



Welcome to Mencap!

You are reading this because you have a family member or friend who is accessing or living within one of our services already, or because you are considering this for the future. We know how important families and friends are to people, and we also know that when it comes to supporting them to lead great lives, we really are ‘Better Together’.

Mencap’s Better Together information pack for families and friends.

You have received this information pack as part of our commitment to ensure you are involved and informed about the things that are important to you. The Better Together information pack contains information about Mencap - including how we work with the people we support, and the importance of building and maintaining strong relationships with their family and friends.

For ease of accessibility the Better Together pack can also be found online at any time, at: www.mencap.org.uk

About Mencap

As a charity committed to changing the world for people with learning disabilities, everything we do is about valuing and supporting people with a learning disability, their families, friends and carers.

Families and friends are an important part of the lives of all of the people we support, and we know that family isn’t all about people who are related by blood. We define families as **‘A person or group of people that matter to a person, who care about them and are involved in their life’** to ensure that we value all families, in their full diversity and work to include you in all that we do.

Our work

There are approximately 1.4 million people with a learning disability in the UK today. People with learning disabilities may face a number of inequalities across society, we work with the aim of improving lives, and reducing the barriers they face.

To do this:

- We provide services which give children and adults the life choices and freedoms they want, now and into the future.
- We run projects and programmes to trial innovative work to promote inclusion and rights.
- We research issues, influence policy, and campaign for a better future for people with learning disabilities and their families.
- We provide information and advice, including legal advice to give people with learning disabilities and their families the knowledge and support they need to navigate the system, build resilience and avoid crisis points.
- We provide a Wills and Trusts Service to help you to secure the financial future of your family member.

Our mission, visions and values

Our mission

Mencaps' mission is to transform society's attitudes towards learning disability and improve the quality of life for people with a learning disability, their families and friends. Our Big Plan for the future is divided into six priorities. These are the areas of life we want to have the biggest impact upon; the areas where there is the most need to see change for the better:

Reducing stigma and discrimination

Making a difference to the lives of people with a learning disability here and now

Supporting friendships and relationships

Improving health for people with a learning disability

Early intervention

Employment

Our vision



Our vision is a world where people with a learning disability are valued equally, listened to and included. Our challenge, alongside people with a learning disability and their families and friends, is to make this happen.

Right now, people with a learning disability face inequality in every area of life. We need to tackle the issues head on through tireless campaigning together with the delivery of high-quality support and services to the people who need us.

Our values

- We are **Inclusive**. People with a learning disability are at the heart of everything we do.
- We are **Trustworthy**. When we agree something, we don't let people down.
- We are **Caring**. We treat everyone with respect, kindness and equality.
- We are **Challenging**. When we see things that aren't fair we will campaign until we see real change.
- We are **Positive**. We never stop believing in a better future and we celebrate what we are proud of now.