



**Southampton Day Services**

**We are Southampton City Council's in-house service for adults with a learning difficulty, physical disability or mental health issues.**



**Woolston Community Centre**  
 Church Road  
 Southampton  
 SO19 9FU  
 023 8083 4514

**Sembal House**  
 Handel Terrace  
 Southampton  
 SO15 2FH  
 023 8083 3736

**For more information please contact:  
 Alison Gilroy on 023 8083 4750  
 Or email:**

**[southampton.day.services@southampton.gov.uk](mailto:southampton.day.services@southampton.gov.uk)**



We are Southampton City Council's in-house service designed for those Southampton residents who have a learning difficulty, physical disability or mental health issues.



We offer a variety of activities where individuals can build on life skills to enable them to increase their independence and inclusion within their local communities.



Our service operates on both sides of the city: Sembal House and Woolston Community Centre. Each centre has its own program specifically designed to provide the life skills required to maximise independence.

We strive to enable our individuals to lead full and inclusive lives, to achieve goals set out by the individual themselves, working in a person centred way that helps them feel empowered and confident within today's society, achieving the best results.



In joining us you will experience a range of activities and support. Our program is constantly evolving with members of our team working with you to come up with new ideas, enabling our service to be fresh, exciting, and changing with you as you build upon your skills.

