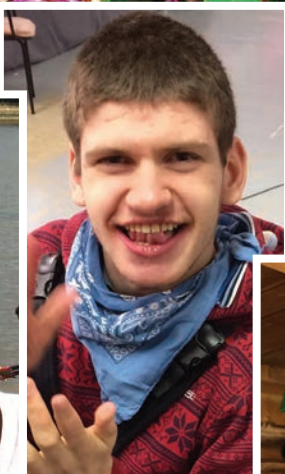


ANNUAL REVIEW 2017



Empowering
people with
learning disabilities

HF **mencap**

Understanding learning disability

- ◆ A learning disability is a reduced intellectual ability which affects someone for their whole life.
- ◆ People with learning disabilities may need support to develop new skills, understand complex information and interact with other people.
- ◆ The level of support depends on individual factors: for example, someone with profound learning disabilities may need high levels of support.
- ◆ Someone with a learning disability may also have physical disabilities.
- ◆ Learning disability is often confused with mental health problems. These can affect anyone at any time and may be overcome with treatment; this is not true of learning disability.

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ABOUT Us

- ◆ Our mission is to empower children and adults with learning disabilities to get their voice heard, reach their potential and be included in their local community.
- ◆ We seek to promote their wellbeing and development in all areas of their lives as well as supporting their families and carers.

As a person-centred, independent charity we provide advocacy for individuals and families, and our projects offer play opportunities for younger children, peer support and skills development for young people and adults, and a range of inclusive activities.

We also campaign for improved access to key services such as housing, health and social care.



A Word from our Chair



Against the tide, but going strong...

Thanks to the success of our *My Life* service, this year we have expanded and have sufficient income to manage month by month. We have also been able to let out some space we are not using in the building.

The long-term future – should Charing Cross Hospital be closed and we have to move – is uncertain, but for the moment we are very much alive, well, and in good spirits.

Life for people with disabilities has not got any easier. The recent UN report on disability rights

in the UK has been damning of government policies. National benefits changes, cuts, and local housing needs all present problems. Nevertheless, we try our hardest to provide opportunities for our people and their families and to support them in fighting for what they need.

Taking a group of service users to Paris shows our ambition! We are currently taking part in planning an Artsfest next year in the borough, which will include people with disabilities, and open up new opportunities for people to express themselves.

I would like to put on record my thanks to all our trustees who have worked very hard to meet the demands made on them. Also, my gratitude to the staff and to Teresa especially for her resilience and leadership.

Julian Hillman
Chair of Trustees

Chief Executive's Report



We hope you will celebrate with us – a truly exciting year with major successes and financial stability.

In this review, you will hear from service users how our support has helped their personal growth and development; how having access to innovative services has made a real difference to individuals and their families. We will continue to listen to people with learning disabilities, and campaign with them to access their rights, challenge disability discrimination and ensure that they are treated as equal, active citizens.

HF Mencap is a significant force within the borough, ensuring that children and adults with learning disabilities have a strong voice locally and nationally. We work

with over 600 families and service users and provide a variety of support to people with learning disabilities, their parent/carers and disabled children.

Here are some of this year's highlights:

Children's play provision

We are delighted that we have been able to increase play provision to disabled children and also their siblings in an inclusive setting. It is really important to be able to offer this opportunity for disabled children to experience more adventurous play and to develop their physical and social skills.

Self-advocacy and support for adults

The London Borough of Hammersmith and Fulham has supported the development of a Disabled People's Commission and the Chair of Safety Net – People First (p17) has a place on the Board. The role of the Commission is to ensure that services are commissioned for, and by, disabled people themselves. This very welcome development offers disabled people a great opportunity to influence and shape future services, and to make them accessible to all.

The Safe Places Scheme has been introduced into shops across the

borough by SNPF working with other community organisations and the local police. The Scheme ensures that people with learning disabilities can find support and safety within these places in any emergency.

I continue to work with the North West London Mencaps Consortium to create more support including an advocacy service to support parents who have learning disabilities across Hammersmith and Fulham, Ealing and Richmond.

