

LambethMencap

Annual Report 2010 / 2011



LambethMencap

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Registered charity number **1048540**
A company limited by guarantee
registered in England and Wales **3070981**

 [facebook.com/lambeth.mencap](https://www.facebook.com/lambeth.mencap)

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Established in 1953, Lambeth Mencap's early focus was on supporting parents and lobbying statutory authorities. Our organisation has played a key role in helping shape local services and involvement in service planning remains an important element of our work. Today we are a significant provider of community based services to both adults with learning disabilities and their carers.

Our Aim Is to develop services which enable adults with learning disabilities to live full lives. We will also continue to provide services which support carers of people with learning disabilities. We recognise possible tensions between a service user's best interest and the interest of their carers and we will consult and involve both users and carers when offering services.



Our Core Values: We believe that

EVERYONE SHOULD BE VALUED – EXACTLY AS THEY ARE

EVERYONE HAS THE RIGHT TO PRIVACY

EVERYONE HAS THE RIGHT TO USE COMMUNITY FACILITIES

EVERYONE HAS THE RIGHT TO TAKE CALCULATED RISKS

EVERYONE SHOULD BE SUPPORTED TO HAVE A VALUED NETWORK OF RELATIONSHIPS

EVERYONE SHOULD BE ABLE TO MAKE INFORMED CHOICES

EVERYONE SHOULD BE SUPPORTED TO MOVE TOWARDS THEIR DREAMS AND WISHES

EVERYONE SHOULD BE TREATED WITH DIGNITY AND RESPECT

The past year has been very worrying for many people with learning disabilities, their families, carers and staff. From the shocking pictures of abusive practices at the Winterbourne View Hospital exposed by the Panorama TV programme to the planned changes in health and welfare systems. This has been a very difficult year for many organisations and people, including Lambeth Mencap, with the changes and cuts in funding.

My first year as Chair has encompassed many changes. I have been very impressed that so many people involved with Lambeth Mencap have responded and pulled together to help in so many different ways. What could have been a problematic year has been turned around by dogged determination and a spirit of creative can-do by staff, managers, service users, Trustees, together with their friends, families and our many supporters.

Lambeth Mencap has continued to provide excellent quality services and activities with skill, flair, knowledge and enthusiasm. We have been

increasingly active in the community, through fundraising events such as the Lambeth Country Show, the Hyde Park Adidas fun run and the Nike half marathon.

I would like to thank all those who have donated funding and in-kind gifts. Our supporters range from high street giants such as Kwik Fit, the Big Yellow and John Lewis to smaller businesses such as the People's Supermarket and locally, Milton Lloyd, Olleys, the Floral Hall, Maddisons and John Edwards.

My involvement with Lambeth Mencap started ten years ago when my stepson received some day services from Lambeth Mencap. I initially volunteered as a Trustee and after one year as Chair I would strongly suggest that if anyone wants to be more involved in our organisation as a volunteer, Trustee, fundraiser or learning disability champion to contact either Boz or me for more information.

Carol Britton
Chair





The last year has been one in which we have, as an organisation, faced major challenges. The level of the expected cuts in the public sector, the impact these would have on our contracts and the speed with which we needed to adjust became clear.

It was only through the cooperation and willingness of our staff to accept a cut in their pay that we have been able to achieve the required 10% reduction in our Community Support Service contract. This has meant that we have not had to make any redundancies whilst ensuring that the service our users receive was not affected.

Regrettably, the Council decided not to renew the contract for our Friends Service. Many people have relied on the social contact that Friends has been providing through its services for more than 20 years. The Trustees therefore decided it was important to try and keep as many of these activities going as possible. We have been using our own funds to do this while we try to raise money from other sources. But we have had to stop some activities and we have also needed to introduce charges for those that we are providing.

There has also been good news. Thanks to the City Bridge Trust we now have a part time Support Broker and the Cicely Northcote Trust has enabled us to do more work with older carers. We are now working in partnership with other organisations as part of the Carers Hub Lambeth and Lambeth Resolve. We are also the lead partner for the SE London Learning for Care Partnership.

