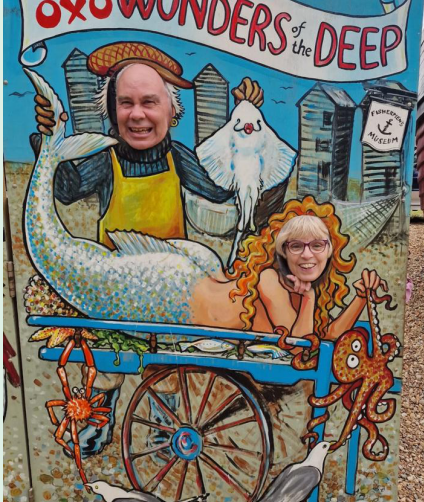


Annual Report



2023



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Acting Chair's Report

Firstly, I would like to thank Sheila Oliver for her hard work and dedication as Barnet Mencap chair for the last year, and wish her all the best as she recovers from being unwell.

As acting Chair, I would also like to say thank you to all our staff and volunteers for the fantastic work they do. Everyone in Barnet Mencap has been working hard so that our clients can get the most out of their lives - and have fun!

As always, it has been a busy year with a lot going on.

We have continued to have success across all of our active projects, reaching or surpassing all of our contractual targets.

The Bright Futures project has now helped and engaged with thousands of people since its inception and this number continues to grow rapidly.

The Autism Service has continued to meet the increased demand for screenings post-pandemic and Equality Housing has filled voids and new service users are looking forward to moving in over the coming year.

The Children's Service has continued to support parents and received very positive feedback. The Anti-Hate Crime Project has held a number of awareness campaigns and supported victims of hate crime to make reports.

We have welcomed many new members of staff, including a new Deputy CEO, allowing Ray to work part time as CEO.

We know that the next year will be hard - especially as the rising cost of living makes things difficult for our clients, staff, and services - but we will be talking with all our partners to make sure we can keep running our services and develop new ones.

Introduction 2023



Kate Tokley, Barnet Mencap's Acting Chair of Trustees

Board of Trustees

Sheila Oliver, Chair

Kate Tokley, Vice Chair (Acting Chair)

Mike Wiffen, Honorary Treasurer
Kinjal Amin, (Resigned 23rd November 2022)

Christina Sarb, (Resigned 23rd November 2022)

Prithma Athwal-Shah

Meg Kirk

Faib Riley

Papiya Chatterjee, (Appointed 23rd November 2022)

Emmet Giltrap, (Appointed 23rd November 2022)

Ray Booth, Chief Executive Officer and Company Secretary

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- Tel: 020 8349 3842
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- www.barnetmencap.org.uk

Barnet Mencap - Registered Charity No: 1089388

Affiliated to Royal Mencap Society.

Working together with Barnet Council.

A Company Limited by Guarantee. Registered in England and Wales Company Registration No: 04274621

Bright Futures



A lovely meal on a holiday outing to Hastings!



Green fingered clients at a gardening session

Bright Futures is made up of ‘COPs’, ‘Working for You, the Employment project, Engagement work, and Project 300.

COPs has continued to deliver a variety of sessions to meet the needs of clients. These have included mindfulness, health, educational, cultural, and social sessions to help with isolation, mental health, general wellbeing, fitness, and making friends and receiving peer support.

One of the successes of this project has meant that small friendship groups have formed and clients are going out together and arranging activities amongst themselves.

Cops hosted an event for Black History Month with a small grant from London Borough of Barnet which was incredibly successful, and we will look forward to delivering an event for next year.

We continue to work closely with external partnership to provide the best service we can for our clients.



COPs delivered 409 sessions over the year with almost all returning to face-to-face activities



COPs continue to provide activities and social opportunities to over 100 people



Tahmina supporting a client as part of Working For You



2023 saw our 11th year of providing Barnet Mencap's **Working For You** information advice and guidance service.

We sadly waved goodbye to one of our Advisors, Sandie, who many have known and worked with but welcome her replacement, Tahmina.

Our small team of dedicated staff have worked with many clients, supporting them with a wide range of issues. Over a third of all the work we do is support with benefits, from making the original claim to helping with mandatory reconsiderations, appeals, and tribunals.

The staff have an excellent success rate for achieving the desired outcomes and ensuring people are awarded the benefits they are entitled to.

For the future we would really like to promote and increase the work that we do with parents with a learning disability.