Development funding

We have been awarded funding to deliver a new pilot project working with the local Child and Adolescent Mental Health Services (CAMHS). This will provide support for young people with learning disabilities



My Life summer short break trip to Paris

and mental health issues or autism while they are going through transition from children's to adult services.

Other news

The Learning Disability Partnership Board representatives (p22) are making positive changes in policy around housing and health and involving local people with learning disabilities in all consultations, campaigning for change.

My Life support service (p23) has expanded enormously, offering a wider variety of community-inclusive support and creating new opportunities for clients to access much-needed short breaks across the UK and further afield.

Thanks

A big thank you to the skilled and talented staff team for development of all the projects and services offered and for their hard work and commitment to ensure that service users have their voice heard.

A special thank you to Julian Hillman, our Chair and the trustees for their continued support and commitment. We welcome those new trustees who have brought their experience and skills to help us to develop and grow.

Thank you to all our funders, donors and individual fundraisers who have given us so much support not just to carry on the work we are doing but to achieve even more.



Finally, as always, a massive THANK YOU to all the service users, carers and families who are the inspiration for everything we do and the reason why we are here. We look forward to another exciting year ahead.

Teresa McGinn
Chief Executive



Early Support

Supporting each child's development and the family's wellbeing is at the heart of what we do.



It's been another incredibly busy and successful time for H&F Early Support Key Working Service. We provided support to 46 children with special needs and disabilities this year. Our work is very much designed to meet the individual needs of the child and their family. Where necessary, we also signpost specialist services and other agencies where families can get information and advice.

In addition to individual casework, we have provided information sessions to professionals at schools, children's centres, the

Independent Support Service and the Cheyne Child Development Service. We delivered a workshop to H&F Special Educational Needs Coordinators (SENCOs) to ensure schools and nurseries provide a consistent early intervention approach to families with disabled children.

Active involvement in the setup of Personal Health Budgets and Education Health and Care Plans (EHCPs) means we can take part in joint assessments and work across all the agencies in the most effective way.

We are very excited to be part of a working group which is developing the new Resource Centre for Disabled Children in Hammersmith and Fulham. This is an opportunity for us to actively design the Early Support Offer with person-centred services for disabled children, young people and their families.



Dominika Michalik

From one parent who has two children diagnosed with autistic spectrum disorder:

☺☺ My Early Support Key Worker has been a great source of help and information for my children and their Education Health and Care Plans, not to mention the support and guidance she has given me as a parent. I can never thank her enough. ☺☺



Play Inclusion

Climb, swing, have fun and get messy!

The playschemes led by Tracey Byrne and her staff have been enormously successful with a large increase in numbers of children attending both the Saturday Club and holiday programmes. Using Local Authority and John Lyons funding, the Club has run for 6 hours every Saturday, which has been of great benefit to both children and parents.

Due to popular demand, the summer holiday scheme ran for 2 days a week over five weeks rather than for just two full weeks. This enabled more children to use the scheme and gave parents some respite

every week. At the start of the holidays the children had a 'Have your Say' session: they were shown pictures of possible activities to do over the summer and they decided the agenda!

Staff now operate a 'walking bus': children are dropped off at their homes one by one. This strengthens friendships between the children as well as increasing their independence.

Sibz trips for siblings of disabled children have included the circus, cinema, bowling and skating as well as a wonderful day trip to Margate in the summer.