In the year ahead our priority will be on ensuring that we adapt and maintain our existing services and develop new ones where possible so that we can continue to support our many users. We will also do our best to continue to speak up for the needs of people with learning disabilities and their families to try ensure that they continue to receive the support they need.

In the last financial year over 300 people with learning disabilities and family carers have benefited from the services and activities Lambeth Mencap has provided. Many individuals from within and outside the organisation have contributed to our work and I look forward to working with everyone in the year ahead.

Boz Borowy
Director



It has been a busy time for our group and we have been involved in the following:

We planned the users' party at the beginning of the year

We wrote letters to the Council about the cuts and some of us went on the marches that were held about the cuts

We looked at and commented on Lambeth Mencap's accessible Equality and Diversity Form
We helped out on our stand at the Country Show
We have been looking at ideas for fundraising
Some of us took part in the Adidas Women's run

in Hyde Park to raise money for Lambeth Mencap
We talked to Lambeth LINK about how the cuts had affected our services and some of us spoke at the Lambeth LINK meeting about budget cuts
We are also planning our second users' Awayday in December

We would like to thank John Aspden from Origins Support and Carl Jackson, one of Lambeth Mencap's volunteers who have supported our group this year.



Our Community Support Service continues to be a vital link to the community for more than 100 adults with learning disabilities. We work in Lambeth and Southwark, with services ranging from personal care and help with managing household finances to support to find a job or go on holiday abroad. We continue to offer support that is reliable and relevant, assisting people to live independently, some with 24-hour support and others with just a few hours of support per week to help them meet their goals and aspirations.

As part of our commitment to personalisation, we responded to the needs and desires of people looking for a more individualised approach to daytime activities that help them gain skills and develop their interests. To that end we have set up on a trial basis 'The Mac', Lambeth Mencap's multi-activity centre. Service users have opportunities to participate in affordable activities that include cooking and healthy eating, gardening, visual and performing arts, and computer training.

Supported holidays also give service users opportunities for personal growth and recreation. We have been able to support people who might not otherwise have the opportunity to enjoy a holiday away from London. This is evolving into a year-round programme of holidays.



We support service users with the day-to-day issues of living safely in their own home. One individual who is new to independent living has been assisted with shopping, cooking, managing personal finances and medical needs. Other service users have continued to receive support when admitted to hospital. Having someone who knows them to liaise with hospital teams can help lessen anxiety and improve communication and recovery.

Developing and maintaining the high quality of our service requires a well-trained and committed staff group. A new induction manual and training plan helps ensure that all employees meet national standards and improves their knowledge and skills on a continuous basis.

Demand for our service has grown in the past year. We look forward to continuing to work in partnership with our service users, their families, and other professionals to develop new ways of working and new services that will fit changing needs and changing budgets.

Eugene Dugan-Brause
Service Manager

For more information on using our Community Support Service please contact Lesley on 0208 655 7722 or email lwickens@lambethmencap.org.uk.



Julie is gaining a stronger sense of worth because she sees she can help people.

Julie's Story

Julie has been using our Community Support Service for about three years. 'I needed help to see doctors and go to the gym for physio. They made sure I was doing it right.'

CSS helps Julie to get out in the community. 'I like doing things with workers. We'd go shopping. Sometimes in Croydon. I feel safer when I can travel with my support worker.'

