

How you can get involved

Sutton Mencap has a dedicated group of supporters and we are hugely grateful for everything they do to support our work. There are many ways you can join them to help us make a real difference to the lives of people with a learning disability in Sutton.

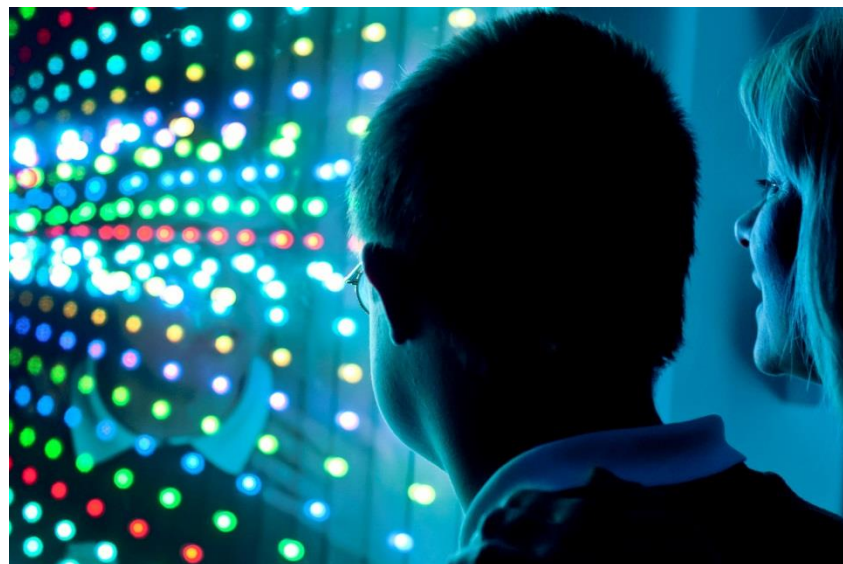
If you are interested in making a donation or carrying out a fundraising activity to support our work, please contact robbie@suttonmencap.org.uk.

You might also be interested in volunteering or working at Sutton Mencap. To find out about our latest vacancies visit www.suttonmencap.org.uk/vacancies/. Or if you have an idea of how you could support us through volunteering your time, contact david@suttonmencap.org.uk.

Or, if you want to keep in touch with us and help shape the way we work, why not become a voting member. You can find out more at www.suttonmencap.org.uk/get-involved/become-a-voting-member/ or contact emma@suttonmencap.org.uk.



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Registered Charity Number: 1080514
A Company Limited by Guarantee

We believe that all people with a learning disability should be able to lead fulfilling lives and achieve their aspirations and potential.

Sutton Mencap is a local charity which works to improve the lives of people with a learning disability and their carers in the London Borough of Sutton.

We provide play, leisure and learning opportunities both at our base in Wallington and in the wider community. Our services include after-school, Saturday and holiday clubs for children and young people. We also provide a wide variety of activities for adults, including a day activities service, social and friendship groups and clubs focused on art, cookery, dance and healthy eating.

Sutton Mencap is an independent local charity, affiliated to the Royal Mencap Society.

Our services for adults

Sutton Mencap offers a programme of group-based leisure activities for adults with a learning disability:

Community day service: A group-based service which currently runs four days per week, providing a range of different activities in the community and at premises.

Breakaways: Specifically for adults who live with parents or other family members. We offer sessions on Friday nights and Saturdays as well as a weekend away service.

Learning and leisure groups: We run weekly or fortnightly groups focussed on art, cookery or healthy living. We also provide our evening leisure groups: High Fliers and Groupies, which provide an opportunity to meet with friends and have fun.

For more information contact tammy@suttonmencap.org.uk.

Community Link

Our Community Link service works with adults with mild learning disabilities and/ or autism who are able to get out and about independently or with a bit of support from their friends. We provide support to set up social groups, or join in mainstream activities.

For more information contact caroline@suttonmencap.org.uk.

The Community Link service is funded by City Bridge Trust, the City of London Corporation's Charity



Circles of Support

This service is aimed at adults with a learning disability and helps them to put together and run a Circle of Support. Each circle typically includes family members, friends and paid staff who all come together to support the person to plan, make choices and accomplish personal goals in life. These might be finding work, developing friendships and relationships or thinking about where to live, as well as the more day to day things like joining a new activity.

For more information contact jude@suttonmencap.org.uk.

The Circles of Support service is funded by the James Trust

Services for children and young people

As a commissioned short breaks provider, Sutton Mencap offers group-based after-school, holiday and Saturday play and leisure services for children and young people with a learning disability aged 6 and over. Access to services is generally via referral from the London Borough of Sutton Disabled Children's Service.

Our service is Ofsted registered.

For more information contact fran@suttonmencap.org.uk