



This year, we launched our new definition of learning disability. We tested it with people with a learning disability, the public, staff and academics to make it as effective as possible.

What is learning disability?

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example, household tasks, socialising or managing money – which affects someone for their whole life.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complex information and interact with other people.

The level of support someone needs depends on individual factors, including the severity of their learning disability. For example, someone with a mild learning disability may only need support with things like getting a job. However, someone with a severe or

profound learning disability may need full-time care and support with every aspect of their life – they may also have physical disabilities.

People with certain specific conditions can have a learning disability too. For example, people with Down's syndrome and some people with autism have a learning disability.

Learning disability is often confused with dyslexia and mental health problems.

Mencap describes dyslexia as a 'learning difficulty' because, unlike learning disability, it does not affect intellect. Mental health problems can affect anyone at any time and may be overcome with treatment, which is not true of learning disability.

It's important to remember that with the right support, most people with a learning disability in the UK can lead independent lives.

About Mencap

Mencap is the voice of learning disability. Everything we do is about helping and supporting people with a learning disability, and their families and carers. We work to improve services, challenge prejudice and directly support thousands of people to live their lives as they choose.

- We provide high-quality, personalised support.
- We campaign to change policy and improve lives.
- We provide advice and information about learning disability.
- We raise money and awareness.

We do all this with the help of our dedicated local groups and volunteers, and the three other charities in the Mencap group – Golden Lane Housing, the AdCare Foundation and NOFAS-UK. You can find out more about these three charities in Mencap's annual report and accounts 2011/12 at www.mencap.org.uk

Mencap has around 12,000 volunteers who give their time to help us support people with a learning disability. If you'd like to join the team and volunteer for Mencap, go to www.mencap. org.uk





A word from our chairman

It's been a tough year – for people with a learning disability, their families and carers, and for Mencap. We all felt the full force of public sector cuts and major changes in welfare benefits, health services and many other areas.

But Mencap stepped up to the challenge. New constraints called for a new strategy, Shaping Our Future, to focus our resources in the areas where we can have the biggest impact. We also started to develop My Life a framework to support the strategy and express what we want to achieve more clearly.

Despite the financial pressures, we delivered high-quality services to more people than ever before. We also took over seven Southern Cross services

and became responsible for supporting more than 200 new people - and secured £10 million worth of work.

Mencap continued to play an important role in campaigning for change this year. In fact, our campaigning won us two awards at The Charity Awards 2011. We won the disability category and overall charity of the year - a fantastic achievement!

Our partnership with The Co-operative Group was a defining feature. It raised an incredible £7 million, which will benefit thousands of young people and families over the next three years. Huge thanks to everyone at The Co-operative Group for their hard work.

We'd also like to thank staff (past and present), supporters, partners, members, volunteers and donors, and, of course, Brian Baldock, who stepped down as chairman in May. Together you have made our contribution to improving lives possible this year.

A quick rundown of the year from our chief executive

This year has been immensely challenging for people with a learning disability and for Mencap – especially financially. But Mencap still managed to make a significant contribution to improving thousands of lives.

The harsh financial climate came with us into the new year and had a big effect on the way we operate. For example, we had to charge less for many of our services, and it was a difficult time to raise money.

But it was people with a learning disability who really felt the hardship – cuts to services and the threat of wider changes made them even more vulnerable. For example, there were proposals to remove Disability Living Allowance (DLA) mobility payments (something Mencap successfully campaigned to prevent). Also, new assessment procedures for fitness to work, changes to housing benefit and proposals to change the DLA entitlement created real concern.

The public spending cuts affected people differently from place to place. Some local authorities worked with providers and people with a disability to offer the right support for less money.

Others simply cut prices or services.

To make sure we could still deliver what public bodies want and will pay for, we restructured our services – making sure they are still in line with our values and standards.

After the abuse scandal at Winterbourne View, an assessment and treatment unit near Bristol, there was quite rightly a focus on the quality of social care. So we were eager



to get involved in policy development, and we made our own assurance procedures even more robust.

Despite the challenging environment, Mencap beat its fundraising target. This was mostly down to our relationship with The Co-operative Group and ENABLE Scotland But although we successfully funded specific projects, it was more difficult to bring in voluntary income (donations) for activities like campaigning and working in the community. Later in the year, we did less voluntary-funded activity (work funded by donations), and we restructured to make sure we live within our means.

All of these challenges had a huge impact on the way we prioritised our work for the year. We had to put some of our plans on hold or dedicate fewer resources to them. But. although we didn't complete as much of our planned work as we had hoped, addressing the immediate difficulties that face people with a learning disability became our priority. This sort of flexibility meant we could continue to provide the most relevant support and will stand us in good stead for the coming years.

