

**COXFORD**

**LORDSHILL**

**REDBRIDGE**



# Things to do in Your Local Area

Information for people with a learning  
disability



**COXFORD**

**LORDSHILL**

**REDBRIDGE**

**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.

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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:

- **Coxford**
- **Lordshill**
- **Redbridge**

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](http://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!

# Lordshill Library

## Where?

Lordshill District Centre

## What can I do at the library?

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



## Opening Times

Monday	CLOSED
Tuesday	9.30pm - 7pm
Wednesday	10pm - 7pm
Thursday	9.30pm - 7pm
Friday	9.30pm - 7pm
Saturday	9.30am - 4pm
Sunday	CLOSED



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



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



[www.southampton.gov.uk/libraries](http://www.southampton.gov.uk/libraries)

# Bingo

## Where?

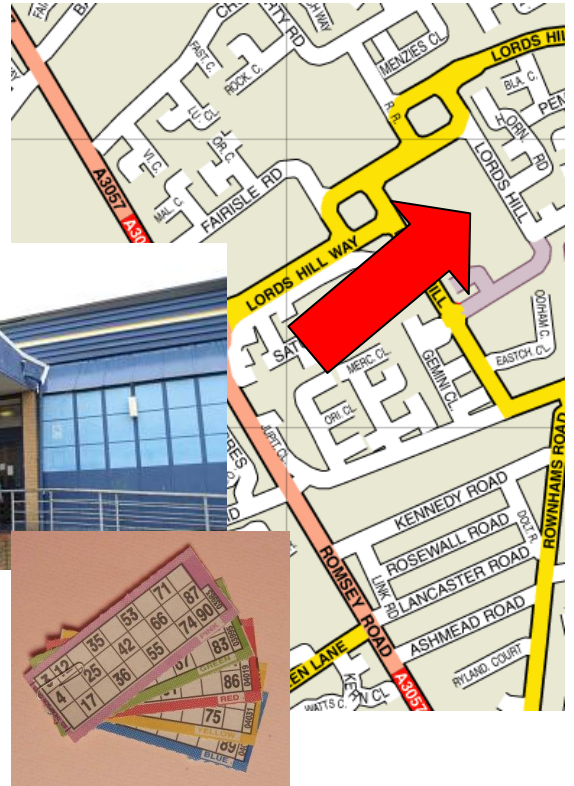
Gala Bingo Hall, Lordshill Centre

## What is Bingo?

Bingo is a number game.

When you pay you are given a card with numbers on. Numbers are called out and you have to see if they match the

numbers on your card. If all your numbers are called out first you can win a cash prize.



## Sessions Times

	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Monday	12noon	1pm	7:30pm
Tuesday	12noon	1pm	7:30pm
Wednesday	12noon	1pm	7:30pm
Thursday	12noon	1pm	7:30pm
Friday	12noon	1pm	7:30pm
Saturday	12noon	1pm	7:30pm
Sunday		2pm	7:30pm



Prices are different on different days and at different times. It is cheapest in the morning. Call or look on the website for prices.



