

I.T.S - How We Grow

- **Do you have a passion for gardening or woodworking?**
- **Do you enjoy being in the outdoors with nature?**
- **Develop your skills and learn new ones?**
- **Grow fruit, vegetables, flowers & herbs?**
- **Make bird feeders, flower beds & insect hotels?**
- **Be part of a wider community project?**



**We welcome people of all ages, whether experienced or a beginner
Seeds, tools, guidance, refreshments and knowledge provided**

If you would like to volunteer some of your time on a Tuesday Morning, our group runs at Milton Allotments between **10:30am and 13.30pm**

You can access the site, through the alleyway alongside **260 Locksway Road, Southsea, Portsmouth, PO4 8LF.**

If you follow this alleyway, you will arrive at a carpark, where you will be met by a member of the team between **10:00am and 10:30am.**

Feel free to drop-in at our service at **67 Kingston Road, Buckland, Portsmouth, PO2 7DX** for a chat or alternatively contact Dave Bremmer on **07464981709** for further Information.

Who are Ambition Portsmouth?

At Ambition Portsmouth we deliver open access peer-support groups with a positive and encouraging focus on providing opportunities for individual personal progression. We work with our partners in the community by identifying suitable candidates with a variety of lived experience and specialisms, who are willing and able to volunteer their time to become Service Ambassadors.

Ambition Portsmouth provides a route for people with lived experience to give something back, by supporting services, individuals and their communities. At Ambition Portsmouth we offer the perfect solution for training by developing the skills, knowledge and qualifications required for people to use their unique perspectives and insights to make a real difference in the community.

Who are Intuitive Thinking Skills?

Intuitive Thinking Skills (ITS) has delivered accredited peer-led services for over 20 years across England, Wales and Scotland. Our specialism involves harnessing lived experience through education to address attitudinal behavioural barriers, remove stigma and achieve culture change.

We deliver independent peer-support services across many public sectors including alcohol and substance-misuse, mental health, domestic abuse, employment, homelessness, criminal justice and alternative education for young people.

Why are we are different?

- We are experts through lived experience
- We don't medicalise people's everyday problems
- We challenge negative labels and helplessness
- We pro-actively recruit those with lived experiences
- Our work is educational, fun, and easy to understand
- We promote independence and resilience