HF **mencap**

Play Inclusion

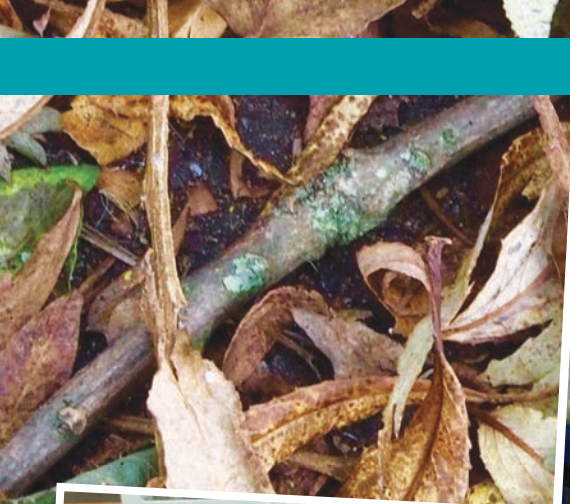
Again parents have praised the staff, who manage behaviours in some children others find difficult, and who are always willing to be flexible and supportive of the children and their families.



Amanda Roles
Senior Manager

“...helps my son's communication, behaviour and social skills.”


“Without you school holidays would be very difficult.”




Parent/Carer Advocacy

Miriam is one of the many parent/carers who has received help from us over the years. This is how she puts it:



 I would really struggle without help from HF Mencap. I had one particular situation which was so distressing that if my advocate not been able to advise me and attend the meeting with me, then I dread to think how it would have ended. I have contacted your advocacy service many times and if you haven't been able to answer a question, you always know someone who can help.

I have known my advocate for many years – she has been the light at the end of the tunnel. I think everyone who works at HF Mencap has helped me in one way or another. We are very lucky to have such a great service run by people who appreciate what it's like to have a child with needs. Without it, my children would not be where they are now. 

I have advocated for 38 parents this year on any issue that impacts on their child, including education, social care, health and housing.

I also represent HF Mencap on a number of strategic boards to raise parents' concerns and highlight gaps in services. This work can lead to positive developments: for example HF Mencap have been funded for a new post of Transitions Practitioner who, in partnership with CAMHS, will work with young people with a learning disability and/or autism and mental health issues to plot their pathway into adult services.

Amanda Roles

Parentsactive



Parentsactive do a fantastic job of representing the views of disabled young people and their families. Their steadfast work, engaging with the Council on a day-to-day basis in a constructive fashion, is much appreciated as we work hard together to make sure that we are doing all we can to deliver for these young people.

Cllr Sue Macmillan, Cabinet Member for Education, LBHF



The past year has been very successful for Parentsactive and I am extremely grateful to my committee members, Chair Mary, Vice Chair Hayley as well as all who engaged with Parentsactive throughout the year. We are also grateful to the councillors and the local authority for their attendance and support.

Our ongoing achievements include focus groups, training, presence on committees and involvement in the development of the new Children's Resource Centre.

Parentsactive membership has now reached almost 500 and we hope our participation and engagement



Parentsactive is proud to support the Resource Centre and was part of the time capsule burial event shown here.

will continue with the support of funding from various sources including the DfE, local authority and Third Sector.



Nandini Ganesh

Here is what our parents have to say:

Parentsactive has been fantastic at sharing insights and techniques. Support from other parents has been invaluable.

Kate Gilles

Parentsactive makes life for parents so much better. I am currently getting advice about 14 plus options.

Helen Soteriou

Parentsactive stands alone in its access to policy makers and service providers: an invaluable forum to hear concerns and get answers.

Charlotte Warner

Parentsactive has been amazing in getting everyone together; your gentle understanding of parents' emotions has been gratefully appreciated.

Amanda Craig Murray

I just wish I had known about Parentsactive sooner, when my son was first diagnosed.

Serafina Cuomo



 **We greatly value the contribution from Parentsactive in continuing to work with us to ensure that our health services meet the needs of families across the Borough.** 

*Janet Cree, Managing Director,
H&F Clinical Commissioning Group*

YOUTH AND ADULT SERVICES



Adult Advocacy

 **The best thing about having an advocate is that they can help you fight for your rights.** 

Over the last year our two part-time advocates have provided independent advocacy support to around 60 people. We continue to provide non-instructed advocacy to people with complex needs, to try to ensure that their view is fully considered in decision-making, and that their interests are represented.

