

PORTSWOOD

BASSETT

HIGHFIELD



Things to do in Your Local Area

Information for people with a learning
disability



PORTSWOOD

BASSETT

HIGHFIELD

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:

- **Portswood**
- **Bassett**
- **Highfield**
- **St Deny's**

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!

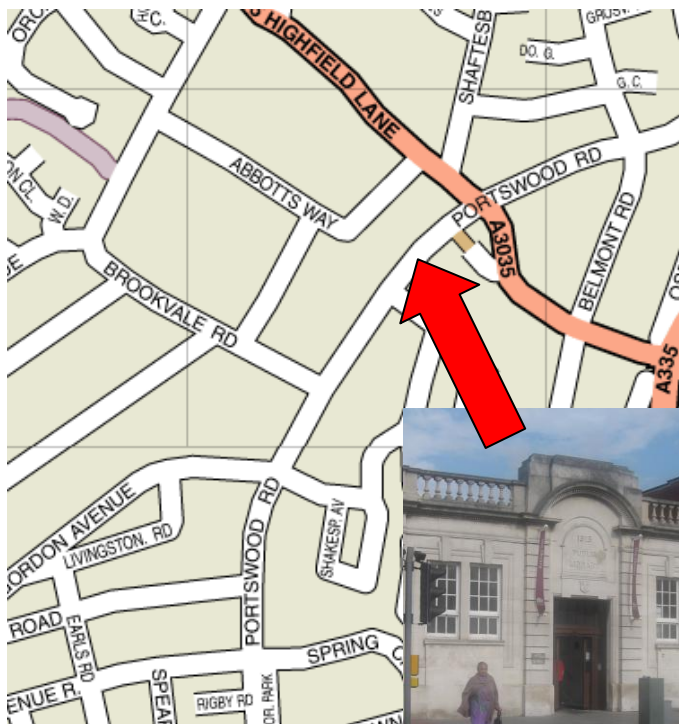
Portswood Library

Where?

Portswood High Street

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 – 7pm
Tuesday	9:30am – 5pm
Wednesday	10am – 7pm
Thursday	CLOSED
Friday	9:30am – 7pm
Saturday	9:30am – 4pm
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 Portswood Library.



www.southampton.gov.uk/libraries

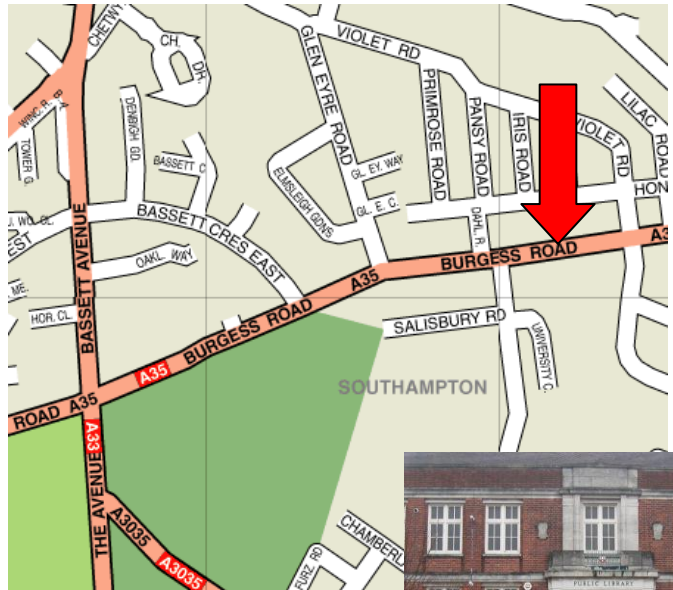
Burgess Road Library

Where?

Burgess 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 Hours

Monday	9.30 – 7.00pm
Tuesday	CLOSED
Wednesday	10.00am – 5.00pm
Thursday	CLOSED
Friday	9.30 – 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 Burgess Road Library.



www.southampton.gov.uk/libraries

DM Dance Centre

Where?

Diment Macdonald Dance Centre,
10 Spring Crescent,
Portswood

What dances can I learn?

- Salsa
- Street Dance
- Line Dancing
- Ballroom
- Afternoon Tea Dance



Call or look on the website to find out times



Classes cost between **£4.20** and **£7.40**. Call or look on the website if you would like to know the cost of each lesson.