Barnet Mencap's sensory booth at Barnet's first Pride Event

Within the **Engagement Project**, Federica joined us, replacing Carol as the coordinator.

Federica worked on maintaining the relationships previously created and making new connections. This allowed us to engage with new clients and professionals, reaching over 861 people and 47 organisations.

The Have your say group meetings returned to face-to-face delivery, with 15 members, and prepare to launch hybrid meetings to make the group more accessible to new members.

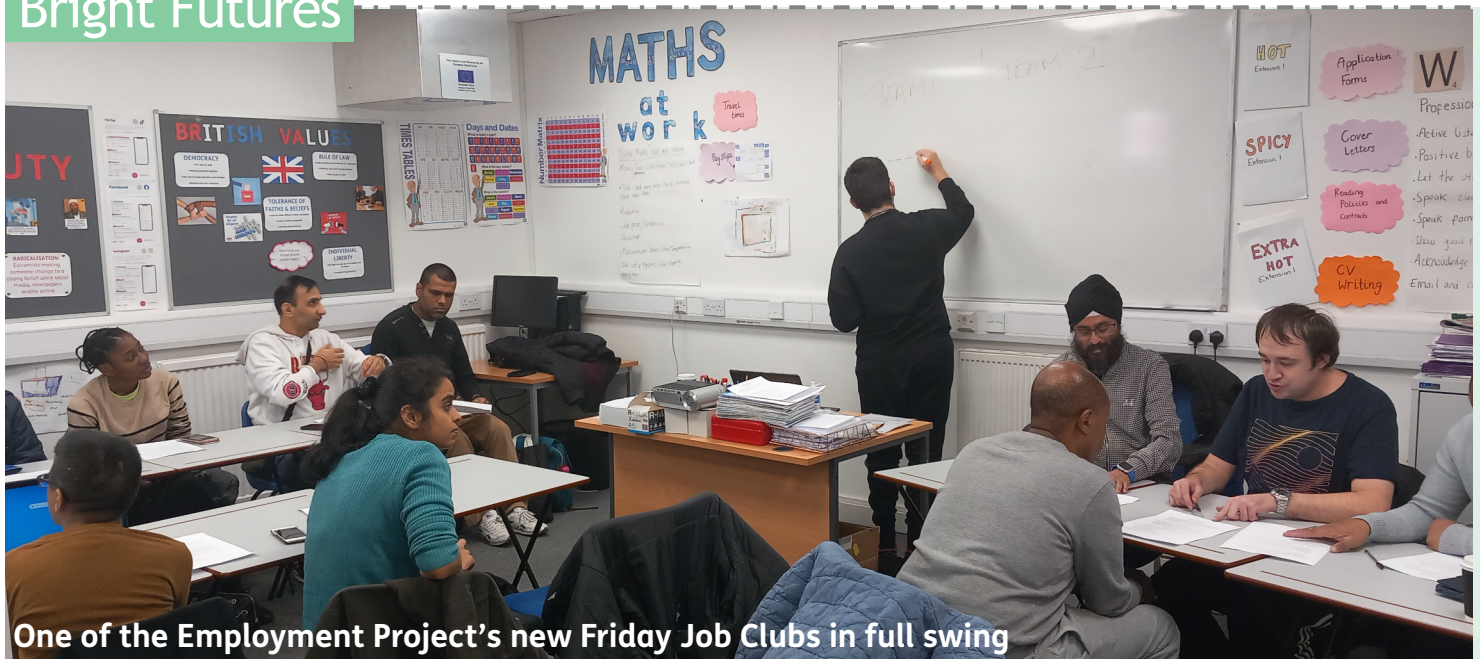
Project 300 continues to provide much need support to clients and carers living in the London Borough of Barnet.

We have been able to offer support through our warm spaces and food banks which has been much appreciated by families. A Winter Fund Grant enabled us

Working for You has supported over 1100 clients since the project began



The Engagement Project trained 860 people online from 30 organisations



One of the Employment Project's new Friday Job Clubs in full swing

to be able to offer food and shopping vouchers to help families with rising costs of food and essential items

Our coffee mornings have been very popular. We've invited guest speakers from Barnet Carers, Equality Housing, Shared Lives and DALO (Development & Learning Opportunities) to speak with clients. The information received has been useful and has enabled some families to make positive choices.

We continue to refer clients to Barnet Social Services which has facilitated much needed change in the lives of P300 clients and carers. Referrals still tend to be for more support, but we have also helped families through bereavement and illness.