We continue to provide Care Act advocacy, to support people to have their voice heard in their reviews and assessments, and we provide advocacy support in safeguarding situations. We have worked with people on many issues, including decision-making about where to live, care package


and housing problems, access to education, community services and grants, and making complaints.


Both advocates are now fully accredited by the nationally recognised City and Guilds Certificate in Independent Advocacy.



We provide our service as part of the Advocacy Partnership with Action on Disability and Hammer-smith and Fulham Mind, and value this working partnership with other local services.

We are pleased that Hana Smeeth has joined the service, to cover Verity Twombly's current leave.

HF  **Advocacy**

 I can talk to you.
You tell people what I need.

 ... having someone to listen to me.

 ...the advocate's involvement throughout the review process was an important part of securing our son's care package at the current level. 

Parent of client with complex needs



Verity Twombly



Ruth Trenery-Leach

Safety Net – People First

Safety Net – People First (SNPF) is an independent charity supported by HF Mencap. We are a registered Disabled People's Organisation, run by adults with learning disabilities, delivering services for adults with learning disabilities. We speak up and campaign for those who are not able to speak up for themselves.



SafetyNet-PeopleFirst

OUR MISSION

- ❖ To make sure people with learning disabilities are included, respected, safe, fulfilled, confident and in control
- ❖ To reduce negative assumptions towards people with learning disabilities and increase access to services such as social care, health, transport, education and employment



SNPF members work closely with commissioners, councillors and other independent deaf and disabled people's organisations, sitting on groups such as the Disabled Peoples Commission and Local Deaf and Disabled Peoples Organisation Network, to ensure that the learning disability community has a voice and is counted.

Hana Smeeth
Senior Manager



This year has been pretty good!

We have been doing a lot of campaigning on issues such as voting, hate crime and health. All our campaigns are to raise awareness of people's rights. We want to make London a better place for disabled people.

We have been delivering bespoke training to professionals. This includes:

- ◆ equality and diversity
- ◆ disability awareness
- ◆ tackling hate crime
- ◆ making information accessible

We have many happy customers such as the MET Police, Royal Holloway, Kingston University, GPs and LBHF housing officers who have given us



SNPF members protest against disability benefits cuts, Westminster.

excellent feedback. The training and advice from us supports their professional development and helps them work better with clients with learning disabilities. Last year we trained over 250 police staff and have just received a training award from Royal Holloway! Well done to Samantha, Richie and Martin!

We have launched the Safe Places scheme this year and now have 5 local organisations signed up. A Safe Place is where

you would go if you felt unsafe whilst out in the community. The Safe Place would help you to calm down and either call the police or someone you know and trust to come and take care of you.

We continue to meet every Tuesday – these self-advocacy meetings are an opportunity for people to get together, share experiences and support one another. We invite professionals for workshops and information-sharing about local services.

We still love to socialise and think it is so important to provide social activities for people. Funky Nite just gets better and better! A special thank you to everyone who came to Funky Nite in July; ticket sales were donated to support the people of Grenfell Tower.

SNPF Socialise is a new peer-led social group that we started this year. So far we have been out to club nights, for food, and to a classical concert by the Royal Symphony Orchestra.



SNPF training team with staff and students at Royal Holloway University (above); Raising awareness event (below).

*Martin Doyle SNPF Co-Chair
John Wood Treasurer
Roisin Rodney SNPF Social
Inclusion Co-ordinator
James Liddell Trustee
Faisal Yusuf Trustee
Richie Boyake SNPF Member
and Trainer
Rebecca Hanif SNPF Member*

**A BIG THANK YOU to
Mark Leach who swam
across Lake Windermere
in June this year and
raised nearly £350 for
SNPF. Well done, Mark!
We really appreciate
your support.**

Safety Net Youth

Creating opportunities for young people

We are the transitions project for young people aged 13-25 who have learning disabilities. We work towards

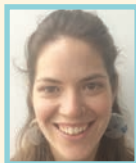
- ◆ increasing social interaction
- ◆ building confidence
- ◆ positive aims for the future

Through the steering group, SNY members plan what they want to do. This includes trips (School's Out), learning new skills (Find Out), and workshops around developing awareness and confidence (Speak Out) as well as volunteering and learning about self-advocacy.