023 80554192



www.dimentmacdonald.co.uk

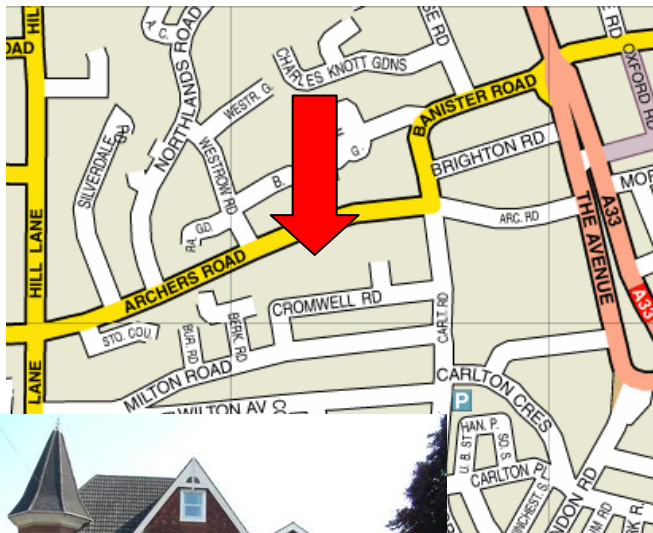
Salsa Dancing

Where?

The Archers Club,
32 Archers Rd

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!



Thursdays
8pm – 11pm



Each class costs £7



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



www.tracieslatinclub.co.uk

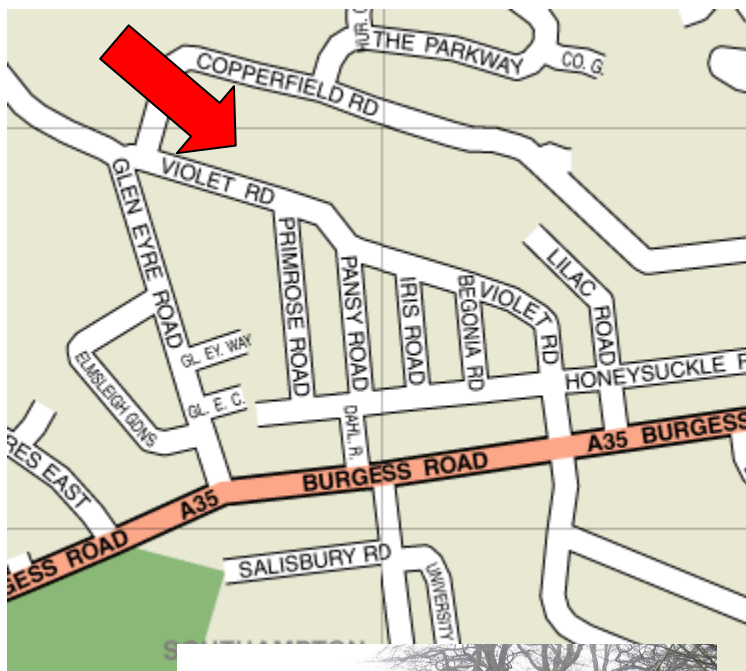
Ai Kido

Where?

Cantell School, Violet Road

What is Ai Kido?

Ai Kido is a martial art. It keeps you fit and is great fun too!



Thursdays
7:30pm – 9:30pm



Each class costs £7
You also have to pay £8 a year for insurance.
Call or look on the website for more information.