Where you see this symbol you can read what others are saying about our work this year.



Shaping Our Future

We developed our new strategy for supporting people with a learning disability. Shaping Our Future explains what we want to achieve in the next five years. We've based it on what people with a learning disability told us is most important to them, as well as areas where we can make the biggest difference to their lives.

Shaping Our Future sets out our main aims and how we will deliver them. We want to:

- change society's attitude and culture
- influence the people who shape policy and practice
- empower and support more people to live fulfilled lives.

Alongside these three aims, we put a lot of effort into strengthening Mencap's capacity to deliver our work.
One of the ways we do this is through our most important asset – our people. This includes things like performance management, an improved HR service and working more effectively with our local groups.



The My Life framework

This year, we also started work on My Life, a framework to support our strategy and clarify exactly what we want to achieve in six areas of a person's life. We shaped My Life by asking people with a learning disability to tell us about the things that matter most to them.

From now on, we will use My Life as a 'road map' for our strategy – to make sure we use our resources as effectively as we can. There's work still to do to fully develop My Life. In 2012/13, we will create some clear work programmes against each theme. **Building My Life** – a childhood like any other

Choosing My Life – making decisions about where I live, money and my support

My Family Life – the right support at the right time for the whole family

My Healthy Life – high-quality accessible healthcare for everyone

Enjoying My Life – taking part in the world around me

My Safe Life – staying safe wherever I am





Barbara



As the voice of learning disability, we not only speak up for people, but also give them the power to speak up for themselves. One way we do this is through our advocacy projects, like Shout Out in Northern Ireland. This gives young people, like Barbara, the opportunity to be heard, as well as the tools they need to speak up about what's important in their lives.

"I've been involved with Mencap since I was a toddler at Segal House nursery in Belfast. I have been volunteering for the charity for a long time. And I've also been a member of Mencap's Shout Out group since my boyfriend told me about it in 2010.

"Shout Out is an advocacy project for people with a learning disability in Northern Ireland. It helps young people develop their independence and the confidence to speak out about the things that matter to them. It's important because it gives them the same opportunity to take part as everyone else. That's certainly what it's done for me!

"Being part of the group, I help other young people with a learning disability get their voices heard by politicians, and their communities.

"Shout Out meets up about four times a year to talk about what we can do locally and nationally to raise disability awareness. For example, we give awareness training to young people who don't have a learning disability. And we also go to Stormont, Northern Ireland's parliament buildings,



to tell members of the legislative assembly what's important for people with a learning disability.

"Shout Out means a lot to me. Not only has it helped me develop but I've had so many exciting experiences. I'm definitely going to carry on with it. It allows me to speak up for myself and mix with different people. It also gives me the opportunity to try new things, which I may not have had the chance to do before.

"But the group hasn't just made a difference to my life. Giving other people a voice is so important, and I'm very proud to be doing that. Thanks to Mencap's Shout Out, I can help others develop and give them the support they need to be heard."

Find out more about our advocacy services for people with a learning disability at www.mencap.org.uk

Spread the word

We want to change society's attitude and culture to make sure people with a learning disability are included as equal citizens in our communities.

All our work involves increasing awareness and understanding of learning disability: it's an ongoing challenge for Mencap. We want to create a more inclusive society. So we're working towards this by:

- changing public attitudes
- removing barriers to participation and equality.

Bringing about change on such a large scale is always going to be a challenge. And this year, money has been tighter than ever, so we've had to work even harder and more creatively to make a difference.

One of the ways we've done this is by spreading the word – telling more and more potential supporters about Mencap and learning disability. The more people we can tell about the changes we want, the stronger our support will be – and the bigger the impact we can make on the lives of people with a learning disability.

This year, we achieved over 3,000 pieces of media coverage. A key story was about the preventable deaths of people with a learning disability in NHS care, featured in the Guardian, Daily Mail and Daily Telegraph.

So, this year, we've started to build a network of like-minded individuals and organisations that share our beliefs and commitment

We are calling this 'the movement' A movement that will engage with more and more people as it grows, that will make learning disability more prominent – and, crucially, that will gather society together to fight the challenges many people face every day. So far, we've started to plan how we can bring together everyone with a link to our cause including people with a learning disability and the wider learning disability community.

How will the movement change things?

Every person who supports us is helping to make things better for people with a learning disability. But collectively, we are stronger and can achieve even more.

- We can get people to share our sense of anger about the injustice of discrimination.
- · With the weight of public opinion behind us, we will have a stronger campaigning voice and more opportunities for fundraising.
- Ultimately, the movement will help us change the way society thinks about people with a learning disability.