**023 80741117**



**[www.galabingo.co.uk/gala-bingo.html](http://www.galabingo.co.uk/gala-bingo.html)**

# Art Club

## Where?

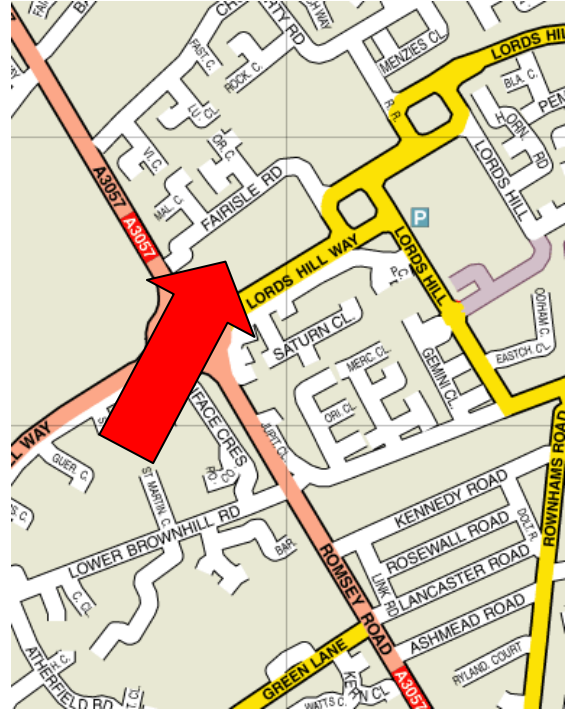
Oasis Academy Lordshill, Fairisle Road

## What is an Art Club?

It is club for people that like art. The group meet up to paint or draw together. It is a chance for people to share ideas and show other people their art work.

## What should I bring with me?

You have to bring 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.



Tuesdays 7pm-9pm



It costs £10 per year to become a member and then £1 per week.



Call **023 80730191** and ask for **William**.

# Camera Club

## Where?

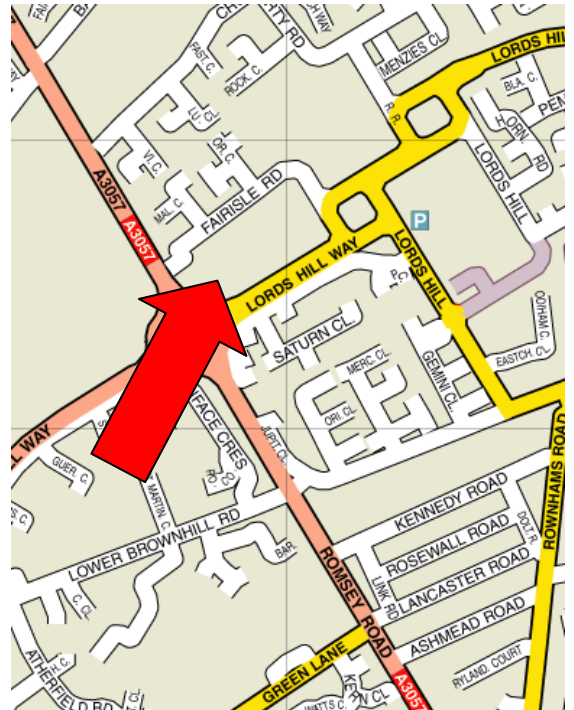
Oasis Academy Lordshill, Fairisle Road

## What is a Camera Club?

It is a club for people that like taking photographs. The group meet weekly and learn how to use a camera and how to take good photographs.

## What should I bring with me?

You don't have to bring anything but you can bring your own camera if you want to.



Tuesdays  
7pm – 9pm



£6 per month



Call **023 8077 7165** and ask for **Barry**

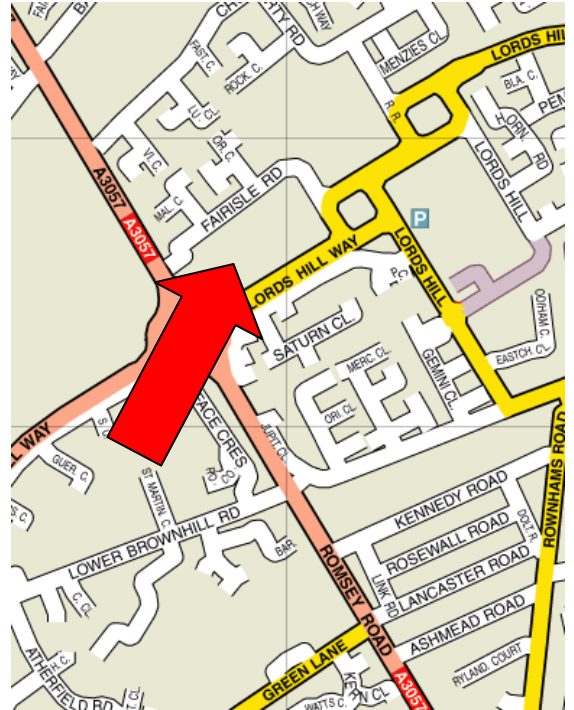
# Chess Club

## Where?

Oasis Academy Lordshill, Fairisle Road

## What is a chess club?

It is a club for people that enjoy playing chess. The group meet and play against each other.



Tuesdays 7pm – 10pm



£25 a year



Call **023 80265095** and ask for **David**

# Solent Amateur Astronomers

## Where?

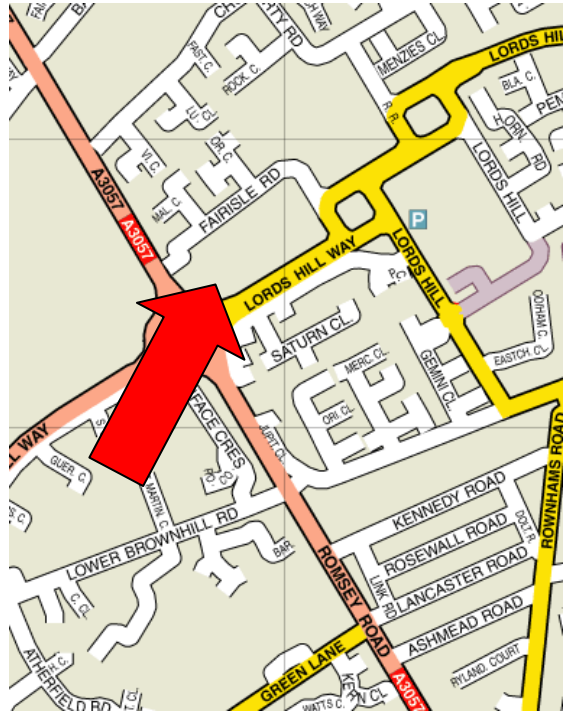
Room 8, Oasis Academy  
Lordshill, Fairisle Road

## What is Astronomy?

Astronomy is the study of space,  
stars and planets.

## What happens at the Astronomer's meetings?

Each month the group has a guest  
speaker who gives a talk on  
astronomy. After the talk they go  
to the bar to have a drink and a  
chat.



Third Tuesday of each Month  
7:30pm – 10pm



It costs £28 a year to become a  
member or £14 if you are on  
benefits.



Call **02380422218** and ask for **Derek**



[www.delscope.demon.co.uk](http://www.delscope.demon.co.uk)

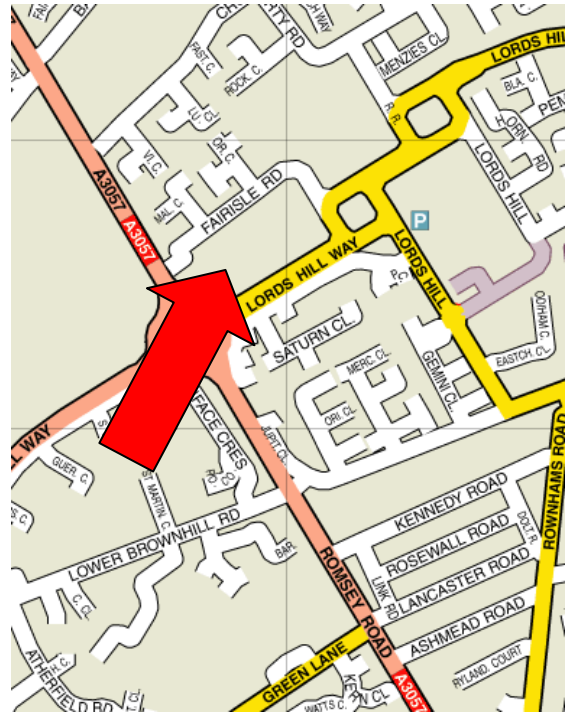
# Badminton Club

## Where?

Oasis Academy Lordshill, Fairisle Road.

