

If only people knew about learning disability.....

Most people don't know much about learning disability and how it affects people's lives. There are 1.5 million people with a learning disability in the UK. They do not have the same control over their own lives as the rest of society.

That's why Mencap is here

Mencap works with people with a learning disability to change laws and services, challenge prejudice and directly support thousands of people to live their lives as they choose.

Every person with a learning disability, no matter how severe their disability, can make choices about how they want to live. They just need the right support. That's why Mencap is here.

Mencap wants people with a learning disability to have the same rights as everyone else.

Mencap is the voice of learning disability

- **By joining Kingston Mencap a small local affiliated group, you will be joining other carers and members to ensure children and adults with a learning disability living in Kingston, receive an equal and fair chance in life like everyone else!**
- **Together we:**
- **Provide information & support**
- **Provide quarterly newsletter**
- **Support Future Friends 19+ club**
- **Support Seekers Club**
- **Fundraise to provide equipment for schools, day centres, homes etc**
- **Arrange social opportunities**
- **Campaign for equal rights**
- **Fight for change & understanding**
- **Organise leisure activities**
- **Saturday Drop-In 11.30am-2.30pm**

Volunteer for Kingston Mencap



The voice of learning disability

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Charity No. 1170322

Why volunteer for Kingston Mencap?

We're a well-established charity with over 200 members locally in the Kingston Upon Thames area. We like to think of ourselves as a 'family' of members, friends and supporters, and by helping us we offer you a warm welcome.

There are many different ways you can volunteer with us, depending on the time you have to offer and the kind of age groups you would like to be involved with. Our leisure clubs are held regularly and offer a great variety of activities.

Seekers

This is held each Monday evening at The searchlight Centre in New



Malden, from 7pm-9pm. It caters for adults aged 18 and over with a learning disability. The club leader organises great activities like discos, karaoke, arts & crafts, plus trips to the theatre and the bowling alley.

Future Friends

This club takes place fortnightly on a Thursday evening at the Searchlight

Community Centre in New Malden, from 7.30pm-9.30pm. The learning disability members who attend are aged between 19 and 35 years old. Members enjoy trips to the local pub, play bingo, cook and hold discos etc.



Saturday Drop-in

Held at Searchlight Community Centre, New Malden, from 11.30am-2.30pm every Saturday, this club caters for adults with a learning disability aged over 18. Members meet up to socialise and have lunch together. The YMCA run an exercise class from 12-1. £1



Interested? We're looking forward to meeting you!



What we ask of our volunteers...

We need enthusiastic, energetic and responsible people who have an empathy with learning disability. Most importantly, we need regular commitment to ensure our members really benefit from your help. As you would expect, all volunteers undergo regular criminal records checks and our policies and procedures are available to read online at our website, www.kingstonmencap.org.uk.