Jatinder Purewal



Marie Tolhurst



What our members say:

“I enjoy the trips a lot, meet new people, make friends and go to different places. I also enjoy organising trips in the steering group.”

“I like Find Out because of the different topics. I like circus, go on the stilts and bike and tightrope and ball. Nice people there, I made friends there. I feel more confident.”

I enjoyed doing the presentation at Queensmill school.

HF **men**cap
Safety Net
Youth



Circus skills workshop – trying out the stilts for the first time.



School's Out trips have included London sightseeing (left), and getting close to nature at Kew Gardens (above).

“I come to SNY to learn about new things like travel training, Speak Out, volunteering. I like the Steering Group because I like to organise nice trips out and I also helped SNY set up a fundraising event. SNY helped me make new friends and become more confident and I feel good and happy about it. I’m also part of Women’s Group where we speak up for ourselves. In the future I would like to organise a party event.”

MAKING A DIFFERENCE

The Learning Disability Partnership Board is a self-advocacy project – so it is all about speaking up!

In the last year, we have spent most of our time speaking to over 100 people with learning disabilities across Hammersmith & Fulham. These are people from 16 to 60+, with all kinds of support needs. Here are just some of the things we have been trying to change:

Healthcare

We have been working with senior commissioners and people with learning disabilities to put pressure on NHS England, to make dentists on the high street more accessible. This would make sure that people can see a dentist wherever they want, rather than just within specialist learning disability teams.

We have also been speaking to learning disability nurses to help them improve their training. Training is so important to help staff give better support to people.

Housing

We have been speaking to the council through our sub-group about improving floating support, supported living and options for adults with 'higher needs'.

Our Reps have also been working closely with SNPF, involved in training housing officers, police and trainee clinical psychologists at Royal Holloway, and working together for more choice and control.



Learning Disability Partnership Board Reps meeting

This year has seen more work around benefits and jobs, too, and with more consultations ahead and two new Reps appointed, 2018 looks very exciting!



Chris Blewitt

SUPPORT SERVICES My Life: Out and About

High quality, individual support for people with learning disabilities...



Our support can range from 1:1 to 5:1 groups using pooled budgets. All support can include personal care and is available for all needs, from home care to social inclusion activities.

Our service is unique because we match each client with a support worker of their choice and always engage in a person-centred approach. At our activity centre, clients know all our staff and can enjoy sessions with a different support worker on different days if they wish.

This year *My Life* has continued to aim higher by:

- ◆ providing more sessions in our activity centre, out in the local community and London-wide.
- ◆ working with clients from 5 London boroughs (Hammersmith & Fulham, Ealing, Hounslow, Westminster and Kensington & Chelsea).
- ◆ creating 3 short-break trips for our clients to experience and enjoy.
- ◆ producing a HF Mencap *Spirit of Adventure* award scheme which offers clients 100 different challenges to complete.

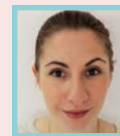
I'm happy to report that we have expanded our management team with Amanda Davis. Amanda has become a great asset, focusing on transitions, service standards, client experiences and staff training/development.

We look forward to the challenge of offering clients more, year on year, and showcasing our 12 exciting and adventurous short breaks for 2018!

Dean Ashby
Senior Manager



Amanda Davis



Rebecca Bone

Out and About

I like the bowling trips.

Steven

I like being supported in the community, like when I went to the Boyzone concert in Windsor.

Mary

I like learning to write my name. I enjoy being able to help other people, too.

Sirjana

It makes me happy. The people there listen to me.

Sopia

I like being given responsibilities, like helping to cook.

Lizzie

Mencap helps me to meet new friends, I like being around lots of different people.

Alan

I like going outside of London with My Life. I went to Kent and enjoyed going on the zip wire and staying with friends.

