



Minstead Trust has been supporting people with learning disabilities for over 30 years, to lead more fulfilling and independent lives. Each person chooses positive outcomes they want to work towards. We set goals together, so that we can celebrate progress.

Day Opportunities in Portsmouth

Enjoy making new friends and learning new skills.



'COME AND FIND OUT FOR YOURSELF. GET IN TOUCH TO VISIT US'

Regular Giving
Every gift builds potential

Minstead Trust is a charity that relies on voluntary donations to help fund its work to support people with learning disabilities in the southern counties to learn work skills, life skills and improve health and wellbeing.

For more information or to find out how you could help us please visit our website.

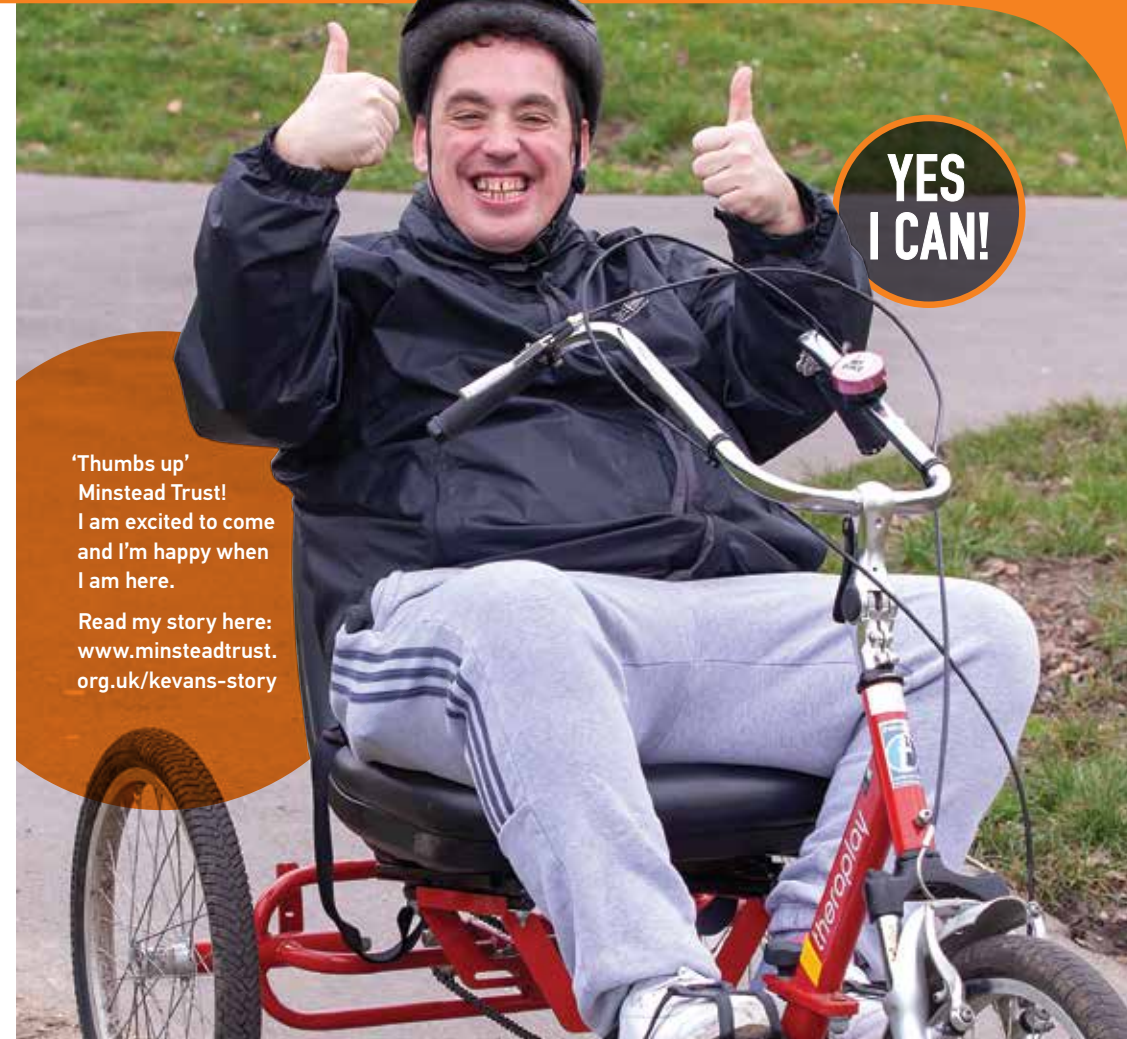
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'Thumbs up'
Minstead Trust!
I am excited to come and I'm happy when I am here.

Read my story here:
www.minsteadtrust.org.uk/kevans-story

YES I CAN!

'I HAVE LOTS OF FRIENDS HERE AND I LIKE THE STAFF'



'I JOIN IN THE MUSIC SESSION'



'I LIKE THE HAMSTER AND THE FISH'



AT MINSTEAD TRUST, YOU CAN LEARN ABOUT BEING HEALTHY AND MORE INDEPENDENT.

You can learn skills to:

- Travel safely
- Cook and eat healthy meals
- Feel safe, happy and in control
- Exercise each week
- Make friends
- Make yourself understood

There are lots of activities which help everyone to learn health and independence skills:

At our base:

- Get creative
- Upcycling
- Gardening
- Drum and shake
- Numeracy and literacy
- Sensory room
- Teapot Café and lunch club

Out and about:

- Action and adventure
- Singing and movement
- Cycling and football
- Gym
- Computers
- Photography
- Travel training

There are always new activities so ask us what's on now.



WHEN YOU COME TO MINSTEAD TRUST, YOU WILL BE SAYING: 'YES I CAN!'