Mencap's commitment to including people with a learning disability relies on voluntary funds. If you'd like to see equality in your community, you can donate to Mencap at www.mencap. org.uk/donate

Giving people the chance to work

We want people with a learning disability to take part and be visible in all areas of everyday life. That's why providing employment services is key to our work to change attitudes.

By helping people succeed in paid and voluntary roles, we can help change the way society thinks about learning disability and make sure everyone has the same opportunities in life. To do this, we want to help people with a learning disability improve their skills and confidence so they can move closer to the job market.

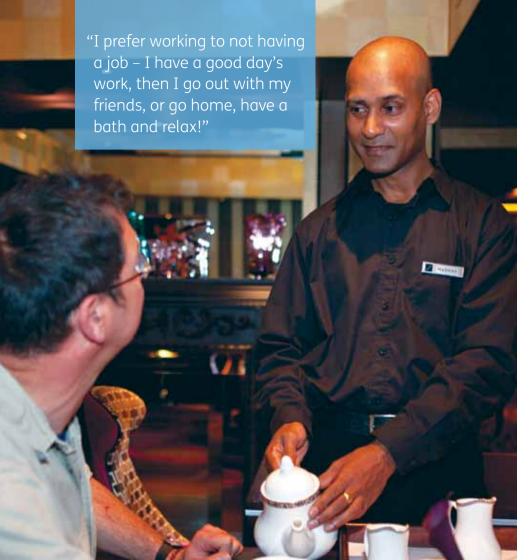
Numbers to **shout** about

3,182

This year, we supported 3,182 people through employment, advocacy, leisure and day services in England and Wales. These services provide activities and support to help people find a job or a placement, from paid work to volunteering.

692

In Northern Ireland, we supported 692 people. Many of these were involved in Pathway to success – a project that helps young people and adults find and keep paid jobs. We also work with employers – mainly The Co-operative Group and Sainsbury's this year – so they can employ people with a learning disability, give them the right support and benefit from a truly diverse workforce.



Mahesh



Mahesh, 48, works at Flemings in London – thanks to Mencap and Work Choice, a government-funded programme to help people with disabilities into work.

"I'm a waiter at Flemings. It's a nice hotel - you could call it posh! I do breakfast buffets, serve, and help in the kitchen. We get tips but not all the time!

"Before Flemings I didn't work for eight months. But when I went to the Mencap classes, they helped me find the job and get ready for the interview. Mencap worked with Flemings to make sure they give me the right support too."

Join forces

We want to influence policy and practice so people with a learning disability, and their families and carers, get the services and support they need.

Nothing is more important to us than the rights and wellbeing of people with a learning disability. And we want to make sure that laws and public policies in England, Northern Ireland and Wales treat people fairly.

So we work hard to influence government, public bodies, other organisations and individuals with the power to make things better for the people we support. This year, we focused our energies on tackling the government's proposed changes to social care and plans for welfare reform

Hundreds of services, such as day centres, specialist transport and short breaks for carers, are at risk – and many have already been hit by the social care cuts. These services are so important, and we've fought hard to protect them.

Thankfully, we didn't have to do this alone. We were proud to add our voice to the Hardest Hit campaign and fight alongside the Disability Benefits Consortium and UK Disabled People's Council. Lots of Mencap members and supporters joined the Hardest Hit march in May

2011 – the biggest gathering of disabled people ever in the UK.

We helped individuals to campaign too, with more of our Big Cuts events – often with support from Mencap local groups. These workshops and other events gave people the information they needed to fight for their local services or individual care packages. And we are already seeing the results. Many people have taken their local authorities to court – and won.

Numbers to **shout** about

In welfare reform, our campaign against the government's proposals was a big success – we saved the Disability Living Allowance (DLA) mobility component. Joining up with Leonard Cheshire Disability, we asked Lord Low of Dalston to carry out an independent review of the proposals.

The Low Review found no evidence to justify stopping the payments. In fact, Lord Low said this would be "a serious step backwards for disability rights". And, at the end of 2011, we heard the fantastic news that the government would change the Welfare Reform Bill to protect the payments.

This is great progress for equal rights to mobility – and it shows what we can achieve when we come together to campaign for change.

864

We spoke to 864 people about social care cuts through Big Cuts workshops and events.

800

The Low Review received more than 800 submissions, including evidence from disabled people and their families, local authorities and care providers.

80,000

Our campaign to keep the DLA mobility component protected these payments for 80,000 people in residential care.



Simon



Simon has a severe learning disability and autism. He relies on the mobility payment of the DLA. When it was under threat, his parents worried he wouldn't be able to do what he enjoys.

