

Mencap's Superhero Challenge

**Calling all superheroes!
We urgently need your help...**

This October, show the world how super you are – by taking on our Superhero Challenge and supporting people with a learning disability across the UK.

Did you know?

1 in 10 

people with a learning disability say they often or always feel lonely

1 in 3 

spend less than an hour outside their home every day

Almost half 

say the pandemic is taking a grave toll on their mental health together, we can change lives...

Michael

With our help, Michael will soon fulfill his dream of running the London Marathon. Never one to let his learning disability hold him back, Michael wants everybody to support Mencap “so they can continue supporting people like me. People with a learning disability”.

Polly

Polly is getting fit and having fun thanks to our All Move programme – “I love All Move. It makes me really excited when I get to go.”

Caoimhin

Three-year-old Caoimhin is thriving, thanks to our children's centre team – “We're now seeing him communicate and be such a happy wee boy.”

Will you be a superhero and support more people with a learning disability?

Find out more – and sign up for our Superhero Challenge – at www.mencap.org.uk/hero



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From the minds at:

