

**WOOLSTON**

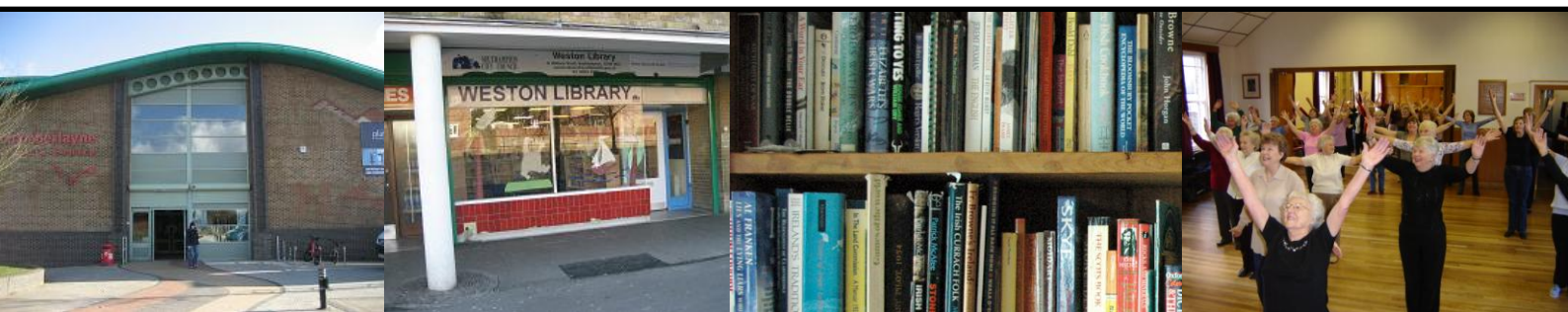
**SHOLING**

**WESTON**



# Things to do in Your Local Area

Information for people with a learning  
disability



**WOOLSTON**

**SHOLING**

**WESTON**

## **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:

- **Woolston**
- **Sholing**
- **Weston**

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!

# Weston Library

## Where?

Wallace Road

## 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	1.30pm - 4.30pm
Tuesday	1.30pm - 4.30pm
Wednesday	1.30pm - 4.30pm
Thursday	CLOSED
Friday	1.30pm - 4.30pm
Saturday	10.00am - 12.30pm
Sunday	CLOSED



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



For more information call **023 80444363** ask for Weston Library



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

# Woolston Library

## Where?

Portsmouth 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	10.00am - 7.00pm
Thursday	CLOSED
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 80915560** and ask for Woolston Library



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

# Knitting Club

## Where?

Upstairs in  
Woolston Library,  
Portsmouth Road

## What can I do at the knitting club?

Knit and have a chat with  
friends.

## Should I bring anything with me?

Bring your knitting if you  
have any. If not you may be able to  
borrow some needles and wool from the  
club.



Tuesdays  
5:30pm – 6:45pm



FREE.



023 80915560



# Film Club

## Where?

Upstairs in Woolston Library, Portsmouth Road

## What happens at the Film Club?

People meet up to talk about a film they have all watched. Each month they watch a different film.



Last Friday of each month  
6pm – 6:45pm



You can join the group for free but you may have to pay to rent the film.



023 80915560

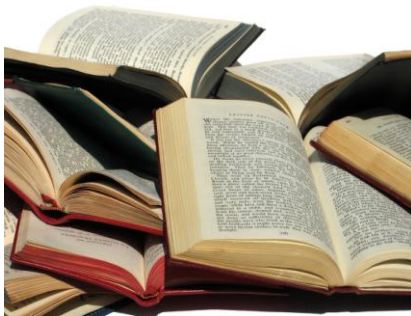
# Ladies Book Club

## Where?

Upstairs in Woolston Library, Portsmouth Road

## What is a book club?

It is a club for people that like reading. Every month the group read a different book and then meet up to talk about it.



