

Team Mencap Media Q&A

What is a learning disability?

- A learning disability is a reduced intellectual ability which can cause problems with everyday tasks – for example shopping and cooking, or travelling to new places – which affects someone for their whole life;
- Learning disability is **NOT** a mental illness or a learning difficulty, such as dyslexia. Very often the term 'learning difficulty' is wrongly used interchangeably with 'learning disability';
- People with a learning disability can take longer to learn new things and may need support to develop new skills, understand difficult information and engage with other people. The level of support someone needs is different with every individual. For example, someone with a severe learning disability might need much more support with daily tasks than someone with a mild learning disability.

What is Mencap?

There are 1.5 million people with a learning disability in the UK. Mencap works to support people with a learning disability, their families and carers by fighting to change laws, improve services and access to education, employment and leisure facilities. Mencap supports thousands of people with a learning disability to live their lives the way they want. www.mencap.org.uk

For advice and information about learning disability and Mencap services, contact Mencap's Learning Disability Helpline on 0808 808 1111 (9am-3pm, Monday-Friday) or email help@mencap.org.uk

How is Mencap involved in the 2020 Virgin Money London Marathon?

[Mencap](#) is the official charity of the year for the 2020 Virgin Money London Marathon. Mencap hopes the partnership will raise more than £1.5m and enable it to transform people's attitudes to learning disability.

How will Mencap spend the money being raised by Marathon runners this year?

Every penny raised by Team Mencap runners will fund a new sport inclusion project for young people called All Move. This is a pioneering new inclusion project that addresses stigma and social exclusion by bringing together young people with and without learning disabilities.

All Move will be delivered to 1,200 young people, aged 11 to 16, in schools in England and Wales over the next year. Mencap has teamed up with another learning disability charity, [Enable Scotland](#), which will deliver a similar project in Scotland, where Mencap does not operate.

How is the Marathon going to promote visibility of learning disability?

Mencap's 'HERE I AM' campaign aims to increase visibility of people with a learning disability in the media and in society. Learning disability has been invisible for too long. It's time to see people with a learning disability for all they are and all they can be.

We will be using our role as Charity of the Year for the 2020 Virgin Money London Marathon to put people with a learning disability on a global platform and to challenge stigma and improve societal attitudes to learning disability.