Aiden



HF **menicap** Short Breaks 2018

Time to recharge

January - 21st 22nd 23rd Dublin by airplane £450	February - 5th 6th 7th Portsmouth £350	March - 14th 15th 16th Brighton £350	April - 5th 6th London theatre and West End hotel stay £350	May - 7th 8th 9th 10th 11th 1 week Narrow boat adventure £550	June - 18th 19th Chessington and hotel break £190
July - 4th 5th 6th Butlins £140	December - 8th 9th 10th Manchester £350	November - 20th 21st 22nd Cardiff £350	October - 19th 20th 21st Blackpool £350	September - 17th 18th 19th Camping in the English countryside £250	August - 17th 18th 19th Kingswood £200

65 Agneria Road London W6 8LH
0208 748 5168 info@hmenicap.org

www.hmenicap.org



Short breaks programme 2018; 2017 London Circus event at the South Bank; dance class in the Activity Centre (above); Mary, Paul and Zoe at the Boyzone concert at Windsor; strolling in Paris during My Life summer short break (left).

FINANCE: 2016–2017

INCOME

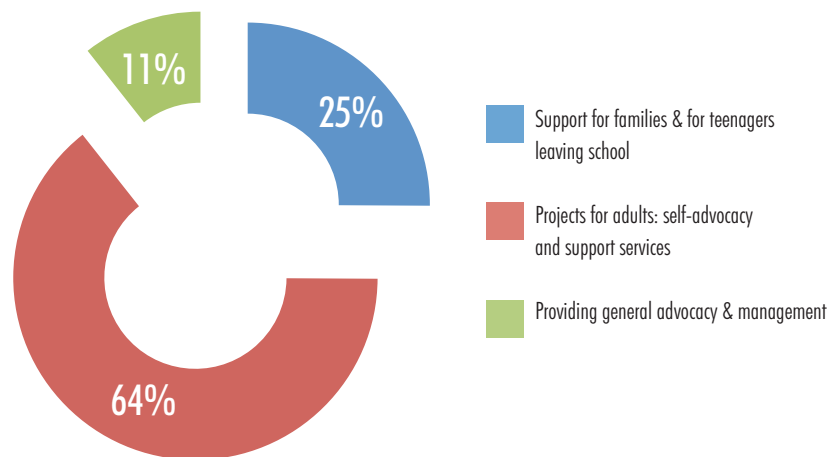
Donations and legacies	11,926
Grants	405,593
Individual budgets and direct payments	427,695
Contribution from serviced office rent income	89,793
Investment Income	106
Total Incoming Resources	935,113
<i>2016 income total</i>	<i>739,661</i>

EXPENDITURE

Cost of generating voluntary income	3,800
Charitable Activities	838,909
Governance Costs	1,800
Total expenditure on charitable activities	844,509
<i>2016 expenditure total</i>	<i>807,332</i>

RESERVES

Unrestricted Funds	130,012
Restricted Funds	3,621
Total Reserves	133,633
<i>2016 reserves total</i>	<i>43,029</i>



This year we received an income of £935,113 to cover our core costs and to support existing and new projects. We spent £844,509 over the same period resulting in a surplus of £90,604. This has been a year of continued growth for the charity achieved primarily through the expansion of our community based support service "My Life".

We have been able to reduce the level of shared service costs allocated to charitable activities through increased contributions to building costs from other charities and third parties. These factors have helped us reverse the decline in reserves experienced in the previous year.

Copies of the statutory accounts for HF Mencap are available from our office or from Wenn Townsend, Chartered Accountants, Gosditch House, Gosditch Street, Cirencester GL 2AG

FUNDRAISING AND COMMUNITY EVENTS

A very special thank you and congratulations to Lynn Ranks!

Lynn, our Volunteer Coffee Morning Co-ordinator organised a highly successful fundraising event at Christmas which raised more than £7,000. Lynn and her family and friends worked extremely hard to achieve this outstanding result.

The evening was great fun; service users, parents and carers, friends, staff and trustees thoroughly enjoyed themselves.

