

Rhianne

Supported by Minstead Trust

'I work in a restaurant, it's going really brilliant. I do it Friday and Sunday and we are seeing how it goes to see if I will do more days. It is my very first paid job. My support workers helped me get used to things. I'm feeling happy about things, I have had a brilliant year.'



Find out more

We would love to talk to you or show you around our services.

Call us on **023 8081 2297**

Email us at **info@minsteadtrust.org.uk**

www.minsteadtrust.org.uk/services



Charity number: 1053319



Day
Opportunities
Supported Living
Residential
Work Training
Community
Groups



Your route to
greater independence

Find out how Minstead Trust supports people with learning disabilities to be happier, healthier and more independent.

Minstead Trust is a charity that supports people with learning disabilities across Hampshire and Portsmouth.

We help people to live
in their own home.

We also help people
to learn new skills
and become more
independent at day
opportunities and
community groups.

We even give training
and work experience
to help people learn
skills that can lead to
employment.



Day opportunities

We run day opportunities
services every weekday in the
New Forest and in Portsmouth.

**Our friendly staff guide people
in activities like:**

- Dance and exercise
- Gardening
- Ceramics
- Art and craft
- Woodwork
- Trips out

Everyone who attends has goals
to aim for that help them improve
their wellbeing and live more
independent lives.

Funding is often available from
local authorities to attend day
opportunities.



Residential and supported living

Up to 10 people receive 24/7
residential support.

We also support people to live in
their own homes in houses in Totton
and Portsmouth.

Our support workers help people to
cook, do their shopping and have fun
with friends.

The number of hours of support
people get depends on what they or
the local authority will fund.



Community groups

We run groups in the community
where people can meet friends,
get advice and build confidence.

There is the chance to meet other
people, share a cup of tea and learn
new skills.

These groups can help with dealing
with issues; anything from loneliness
to managing finances.

Training for a job

We help people to learn the
skills they need to get a job.

There is the chance to practise work
skills on a placement in one of our
businesses.

We can then offer help to find a
paid or volunteer job to be proud of.

This is part of our Step Up For Work
programme.



Our businesses

We own social businesses that
we run to provide training
opportunities for people with
learning disabilities.

We run Furzey Gardens, where we
support people to maintain the
gardens and raise plants in the
nursery.

Hanger Farm Arts Centre is a
theatre and home to our
Community Theatre Group.

Lily&Lime is the name of our cafés
in Portsmouth where people learn
to prepare food and drink and
serve customers.

We also have a wedding venue at
Minstead Lodge and run the
Brickyard café and events business
at Brickworks Museum in Bursledon.