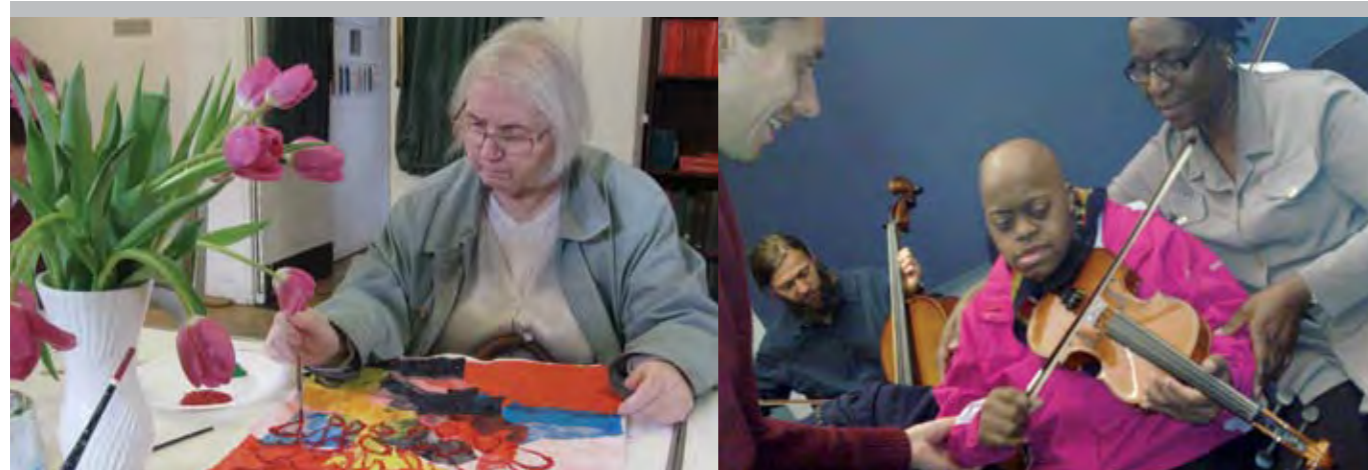
Now Julie is enjoying a new addition to Lambeth Mencap : The Multi Activity Centre. 'I like helping out at The Mac. I help other people get around and do activities. I can help out in the kitchen. Cooking. Washing up. I really like doing that. I can play

computer games too. That's fun. It is good that a worker can take me there and bring me back. I've been very happy there.'

Julie's mum has nothing but praise. 'Danny and The Mac give people a sense of purpose. Julie is gaining a stronger sense of worth because she sees she can help people. There is always something different to learn and do every day.'

Julie has plans for the future and the support she would need. 'I'd like to have a place of my own. I'd need help with that. I would also like to go on a holiday. Someplace warm, like Spain. The beach would be really nice.'





We've had trips and activities all over the place this year. The Friends team have been busy on the Healthy Living activities – swimming at Brixton Recreation Centre, keep-fit at Brockwell Lido, and walking groups in the Royal Parks and Brockwell Park - all part of our aim of supporting people with learning disabilities to overcome barriers to health and improving their overall fitness levels and well-being.

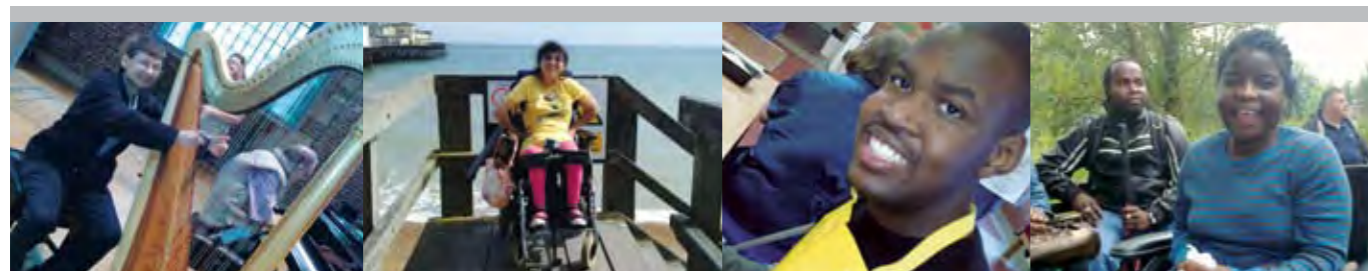
We were delighted to continue our very successful partnership with Morley College. The art and music workshops ran throughout the academic year and we were very proud of tutors Roshie Nasehi and learner, Rachel Abrahams, who received achievement certificates for their outstanding work.