Second Wednesday of every month  
6pm – 7pm



FREE

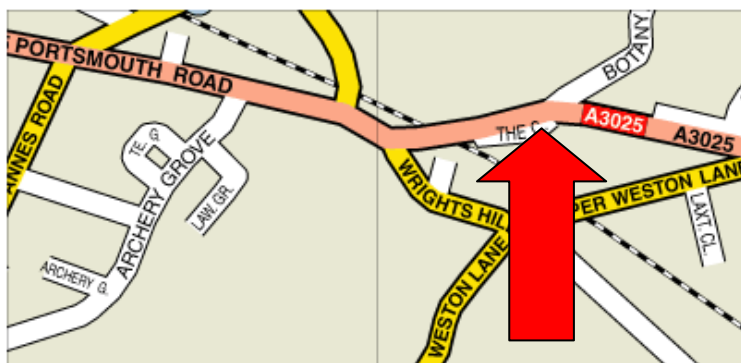


023 80915560

# Tai Chi

## Where?

Woolston Library,  
Portsmouth Road.  
(It is held in the gardens  
when the weather is nice  
and in the children's library  
when the weather is bad.)



## What is Tai Chi?

It is a martial art. You learn  
stretches and movements  
which help to relax your  
body and mind.



## What should I wear?

Make sure you wear comfortable shoes and clothes. You will  
be doing lots of stretching so make sure your clothes are  
loose.



Tuesdays  
12:30pm – 1:30pm



£2.50 each week



023 80915560

# Tae Kwon Do

## Where?

Sholing Community Centre,  
Butts Road

## What is Tae Kwon Do?

Tae Kwon Do is a martial art like karate. People learn martial arts for lots of different reasons:

- To get fit
- For self-defence
- To take part in competitions



Tuesdays and  
Wednesdays  
7pm – 8pm



£14 a month for 1 class a week

**Special Offer!**  
First 2 weeks free



023 80440847



[www.taekwondosouthschools.sports.officelive.com/venues.aspx](http://www.taekwondosouthschools.sports.officelive.com/venues.aspx)

# Tae Kwon Do

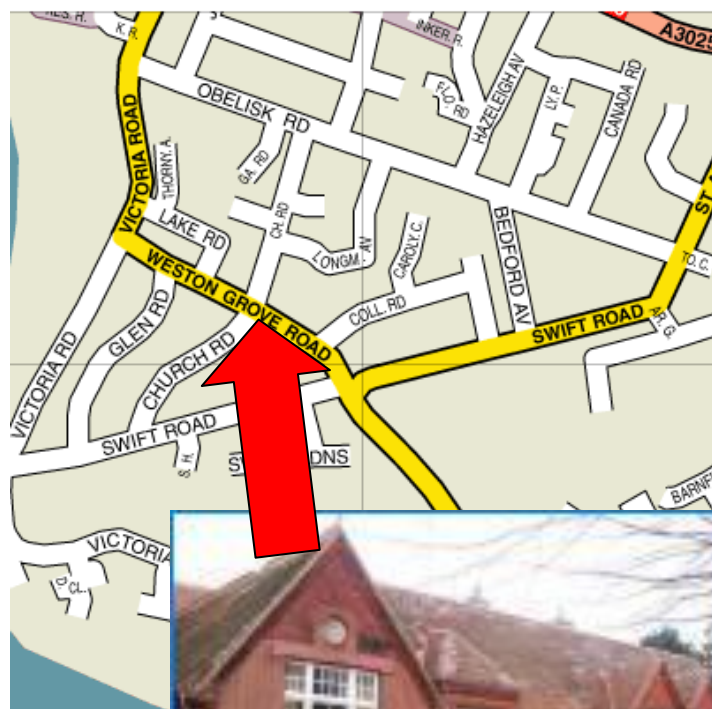
## Where?

Woolston Community Centre,  
Corner of Weston Grove Road  
and Church Road

## What is Tai Kwon Do?

Tae Kwon Do is a martial art  
like karate. People learn  
martial arts for lots of  
different reasons:

- To get fit
- For self-defence
- To take part in competitions



Mondays  
7pm – 8pm



£14 a month

**Special Offer!**  
First 2 weeks free



023 80440847



[www.taekwondosouthschools.sports.officelive.com/venues.aspx](http://www.taekwondosouthschools.sports.officelive.com/venues.aspx)



# Weight Watchers

## Where?

Woolston Community Centre

## What is Weight Watchers?

It is a club for people that would like to lose weight. The group meet once a week and learn how to lose weight and be healthy.

## Do I have to book before going to a meeting?

No, you can just turn up and join on the day.



Mondays 10:30am or Thursdays 7pm



You usually have to pay **£9.95** to join and then **£5.50** each time you go along.

If you miss a meeting you might be asked to pay for it next time you go. Make sure you tell the leader if you are going to miss any meetings.



079 00494 736



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



# Legs, Bums and Tums Exercise Class

## Where?

Chamberlayne Leisure  
Centre, Weston Lane

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

It is a beginner's exercise  
class that helps you to get fit  
by stretching and dancing to  
music.

## What should I take with me?

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



Wednesdays  
6pm – 7pm



£5.20 each week



023 80437668



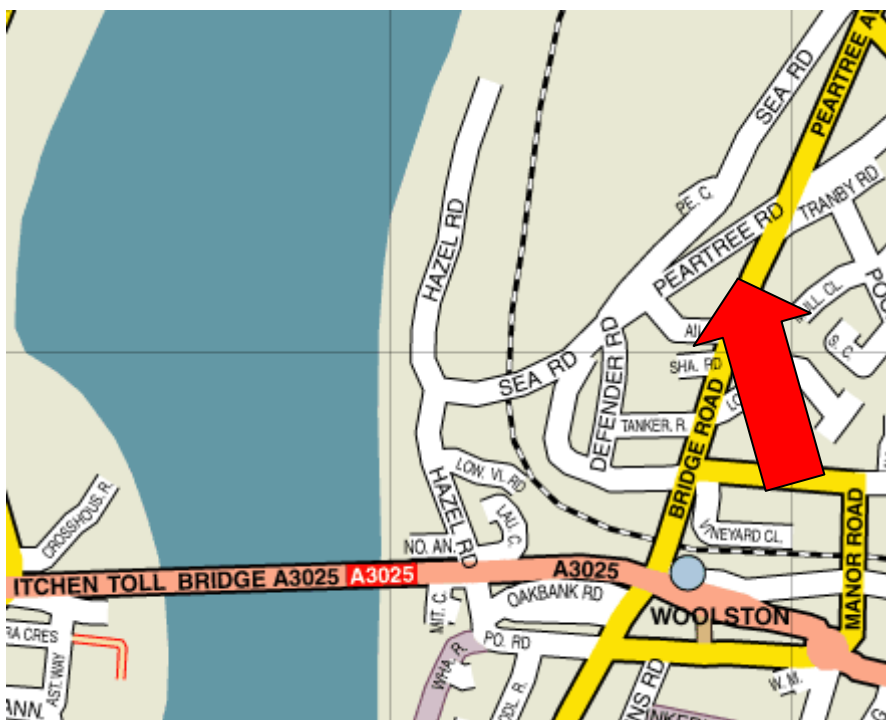
# Badminton Club

## Where?

Peartree Green  
United Reformed  
Church Hall, Bridge  
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.



Wednesdays  
7pm – 9:30pm



£2 each week



Call **078 90106337** and ask for Sandra

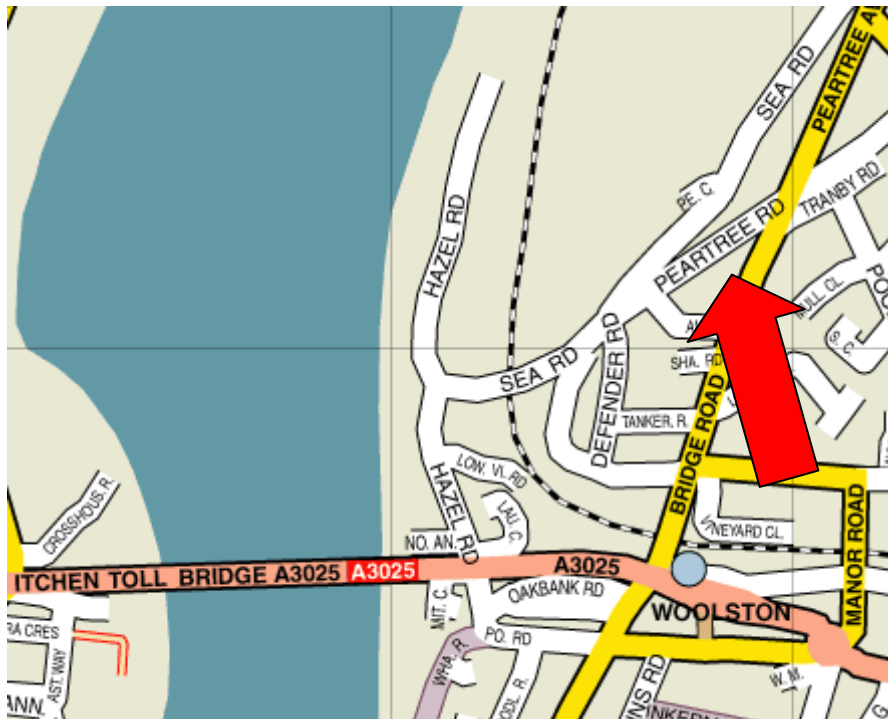
# Ladies Keep Fit Class (For people over 50)