023 80578657



www.southamptonkiaikido.org

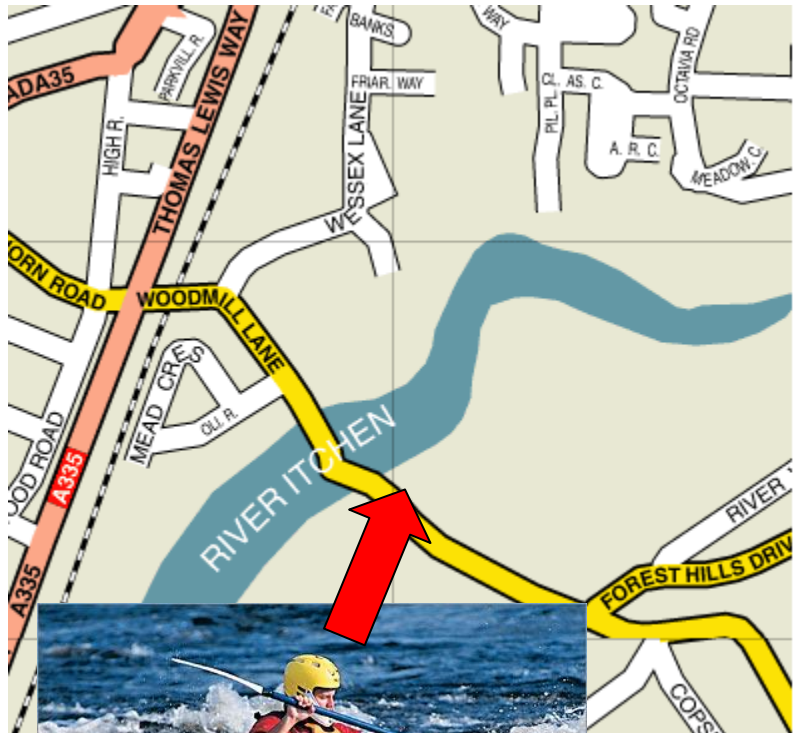
Paddling

Where?

Woodmill Outdoor Activity Centre, Woodmill Lane, Swaythling

What is paddling?

Paddling involves canoeing and kayaking on the lake at the woodmill activity centre. As you get better you will learn to paddle down the river.



What should I bring with me?

- Spare Clothes
- Towel
- Warm Coat
- Shoes that you don't mind getting wet



Thursdays (in summer only)
6:30pm – 7:30pm or 7:45pm – 8:45pm



£5 each lesson



Call Anna on **023 80915748** to book a place



www.woodmill.co.uk

Bingo

Where?

Mecca Bingo, The Portswood Centre, Portswood Highstreet

What is Bingo?

Bingo is a number game. 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 you can win a cash prize.



Evening games start at 6.45pm everyday. On some days there are games during the day time as well. Call or look on the website for more information



Prices are different on different days. Call or look on the website for prices.



023 80554329



www.meccabingo.com/clubs/southampton

Nuffield Theatre

Where?

The Nuffield Theatre,
University 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 Nuffield?

- Funny Plays
- Serious Plays
- Musical Plays
- Christmas Shows

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



Different plays cost different amounts. You can see most plays for between £7 and £10, and some for as little as £3. If you need to come with a carer they can get a free ticket.



023 80671771



www.nuffieldtheatre.co.uk

St Deny's Community Centre

Where?

Priory Road, St. Denys,
Southampton

What goes on at St Deny's Community Centre?

There is lots going on at St Denys Community Centre:

- Sports Clubs
- Exercise Classes
- Art Clubs
- Dance Classes



To find out what is on and when, look on the website or call. If you find this difficult ask someone you know to help you.



Call **079 49127294** between 9am and 5pm



www.stdenyscommunitycentre.org.uk

Listen to Live Music at 'Talking Heads'

Where?

The Talking Heads Pub,
320 Portswood Road

What can I do at the Talking Heads?

- Listen to live music
- Meet Friends
- Drink
- Dance

What is Live Music?

Live music is when people sing and play musical instruments on a stage in front of you. It can get quite noisy and busy and you might have to stand up for a long time. Get there early if you would like a seat.



The cost is different on different nights. Call or look on the website to find out what's on and how much it will cost.



023 80678446



www.thetalkingheads.co.uk

Candle Club

Where?

The Talking Heads Pub,
320 Portswood Road

What is the Candle Club?

It is an evening of live music. Local musicians get the chance to get on the stage and play their music by candle light. It is a very chilled out and relaxed evening.



Mondays
7pm



It is free to go along but you might want to take some money for drinks.



023 80678446



www.thetalkingheads.co.uk

Listen to Live Music at 'The Brook'

Where?