## What is Badminton?

It is a sport which is played on a court with a net. It is a bit like tennis but you have to hit a small object called a shuttlecock instead of a tennis ball.



Tuesdays  
7:30pm – 9:30pm



£3.50 a week for members  
£5 a week for non-members  
(It costs £30 a year to become a member)



023 80787574

# Keep Fit (For people over 50)

## Where?

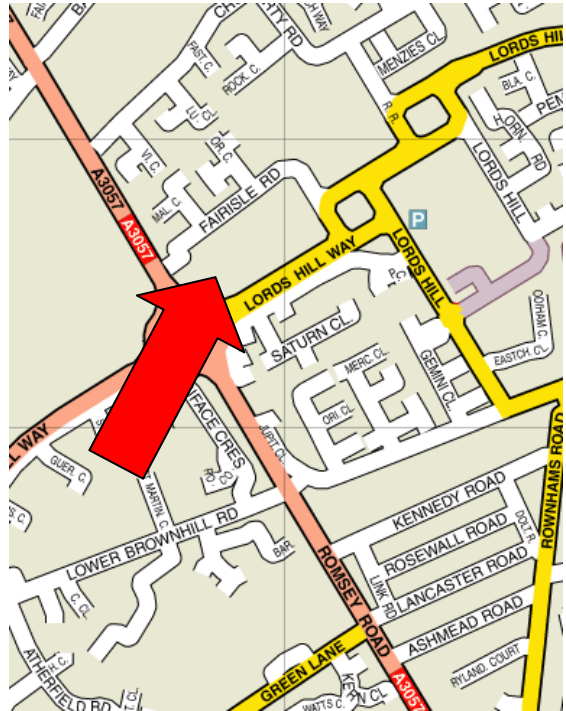
Oasis Academy Lordshill, Fairisle Road

## What do you do in a keep fit class?

You learn exercises and stretches that can help you stay fit and healthy.

## What should I take with me?

- Trainers
- Gym/ sports clothes (a t-shirt and tracksuit bottoms will do)
- A drink



Tuesdays 1:45pm-2:45pm  
Thursday 9:45am-10:45am



£3 each class



023 80739797



# Legs, Bums and Tums Exercise Class

## Where?

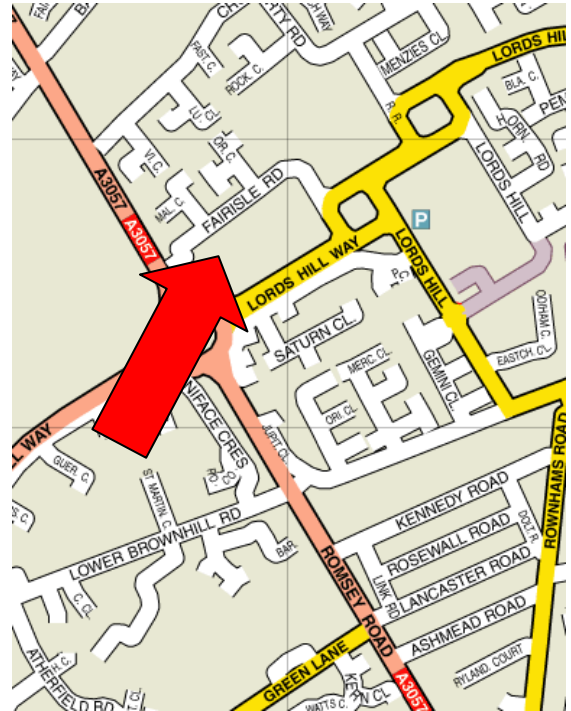
Oasis Academy Lordshill, Fairisle Road

## What is 'Legs, Bums and Tums'?

It is an exercise class that helps you to get fit by stretching and dancing to music. It is very good for toning up your legs, bum and tum!

