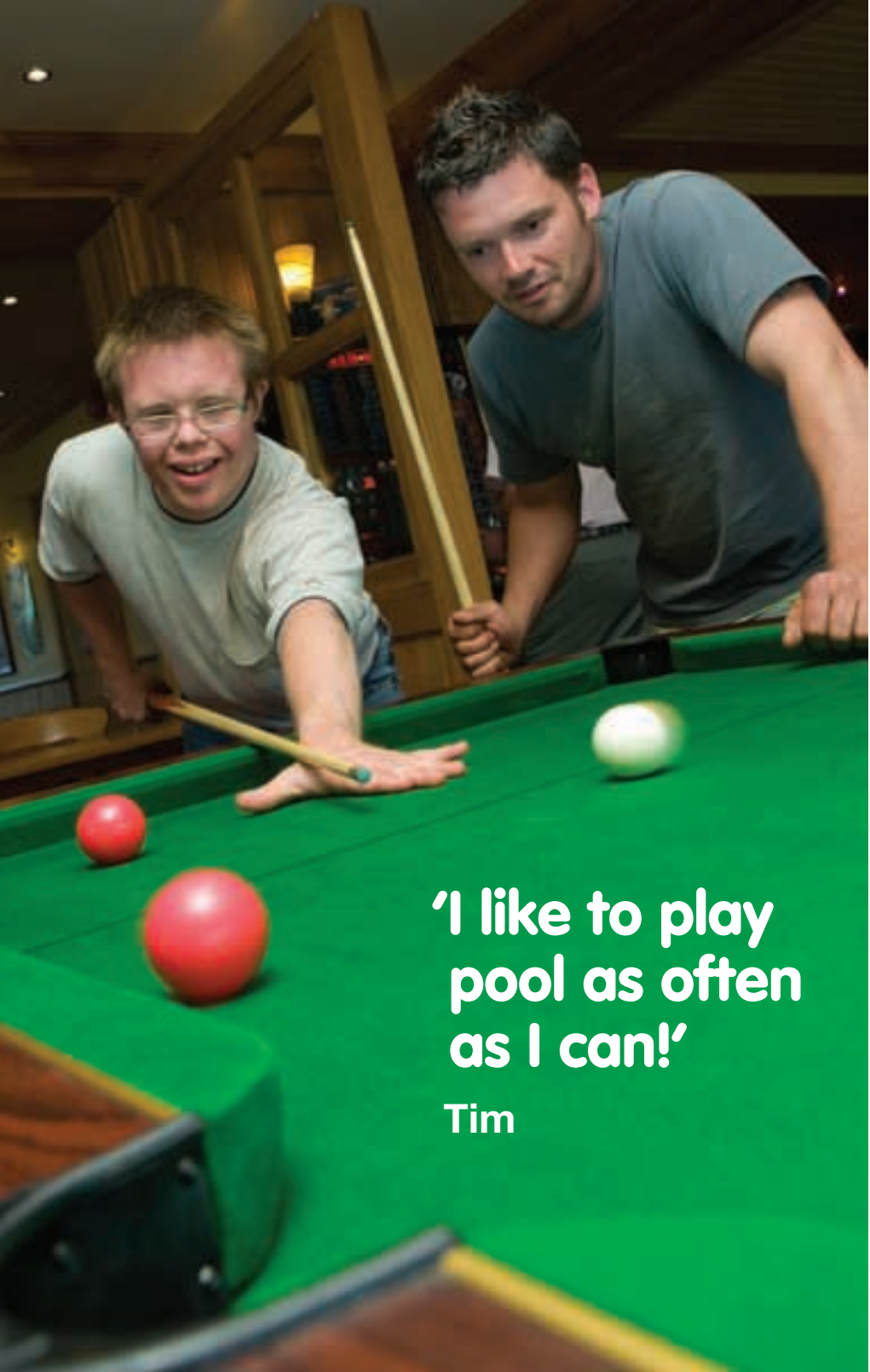




Local support for people with learning disabilities





**'I like to play
pool as often
as I can!'**

Tim

We are a local charity. We support children, young people and adults with learning disabilities through supported living, access to enjoyable community activities and training. We also support parents and carers with information, advice and backup when they need help.

Who we help

We help children, young people and adults with learning disabilities, along with their parents and carers, in many different ways.

We run theatre, arts and music workshops – for children, young people and adults – and a toddler and baby group for children with Down's syndrome. We provide much needed family support for parents and carers and specialist services for families with a child with autism spectrum disorder or Down's syndrome.

Our befriending scheme helps young people and adults do new things and meet new people. Our training and employment services gives them the chance to volunteer, get work experience or even complete a catering course – while people of all ages can have regular classes or private sessions at our wonderful hydrotherapy pool.

We provide domiciliary care for people with learning disabilities who need support to live independently at home and residential care on a full-time or flexible basis at our fully equipped residences in and around Cambridge.

Meet some of the people we help at
www.cambridgeshiremencap.co.uk

**'I support people to
maintain their
independence and
to enjoy being part
of the community'**

Janet



How we help

We try to give people the chance to live the lives they want – by providing a range of useful and innovative services, always tailored to meet the individual's needs.

Our community-based activities and personalised support help people with learning disabilities do the things they enjoy, make new friends, learn new skills and lead more independent lives.


Everyone we care for gets the support they need, for some, this might mean a night out bowling with friends; for others, help to decorate their room the way they want it. For all our residents it means being able to live at home and socialise their own way.

We also support parents, carers, and their families. Our volunteers provide support they can rely on; giving them the chance to take a break when they need it. We provide them with information and advice on relevant issues – and also help them to network with each other.

**Find out more about our valuable work at
www.cambridgeshiremencap.co.uk**

‘Knowing that I would be getting support, helped me to keep going – it was a lifeline’

Mary, mum

A woman with curly brown hair, wearing a red and white patterned top, is kneeling on a blue carpeted floor. She is looking down at a young boy with blonde hair who is also kneeling. They are both playing with colorful toys, including a green and black structure that looks like a crane or a tower. The background is a playroom with various toys, including a blue storage bin and a yellow toy car.

**'I find great joy in
volunteering and am
grateful that I have been
given this opportunity'**

Ellen

How you can help

A little of your time could make a big difference to someone's life.

We could not do what we do without our volunteers. They help and support people in so many different ways, each contributing their skills, experiences, energy and enthusiasm. We carefully match their individual strengths and interest to the needs of the people we help.

We welcome anyone who would like to make a positive difference.

**Find out how you can volunteer for us at
www.cambridgeshiremencap.co.uk**

How can we help you?

You may have a good idea about the help or support you need, or you may just want to find out what is available. Either way, our trained staff and volunteers will give you the support, advice and practical help you need.

Please contact us to find out how we can help you. This is what we are here for.

**If you or your family need help please
contact us at 01223 883130 or e-mail us at
info@cambridgeshiremencap.co.uk**

There is a lot more useful information
and advice on our website at
www.cambridgeshiremencap.co.uk



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learning disabilities

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