Nightclubs, pubclubs, parties, outings, ladies pamper days, Saturday DVD clubs and the ever popular Sunday Lunch clubs – all these activities have been well attended and well-loved by over 150 people in the past year. Service users, staff, volunteers and families came together to unite

when the 100% cut to the Friends Service was announced in January. We were moved by the stories of so many people who told us about how the Friends Service helps them – combating loneliness, helping them keep fit and healthy, giving them something to do and somewhere to go on a lonely Sunday afternoon, giving their families a break from their caring role, and bringing a bit of life and fun into people's lives. Despite this devastating cut, the team have come together, supported by the managers and Trustees at Lambeth Mencap with a commitment to keep running these essential preventative services: we are looking forward to carrying on this good work.

Becky Loney
Service Manager

For more information on using our Friends Service please contact Becky on 0208 655 7737 or email bloney@lambethmencap.org.uk.



Angela's Story

'I did the Walking Group, it was good fun. We went to Regent's Park, Richmond Park, Hyde Park and Brockwell Park. It was nice and sunny, we went on the minibus. I put on my pedometer and Charmaine got me walking quite fast.'

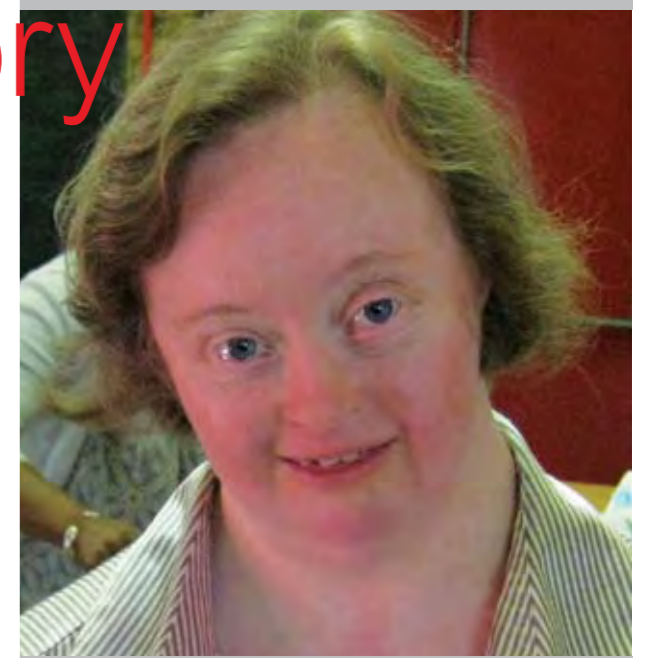
'On Summer Wednesdays I made a treasure box, and one day we made cupcakes - they were lovely, I took one home for Sheila, Steve and my niece – my family!'

'Keep-fit is great, I do it at home too. Charmaine teaches me what to do, and then I go home and do it in my bedroom.'

'I went to the seaside, Margate and Brighton – it was nice and sunny, I enjoyed myself. I like it a lot.'

Angela's brother-in-law Steve says:

'Angela gets out and about now with Lambeth Mencap. Before her mum went into a home she never went out. Now she's living with us, and she gets out and about, it does her good, she does keep-fit and walking, she has a great time, it's fantastic. We were upset when Friends were going to close, but now it's carrying on, we're really pleased. It's good for Angela and it's good for us.'



Angela gets out and about now with Lambeth Mencap.



Support Brokerage

Our new Support Planning and Brokerage Pilot was launched this year. This is a three year part time pilot for adults with learning disabilities and their family carers, including young people moving through the transition process. Our Support Broker will work across a wide variety of agencies to support individuals to meet the goals they set for themselves and to make decisions about their lives and what they may want to change.

The project aims to:

- Design and develop individually tailored support packages to an agreed budget
- Assist with the recruitment of staff
- Help people make connections in their own

- communities
- Monitor services that have been purchased to ensure compliance with legal standards, etc
- Help individuals review their services to their agreed timescales
- Signpost to other sources of information & support
- Ensure people are maximising their benefit entitlement
- Raise awareness and provide information about Self Directed Support

Laura VanBemmel
Support Broker

For more information about the Support Planning and Brokerage service please contact Laura on 0208 655 7742 or email lvanbemmel@lambethmencap.org.uk.

April's Story



Shared Lives Scheme

Our Shared Lives scheme offers adults with a learning disability the chance to live as part of a family whilst having their support needs met. Shared Lives carers provide a safe and secure home whilst providing support to individuals in a variety of ways including:

- Developing new interests and skills
- Developing independence
- Personal care
- Preparing and cooking meals
- Budgeting
- Health needs
- Developing and maintaining relationships with friends and family

The scheme is currently supporting 23 people to live with their Shared Lives carer on a long-term basis. Two people have moved on from the scheme and another individual is about to start in a new long-term living arrangement.

We also continue to provide short breaks to people who live with their family carers.

We have been working closely with the local authority in order to develop our service further. A review of other Shared Lives schemes found that they operate in a variety of ways, offering a cost effective way of providing support.

We are now in the process of expanding the service by recruiting new carers. This will enable us to offer more options to our existing and prospective service users.

Richard Hunt
Service Manager

For more information on using our service or becoming a Shared Lives carer please contact Richard on 0208 655 7710 or email rhunt@lambethmencap.org.uk.

April first moved in with Pam 2 ½ years ago. Soon after the arrangement started, April developed her support plan with help of the scheme's staff.

One of April's main aims was to one day live in her own flat. Whilst living together Pam helped April to develop her skills in cooking, cleaning, shopping and travelling in the community.

April also completed college courses to help her prepare for living more independently.

It's fantastic having my own flat, and it's great having my family and friends come over



When the time was right, with Pam's support, April went to visit a number of flats before she found the right one for her. Pam and her family helped April pick out all her new furniture.

April moved in to her new flat in June, and three months on everything is going well.

April visits Pam every weekend for Sunday lunch and Pam and her family are regular visitors to the flat.

Carers' Development Service

The Carers' Development service seeks to promote carer involvement and empowerment, to help carers get the information and support they need, and to raise awareness about their rights as carers.

The Carers' Development Service provides the following types of support:

- Support for carer representatives to take part in the Lambeth Learning Disability Partnership Board
- A Carers' Update sent to all of our 350 registered carers around every six weeks on issues important to carers
- A Carers' Forum every eight weeks for carers to make their views known and to be taken forward to the Partnership Board
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This year Lambeth Mencap became part of Carers' Hub Lambeth and we are working in partnership with the other organisations involved. This means that carers can access more support, information and advice and take part in other activities. Changes have also been made in the way the Learning Disability Partnership Board operates as part of the overall package of savings that the Council is having to achieve. Carers remain key members of the Board alongside people with learning disabilities and other stakeholders and we will continue to ensure that their voice is heard at meetings and in other forums.

Robert Hill
Development Worker

For more information on using our service or getting involved as a carers' representative please contact Robert on 0208 655 7707 or email rhill@lambethmencap.org.uk.



Treasurer's Report

Our income and expenditure for the year to 31 March 2011 showed only a small change on the year before. Total income fell by £54,000 and spending rose by £39,000, both figures within 2% of the previous year's amounts. The result was a very small surplus of £2,386 reflecting the fact we spend all the income we receive on providing support to our service users. The overall outcome was fairly stable - the transfer of our Carers' Breaks Service to another provider and cuts applied to our Friends Service were partly offset by increased demand for our Community Support Service.

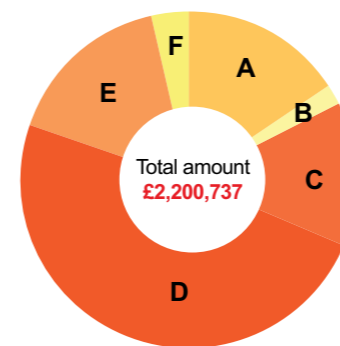
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pay a much higher proportion of the costs of delivering them at a time when they face other reductions in services and benefits as well as increased costs.

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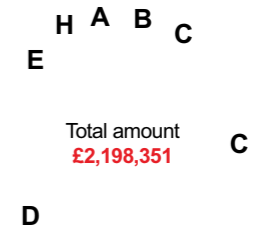
Paul Evans
Treasurer

Where Our Money Came From



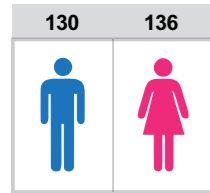
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Where Our Money Was Spent



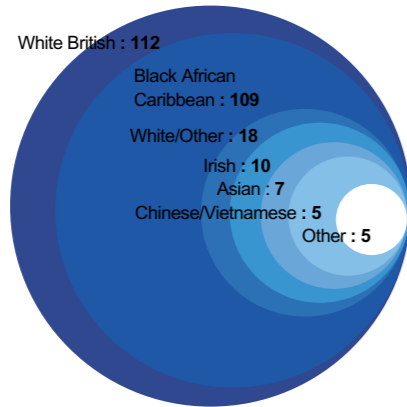
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Service User Gender

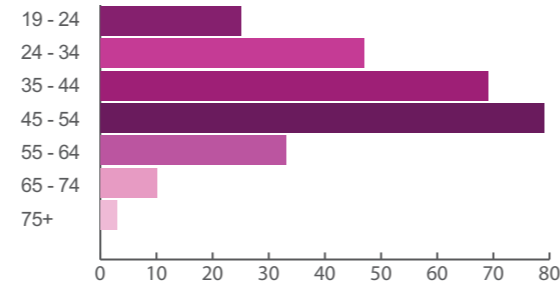


Total of users **266**

Service User Ethnicity

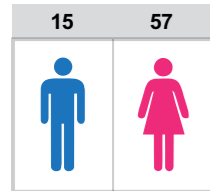


Service User Ages



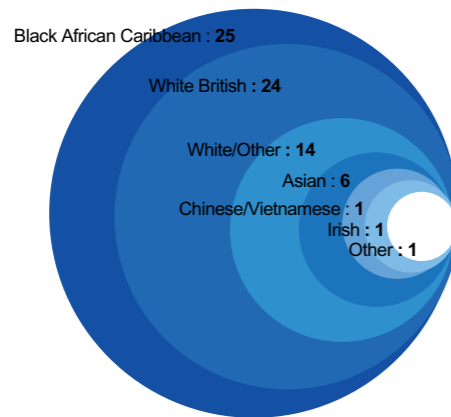
Carer Statistics

Carers' Gender

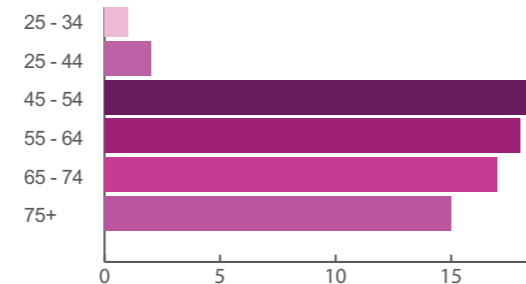


Total of users **72**

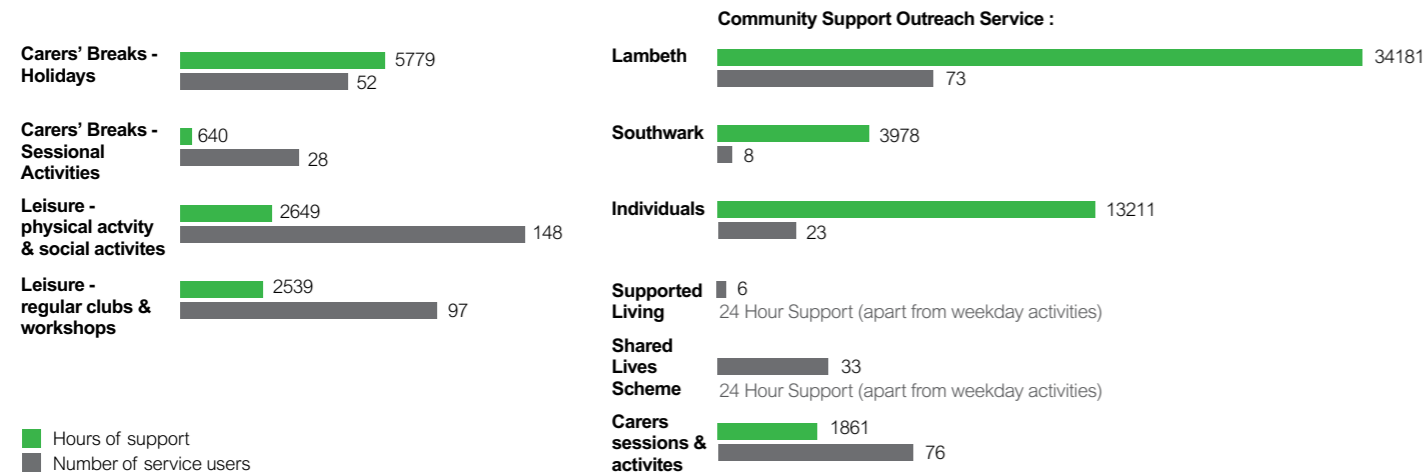
Carers' Ethnicity



Carers' Ages



Hours of Service & Users by Activity



We would like to thank all the funding agencies who supported us in 2010-11 and those that currently support us:

Public sources

- Department of Health – Access to Volunteering Fund
- Lambeth Adult & Community Services (Learning Disability Partnership & Supporting People Team)
- Lambeth Children & Families Services
- NHS Lambeth
- Morley College Community Courses
- Skills for Care
- Southwark Adult Social Services

Trusts, Companies & Other

- Big Lottery – Awards for All
- Bailey Thomas Charitable Trust
- Cicely Northcote Trust
- City Bridge Trust

Individuals