"Our son Simon loves outdoor activities – like trips to the seaside and riding a bike. His challenging behaviour means he can't go alone. But Simon and the other residents at his home are individuals, and shouldn't have to go on group outings to do something they might not enjoy.

"So Simon uses his mobility payments to provide a car, and two carers take him out. He's had a vehicle for over 15 years and his assessment for it was 'for life', so we didn't think we'd have to worry about that side of things – until the allowance was going to be removed.

Because of his autism, routine is very important. If he didn't have his car, it could have a devastating effect.

"When we found out Mencap's campaign had saved the payment, we were over the moon! Now we know he can carry on doing what he loves."

Using the internet to get ourselves heard

The key to successful campaigning is strength in numbers. We need to reach as many supporters as we can – to make ourselves heard and get the results we all want.

A lot of our campaigning depends on voluntary funds, and this year, these were more stretched than ever. So we looked at more ways to connect with as many people as possible without spending money. Our e-campaigning database is a great way to do this. It continued to grow this year, to well over 10,000 people.

But our most exciting e-campaigning success was

co-leading the world's first ever 'twobby'. This mass lobby on Twitter (and Facebook) meant thousands of people could campaign with us online. Even people who had never used Twitter before signed up to tweet about it and speak out about the care crisis. The twobby was a huge success. It was trending on Twitter nationally after just a few hours. This meant it could be seen by all 500 million Twitter users around the world.







Working together to end hate crime

We all have the right to be safe and live without fear. So the focus of this year's Learning Disability Week was disability hate crime and our *Stand by me* campaign. We published *Don't stand by*, a report about what still needs to be done to stop disability hate crime and improve the way it's reported.

We set up the Stand by me police promise – ten pledges we believe will make a big difference for victims of disability hate crime. The pledges ask police to change the way they do things, including producing easy read information and challenging wrong attitudes or behaviour when they see it.

By the end of the year, we'd managed to get 33 of the 43 police services in England and Wales to sign up to the promise, so we're well on the way.

But our success didn't end with the police promise. Stand by me gave us the chance to again highlight the need to bring sentences for disability-aggravated murders in line with murder motivated by race, religion or sexuality. The government amended the Legal Aid, Sentencing and Punishment of Offenders Bill in England, and it passed into law in April 2012 – a fantastic result.

Our health campaigns have been a real success. This year we won two Charity Awards for Death by indifference and Getting it right.

A united approach to healthcare

Everyone is entitled to good quality healthcare. To give people with a learning disability the same opportunities to be healthy as everyone else, we've continued with *Getting it right*, our campaign for equal treatment in the NHS.

Since we published the *Death* by indifference report in 2007, more families have told us about the preventable deaths of their loved ones in NHS care. And this year, we wrote *Death* by indifference: 74 deaths and counting. It shows there have been improvements, but there is still work to do to make healthcare better for people with a learning disability.

So we need to work even harder next year. We're looking to recruit 2,000 new health campaigners to help us bring about wider change in the NHS.

Numbers to **shout** about

231

We now have 231 health authorities signed up to our *Getting it right* charter. This commits them to making reasonable adjustments to the way they deliver healthcare to patients with a learning disability.

20

This year, Simplyhealth agreed to give us the money to take 20 roadshows to major NHS hospital trusts across England. These events will give advice and share best practice for providing better healthcare for people with a learning disability.





Kay



When Kay realised her sister died in hospital because of neglect, she didn't know where to turn. But then she found Mencap – and our community-based advisers.

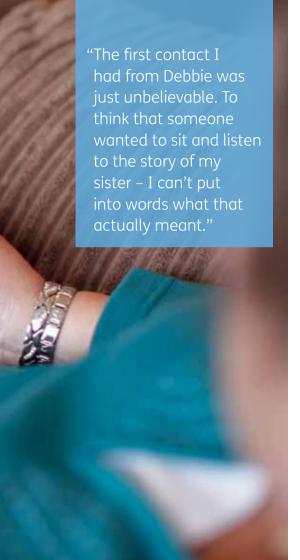
"My sister Lorraine, "Lolly" we called her, had Down's syndrome. She lived happily in a residential care home where she had independence, friends and lots of opportunities to try new things. She loved her life.

"In August 2008, Lolly became ill. But she was sent home from hospital twice, without the proper tests. A month later, she was diagnosed as having had a stroke – she died in hospital in November 2008.

"But Lolly's death could have been prevented. After a while, it became clear to me that my wonderful sister died because of the indifference and impatience of medical staff. Because of her special needs and communication difficulties, they saw her as an inconvenience – who wasn't worth saving.

