



SPECTRUM Day Opportunities offers a new kind of day service built on the principles of Independent Living and empowerment. Our service has a strong focus on practical outcomes - supporting people to gain the skills and confidence to realise their aspirations.

What we offer

We provide individually tailored support and coaching sessions and a range of stimulating and enjoyable activities - either 121 or in small groups - focused on three options:

- ❖ Developing employment skills
- ❖ Independent Living skills
- ❖ Personal Development

Our support is highly flexible. You can choose just one of these options or combine two or more to suit your individual goals and needs.

Sessions can be provided on either a full or half day basis. We can also offer a FREE TASTER SESSION to help you find out if we are the right place for you.

How we can help

Our Day Opportunities can help you in all sorts of ways:

- Learn new skills
- Boost your confidence and improve your social skills
- Help to get a job or go to college
- Work experience and job tasters
- Volunteering opportunities
- Independent Living skills - e.g. managing your money, shopping, housework, life planning
- Independent travel training
- A wide choice of practical and task based activities such as arts and crafts, music and drama, sports, computing, podcasting and blogging, photography, interactive storytelling, and sensory walks
- Access to a range of social and leisure activities based on what you enjoy doing

SPECTRUM is all about peer support based on our 30 plus years lived experience of Disability. All of our support staff are Disabled People and have the knowledge and skills to supporting service users with complex needs. They will often have faced the same challenges as you do, which is a big help with being able to offer the best possible support.





We deliver high quality and professional support for people with a wide range of needs and all of our services are focused on enabling Disabled People to have maximum choice and control over their lifestyle and activities.

We will help you to set your own goals and to make sure that we can plan a programme of activities that meets your needs. Our well trained and experienced staff are skilled in supporting and communicating with people with a wide range of needs so you can be sure of always getting the support you want. All staff have Enhanced DBS checks

We also encourage and support service users to access community facilities and resources and additionally develop other interests outside of the day service environment to help with developing independence and social skills through activities in the community.

Where we are based

The service operates from our fully accessible community base in Portswood, which provides a safe, secure and comfortable environment with good transport links close to Southampton city centre.

From our community base we are also able to access a good range of local colleges, sport centres, leisure centres and many other interesting locations for outside activities.

We are also just 5 minutes walk from Southampton Common, which has woodland, parkland, ponds, wetlands, nature trails, a fishing lake and an Urban Wildlife Centre with interactive resources and educational facilities.

So, if you think we can help, please get in touch.

Contact Gerry Zarb on **07857 250 230**

or email to: gerry.zarb@SpectrumCIL.co.uk

Costs

- Half day session (3 hours) - £44 per session
- Full day session (6 hours) - £87 per session

All prices are inclusive of VAT

