



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 1.4million 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 directly, or through effective signposting, 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

We want the UK to be the best place in the world for people with a learning disability to live happy and healthy lives. Our mission is to transform society's attitudes towards learning disability, and make this happen. To do this, we work to:

- Make a difference to the lives of people with a learning disability here and now
- Raise awareness and change attitudes
- Improve health for people with a learning disability
- Give children the best start in life
- Support people's friendships and relationships
- Support people with a learning disability into employment.

Our values