## What should I take with me?

- Gym Clothes and Trainers
- A Towel
- A Bottle of Water



Mondays	6:30pm- 7:25pm
Tuesdays	12:45pm- 1:45pm
Wednesdays	6:15pm- 7:15pm
Thursdays	6:30pm- 7:30pm



£3.60 per class



023 80739797

# Strictly Dance Classes

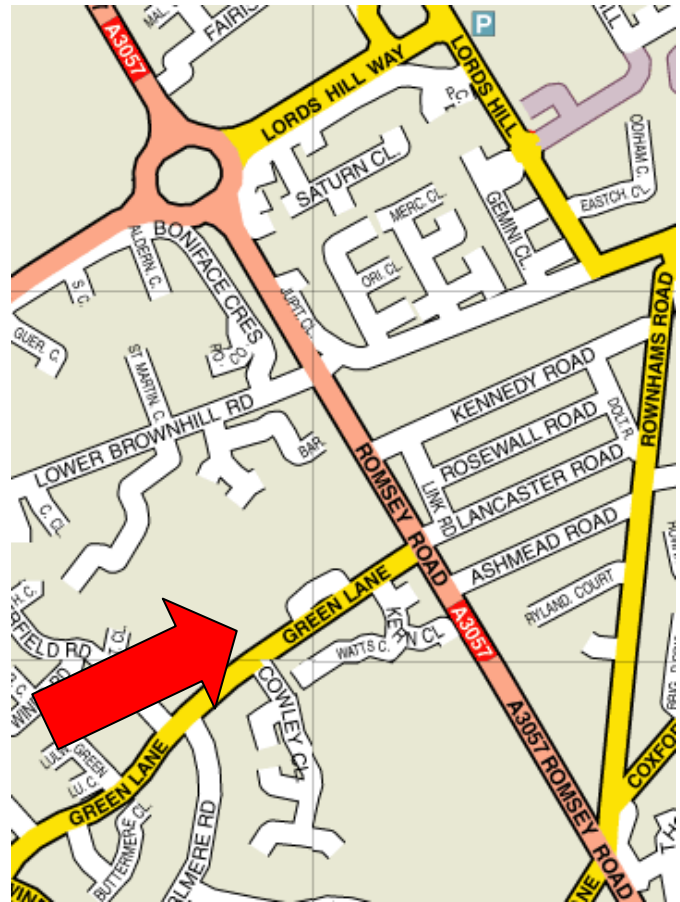
## Where?

Oasis Academy, Green Lane

## What happens at a strictly dance class?

You learn to dance. You can learn lots of different types of dance:

- Ballroom
- Salsa
- Latin
- Jive
- Rock and Roll
- Tango



Thursdays  
3:30pm – 5:30pm



£3.50 each week



023 80739797

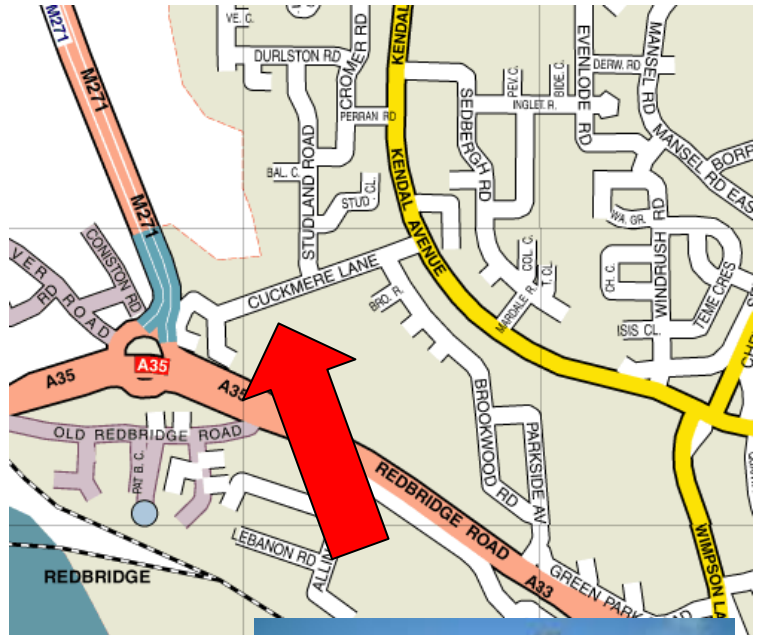
# Belly Dancing

## Where?

Redbridge Community School

## 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.



Thursdays 7pm – 8pm



£4 each class



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

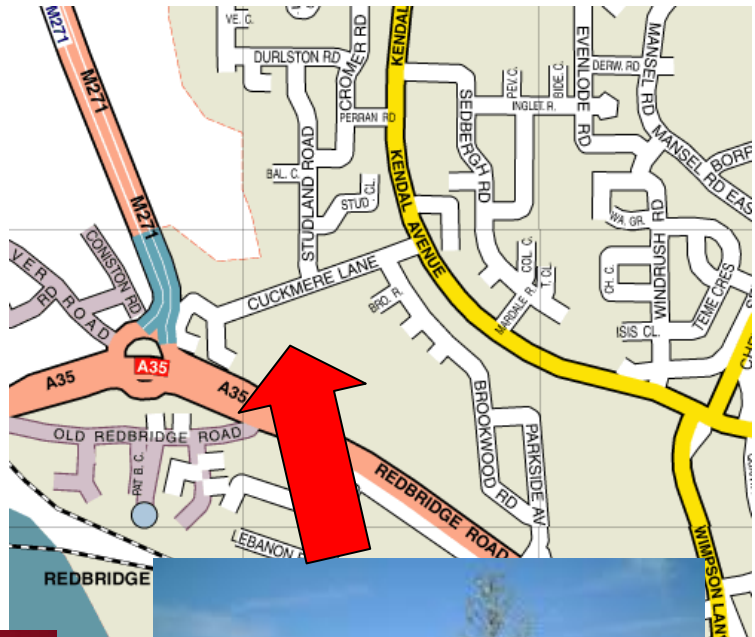
# Street Cardio Funk

## Where?

Redbridge Community School

## What is it?

It is a fun-filled dance class that is great for keeping fit. You will learn street dance routines and get a good work out at the same time!



Wednesdays  
6:50pm -7:50pm



£17 for 5 weeks (or £4 each session)



Call **070 92886748** to book a place before going along



[www.bustagroove.co.uk](http://www.bustagroove.co.uk)

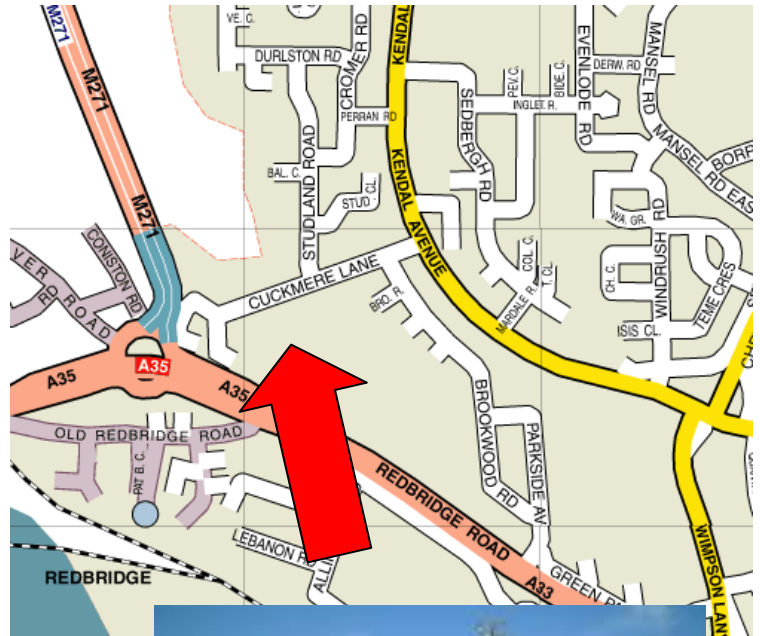
# Capoeira

## Where?

Redbridge Community School

## What is Capoeira?

Capoeira is a Martial Art which combines Music, Dance and self defence moves. Capoeira can help to improve coordination, self esteem and confidence.