It's great that clients now feel comfortable calling us to share good news, offer updates, and ask for advice

The Bright Futures **Employment** service

has demonstrated remarkable resilience and adaptability. By swiftly implementing a blended delivery model, offering a mix of in-person and online workshops, and strategically engaging local employers, the service has exceeded its target by achieving 15 paid job outcomes by February 28th, 2023, surpassing the initial goal of 12.

Notable success stories, such as Sanniya, Jason, and Sayed, showcase the transformative power of dedicated support. These accomplishments show the program's commitment to empowering individuals and its contribution to building a more inclusive and supportive community.

The service's outstanding achievements exemplify the potential for success when individuals are provided with tailored support and opportunities, even in challenging circumstances.

We have continued helping 140 families stay safe and well after lockdowns and over winter



The Employment Project has supported 15 people into paid work this year



A client in one of our shared houses going about his daily routine.



A trip out to see the Lion King on one of our regular Equality Housing outings

Sadly this year saw the passing of 3 of our much loved clients. They will be sadly missed by many as demonstrated by the attendance at their funerals and memorial.

The Equality Housing ethos is to ensure that we support and facilitate clients to enjoy a life they enjoy, where they can develop their life skills and independence, forming friendships, finding work and having a full social life are really important.

This year we have welcomed 2 new link workers Tracey and Francesca. As well as

some new clients.

We have welcomed a new tenant in one of our shared houses and have another new client waiting to move in to begin her new journey of independent living. We have one remaining vacancy in our east Finchley shared house, so if anyone is interested please get in touch

Although we have taken on some new clients, others have moved on to other settings or are no longer needing support however we are securing larger care packages for our existing clients as they age and their needs change.



We successfully became CQC registered!



We support a total of 69 clients every week





An Autism Service Adviser carrying out a screening test with a client

The Autism Service is busier than ever.

We were very happy to welcome Emma back, and to take on a new member of staff, Natasha Nelson-Joy as an autism adviser.

CJ our volunteer also provides much needed support to the team and helps run the monthly social activities.

We had to reduced the amount of activities we provided , like workshops, groups and socials, in order to tackle the long waiting list as our referrals exploded! This strategy has been successful, and we have reduced waiting time to 12-14 weeks.

During 2022 the number of monthly referrals doubled in comparison to the year before. In the 22-23 period we received 289 referrals taking the total number of referrals to the Autism Service to 1510 service users.

We have continued our involvement with Barnet's Suicide Prevention Strategy and have been part of the award-winning Barnet's Suicide Prevention Campaign.

We look forward to increasing our service offer the new year and restarting our workshops, training, peer groups, and providing more social activities.

The Autism Service has been part of the development of a brand new Autism specialised counselling, delivered by Mind in partnership with Resources for Autism, providing the local Autistic community with a much needed mental health service.





A Take A Break Session at SweetTree Farm

Children's Services support parents of children and young people with additional needs with Information, Advice and Guidance (IAG), workshops and parenting programmes. Through Take a Break (TAB), we also offer short breaks for children and young people.

The IAG Service supported 575 families this year. The support offered included completing Disability Living Allowance (DLA), Personal Independence Payment (PIP), Blue Badge, Short Breaks, Carer's Allowance, and Family Fund applications, as well as signposting to other services.

As part of IAG, we have also held eighteen online workshop sessions, these were held both in the mornings and evenings to make them accessible to as many families as possible. These included sessions on Blue Badges, DLA, and Local Offer information, as well as Time to Talk sessions on topics such as Managing

Celebrations.

This was the second year of our Open Door project which is funded for three years from the John Lyon's Charity. Through this, we have been able to offer information, advice and guidance to families of children five and under as well as holiday activities such as Theatre visits, Ice Cream Farm parties, soft play and trips to Aldenham Country Park.

Our Parenting Project has facilitated six ten week Family Links parenting programmes and have held monthly online catch up sessions. Our Parenting helpline has also continued, this is a booked one to one telephone service to discuss parenting issues and offer advice and strategies with a follow up email.

We supported 575 families through our IAG service.



We have offered 18 online workshops and 12 online parenting catch-up sessions.



Take A Break



A Take A Break Session at SweetTree Farm

Take a Break (TAB), offers short breaks for children and young people aged 0-19, if they are autistic or have a learning disability.