## Where?

Peartree Green  
United Reformed  
Church Hall, Bridge  
road

## What happens at a keep fit class?

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



## What should I wear?

Make sure you wear comfortable shoes and clothes that you  
can move around in.



Tuesdays  
7:30pm – 9pm



£2 each week



Call **078 90106337** and ask for **Sandra**



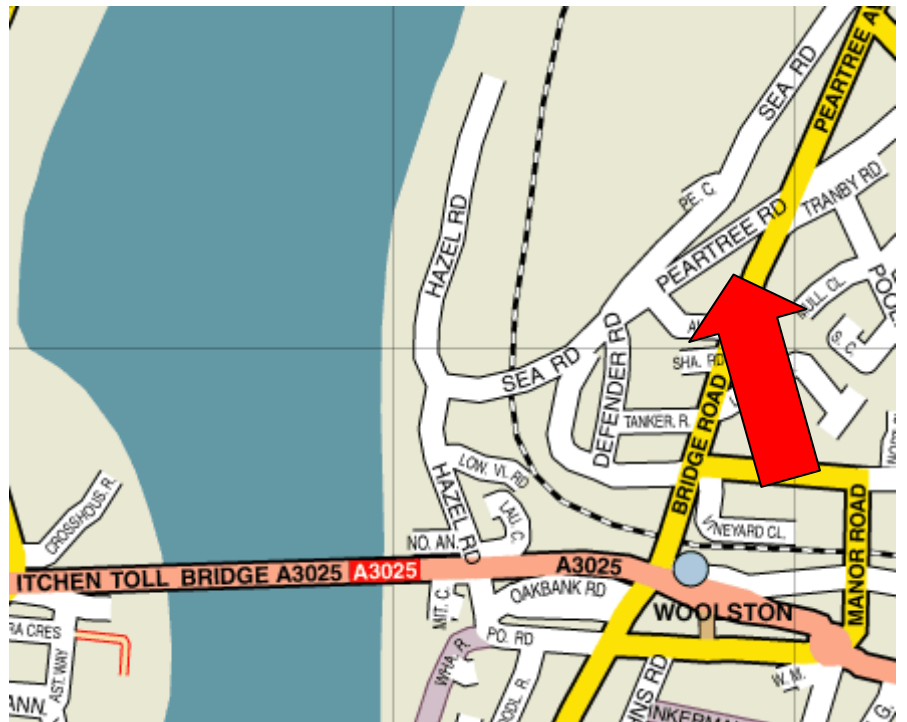
# Golden Hour Club

## Where?

Peartree Green  
United Reformed  
Church Hall, Bridge  
Road

## What is Golden Hour?

It is a social club for  
people aged 60 and  
over. There is a  
church service and  
time for a drink and a  
talk.



Thursdays  
2:30pm – 3:30pm



FREE



Call **078 90106337** and ask for **Sandra**

# Weight Watchers

## Where?

Sholing technology College

## What is Weight Watchers?

It is a club for people that would like to lose weight. The group meet once a week and learn how to lose weight and be healthy.

## Do I have to book before going to a meeting?

No, you can just turn up and join on the day.



Tuesdays  
6pm



You usually have to pay **£9.95** to join and then **£5.50** each time you go along.

If you miss a meeting you might be asked to pay for it next time you go. Make sure you tell the leader if you are going to miss any meetings.



**079 00494736**



**[www.weightwatchers.co.uk](http://www.weightwatchers.co.uk)**



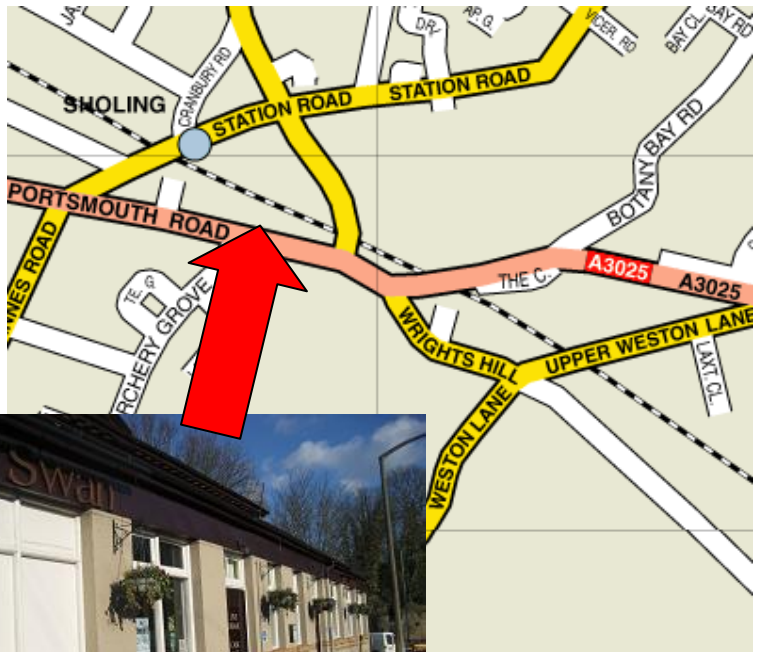
# The Swan Pub

## Where?

Portsmouth Road

## What can I do at the Swan Pub?

- Meet Friends
- Have something to eat or drink
- Play Pool
- Play Darts
- Listen to live music



## Opening Times

Monday - Friday

2pm – Midnight

Saturday and Sunday

12noon - Midnight

## Special Nights!!!

Quiz Night

Mondays at 8:30pm



## Prices

Beers from £3.10

Soft drinks from £1.35



**023 80447747**



You can find out about special events by looking on the website.

**[www.theswanwoolston.co.uk](http://www.theswanwoolston.co.uk)**

# Helpful Information

## Shopping

The main shopping area is on Victoria Road in Woolston. There are a few charity shops, take-away food shops, a pharmacy and a large co-op supermarket. There is also a Post Office, Lloyds Bank and Natwest Bank.



## Buses

These buses go to Woolston:

- First 8, 8A, 10, 10A, 11A



These buses go to Weston:

- First 1 and 1A

These buses go to Sholing:

- First 10 and 10A



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**



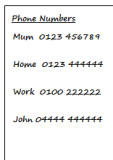
**Bus pass**



**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!!!**

**WOOLSTON**

**SHOLING**

**WESTON**



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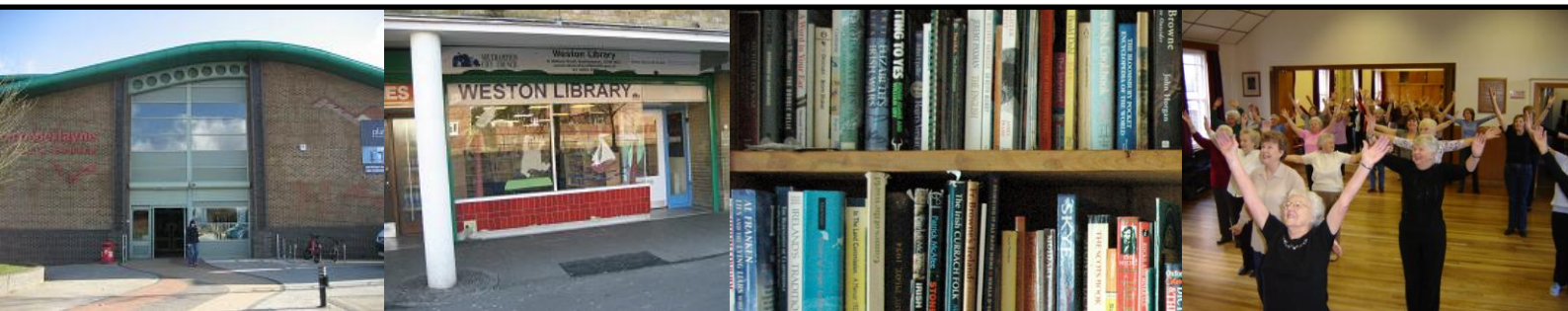
**SOUTHAMPTON  
MENCAP**

*Understanding learning disability*

In Partnership with



May 2010



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