

The logo for Barnet Mencap is contained within a white speech bubble with a thick orange border. The text 'Barnet' is in a bold, green, sans-serif font, and 'mencap' is in a lighter green, lowercase, sans-serif font.

**Barnet**  
mencap

Valerie Lam  
Children's Service Manager

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## WHO ARE WE?

# BARNET MENCAP

Established in 1965, Barnet Mencap is affiliated with National Mencap. and is the leading voluntary organisation for children and adults with learning disabilities and Autistic people **and their families** in the London Borough of Barnet.

# Future Planning



## Future Planning Support For Carers

of adults with learning disabilities and autistic adults in Barnet

Are you worried about or struggling to cope with future care of your loved one?  
Are you feeling stressed or isolated in your caring role?

Barnet Mencap is working together with Barnet Carers to deliver a project aimed at supporting Carers like you.



### WE CAN HELP WITH:

- Bespoke information, advice and guidance
- Individual Planning Support
- Peer Support
- Carers Assessments/Reviews
- Signposting and referring to partner agencies
- Respite

**You don't have to struggle alone.**

To get involved, please contact the Carers Caseworker on:

☎ 0208 349 3842

✉ [rula.sotiri@barnetmencap.org.uk](mailto:rula.sotiri@barnetmencap.org.uk)

[www.barnetmencap.org.uk](http://www.barnetmencap.org.uk)

# Children and Family Service

- Advice, information and guidance for parent carers of children and young people aged 0-18 who are autistic, have a learning disability or ADHD.
- Help to access disability benefits, Blue Badge, Short Breaks, Carer's Allowance
- Signposting, advice, and information
- Help to access services
- **Open Door for under 5s**
  - Play activities for families with a child under 5 with any additional needs, with or without a diagnosis
  - Offer signposting, information, advice, holiday play activities and coffee mornings

# Programmes for Parents

- We run our **Family Links nurturing programmes** every term, for parents of children with learning disabilities, ADHD, or who are autistic
- The programmes are usually in person but may be online depending on demand
- We also run hold workshops on different topics that may be of interest to parents of children with additional needs

## E-PAtS (Early Positive Approaches to Support)

- Parenting programme for families with children aged under 7 with additional developmental needs
- Currently delivered as part of a randomized control trial
- We are recruiting participants for a course starting on **14<sup>th</sup> October**-talk to me if you are interested!

# Advice, Information and Guidance

## Working for You

– This is our FREE information service offering information, advice and guidance for adults with learning disabilities and autistic adults in Barnet

We provide support for:

- Benefit applications such as PIP and Housing Benefit
- Applications for Blue Badges/Freedom Passes provided the person meets the criteria
- Signposting to other relevant services
- Help understanding correspondence



# Supported Living

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- Equality Housing is a supported housing project for autistic people or people with learning disabilities who have a care and support plan.
- To give people a chance to successfully live independently in the community by providing them with the skills they will need.
- Our services include Shared Houses and Outreach support
- Examples of outreach support includes:-
  - Learning to shop and cook
  - Managing money and budgeting
  - Maintaining a home
  - Help with benefits and finances
  - Encouraging a social life, making friends and accessing the community



# Community Opportunities Project

- **Community Opportunities Project (COPs)** is a service providing social and leisure opportunities for people aged 18 and over with learning disabilities and/or autism.
- Wide range of supervised activities:
  - Social (Bingo, Arts and Crafts, Day Trips) ,
  - Cultural
  - Educational (Workshops on E-Safety, Relationships, Well-being),
  - Health and Fitness (Zumba, Badminton, Swimming).



# Just Holidays!

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- Just Holidays is Barnet Mencap's supported holiday service for adults with learning disabilities and autistic individuals. They offer breaks across the UK and Europe.
- Our holiday Program is all about giving people we support the chance to explore new places, build confidence, and have fun with friends.
- Recent holidays have included Tenerife, Great Yarmouth, Butlins, Emmerdale and York



# Other projects include

- **Barnet Mencap's Adult Autism Hub** is a free service for adults in Barnet (or who have a GP in Barnet) who are, or suspect they may be, autistic. The Autism Hub is for people who don't also have a learning disability.
- **Bright Futures Employment project** is a specialist programme providing people with a chance to get a job.
- **Engagement-** To raise awareness about people with a learning disability and/or autism, and to give them a voice in projects and plans which may affect them, as part of our Bright Futures service.



# Contact Us

- Information for self-referral on website.  
<https://www.barnetmencap.org.uk/>
- **Barnet Mencap**  
35 Hendon Lane  
Finchley  
London  
N3 1RT
- Tel: **020 8349 3842**
- Email: **projectsupport@barnetmencap.org.uk**



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Thank you! Any Questions?