During the Summer 2022 camp, we offered a range of activities from Farm trips, including the Sweet Tree farm for a therapeutic experience, Aldenham Country Farm, swimming and sports fun at the Copthall leisure centre, soft play and adventure at the Golders Hill Park. Short breaks during the half-term breaks are very popular. We provide at least 3 days per week of fun packed days with the aim of bringing new experiences each time, especially for our regular clients, something new and challenging to look forward to. We continue to provide 1:1 support to some families, at the weekends, either at home or in the community.



A great time at Malibu Soft Play

TAB has seen an increase in the number of referrals, especially for 1:1 support at the weekends. We have been looking at how we can support this. Plans to introduce weekend group sessions on a fortnightly basis are in full swing. We have been working in partnership with the Fixation Academy of Performing Arts team, to look at how we can deliver a fun session, full of sensory, drama and melody, that suits all ages. We are also looking for a permanent base. There are a few options, we are in the process of viewing some potential venues, and we hope to make this happen soon.

The fundraising team has applied for us to receive a grant to fund new TAB equipment and sensory toys for the children. This will make a massive difference and go a long way to helping the children develop their learning skills whilst having more fun!



Aim to continue to provide opportunities for children and young people to learn new skills, have fun with other children and at the same time give their families some much needed respite time.





Barnet mencap Hate Crime Awareness Week booth

The Hate Crime Project supports Barnet residents to report hate crimes and hate incidents to the Police. This includes support for all crimes which are motivated by prejudice or hate because of someone's disability, transgender identity, sexual orientation, race, religion, faith, ethnicity or national origin.

The Hate Crime Project supports vulnerable adults to identify and report crimes and incidents which they have experienced or witnessed whether out in the community or in their own home. Vulnerable adults, including people with a learning disability and autistic adults are encouraged and supported to report incidents via our Hate Crime Reporting Co-Ordinator at Barnet Mencap. Crimes against vulnerable adults include verbal and physical abuse, harassment and malicious complaints and financial abuse and fraud.

The Hate Crime Project monitors and trains staff at Barnet's Hate Crime Reporting Centres; a network of safe and accessible places across the borough where victims can receive specialist support and/or be signposted to the relevant specialist support services.

The Hate Crime Project raises awareness of hate crime by delivering awareness raising workshops for vulnerable adults about disability hate crime and financial abuse. During national Hate Crime Awareness Week, the project delivers Hate Crime Information Stands where experts from the Community Safety Team, the Metropolitan Police and local community and voluntary organisations can give information and support to residents about identifying and reporting hate crime.



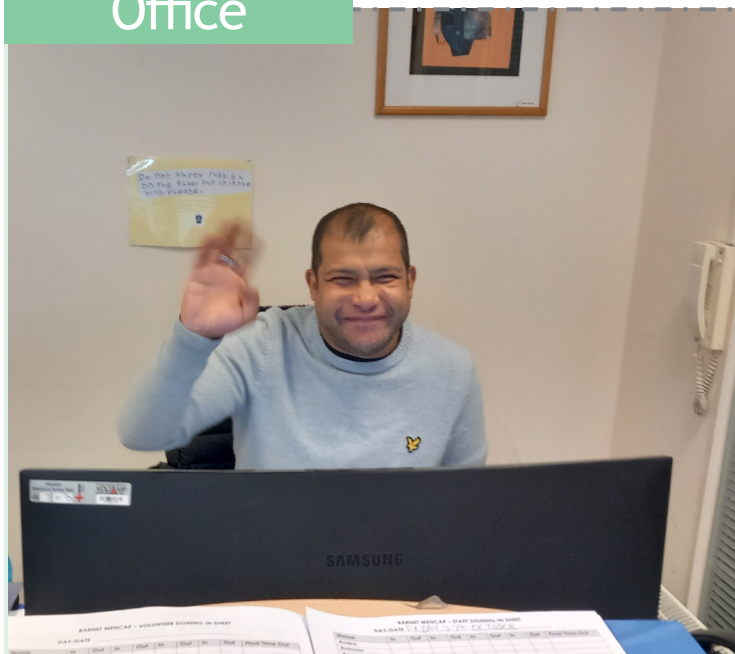
Registered and trained over 40 sites to be Safe Places in Barnet.



Engaged with over 300 residents at Hate Crime Awareness Week Information Stands and signed up 32 Hate Crime Reporting Champions



Office



Sacha, one of our new volunteers, staffing our reception desk



The Project Support team at the Summer Fun Event

The Project Support team has gone from strength to strength - continuing the Business Support Officer role which began last year, thanks to funding from the National Lottery Community Fund. As well as funding this post, they are also funding a post for a Carers' Caseworker for 3 years. This is a need we've been very keen to address for years - to be able to support the carers of adults with learning disabilities and autistic adults. Both the new Business Support Officer and Carers' Caseworker are already massive assets to Barnet Mencap.

