



Supporting
people
with learning
disabilities
and autism
to thrive

Life changing opportunities in Portsmouth



**Workshops, activities, employment opportunities
and help to live in your own home**

Get involved at our thriving and creative hub

Join like-minded people at our day opportunities at Warren Avenue and develop your skills. Enjoy active, social and learning sessions, including:

- **Crafts**
- **Gardening**
- **Wellbeing**
- **Computer skills**
- **Woodwork**

Plus the chance to sell your crafts at our social enterprises!



Jon:

'I really enjoy the choir sessions because it picks my mood up and makes me feel happy. I like singing with my friends and when we can get up and do a couple of songs for everyone else to enjoy.'



Interested? Contact:

Email warrenavenue@minsteadtrust.org.uk
or call 023 9273 3133
95 Warren Avenue, Southsea, PO4 8PY

Community groups

Choose from a variety of groups to get involved in. Including:

- **Travel training**
- **Cycling**
- **Sports and activities**
- **Days out and social groups**

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Would you like help to live in your own home?

We support:

- Around 30 people to live independently in house shares across Portsmouth
- People with all aspects of their daily life.

We provide:

- Support for people to access community facilities
- Support for people to try new things and meet new people.

Interested? Contact:

Email portsmouthsupportedliving@minsteadtrust.org.uk
or call 023 9387 3947



Looking for work experience?

Join us at Lily&Lime café. We are based on the 3rd floor of Portsmouth Central Library and are open to visitors during the day and also offer event catering.

We offer apprenticeships, placements and supported work experience.

Daniel:

'Being an apprentice has opened so many opportunities for me. I am proud to be a part of Lily&Lime and proud of myself for getting this opportunity.'



Interested? Contact our team:

Email lily&lime@minsteadtrust.org.uk
or call 023 9268 8247

www.minsteadtrust.org.uk

Charity number: 1053319