"When you feel as though your heart has been wrenched out and all these thoughts are going through your head, you just don't know where to turn. "I was shocked and grieving.
But I couldn't ignore how Lolly
had been treated, so I called
Mencap's Learning Disability
Helpline. I wanted to make a
complaint, but I didn't know
where to start. They put me
in touch with Debbie, one of
Mencap's community-based
advisers.

"Debbie's first email was a huge lifeline. I finally felt someone was going to give me some support. Then Debbie sat down with me and I told her



everything. And she listened to me. She got started straightaway so I could make a formal complaint.

"I can't describe what it did for me – having a person to point me in the right direction and say what needs to be done. She set up the meetings and sorted all the documents for me. And when it came to the ombudsman, she filled out all the paperwork – I just had to sign my name. I don't know what I would have done without Debbie's support.

"Thanks to Debbie, my complaint is now with the ombudsman, and we're waiting for the response. But Debbie's support didn't stop at helping me with the complaint. By taking care of everything, she took the pressure off me. She gave me time to grieve for my sister."

Including people with profound and multiple learning disabilities (PMLD)

This year, we continued to support the Changing Places campaign for accessible toilets for people with PMLD.

We called for updated planning guidance and regulations to make sure all new buildings open to the public have a Changing Places toilet. The Department for Transport made it a requirement for the largest UK train stations to install one, and building is underway at Birmingham New Street, King's Cross and London Bridge. Next year, there are also plans for Changing Places toilets at Heathrow and Gatwick airports.

Numbers to **shout** about

127

This year, 127 Changing Places toilets were installed at sites including the Houses of Parliament, the Northern Ireland Assembly, and East Midlands and Birmingham airports.

392

This brings the campaign total to 392 Changing Places toilets – smashing the original target of 100!



Bonnie



Bonnie has PMLD and only communicates through body language and breathing pattern changes. She depends on her mum Beverley, who came to the launch of Involve Me – our project to involve people with PMLD in decision-making.

"Having a child with a disability was daunting for us at first. Our first contact with Mencap was Reading Mencap's Bubble Club for preschoolers. It was great – everyone just understood.

"But I think people with PMLD are often overlooked. Bonnie's communication difficulties make it hard for her to say what she wants, so it's important she has the chance to be involved.

"Everybody can communicate, whatever their disability – you just have to find the right way. Wokingham Partnership Board's work on this was very helpful. And Involve Me has some great pointers. I was overwhelmed by the fun, inventive ways to make sure Bonnie is involved in decisions about her life. I now look for new ways to help her make sense of her world and express herself."







Reach more people

We want to empower and directly support more individuals to live fulfilled lives.

We've been working hard to make our voice stronger this year – to spread awareness and fight for changes that will improve the lives and wellbeing of all people with a learning disability.

individual voices and find out what each person wants and needs. That way we can give them the relevant information. support and opportunities to help them make choices and take control of their lives

But our work doesn't stop there. We directly support thousands of people. We listen to their

Our services include support, advocacy, learning, housing, work and leisure. Find out more at www.mencap.org.uk

We launched Empower Me – a personalised advocacy support service in England. It gives people with a learning disability the chance to speak up about what matters to them and have their voices heard.

Numbers to **shout** about

We supported more people than ever before this year - a fantastic achievement in such a tough financial climate.

10.703

We supported 10,703 people with a learning disability and their families and carers through our commissioned and non-commissioned services, including housing, education and leisure

We took over seven services run by care group Southern Cross and were part of a national transfer team to make sure the care of the people affected was not disrupted.

200

When we took over the seven services, we took responsibility for the support of over 200 new people with a learning disability and autism

Giving more people advice and information

One of Mencap's wider-reaching services is our Learning Disability Helpline. It's made up of our website, telephone helpline and community-based advisers (CBAs).

Through the website and the helpline, we support thousands of people every year, giving them information and advice about everything from services and benefits to housing and jobs. But sometimes people need more than just advice, and that's where our CBAs come in – they provide face-to-face support. They also hold events and surgeries where people can come to talk to them.

Our CBAs are a vital part of our service in the community. They not only give specific advice, but also guide people through difficult times - like being a victim of hate crime or losing a loved one to NHS neglect. You can read more about the support Debbie, one of our CBAs, gave Kay on pages 24 and 25.

Numbers to **shout** about

4,422

In England this year, we reached 4,422 people through CBA surgeries.

1,792

In Northern Ireland, we answered 1,792 enquiries and our CBAs provided extra information and support through 280 home visits and 14 talks

5,159

In Wales, 5,159 people contacted our Learning Disability Helpline or came to an information session

Segal House



Segal House in Northern
Ireland is our nursery where
preschool children with a
learning disability get invaluable
specialist help and support. This
year, we supported more than
50 toddlers and their parents.
But we want to do more.