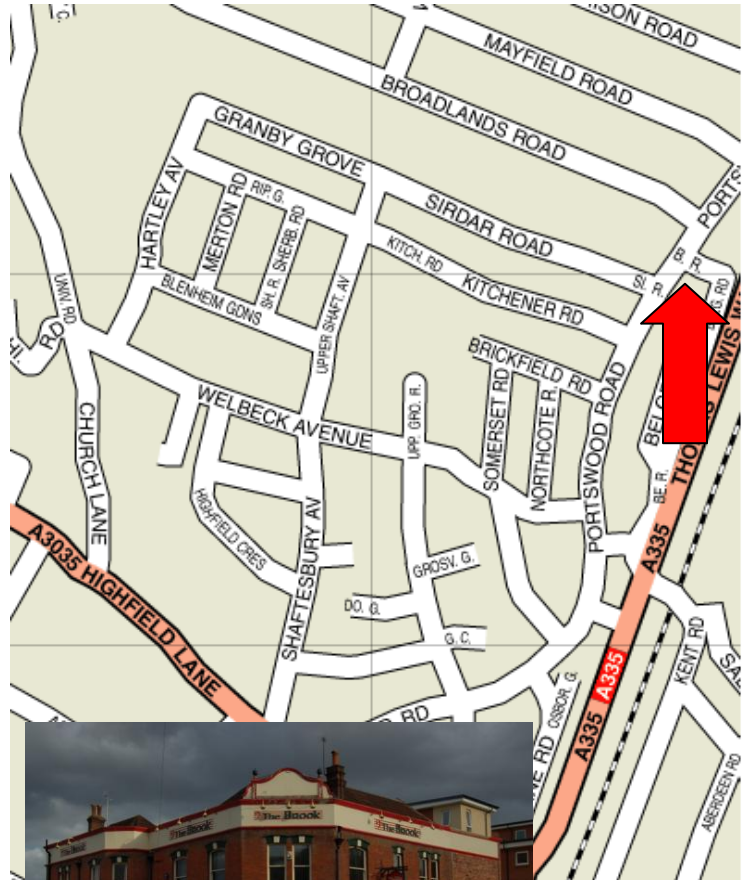
The Brook Pub,
466 Portswood Road

What can I do at the Brook?

- Listen to live music
- Meet Friends
- Drink
- Dance

What is Live Music?

Live music is when people sing and play musical instruments on a stage in front of you. It can get quite noisy and busy and you might have to stand up for a long time. Get there early if you would like a seat.



The cost is different on different nights. Call or look on the website to find out what's on and how much it will cost.



023 80555366



www.the-brook.com



Varsity Pub

Where?

The Portswood Centre,
Portswood High Street

What can I do at Varsity?

- Meet Friends
- Eat
- Drink
- Play Pool
- Watch Sports



Opening Times

Monday – Saturday
Sunday

10.00am- 11.00pm
12.00am- 10.30pm



Drinks

Soft drinks from £1.50
Beers from £2.50
Glass of wine from £2.50

Food

Main meals from £3.99



023 80552652



www.varsitybars.com



The Highfield Pub

Where?

Highfield Lane, Portswood

What can I do at the Highfield?

