



Mencap are working to improve the lives of people with a learning disability. We want a world where people with a learning disability are valued equally, listened to and included. Everything we do is about making this world a reality.

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If you have a learning disability or are a parent, family member or carer to someone with a learning disability, we can help. If you need advice on an issue that's important to you, Mencap is here to offer support.

If you want to know more about the services we offer visit www.mencap.org.uk/advice-and-support/services-help-you

To find out how you can get involved and make a difference please contact community.fundraising@mencap.org.uk or visit www.mencap.org.uk/get-involved



Advice and support



Make a difference

£20 COULD HELP KEEP OUR HELPLINE OPEN, WHICH IS A VITAL LIFELINE FOR FAMILIES WITH NOWHERE ELSE TO TURN.

OUR SUPPORT BEGINS WITH YOU

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REGULATOR**

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