So we've continued with our plans to relocate the nursery and enhance the service by making it just one part of a new centre for early childhood development. Plans are underway, and we hope to bring in the funding we need to get started in the next year.



Supporting more young people with a learning disability

Over the last few years, we've made good progress when it comes to providing support and opportunities for young people – and this year has been no different. Much of this year's success is down to our partnership with ENABLE Scotland and The Co-operative Group, which brought in the money to fund to Inspire Me.

Inspire Me is a programme to improve the lives of 20,000 people with a learning disability aged 16–25, and their families. Since its launch in June 2011, it has given young people better access to opportunities by building their confidence and improving their life skills.

The project also works with families and local communities to break down barriers and change attitudes towards young people with a learning disability. You can find out about Lorna's experience of Inspire Me on page 39.

Alongside Inspire Me, Mencap's Raising Your Game (RYG) is a programme designed to engage with young people with a learning disability or communication difficulty who have offended or are thought to be at risk of offending. We deliver it in England in partnership with Nacro and I CAN, with funding from the Big Lottery Fund.







Numbers to **shout** about

3,748

Across England, Northern Ireland and Wales this year, Inspire Me supported 3,748 young people through workshops, community impact projects, and advice and information.

3,277

The project also supported 3,277 carers and family members by giving them information, quidance and advice.

1,347

Inspire Me also delivered learning disability awareness training to 1,347 people.

662

This year, RYG supported 662 young people towards their personal goals. Our RYG team also produced a film for young people called *Getting ready for court* that shows them what to expect in court and what they need to do. If you'd like to watch it, go to http://raisingyourgame.mencap.org.uk/getting-ready-for-court-film





Earl



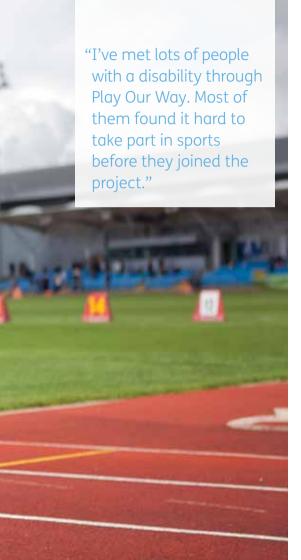
Earl, 16, lives in Cardiff and is a talented athlete. He has autism and associated learning disabilities, and never felt comfortable at the mainstream athletics club he went to. Then he joined Play Our Way, a Mencap project funded by BBC Children in Need to improve access to leisure opportunities for young people with a learning disability in Wales.

"I love sport, but it's not always easy to take part if you have a disability. And it's hard when other people can't see why you find it difficult. But Play Our Way gave me the chance to try new things, like archery, skiing, surfing and kayaking.

"My favourite sport is athletics. The staff at Play Our Way said I was talented, and they supported me and my family when I went to try out for the Disability Sport Wales academy in Cardiff. They made me do a training session so they could see what I could do. I felt really nervous. But now I run 100 metres and 200 metres with the team, so I must have done well!

"Now I'm training as part of Disability Sport Wales's Elite Academy. I recently went to a training camp in Portugal with my team mates. It was really hard – we trained every day and I had to do everything for myself, even cook. But it was good because I got to know more about the people in my team and meet other athletes with a disability. And now I feel more confident to do things on my own.

"I'm an ambassador for the



Play Our Way project too. This means I had to learn to speak up about what I like and don't like – and about what made it hard for me to take part in mainstream activities. I like the responsibility and having to report back to my class. It makes me feel proud. Being an ambassador has helped improve my confidence too. I would never have tried new opportunities without Play Our Way. It's shown me that other people will accept me for who I am."

If you'd like to find out more about Play Our Way, Inspire Me, RYG or any of our other projects for young people with a learning disability, go to www.mencap.org.uk/what-we-do



This year's fundraising highlights

We are pleased to report that we raised an amazing £12.8 million this year. This is 15% above our target for 2011/12 and 59% more than last year.

A lot of this success was down to the exceptional amount of money raised by The Co-operative Group Charity of the Year partnership. This year it raised £4.9 million – bringing the total since January 2011 to a fantastic £7 million!

But it wasn't just our corporate fundraising that brought in the money – we received over £5.4 million from legacies and £3 million through grants and trusts. And our special events alone raised well over £400,000.

To see how your company could help Mencap, call us on **020 7696 5555** – we'll be happy to hear from you.

