

aPod Service

The aPod service is for people who:

- *Have a learning disability and live in Southampton*
- *Would like to access more social activities in their local area*
- *Are aged over 18*
- *Can travel to and from activities independently*
- *Can regularly participate in the chosen activity*
- *Have enough money to pay for activities*

Activities could include:



Bowling

Pub



Shopping

Cinema



Eating Out

But we would really like to hear your ideas.....

We would like to:

- Talk to people about the activities they enjoy doing in their free time.
- Find out why they do not access these activities regularly
- Write a report about the things they have told us and share this with cinemas, restaurants, pubs etc.
- Use this to help the staff at leisure venues understand how they can make it easier for people with a learning disability to access their services.

If you are interested in talking to us about this you can call Chloe at Mencap on 023 8058 4088 who can arrange to meet with you face to face.