- Meet Friends
- Eat
- Drink
- Play Pool
- Watch Sports



Opening Times

Sunday – Thursday

12.00 – 11.30pm

Friday and Saturday

12.00 – 12.30am



Drinks

Beers from £2.80

Glass of wine from £3.50

Soft Drinks from £1.85

Food

Sandwiches from £3.50

Hot meals from £4.99

Special Offers

Curry and a drink for £5.00 on Wednesday and Thursday



023 80555985

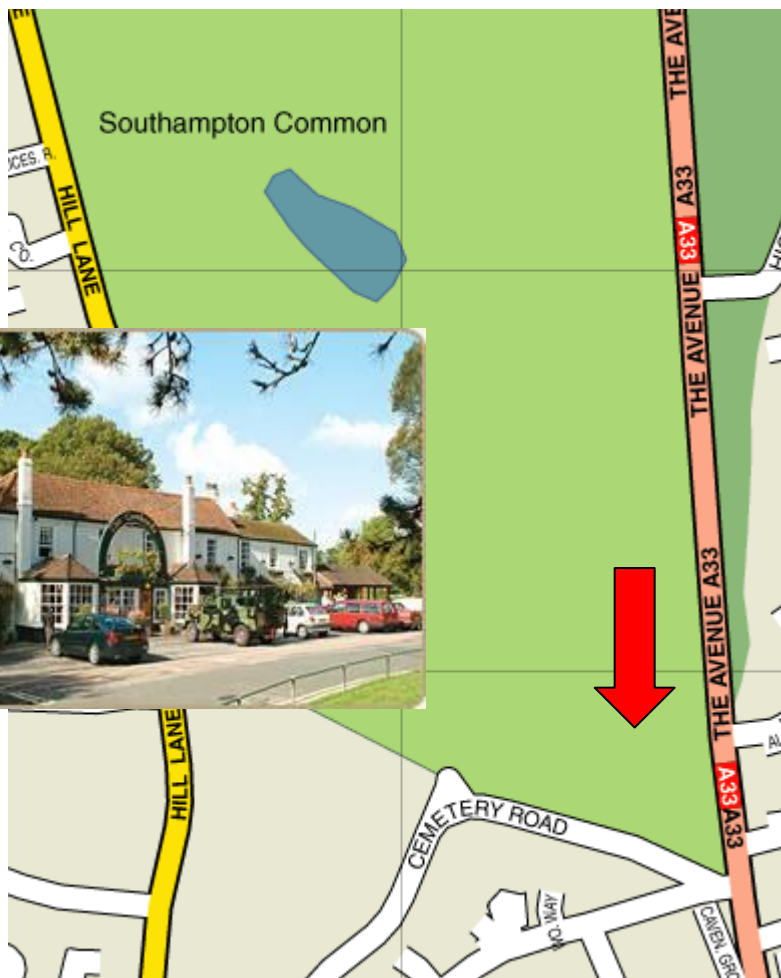
Cowherds Pub

Where?

The Common

What can I do at the Cowherds?

- Meet Friends
- Eat
- Drink
- Stop for a rest after a long walk around the common



Opening Times

Monday – Saturday

11am – 11pm

Sunday

11am – 10:30pm



Drinks

Soft drinks from £1.25

Beers from £2.60

Glass of wine from £2.80

Food

Main meals from £7.50

Lunches from £6



023 80558405

Southampton Common

Where?

Between The Avenue and Hill Lane.

What is The Common?

The Common is a large park with 3 lakes and a wildlife centre. It is a nice place to go for a walk.

What can I do at the Common?

- You can go for a walk.
- You can go on a nature trail at the Hawthorns Centre and try and spot different plants and animals.
- You can buy something to eat or drink in the Hawthorns Café or Cowherds Pub.



Opening Times

Hawthorns Wildlife Centre

Monday – Friday 10am – 5pm

Saturday – Sunday 12am – 4pm



Going to the Common and Hawthorns Wildlife Centre is Free!!!



023 80671921

Helpful Information

Shopping

The main shopping area is on Portswood Road. There are clothes shops, charity shops and supermarkets. There is also a post office and all the major banks.



Buses

These buses go to Portswood:

- First 3 and 7A
- Bluestar 2 and 14
- Uni-Link U6 and U1

These buses go to Bassett:

- Bluestar 1
- Uni-Link U1 and U2

These buses go to Highfield:

- Bluestar 14
- Uni-Link U1 and U2

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 get 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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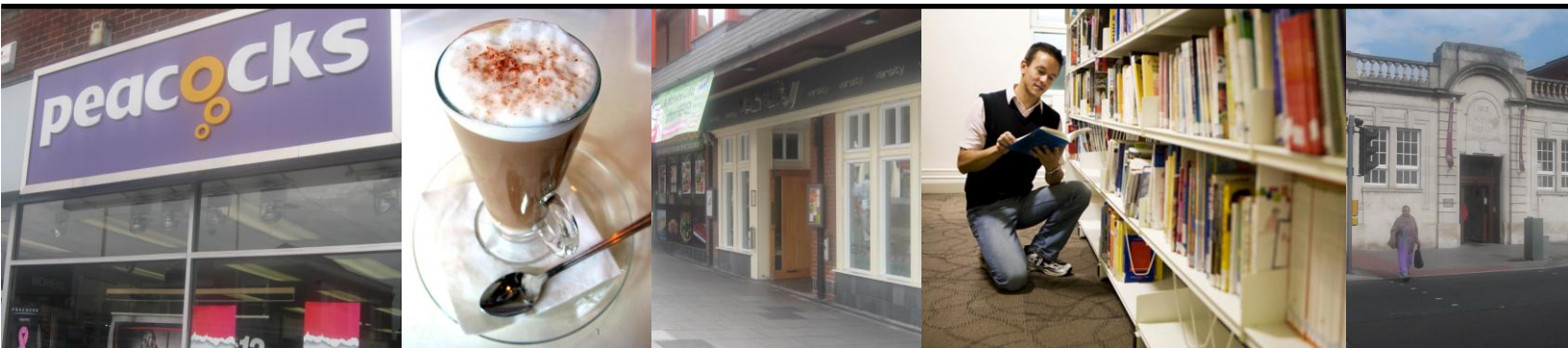
**SOUTHAMPTON
MENCAP**

Understanding learning disability

In Partnership with



May 2010



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