.



Southampton City Centre now has a big IKEA store which sells nice things for the home. Its also has a big café which sells food and drink at low prices.



Buses

Buses go from all areas of Southampton to the City Centre. They come often so you don't have to wait around long.



Most buses stop on Vincent's Walk or Above Bar Street which are right next to the main High Street.

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
Mum 0123 456789
Home 0123 444444
Work 0100 222222
John 0444 444444

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!!!

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Created by

SOUTHAMPTON MENCAP

Understanding learning disability

In Partnership with



May 2010



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