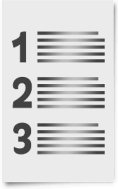


# Barnet Mencap Annual Report 2024

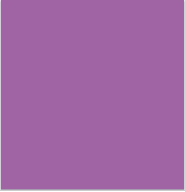













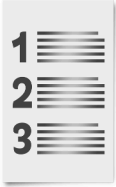
Read about what we have been doing  
and our plans for the future





# Contents

	Chairs' Statement	
	Autism Hub	
	Working For You	
	Hate Crime	
	Community Opportunities (COPS)	
	Project 300	



# Contents

	Family Support	14
	Project Support	16
	Carers Project	17
	Equality Housing	18
	Employment	20



# Chairs' Statement



Thank you to Ray and all the staff, volunteers, Board Members – and particularly to Kate for being Chair when I was unwell.



This year has been a great success for Barnet Mencap, providing information and support to 449 children and their families



Our new Autism Hub has opened and has already provided services to over 500 autistic people in Barnet.



I am very happy and proud to have been Chair of Barnet Mencap for another year and look forward to planning for the future with everyone.





# Autism Hub



In April 2024, our Autism Service was renamed the Autism Hub. We had a big opening event.



The Hub is in the office next to Barnet Mencap's office. It is a calm and welcoming space for autistic people.



Members can use the Hub during the week and can come to the different activities and workshops.



Our workshops talk about autism and help people understand and cope with their autism.



We have social activities like pub meets, a choir, and arts and crafts sessions. These activities help people meet and make friends.



The Hub services are planned by staff and the members working together.



We have plans for lots more activities with help from volunteers and members.



If you are autistic or think that you might be, please contact us and visit the hub.

# Bright Futures

## Working For You



“Working For You” is our information, advice, and guidance service for adults.



Our advisors can help if you are struggling with something.



We have helped 231 people with different issues over the last year.



They can help with filling in forms or applying for things you need.



We helped over 125 people with benefit forms and checking they received the right benefits over the last year.



We can also help apply for things like disabled person's freedom passes.



If you need help, one of our advisors can assist you.





# Hate Crime Project



The Hate Crime Project helps people report hate crimes and provides support around hate crime.



Hate Crimes are crimes like abuse that target someone because of their skin colour, gender, disability, or religion .



We work with the council and the police, to make hate crime reporting easier and offer training.



We are building a network of hate crime reporting centres across Barnet.



Staff at these centres will be trained to help people report hate crimes.



Between the 14th and 21st of October, the Hate Crime Reporting Project work with local authorities and organisations to host Hate Crime Awareness Week.



We have also worked on Safe Places, places with this sticker in their window are safe to go if you feel worried or scared in the community.



If you witness or are a victim of hate crime, contact the Hate Crime Coordinator or call 999 in an emergency.



# Community Opportunities Project (COPs)



COPs runs activities each month, including sports, fitness, and social events.



We do lots of things like visiting museums, having Sunday lunch together, going on walks, playing bingo, singing, and much more.



We also do lots of fun fitness and sports like golf, yoga, football, and more.



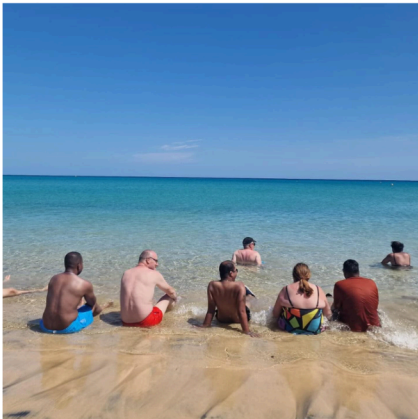
We had 132 members over the last year and have more people joining each month.



Our weight loss sessions have helped clients lose over 1 stone.



Afternoon sessions are very popular and we have held 375 activities this year.



We have gone on several group holidays and we are now offering holidays to more clients.



A brochure for holidays will be out in November.



## Project 300



Project 300 is a telephone service offered to over 240 adult clients and carers in Barnet.



We supported people through phone 528 calls and home visits over the last year.



Clients are referred to Project 300 via Barnet Learning Disabilities Team.



We help clients and carers get the right care they need and support during family crises.



We've also helped families with shopping vouchers and a food bank.



Our coffee mornings and information sessions have been popular, offering useful advice.



Project 300 has continued to build strong relationships with clients and carers, helping us support them better.



We also did 105 pre-review meetings. These meetings help us to hear who needed more support and those who were happy.



# Family Support



Our advice service helped families fill in forms for benefits and services, like Disability Living Allowance and Blue Badges.



We have helped 359 parents to get the help and support their child needs.



Our Parenting Project saw 90 people through our Family Links parenting programs and telephone helplines.



Take a Break (TAB), offered fun activities for children and young people with a learning disability or autism diagnosis.



We have also started a parenting course called EPAtS to help parents.



The Open Door Project supports families with children under 5 years old who have additional needs.

We enjoy trips, soft play, and picnics.





# Project Support



Barnet Mencap has a new Chief Operating Officer, Annette, who works closely with Ray, our Chief Executive.



Our support team and volunteers help make sure activities run smoothly.



A new phone system has been installed to improve services.



The office has been repainted and will soon have new carpets.



# Carers Project



The carers project started in July 2023.



We have already supported over 75 carers.



We helped carers plan for later life and the futures of their loved ones.



We have made good connections with other professionals and even set up a steering group.



# Equality Housing



Equality Housing has had a lot of changes this year with Lucy leaving and Beth stepping up as manager.



Barnet Mencap supports 70 people to live independently in homes that meet their needs.



We helped people in their own homes and when they need to go out.



We run 3 shared houses where people with similar needs live together and get help from us and each-other.



Staff have helped clients with daily tasks like cooking, cleaning, and shopping.



Staff also helped people to become more independent by helping them to understand and manage their own money.



We have been on lots of trips and are planning even more.





The Employment Project helps adults with a learning disability or autism diagnosis to find employment.



We hold 2 job clubs each week where we do lots of employment preparation together.



In the last year we managed to get 16 people into work.



We are currently supporting over 70 people to find work.

Lots more than before.



We help people make a CV, practice interviews, and apply for jobs.



If someone needs help with job applications or interviews, we can guide them too!



Together, we help people feel confident and ready to work.





Barnet Mencap office volunteer lunch

Ahmad found employment with the RAF through our job club.



# Get in touch



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Read about what we have been doing  
and our plans for the future