Lorna

The money raised by The Co-operative Group Charity of the Year partnership meant Mencap and ENABLE Scotland could launch Inspire Me. This project encourages young people with a learning disability to aim high and fulfil their dreams. Lorna has worked on Inspire Me since January 2012.

"I first heard about Mencap at the Jobcentre a few years ago. Mencap helped me get work experience and then a paid job at Speakup, which helps people with a learning disability speak up for others.

"Now I love working for Mencap. Inspire Me is a great project. It's all about confidence and motivation, and helping young people make their lives better. It's a good way of meeting people too.

"I help with workshops and community impact projects. I also help people volunteer, and I talk to them one-to-one if they need extra help. I don't think I have any special skills that make me good at this job – I just love doing it!"



Numbers to **shout** about

£4,900,000

from our partnership with The Co-operative Group, and ENABLE Scotland, for Inspire Me - to increase opportunities for young people with a learning disability and get them more involved in their communities

£700,000

grant from the Department of Health for our three-year Parent Pioneers project, supporting parents with a learning disability to develop their parenting skills.

£600,000

grant from the Office for Civil Society (Social Action Fund), for Change Makers – supporting young people to volunteer in their local communities.

£600,000

grant from the Department of Health for the Getting It Right -From The Start project, working towards equal healthcare.

£650,000

grant from the People's Health Lottery for the Gateway Active project to improve health and wellbeing for people with a learning disability.

£93,000

grant from Arts Council England and Legacy Trust UK supporting We Dance, a project that will involve hundreds of people with a learning disability in the Cultural Olympiad.

Our grants also supported lots of other projects this year. For example, the Inclusive Sport project, funded by Sport England, and Shout Out - a €20,000 project funded by the EU through the British Council. Find out what Shout Out means to Barbara on pages 12 and 13.

We also started work on two exciting projects for the Heritage Lottery Fund that will link with

Mencap's Stand by me campaign. We hope to break down barriers, educate the public about the social history of people with a learning disability, and address the lack of historical information recorded about their lives and experiences.

£160.000

November 2011 saw the return of Little Noise Sessions, curated by Mencap ambassador Jo Whiley. This year, we christened the event's new home - the stunning St John-at-Hackney church with sell-out performances from the likes of Elbow, Chris Martin and Goldfrapp.

£400,000

The Mencap special events team had a great year. Our two committees raised more than £50,000 combined, and a gala evening generated more than £350,000 in donations.

Overseas marathons, glacier walks, exotic bike rides, desert races, skydives – there are so many ways to join in with Mencap. Go to www.mencap.org.uk/get-involved to see what takes your fancy.

A huge thank you!

Thank you to our donors and all the individuals, groups and organisations that helped us raise money this year – we couldn't have made so much progress in such a challenging year without your support.



Special thanks to...

We would especially like to thank the following people, organisations and groups for their significant contributions to our fundraising this year:

Mr and Mrs Abbey
Mr and Mrs Allner
Mr Graham Ball
Dr John Beynon
Mr George Bull
Mr Dominic Christian
Mr Nigel Fishburn
Mr Martyn Smith
Arts Council England
Big Lottery Fund
Building Change Trust
The Co-operative Group
The David Lister Charitable Trust

Health and Social Care
Volunteering Fund
(Department of Health)
Legacy Trust UK
Parker Plant Hire Limited
People's Health Trust
Social Action Fund
Sport England





Add your voice!

Considering the tough financial climate, we made some great progress this year. But we want to do more for people with a learning disability. And we need you!

There are so many ways you can get involved. Here's how you can support us:

Make a donation – a one-off donation, a direct debit or a gift in your will.

Sign up for a fundraising challenge – cycle, trek, swim, walk or skydive!

Come to one of our fundraising events – concerts, talent contests and comedy shows.

Hold your own fundraising event – tea parties, cooking competitions or craft fairs.

But it's not just about your money – you can also:

join one of our campaigns for people with a learning disability

volunteer locally or at a Mencap national event

sign up to our e-newsletter, Be Mencap, at www.mencap.org.uk/be For more details on all the ways you can support people with a learning disability, and add your voice to Mencap, go to www.mencap.org.uk





Alex



Alex and his wife Lynne both have a learning disability. Their Mencap support worker comes to their flat for ten hours a week. She helps them with household jobs, shopping and healthy eating, and goes to appointments with them. But it's not just the day-to-day things. Last summer, she even supported Alex when he wanted to go skydiving.

"The extra help from Mencap means we can do everyday things like cooking, shopping and keeping the house tidy. It also helps with other things like managing our money and going to medical appointments, or just to the hairdresser. Lynne and I both like our independence – and having some support helps us feel confident and in control of our lives.