We would like to give a big thank you to the individuals who buy a service from us using Direct Payments, Personal Budgets, Independent Living Fund or their own funds. The number of people doing this has increased over the year, a real statement of the high regard placed on our services by our service users.

Many individuals also generously support us with donations and this year some of our members, staff and service users have very generously given their time and commitment to take part in fundraising runs and other activities. This support is increasingly vital given the current financial climate and we thank them very much.

Grants to service users

We would also like to thank the organisations that provide small grants through us to our service users –Clapham Relief Fund, Family Action Trust Fund, League of the Helping Hand, St George Dragon Trust, Skinners Benevolent Fund, South London Relief in Sickness Fund and Womens' Holiday Fund.

Lambeth Mencap needs help to continue doing its essential work.

- Do you have time to become a volunteer ?
- Are you interested in becoming a member or a trustee ?
- Can you support us financially ?

Visit our web site : www.lambethmencap.org.uk and click on the PayPal button or send us a donation.

If you or someone you know wish to become more involved contact Alan on **0208 655 7714**



Cut here and give this to someone who you think can support Lambeth Mencap

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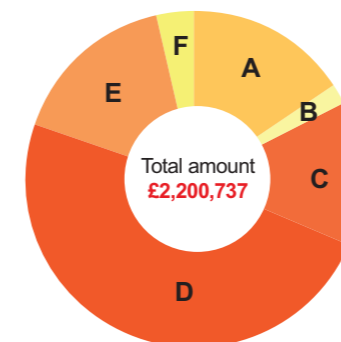
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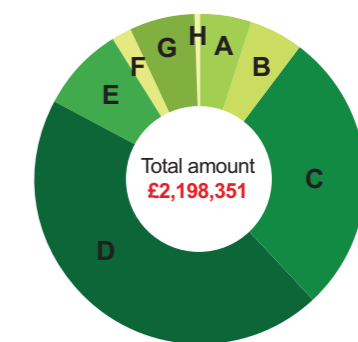
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