Speaking of changes to the team, the biggest change recently is that Ray Booth, our Chief Executive who most of you will know, has moved down to working three days a week. With this, we have now appointed a Deputy Chief Executive who is

also working 3 days per week - hopefully increasing our capacity overall!

As well as the new faces, the rest of our Project Support Team - and reception volunteers - continue to work hard and be the first face or voice most of our clients meet.

Please get in touch if you'd like to become a member of Barnet Mencap, we're always keen for more, to strengthen our voice on behalf of people with learning disabilities, autistic people, and carers.

You can also find us on Facebook, Twitter and Instagram as @barnetmencap

Project support has worked with all projects to increase its signposting support options



The team have been committed to identifying and sourcing improvements around the office to make it a welcoming space for staff and clients





Barnet Mencap Anniversary Summer Fun-draiser

Our Fundraising and Grants Officer, along with other Barnet Mencap staff, volunteers, trustees and service users, have all been involved in fundraising for Barnet Mencap.

We were successful in securing funding from several grant providers:

- The Boshier Hinton foundation and Percy Bilton Charity enabled us to purchase equipment and utensils for our new premises on Station Road
- Forbes Charitable Foundation provided funding for laptops in our supported accommodation and equipment
- Barnet Community Fund enabled us to prepare warm spaces, hot food and equipment for service users in need
- The Good Things Foundation Device Bank provided training sessions for our Service Users to enable them to manage their finances, including online



Barnet Mencap Christmas Extravaganza

banking.

- The National Lottery Funding awarded us with funding for a Project Support and Carers Post.

We would also like to thank BKL Chartered Accountants and Tax Advisers for the generous donation. The money went towards training sessions for our service users to enable them to manage their finances. Brookside Methodist Church St Mary's Church, Waitrose and Tesco also kindly donated. Phoenix Cinema allowed us to organise a fun film quiz and provided discounted tickets for our fundraiser. The number of individuals taking on challenges has increased and we thank all our cyclists who cycled from London to Brighton to raise money. We also took part in the Royal Half parks marathon.

We also thank every individual who supported us and we were also grateful to receive money through legacies. See the full list of people we thank at the end of this report.

We were able to provide 14 laptops to clients to help end the digital divide



We've have received over £50,000 in donations this year from generous organisations and individuals

Summary Statement of Financial Activities 2022/23

I'm pleased to announce that Barnet Mencap had another good year financially in 2022/23, with a net surplus of £23,900 being achieved. This is the third consecutive year in which we have recorded a surplus and is especially pleasing given the increases in the cost of living being faced by us all.

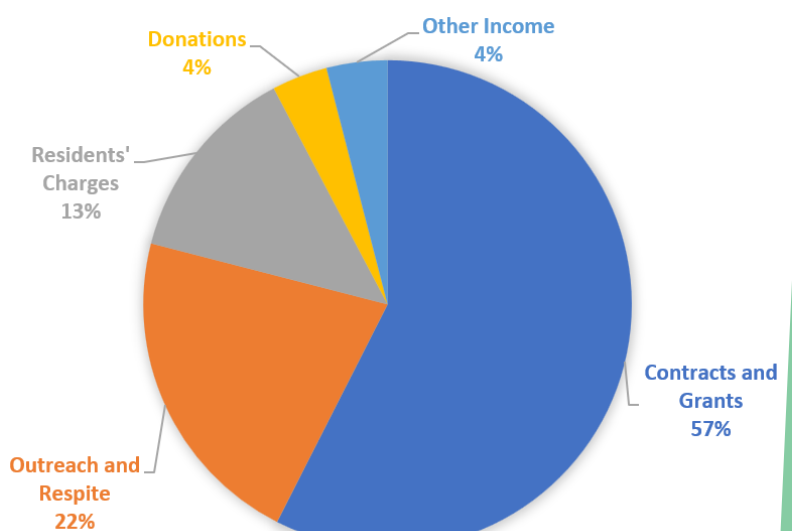
Expenditure totalled £1,344,500 compared with £1,305,400 the previous year, while Income reached £1,368,400 compared with £1,511,600 in 2021/22. The main reduction in income related to fewer grants being available in relation to the impact of Covid-19. The market value of our investments fell by £14,700 reflecting the volatility of both the stock and property markets.