The money raised will be used to fund equipment and resources for people with complex needs.

Although we are looking to secure some professional fundraising support next year, individual fundraising is equally important – it is also a great way of bringing everyone together and getting our message across.

Festival!

We are planning an Arts Festival next year to celebrate 400 years of Hammersmith United Charities. Several arts organisations are collaborating to deliver this exciting event.

We will ensure that the festival is accessible, and will showcase the talents of people with learning disabilities within a wide variety of arts events.



Fundraising bonanza at the Hammersmith Club



Brainstorming ideas for next year's arts festival

VOLUNTEERS, SUPPORT STAFF AND TRUSTEES

Thanks to all the groups, members and volunteers who have worked so hard this year to support HF Mencap.

Thanks also to all our support staff and trustees for their energy and commitment:

Support Staff

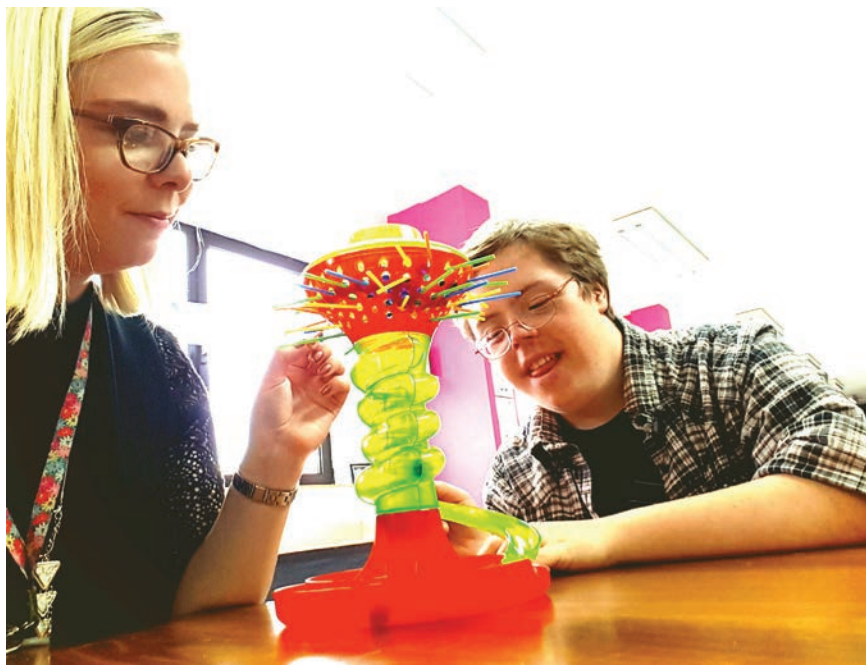
Adam Attia
Tom Brett
Kate Buchan
Tracey Byrne
Carnita Cenac
Duncan Dandy
Lana Dyer
Marcella Hereman
Hereward McGillivray
Manuel Moncayo
Hayley Moss
Daneisha Nyeard
Karen Obee
Jessie Pettit
Ben Price
Matthew Roberts
Pablo Rodriguez

Merrisha Shirley
Beata Skora
Ewa Trzebunak
Craig Welsh
Julia White
Natasha Wood

Trustees

Julian Hillman (Chair)
Charlotte Aldridge
James Allsop
Jonathan Caleb-Landy
Melanie Carlebach
Tony Chambers
Anna Docherty
Samantha Johnson
Elizabeth Ryland
Richard Shaw

If you are interested in support work for HF Mencap, please phone us on 020 8748 5168, or email info@hfmencap.org



We are immensely grateful to all our partners and donors who work with us and support us in improving life opportunities for people with learning disabilities.



North West London Mencaps Consortium

CAMHS

Child and Adolescent
Mental Health Services



Publication edited, designed and produced by Charlotte and John Aldridge

Orientation map donated by Doug Hewitt

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- ◆ our services
- ◆ supporting Mencap
- ◆ volunteering opportunities

Registered charity number 115 0840

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