

**Barnet
mencap**

Equality Housing

Barnet Mencap's Independent Living Project



A guide to independent living in the London borough of Barnet for adults with a learning disability or autism

Are you working in Social Services and looking for independent living support opportunities for your clients?

**Read this guide to find out what
Barnet Mencap can offer**

**Current
Vacancies**

**Barnet Mencap
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Introduction

A little history

Barnet Mencap was established in 1965 and for over fifty years it has provided advice, information and support for people with learning disabilities and people with autism and their family carers. Barnet Mencap is the leading charity for children and adults with learning disabilities and their families in the London Borough of Barnet. We provide a range of services for children and adults.

Barnet Mencap's vision statement

People with a learning disability should be able to live their life in the way they choose, like anyone else. Getting the right care and support can be crucial for this to happen. Barnet Mencap believe that people with a learning disability must also have choice and control over where they live and how they are supported.

What makes us different

At Equality Housing we have a person-centred ethos and encourage our tenants to live a full and active life. Not only do we work to improve people's practical skills but we also want to see our tenants develop emotionally and socially to increase their confidence and enjoy life! We promote personal choice within all aspects of their support and participation in the development of the service.

Many of our tenants are in full or part-time employment or have voluntary jobs, attend college or have other day activities. Tenants are encouraged to make use of local community leisure activities and services.

We encourage and facilitate our tenants to take an active part in all decision making in Equality Housing and Barnet Mencap. We hold own monthly House Meetings and have bigger Tenant Meetings every 3 months. We want our tenants' views and opinions to be heard and valued.



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Overview of the houses

Overview Of The Houses

Barnet Mencap has three shared houses within the borough. The houses are Victorian family homes, light and spacious, and all three are well-positioned close to busy high streets. With shops and transport links close by, everyday living is made easier. Each house has a garden with patio areas where tenants can enjoy BBQs or just a cup of tea in the sun.

Each tenant has their own room and share a kitchen, bathrooms and lounge. Tenants spend time together and support each other creating a real family atmosphere in each house. The lounge is often used by the tenants to watch films together or for socialising with a cup of tea.

All three houses have a shared kitchen, bathroom and garden with patio, as well as a lounge with a television.

Whetstone House

Home to 6 adults with learning disabilities. A lovely house with its own garden and not far from a lovely park, with great transport links. Shops, the Tube and buses are close by.

North Finchley House

Home to 7 adults with learning disabilities. Just off the high street and very close to a big supermarket, this house has it all. Shops, the Tube and buses all on the door step.

East Finchley House

Home to 5 adults with learning disabilities. Situated again very close to a high street making shopping easy. With many well known shops within walking distance. To travel further a field the tube and Bus routes are on the door step.



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Tenant room

The tenants each receive a room that is light and spacious. Our rooms have a wash basin that can be used to brush your teeth or freshen up after a busy day.

The rooms are furnished with a bed, dressing table, wardrobe and chair. Tenants are able to personalise their rooms with some of their own furniture and things.



The tenants share the rest of the house, but have their own private lockable bedrooms. Most tenants have in the past installed their own landline phone in their rooms. Each room has a TV point and many tenants have a TV in their rooms. Tenants store their food in their own cupboard in the kitchen and own section of the fridge and freezer.



The joy of living in one of our shared houses is that the tenant gets to experience independence whilst still having the company and support of their housemates.

Many join Barnet Mencap's social group (COPs) and attend activities or evening social events together. There are normally a couple of weekly bingo, karaoke, film or cultural nights the tenants attend together.

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Transport links

All of our houses have good transport links making life easier for our tenants to get around and stay in touch with family and friends

Whetstone House

The house is not far from Whetstone High Street and North Finchley High Street, easy for shops

Tube Line: Northern Line **Station:** Totteridge & Whetstone

Bus routes: 125, 234, 363, 383, 34 & N20

Short trip to Tally Ho Bus station for connections



North Finchley House

Situated close to Tally Ho and North Finchley High Street so tenants can walk to the shops

Tube Line: Northern Line **Station:** Woodside Park

Bus routes: 125, 234, 326 & N20

Short trip to Tally Ho Bus station for connections



East Finchley House

This quiet street leads onto the main road of shops and transport links for East Finchley

Tube Line: Northern Line **Station:** East Finchley

Bus routes: 102, 234, 263, 143 & N20

Very Short trip to East Finchley station for connections

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Local facilities

Our houses are all well situated for local facilities. This helps to ensure our tenants receive the services they require close to home and enables our clients to take full advantage of what the Borough of Barnet has to offer.

Whetstone House

In the area: High Barnet, Whetstone, North Finchley

Close to: Doctors, dentist, hairdressers, Barnet House, local park, the Artsdepot, Barnet Mencap, Finchley Hollywood Bowl, Barnet Hospital

Major shops: Marks & Spencer

North Finchley House

In the area: High Barnet, Whetstone, North Finchley

Close to: Doctors, dentist, hairdressers, Barnet House, local park, the Artsdepot, Barnet Mencap, Finchley Hollywood Bowl, Barnet Hospital

Major shops: Sainsbury's, Argos

East Finchley House

In the area: Muswell Hill, East Finchley, Tally Ho, Golders Green

Close to: Doctors, dentist, hairdressers, Barnet House, local park, Arts Depot, Barnet Mencap, Finchley Hollywood Bowl, Finchley Memorial Hospital

Major shops: Sainsbury's, Argos



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Equality Housing Care and support

What Services Do We Provide?

Our committed team of Community Link Workers visit the tenants and give them support in many areas of their lives.

Examples of these areas are:

- 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
- Maintaining family links
- Encouraging Healthy living



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Outreach

As well as supporting people within the project we also provide an outreach service supporting people in their own homes.

Equality Housing offers a holistic approach to support. This means that the support we offer is designed to help you in all the different aspects of your daily life and looks at your practical, physical, emotional and social wellbeing.

We offer a key worker system that means you will have one main worker who will work closely with you. The advantages of this means you get to know and build a good working relationship with this person and they get to know and understand you and how best to work with you. The kind of things we can support you with are:

Keeping Safe

Help the client to understand how to keep safe inside and outside of their home

Safeguarding

Raising concerns (including safeguarding)

Meetings

Make referrals on your behalf and arrange and attend review meetings

Health

Helping the client to monitor and manage their health and medication: understand your health needs, attend health appointments, liaise with health professionals on their behalf

Finances

Helping client to monitor and manage their finances: setting up direct debits, working out a budget, reducing debts, maximising their income

Relationships

Helping facilitate and mediate relationships with friends and families

Skills

Support to increase client shopping and cooking skills

Care

Co-ordinating all the clients care and support needs

Housing

All tenancy or housing issues such as: reporting repairs, maintaining your home, paying rent, applying for Housing Benefit

Social

Reducing isolation and building social contacts

Benefits

Helping the client with benefit applications, reviews and any issues arising

Support

Emotional support

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Contact us

How to find out more

If you are interested in finding out more about Equality Housing or using our services please contact

Lucy Clifford
Equality Housing Manager

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