

# Annual report

2021

Easy  
read



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## Introduction

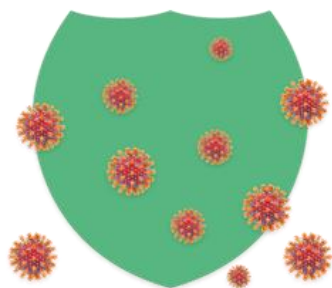
This report is about the work that Mencap did between April 2020 and March 2021.



Coronavirus changed things for everyone.



Some people who worked for Mencap or were supported by Mencap died from coronavirus.



But lots of people were kept safe from coronavirus by Mencap.

## What has life been like for people with a learning disability?



Lots of people with a learning disability did not feel included when the government decided how to keep people safe from coronavirus.



People with a learning disability were scared to leave home to go shopping.



The rules about what you were allowed to do were hard to understand.



**NICE** made some information for hospital staff about who should have **critical care** help if they were in hospital with Covid-19.



The information did not treat people with a learning disability fairly.



The government made a list about who should have the coronavirus vaccine first.



Mencap had to campaign for people with a learning disability to be near the top of the list.



Lots of people with a learning disability had less support from social care during the coronavirus **pandemic.**



Families have had to give more support to people with a learning disability.



When people were allowed to see each other again, lots of people with a learning disability and their families were scared to meet up with other people.



Coronavirus will be around in the future.



We need to make sure that all of the plans about how to live with coronavirus work well for people with a learning disability.



## How we supported people

We support more than 4,000 people with a learning disability.



We want people to have support to do the things they want to do.



During the **pandemic**, we thought it was important to make sure the people we support were healthy and safe.



We also wanted to make sure that Mencap staff who support people with a learning disability were healthy and safe.





At the start of the **pandemic**, we spent lots of money on **PPE** to help to keep people safe.



The government paid some money to Mencap for staff who were on **furlough**.



We paid some extra money to make sure that staff had the same amount of money as when they were working.



We thought it was important for people who live in our residential homes to see their family.

We:



- supported family members to get coronavirus tests
- organised for people to go home at weekends
- set up areas outdoors for people to visit



Staff thought of lots of different ways to make sure the people we support had different things to do.



They made sheds into shops, cafes and pubs.



People looked at the plants and animals in their garden and on walks.



We want to say a big thank you to all of our staff who supported people with a learning disability during the **pandemic.**

## How we kept people in touch with each other

We help people with a learning disability with:

- work
- training
- friendships
- relationships



We work with families who have young children with a learning disability.



We had to work out how we could do these things in a safe way in small groups and online.



We supported over 500 people with a learning disability in our work programmes.







We helped people to use the internet so they could stay in touch and do activities.



We started Mencap TV on YouTube.



Mencap TV included:

- craft activities
- film reviews
- cooking videos
- how to keep fit



Mencap supports 340 local groups in England, Wales and Northern Ireland.



These groups are called our Network Partners.



Our Network Partners helped to keep everyone safe and in touch with each other.



**Ofsted** looked at our education and training programmes.



They told us what we were doing well to support our learners and some things we need to do better.



## In Wales

We set up a group for parents who have a child with a learning disability.



Each month, parents told us what the coronavirus rules were like for their family.



We told the Welsh government what the families were saying.



When we did activities for people with a learning disability online and outside their homes, carers and parents joined in.

## Northern Ireland



We supported young people with a learning disability to stay in touch with each other online and face to face.



We ran online workshops about health and learning disability for over 200 people.



Our family support service supported over 140 families online and face to face.



## How we campaigned

### Healthcare



We told **NICE** that the information for hospital staff about who should have **critical care** help if they had Covid-19 was unfair to people with a learning disability.



**NICE** made it clear that the doctors should not use the information when treating people with a learning disability.

### DNACPR



Some GPs wrote a **DNACPR** note on the medical records of some people with a learning disability.



A **DNACPR** note means that hospital staff will not try to restart your heart if it stops working.



It is important that GPs do not write **DNACPR** notes without talking to the person with a learning disability and the people who know them well.



## Information

During the **pandemic**, we made videos and easy read information to help people understand the new rules.



Lots of people looked at our website and contacted our helpline for advice and information.



## Vaccinations

Mencap campaigned for everyone with a learning disability to be on the list for who should have the coronavirus **vaccine** first.



The government said that everyone who is on their **GP learning disability register** should have their coronavirus vaccinations first.



