



The voice of
learning disability

MENCAP

NORTHERN IRELAND

WHAT WE DO

About learning disability

There are 42,000 people with a learning disability living in Northern Ireland.

A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

People with a learning disability can go to school, university, play sport, fall in love, get married, buy houses, have children and lead happy, independent family lives.

About Mencap NI

We're here to improve the lives of people with a learning disability and their families now, and work alongside them for a better future. As part of Mencap's Big Plan, our six strategic priorities include early intervention, friendships and relationships, health, social care, employment, and reducing stigma and discrimination.

Our services support people every step of the way: from the early years through to support in adult life with living independently, finding a job and getting involved in their local community.

Policy and Research

Our programme of research, consultation and work with politicians and civil servants aims to influence innovation and change in public policy and practice. We campaign with and for people with a learning disability to ensure their rights become a reality, and that their voices are heard.

Fundraising

You can get involved with Mencap and support our services for children, young people and adults across Northern Ireland through a wide variety of events. These include abseils, ziplines, sky dives, mud runs, cycle events, local runs and walks. We work closely with a wide variety of companies, providing fundraising support to create a successful partnership which suits your needs. Or if you are a school, local business, sports club or community group, we can support you to hold a fantastic fundraiser.

Volunteering

We also work with volunteers who are as passionate about supporting people with a learning disability as we are, and we would love it if you could join us. In return we offer the chance to develop new skills and experience, as well as make new friends.

Helpline

The Northern Ireland Helpline provides a range of advice and information about learning disability issues and services. This includes for people with a learning disability, and their families and carers who need support accessing services, or with particular challenges they may be experiencing.

The Helpline can be contacted by telephone on **0808 808 1111** or email **helpline.ni@mencap.org.uk**



Early Intervention

There are 5,000 children aged 0-7 with a learning disability in Northern Ireland.

The earlier children get support, the more likely they are to fulfil their potential. We provide a range of programmes and family support services for young children with a learning disability and their families.

- Open to parents of a child aged 0-7 with a learning disability or developmental delay
- A unique specialist learning environment for over 50 children with a learning disability or developmental delay - delivered in partnership with the Belfast Health and Social Care Trust, and with their onsite multi-disciplinary team
- High quality, evidence-informed interventions
 - Early development support
 - Parenting skills and knowledge
 - Positive approaches to challenging behaviour
- Practical support, advice and information
- Service and home-based interventions.



High quality and effective early intervention support for children and families.

Social Care

Access to safe and secure housing is a basic human need, and essential for overall health and well-being. We work to help more people with a learning disability live independently in their community, and have a real choice about where they live and who with.

- Long-term social care and housing solutions
- Person-centred housing options, tailored to meet each individual's needs and aspirations
- Support in people's own homes, and in specially adapted housing
- Different levels of support, from a few hours to 24-hour care
- Support with daily living, finances and maintaining a tenancy
- Support to access services and activities within local communities
- A partnership approach with Mencap's Golden Lane Housing, Health and Social Care Trusts, local Housing Associations, and voluntary and community agencies.



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Employment

Work can play a vital role in promoting independence and social inclusion, as well as improving confidence and overall well-being. We support people with a learning disability to access further education, training and sustainable employment opportunities.

- Careers guidance and information
- Individual, work-focused training and support plans
- Skills development and support to find paid work – including confidence-building, writing applications and CVs, and preparing for interviews
- Work tasters and placements across a diverse range of settings
- In-work support for individuals and employers
- A partnership approach with local businesses, colleges and training providers.



Skills development
and support to
find paid work.

Friendships and Relationships

Participation in the local community can make a real difference in reducing social isolation and helping people feel connected, happy, confident and healthy. We support young people and adults with a learning disability to access local services and take part in community activities.

- Opportunities for young people aged between 16-25 years old to socialise, build new friendships, and take part in events and projects
- Awareness-raising, training and resources for youth workers and volunteers across the youth sector
- Connecting adults with health, social, leisure and other facilities in their local area
- Working in partnership with a network of Gateway Clubs, and local agencies.



Our vision is a world where people with a learning disability are valued equally, listened to and included. Our challenge, alongside people with a learning disability and their families, is to make this world a reality.

To find out more about our services, or how to support Mencap's work in Northern Ireland, please contact us:



Mencap Northern Ireland

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