

MEMBER'S WEBSITE ENTRY FORM

Districts covered All districts in Cambridgeshire

Organisation Cambridgeshire Mencap

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Description of Services

Cambridgeshire Mencap is a local charity. We support children, young people and adults with learning disabilities in lots of different ways. Our services include supported living, access to enjoyable community activities and training. We also support parents and carers, providing them with information, advice on relevant issues and backup when they need a rest. We rely on volunteers to deliver many of our services and welcome those who want to help us make a positive difference.

Through our diverse range of schemes and projects, we are keen to provide opportunities for people with learning disabilities to learn new skills, enjoy a wide range of leisure activities, make new friendships, gain confidence and prepare for employment.

The Befriending Scheme for young people

This scheme is for people aged between 13 and 25. Volunteer Befrienders support the young person to access leisure and social activities in the community on either a one to one basis or in small social groups. This can help the young person to develop self confidence, social skills and level of independence in the community and enable friendships to be made.

The Befriending Scheme for adults

This scheme is for people aged 25 and over. Volunteer Befrienders support the person to access leisure and social activities in the community on either a one to one basis or in small social groups. This can help the person to develop self confidence, social skills and a level of independence in the community and enable friendships to be made.

Catering and Hospitality courses at St John's College, Cambridge

The two year entry level course gives people with learning disabilities the chance to study for a nationally recognised qualification, possibly as the first step towards a career in catering or hospitality. The course covers a range of basic catering and hospitality skills and also provides the opportunity for the students to develop their numeracy, literacy and social skills.

The course is run at St John's College, Cambridge as a partnership between Cambridgeshire Mencap, Huntingdon Regional College and the University of Cambridge (St John's College).

Fare Shares Café, Cambridge

Fare Shares is a community café in Cambridge run by volunteers – some of them with learning disabilities. Volunteers who help run the café get the opportunity to learn new skills working in the kitchen and 'front of house'. They are also able to develop their social skills by working in a team and dealing with customers, building their confidence, independence and self esteem. The café is run as a partnership by Cambridgeshire Mencap and Emmanuel United Reform church, Cambridge.

The Gardening Project

This is a community based project supportive environment where people can develop gardening skills and gain work experience. It is also a place where people can socialise and meet new people. This group meets on Tuesdays and Wednesdays and is based in Cambridge and at Anglesey Abbey (a National Trust garden on the outskirts of Cambridge).

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Bedazzle Theatre Arts workshop

A theatre adventure for young people with learning disabilities

Become a star in our unique theatre company, giving young people the chance to act, sing, dance and be creative through arts and crafts activities. The sessions are lots of fun and give the students the opportunity to gain confidence, make friendships and develop new theatre arts skills.

The workshops are on Saturdays, term time only and based in Cambridge. This is a joint initiative between Cambridgeshire Mencap and Bedazzle Performing Art Company.

Windmill Hydrotherapy Pool.

The Windmill Hydrotherapy pool is a specialist facility in Fulbourn, Cambridge for all people who have a disability, either a learning disability and/or physical disability. The pool is open seven days a week and users can book sessions for their individual use or in groups.

The Family Support Service.

The family support service provides support to children and young people aged between 0 –19, their families and carers. Volunteers will provide one to one support to a child or young person to enable them to access leisure activities in the community, widening their interests and independence. Volunteers can also provide respite time for parents and carers by looking after their child or young person and any siblings while their guardians go out.

Contact To find out more, please contact on
01223 883130 or email
info@cambridgeshiremencap.co.uk

Organisation registration details Cambridgeshire Mencap registration no. 2872186. Registered charity no. 1030968.