Wednesday 8:15pm – 9:15pm



£7 per week  
£30 for 5 weeks  
£50 for 10 weeks



Call **077 29133051** to book a place

# Ju Jitsu

## Where?

Lordshill Community Centre

## What is Ju Jitsu?

Ju Jitsu is a martial art. It keeps you fit and is great fun too!



Mondays  
7:30pm – 9pm



£5 per week



Call **077 95980980** and ask for **Terry**

# Courses at Oasis Academy

## Where?

Upper Site- Fairisle Road

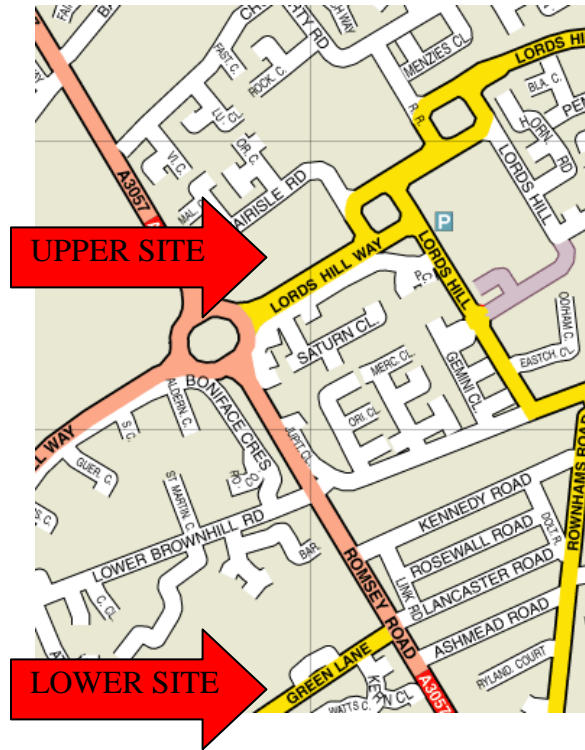
Lower Site- Green lane

## What is a Course?

A series of classes that teach you how to do something new.

## What Courses can I do at Oasis Academy?

- Computer Courses
- Music
- Watercolour Painting
- Pottery
- Yoga
- Dance



Different courses are held at different times. They last between 3 and 10 weeks.



Each course has a different price. Look on the website or call to find out how much each course costs.



Call **023 80739797** to find out more



**[www.oasisacademylordshill.org](http://www.oasisacademylordshill.org)**

# Courses at Redbridge Community School

## Where?

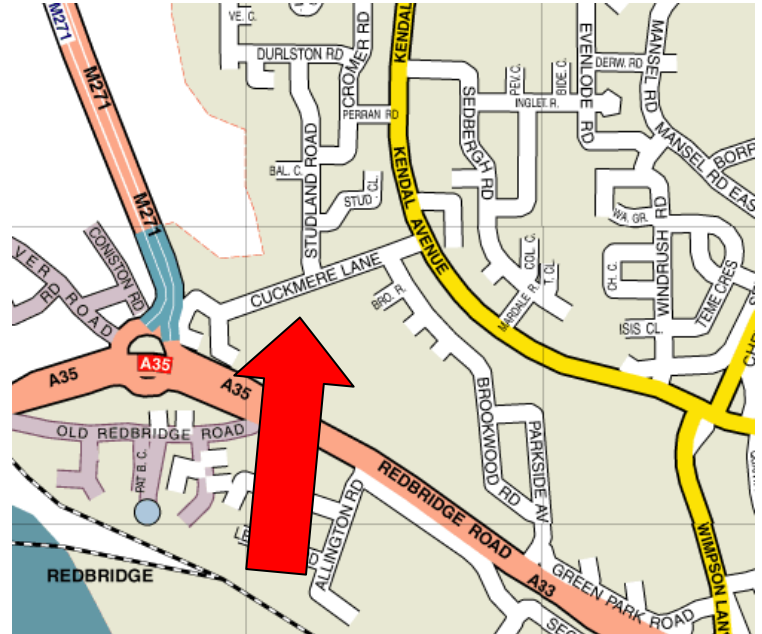
Cuckmere Lane

## What is a Course?

A series of classes that teach you how to do something new.