We have been telling people with a learning disability to make sure they are on their **GP learning disability register**.

## Homes not hospitals



In May 2021 there were more than 2000 people with a learning disability and / or autism in mental health hospitals in England.



Each person with a learning disability and / or autism will stay in the mental health hospital for about 5 and a half years.



The government knows that the law needs to change so that people with a learning disability and / or autism do not get 'stuck' in the mental health hospitals.



More money needs to be spent so that people can live in the community, not in hospitals.



We will make sure that the government keeps its promises about how they will help people to get the support they need with their mental health.





## Campaigning in Wales

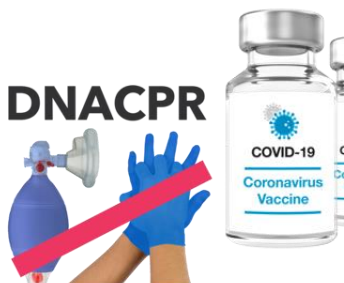
We worked with organisations in Wales who work with people with a learning disability.



Each week, someone from the group met with the Welsh government to let them know what was not working well for people with a learning disability and their family carers.



The Welsh government used this information to help them make their plans during the coronavirus **pandemic**.



We also campaigned about **DNACPR** notes, visits to residential homes and coronavirus vaccinations.

## Things to be happy about Virgin Money London Marathon



We were sad when the London marathon was cancelled.



But we wanted to make the **virtual** marathon a good event.



We were given over £1 million pounds by Virgin Money and the people who ran to raise money for us.



Aaron Plummer was on our team of runners with a learning disability.



Aaron raised over £33,000 and had video messages from famous people wishing him good luck.



Thank you to everyone who ran to raise money for us!



## **Learning Disability Week**

In 2020, Learning Disability Week was about how important it is to have friends and to keep in touch with each other during lockdown.



We wanted to let people know that people with a learning disability can feel lonely.



Friends can help to stop people feeling lonely and left out.



We asked people to tell stories on social media about their friends and how they have stayed in touch with each other.



We worked with other organisations who helped over 200 people with a learning disability have the chance to make friends in learning disability week.



We also made some packs to help people have fun together.





## Why we think the future will be good

We worked with lots of different people to make Our Big Plan.



Our Big Plan shows what we want, how we will work and what is important to us.



We want the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.



We will do what people with a learning disability tell us is important to do.



We will work with people with a learning disability to help them change the things they want to change.



We will not say that Mencap is the voice of learning disability.



We know that we can make a big difference to the lives of people with a learning disability.



If you have any questions about Our Big Plan or would like to help us with it, please email [hello@mencap.org.uk](mailto:hello@mencap.org.uk)

## Words used in this easy read



**Critical care** is the part of the hospital which helps people who are very, very poorly.

## DNACPR



**DNACPR** means Do Not Attempt Cardiopulmonary Resuscitation.



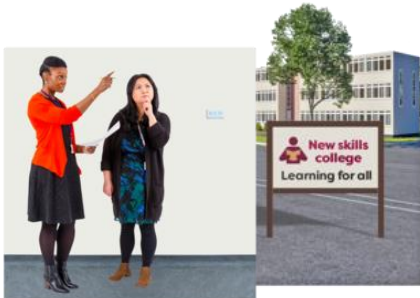
**Furlough** is when you are told not to go to work, but are still paid.



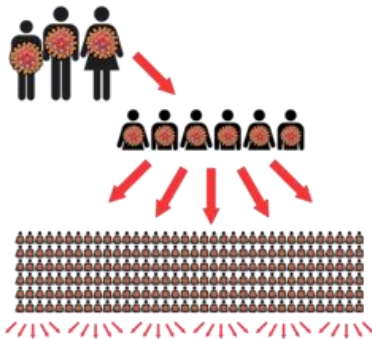
**GP learning disability register** This is a list of all the people with a learning disability that a GP surgery looks after.



**NICE** is the National Institute for Health and Care Excellence. NICE gives information and advice about health and social care.



**Ofsted** is the Office for Standards in Education, Children's Services and Skills. They check places like schools and colleges where people go to learn.



**Pandemic** When a disease spreads over a country or the world.



**PPE** is short for Personal Protective Equipment. People wear PPE to keep themselves and other people safe. PPE for coronavirus can include gloves, masks, and aprons.



**Vaccine** A vaccine is medicine that helps your body to fight an infection in the future.



**Virtual** is when something takes place on the internet instead of in real life.

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