



Post19 is a community training centre for young adults with learning disabilities based in Farnham.

We provide a friendly environment centred on the individual needs and interests of our young adults.

www.post19.com

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Our activities list is always growing... Currently we offer....

- Archery
- Art
- Baking
- Basketball
- Boccia
- Bowling
- Carpentry
- Community Skills
- Crafts
- Cycling
- Dance
- Drama
- Fitness circuits
- Furniture restoration
- Football
- Graphic Design
- Gym
- Literacy Life Skills
- Meditation
- Mosaic Making
- Money Skills
- Motor Mechanics
- Music
- Numeracy Life Skills
- Screen Printing
- Sports for fun
- Social Club
- Swimming
- Textiles
- Travel Training
- Vehicle Valeting
- Yoga
- Walking & countryside exploring
- Work experience
- Zumba



POST 19 



• hands on learning



• environment lead learning



POST 19 
fun
community
learning
structure
friendly
activities
smiles



• new challenges



• work experience