"The best thing is that Anja, our main support worker, listens to what we need. And it doesn't matter if it's something a bit unusual. In June, Lynne and I got married. Anja helped us with all the plans for the wedding – finding a photographer, decorating the venue and even helping Lynne find the perfect dress. She did a great job – Lynne looked amazing!

"We like doing things as a couple, but we enjoy a good social life too. Lynne and I go to social groups to meet up with other people and do different activities. Some of the groups are run by Mencap, but Anja helps us go to other social groups too. We do all sorts of different things there, like going to football matches, restaurants, parties and trips.

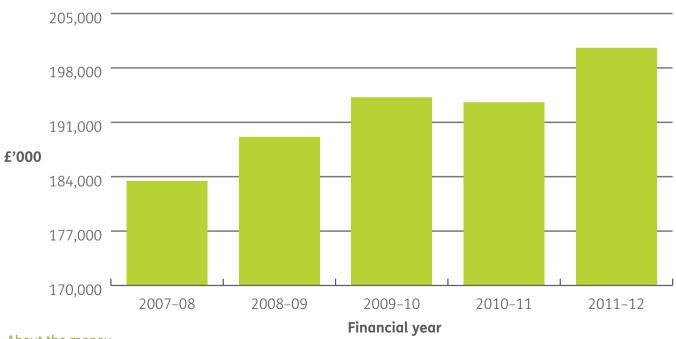
"The best things about the jump were going up in the plane, raising money for charity and having a life dream come true."

"Staying fit and healthy is really important to me too – I like to keep active. People say I'm a bit of a daredevil! I recently did a skydive to raise money for people in the armed forces. Anja helped me plan everything – she even talked to my GP to make sure it was ok for me to do the dive. I'm so glad I did – it was brilliant. I've always wanted to skydive, and I raised money for a charity I care about too.

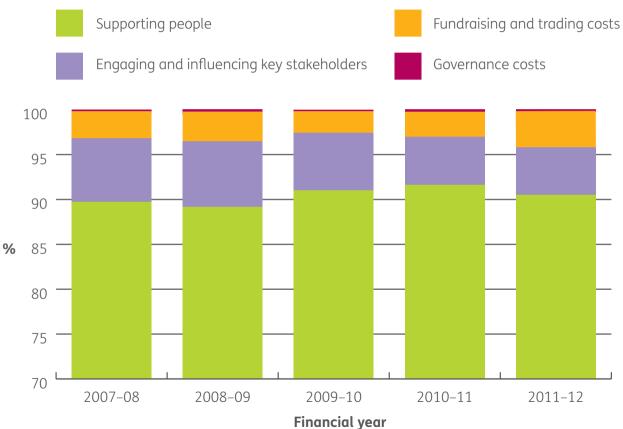
"I'm definitely going to go skydiving again. I want to try gliding too. I love planes, and I really want to work with them. Anja said she will help me find a job at a local airport, cleaning planes or something like that. It would be great to earn money doing something I love – my dream job!"

About the money

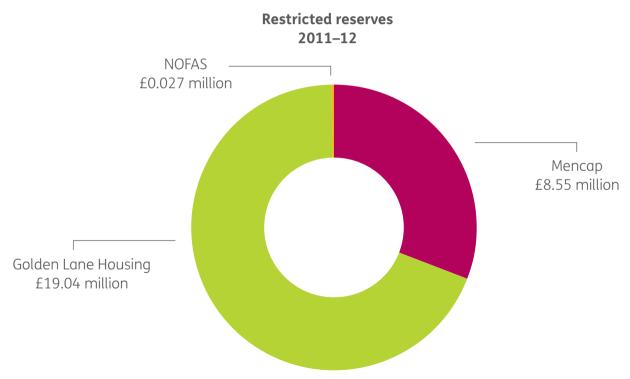
This graph shows our income over the past five years – including income for services we provide for people with a learning disability and money we raised through our supporters.



As this graph shows, we spend most of our income supporting people with a learning disability to live as independently as possible.



Mencap also has three associated but individually registered charities: Golden Lane Housing (GLH), NOFAS-UK and the AdCare Foundation. This graph shows the restricted reserves of Mencap, GLH and NOFAS-UK. The AdCare Foundation doesn't have any restricted reserves.



This graph shows the unrestricted reserves of the four charities in the Mencap group – NOFAS has a very small level of negative unrestricted reserves, which Mencap has underwritten. To make sure we are financially stable for the future, we keep a level of unrestricted reserves – in line with Charity Commission regulations. You can read more about our reserves and financial management policies in Mencap's annual report and accounts 2011/12.