Contracts and grants, mainly through the London Borough of Barnet, continue to be our main source of income at 57.5%. On the expenditure side staffing costs amounted to 72.4% at just short of £1 million. The summary report and the full trustees report tell the story of how this money has been invested in services and the impact this has made on people's lives.

After deducting monies the Board has designated for specific purposes our usable reserves at 31 March 2023 stood at £476,300 which is above the minimum level set in the charity's policy on the level of reserves. Although Barnet Mencap is in a relatively healthy financial position we are concerned at the present

Where our money came from...

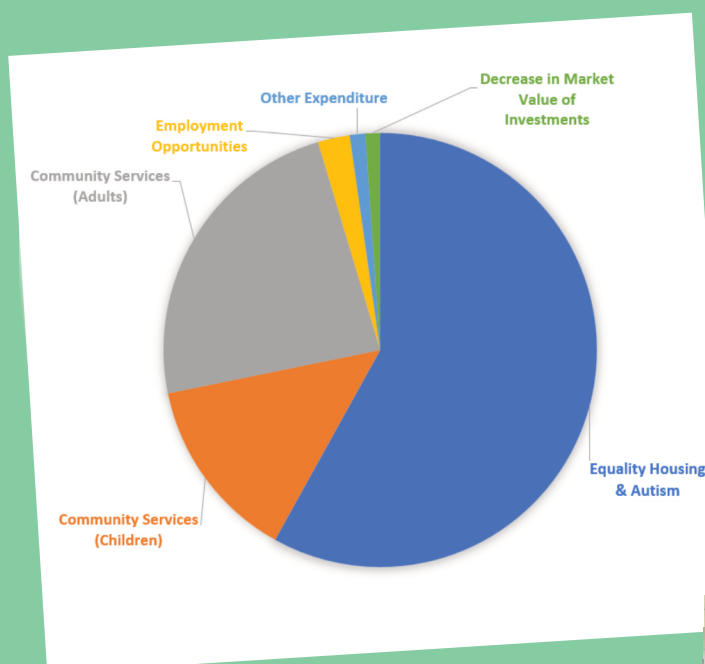
Contracts and Grants	£786,500
Outreach and Respite	£294,800
Residents' Charges	£181,500
Donations	£50,500
Other Income	£55,100
TOTAL	£1,368,400



economic situation, which impacts our service users and staff directly as well as the organisation itself. Whilst it is encouraging to see the rate of inflation falling it should not be forgotten that prices are still rising. Pressures still remain with the ongoing conflict in the Ukraine and energy prices in particular.

There is also growing concern with the funding of local government with several authorities experiencing difficulties in remaining within budget and decreasing reserves largely due to expenditure on adult social care and children's services. Barnet Mencap will continue to maintain and improve services as best we can, utilising funding opportunities as they arise.

...And where it was spent



Equality Housing & Autism	£780,700
Community Services (Children)	£184,600
Community Services (Adults)	£316,900
Employment Opportunities	£32,000
Other Expenditure	£15,600
Decrease in Market Value of Investments	£14,700
TOTAL	£1,344,500
In the last year we had a surplus of £23,900	

Our Investments	£166,500
Equipment	£4,800
Money we are owed (Debtors)	£109,300
Money in Bank	£559,100
Sub total	£839,700
Minus	
Money we owe others (Creditors)	£102,200
TOTAL	£737,500

...And what we're worth

This is a summary of the information contained in our audited accounts for 2022/23. For a copy of the full Annual Report and Financial Statements 2022/23 please visit our website at www.barnetmencap.org.uk

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**Barnet Mencap would like to thank you
for your support in 2022/23**

**AgeUK Barnet; Barnet Brookside Methodist Church;
BKL Chartered Accountants and Tax Advisers; Boshier Hinton Foundation;
Forbes Charity Foundation; John Lyon's Charity;
The Estate of Mrs P Jones; The Good Things Foundation;
London Borough of Barnet; London Borough of Barnet Community Fund;
The National Lottery Community Fund; NCL Cancer Alliance;
Phoenix Cinema East Finchley; Percy Bilton Charity;
Royal Mencap Society; St Mary-at-Finchley Church;
Stonegrove Community trust; Tesco; Waitrose**

**and all the individuals who have given small, regular donations and/or their
time to help us and who have contributed to our work over the past year**