## What Courses can I do at Redbridge?

- Yoga
- French
- Pilates
- Dance
- Jewellery Making



Different courses are held at different times. They last between 3 and 10 weeks



Each course has a different price. Look on the website or call to find out how much each course costs.



Call **023 80786485** to find out more



[www.redbridgecommunityschool.co.uk](http://www.redbridgecommunityschool.co.uk)

# The Ship Inn

## Where?

41 Old Redbridge Road

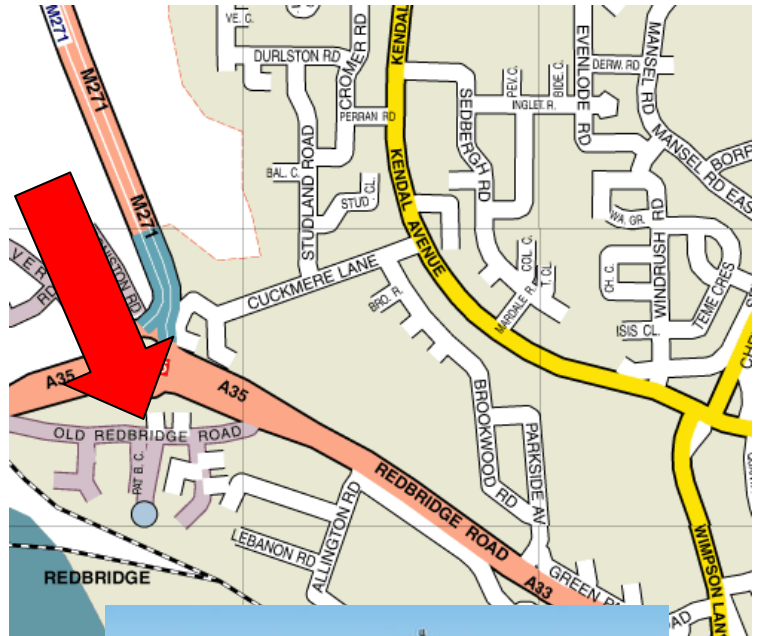
## What can I do at the Ship Inn?

- Meet Friends
- Have something to eat or drink
- Sit in the beer garden

## Special Nights!

- Karaoke
- Themed Nights
- Live Music
- Skittles

Call or look on the website to find out when these are.



## Opening Times

Monday – Saturday  
Sunday

11am – 11pm  
12noon – 11pm



## Prices

Beer from £2.90  
Lunch from £2.95



023 80862186



[www.theshipinnoldredbridge.co.uk](http://www.theshipinnoldredbridge.co.uk)

# Helpful Information

## Shopping

The main shopping area is Lordshill District Centre. There is a large supermarket, a butcher, a chemist, a charity shop and a Post Office.



## Buses

These buses go to Coxford:

- First buses 10, 10A, 4 and 5

These buses go to Lordshill:

- First buses 17, 8, 8A
- Bluestar 4

These buses go to Redbridge:

- Bluestar 8, 10, 11, and 12

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

**[www.travelinesw.com](http://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**



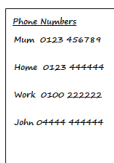
**Bus pass**



**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**.

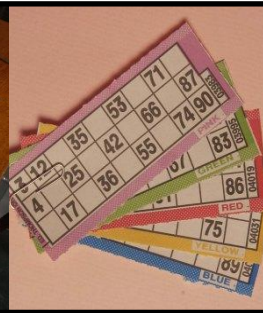


**Keep everything in a safe place!!!**

**COXFORD**

**LORDSHILL**

**REDBRIDGE**



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MENCAP**

*Understanding learning disability*

In Partnership with



May 2010



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